

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 1 Women Hammer Throw U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Hay, Ebony	18	Independent	42.74m
2 Barnes, Jessica	19	Illawarra Blue Stars Athletic	17.57m
3 Bell, Eloise	18	Independent	15.68m

**Event 2 Women Hammer Throw 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Holahan, Melissa	36	Wallsend	34.76m
2 Thomson, Audrey	40	Wyong Athletics Centre Inc	31.29m

**Event 3 Women Hammer Throw 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Townsend, Vicki	55	Nsw Masters Athletics Inc.	27.85m
2 Shaw, Christine	60	Athletics Wollongong	27.71m
3 Watson, Lisa	54	Nsw Masters Athletics Inc.	27.47m
4 Redmond, Jodie	53	Illawarra Blue Stars Athletic	21.61m
5 Alsford, Tracey	58	Athletics Nsw	18.35m
6 Martin, Anthea	52	Coffs Harbour Track & Field	18.12m

**Event 5 Women Shot Put U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Markowski, Mikaela	12	Athletics Wollongong	6.85m
2 Jessup, Jaimee	12	Adamstown New Lambton	6.31m
3 Robins, Michellie	12	Eastlakes	5.94m
4 Bailey, Angelique	12	Southlakes	5.75m
5 Allen, Chantelle	12	Eastlakes	3.21m

**Event 6 Women Shot Put U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Mullane, Lily	13	Port Stephens Athletics Club	10.59m
2 Clark, Tegan	13	Southlakes	10.52m
3 Riddell, Kiara	13	Wyong Athletics Centre Inc	9.48m
4 Hunter, Jessica	13	Gosford	8.84m
5 Davis, Siarne	13	Independent	8.69m
6 Webster, Emily	13	Edgeworth	6.39m

**Event 11 Men Pole Vault U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Gorham, James	17	Athletics Wollongong	3.80m
2 Goad, Evan	17	Goulburn Mulwaree Athletic Clu	3.50m

**Event 12 Men Pole Vault U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Goad, Ryan	19	Athletics Act	2.80m
--- Phillips, Thomas	20	Wallsend	NH

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 13 Men Pole Vault Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Belcher, James	25	Athletics Wollongong	3.40m

**Event 16 Men Pole Vault 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Tyler, William	60	Athletics Wollongong	3.00m

**Event 17 Women Shot Put U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Richardson, Emily	14	Macquarie Hunter Athletics	10.24m
2 Scott, Heather	14	Cairns Athletics Club	9.68m
3 Tucker, Erin	14	Adamstown New Lambton	7.18m
4 Doyle, Grace	14	Adamstown New Lambton	6.98m
5 Beresford, Jayla	14	Nowra Athletics Club	5.68m
6 Keene, Annabelle	14	Athletics Nsw	4.98m

**Event 18 Women Shot Put U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Blackstock, Ashlyn	15	Eastlakes	14.90m
2 Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	12.28m
3 Petrie, Imogen	15	Macquarie Hunter Athletics	11.75m
4 Mullane, Lily	13	Port Stephens Athletics Club	10.53m
5 Bales, Ella	15	Macquarie Hunter Athletics	9.42m
6 Davis, Shaé	15	Independent	9.38m
7 Baker, Grace	15	Macquarie Hunter Athletics	9.37m
8 Lebreton, Baylee	15	Gosford	8.94m
9 Daniel, Sophie	15	Wyong Athletics Centre Inc	8.61m
10 Bailey, Imogen	15	Southlakes	7.05m
11 Amidzovski, Jayda	15	Athletics Wollongong	6.73m

**Event 19 Men Hammer Throw 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Campbell, Luke	39	Wallsend	17.30m

**Event 20 Men Hammer Throw 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Howlett, Anthony	51	Athletics Wollongong	34.43m
2 Flint, Robert	57	Armidale	34.31m
3 Rowe, Gregory	58	Mingara	23.84m

**Event 21 Men Hammer Throw 70+**

Name	Age	Team	Finals
<b>Finals</b>			
1 Ward, Richard	71	Blue Mountains Athletics	25.18m
2 Simcock, Ron	84	Athletics Wollongong	18.63m
3 Stubbs, Kenneth	75	Mingara	16.83m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 23 Women Shot Put U17**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Richardson, Jessica	16	Macquarie Hunter Athletics	11.63m
2	Kalozi, Charlotte	16	Goulburn	9.89m
3	Rodgers, Annabelle	16	Athletics Nsw	9.72m
4	Gunn, Katie	16	Gosford	9.27m
5	Harrison, Alexandra	16	Coffs Harbour Track & Field	8.94m
6	Daniel, Sophie	15	Wyong Athletics Centre Inc	8.62m
7	Miller-Williams, Emma	16	Cessnock	7.37m
8	Summerill, Victoria	16	Athletics Wollongong	6.30m

**Event 24 Women Shot Put U18**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Ferfaglia, Bella	17	Eastlakes	14.77m
2	Whiteley, Joanna	17	Cessnock	9.86m
3	Campbell, Lilly-Ann	17	Mingara	9.50m
4	Petersen, Eloise	17	Macquarie Hunter Athletics	9.21m
5	Daniel, Chloe	17	Wyong Athletics Centre Inc	8.54m
6	Barnes, Belinda	17	Illawarra Blue Stars Athletic	8.15m

**Event 28 Women Pole Vault U17**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Hopkins, Emma	16	Athletics Nsw	2.20m

**Event 29 Women Pole Vault U18**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Phillips, Amy	17	Wallsend	2.40m

**Event 31 Women Pole Vault Open**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Vickers, Genevieve	26	Athletics Wollongong	3.10m

**Event 33 Women Pole Vault 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Stallard, Trish	61	Wallsend	1.40m

**Event 35 Women Hammer Throw Open**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Stokes, Laura	24	Forster Athletics Club	44.98m
2	Hay, Ebony	18	Independent	39.66m
3	Holahan, Melissa	36	Wallsend	38.05m
4	mcinerney, ashleigh	22	Athletics Nsw	37.31m
5	Stokes, Emma	24	Forster Athletics Club	36.51m
6	Williams, Laura	21	Wallsend	24.11m
7	Smith, Katelyn	23	Woy Woy Peninsula Athletics	23.69m
8	Warn, Krystal	28	Mingara	22.48m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Finals ... (Event 35 Women Hammer Throw Open)**

	Name	Age	Team	Finals
9	Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	19.83m
10	Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	15.78m

**Event 36 Women Hammer Throw 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Hunter, Kelly	42	Gosford	23.56m
2	Livingston, Aileen	42	Wallsend	22.22m
3	Beresford, Alissa	44	Nowra Athletics Club	18.49m

**Event 37 Women Hammer Throw 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Lowe, June	65	Illawarra Blue Stars Athletic	33.41m
2	Short, Teri	66	Wallsend	18.28m
3	Van Bockel, Adriana	67	Athletics Wollongong	17.82m
4	Jones, Kerrie	66	Nowra Athletics Club	16.98m
5	Perry, Rosalind	67	Athletics Wollongong	16.28m

**Event 38 Women Shot Put U9**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Mullane, Ruby	8	Port Stephens	3.90m
2	Day, Mikayla	8	Cardiff Little Athletics	3.76m
3	Govender, Sienna	8	Macquarie Hunter Athletics	3.53m
4	Austin, Molly	8	Macquarie Hunter Athletics	2.92m
5	Mustapic, Mali	8	Nowra Athletics Club	2.72m
6	Croxford, Kari	8	Macquarie Hunter Athletics	2.52m

**Event 39 Women Shot Put U10**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Gentle, Addyson	9	Maitland Senior and Little Ath	4.15m
2	Hill, Evie	9	Coffs Harbour Track & Field	4.01m
3	Papalexion, Corabella	9	Gosford	3.67m
4	Henry, Mia	9	Coffs Harbour Track & Field	2.72m

**Event 40 Women Shot Put U11**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Keeble, Zoe	10	Cardiff Little Athletics	4.92m

**Event 41 Women Shot Put U12**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Hokin, Ella	11	Cessnock	6.86m
2	Platt, Madeline	11	Adamstown New Lambton	6.28m
3	Hill, Monique	11	Coffs Harbour Track & Field	5.11m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 42 Men Shot Put U9**

Name	Age	Team	Finals
<b>Finals</b>			
1 O'Leary, Liam	8	Nowra Athletics Club	4.83m

**Event 43 Men Shot Put U10**

Name	Age	Team	Finals
<b>Finals</b>			
1 Tonga, Noah	9	Orange Little Athletics Club	6.25m
2 Dyball, Noah	9	Nowra Athletics Club	3.25m

**Event 44 Men Shot Put U11**

Name	Age	Team	Finals
<b>Finals</b>			
1 Cashion, Thomas	10	Macquarie Hunter Athletics	7.58m
2 Cousins, Jackson	10	Edgeworth	7.47m
3 Davis, Makai	10	Coonabarabran	6.52m
4 Govender, Denzel	10	Macquarie Hunter Athletics	5.81m
5 Bailey, Heath	10	Southlakes	5.50m
6 Caswell, Tynan	10	Nowra Athletics Club	5.30m
7 O'Leary, Flynn	10	Nowra Athletics Club	5.04m

**Event 45 Men Shot Put U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Day, Jackson	11	Cardiff Little Athletics	8.95m
2 Barrett, Taj	11	Nowra Athletics Club	8.26m
3 Hunter, William	11	Gosford	7.23m
4 O'Leary, Patrick	11	Nowra Athletics Club	7.01m
5 Van der merwe, Armand	11	Orange Little Athletics Club	6.41m
6 Henry, Lincoln	11	Coffs Harbour Track & Field	6.34m

**Event 46 Men Shot Put U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Willis, William	12	Athletics Wollongong	8.48m
2 Cox, Joshua	12	Adamstown New Lambton	7.48m
3 Govender, Samuel	12	Macquarie Hunter Athletics	6.94m
4 Caswell, Reilly	12	Nowra Athletics Club	6.70m
5 Dellow, Oliver	12	Armidale	5.29m
6 Austin, Roman	12	Macquarie Hunter Athletics	5.14m
7 Flint, Robby	12	Armidale	4.85m
8 Charlton, Peter	12	Eastlakes	4.20m

**Event 47 Men Shot Put U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Wells, George	13	Mingara	15.27m
2 Thompson, Angus	13	Orange Little Athletics Club	10.97m
3 Markulin, Lincoln	13	Mingara	9.21m
4 Rae, Christopher	13	Mingara	8.96m
5 Barrett, Cooper	13	Nowra Athletics Club	7.73m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 48 Men Shot Put U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 Petersen, Travis	16	Macquarie Hunter Athletics	12.33m
2 Heywood, Zac	16	Athletics Wollongong	8.29m
3 Beresford, Mason	16	Nowra Athletics Club	6.63m

**Event 49 Men Shot Put U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jones, Samuel	17	Macquarie Hunter Athletics	12.81m
2 Bignall, Nicholas	17	Macquarie Hunter Athletics	12.20m
3 Palad-Flint, Marvin	17	Armidade	9.39m

**Event 50 Men Hammer Throw Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Belcher, James	25	Athletics Wollongong	44.69m
2 Parsons, David	20	Adamstown New Lambton	23.72m

**Event 51 Men Hammer Throw 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Muscat, Jamie	43	Wyong Athletics Centre Inc	45.94m
2 Watson, Rodney	46	Woolgoolga	29.01m
3 Harrison, Paul	48	Coffs Harbour Track & Field	27.47m
4 Cheney, Jason	45	Mingara	23.35m
5 Barrett, Kane	44	Nowra Athletics Club	20.89m
6 Beresford, Paul	46	Nowra Athletics Club	18.62m

**Event 52 Men Hammer Throw 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Crumpton, Geoff	65	Mingara	26.36m
2 O'Donnell, Anthony	60	Blue Mountains Athletics	25.12m
3 Matthews, Mark	62	Illawarra Blue Stars Athletic	19.57m
4 Carr, Paul	61	Mingara	15.11m

**Event 53 Men Shot Put U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 O'Brien, Lachlan	14	Macquarie Hunter Athletics	12.36m
2 Kalozi, Joshua	14	Goulburn	10.70m
3 Upsall, Kyan	14	Coffs Harbour Track & Field	7.97m
4 Bell, Saxon	14	Independent	7.42m
5 Gunn, Lachlan	14	Gosford	6.78m

**Event 54 Men Shot Put U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Obaseki, Nosa	15	Dubbo Athletics Club Inc.	14.35m
2 Sheehan, Jack	15	Coffs Harbour Track and Field	12.97m
3 Dodgson, Drew	15	Cessnock	12.53m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 54 Men Shot Put U16)**

Name	Age	Team	Finals
4 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	11.48m
5 Barnes, Rhys	15	Illawarra Blue Stars Athletic	9.13m
6 Cheney, Cameron	15	Mingara	8.87m
7 Gerdes, Isaac	15	Armidale	7.71m
8 Campbell, Connor	15	Cessnock	6.87m

**Event 55 Men 400 Metre Hurdles 91.4cm Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Lerch, David	21	Wallsend	1:02.97

**Event 56 Men 400 Metre Hurdles 91.4cm U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kaszonyi, Lachlan	18	Nowra Athletics Club	1:01.47

**Event 57 Men 400 Metre Hurdles 91.4cm 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Henry, Brad	40	Coffs Harbour Track & Field	1:21.41

**Event 59 Men 400 Metre Hurdles 84.0cm U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 Lightfoot, Mitchell	16	Wallsend	1:00.69
2 Swan, Nathan	16	Raymond Terrace Athletic Centr	1:04.64
3 Dobbins, Rhys	16	Kotara South Amateur Athletics	1:05.25

**Event 60 Men 400 Metre Hurdles 84.0cm 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Howlett, Anthony	51	Athletics Wollongong	1:20.13

**Event 62 Women 400 Metre Hurdles 76.2cm Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Spencer, Kelly	25	Mingara	1:04.54
2 Luxford, Sarah	20	Blue Mountains Athletics	1:06.18
3 Burke, Ebony	21	Mid North Coast	1:14.98
4 Alsford, Kayley	22	Athletics Nsw	1:21.89

**Event 63 Women 400 Metre Hurdles 76.2cm U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Hughes, Claudia	18	East Maitland Athletics Club	1:09.33
2 Burke, Melinda	18	Mid North Coast	1:09.96
3 Hancock, Gemma	18	Raymond Terrace Athletic Centr	1:10.45

**Event 64 Women 400 Metre Hurdles 76.2cm 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Milne, Aanika	38	Mingara	1:16.14

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 65 Women 400 Metre Hurdles 76.2cm 40-49

Name	Age	Team	Finals
<b>Finals</b>			
1 Fletcher, Kimberley	41	Maitland Senior and Little Ath	1:08.57

## Event 66 Women 400 Metre Hurdles 76.2cm U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Hartsuyker, Sarah	17	Coffs Harbour Track & Field	1:23.55
2 Daniel, Chloe	17	Wyong Athletics Centre Inc	1:24.98

## Event 67 Women 400 Metre Hurdles 76.2cm U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Skelton, Tiahna	16	Wallsend	1:03.16
2 Tait, Hanna	16	Mid North Coast	1:11.81
3 Way, Eve	16	Illawarra Blue Stars Athletic	1:12.27
4 Kalozi, Charlotte	16	Goulburn	1:13.55
5 Summerill, Victoria	16	Athletics Wollongong	1:29.41

## Event 68 Men 300 Metre Hurdles 60-69

Name	Age	Team	Finals
<b>Finals</b>			
1 Carr, Paul	61	Mingara	49.71
2 Lamb, John	70	Illawarra Blue Stars Athletic	50.07

## Event 69 Men 200 Metre Hurdles 76.2cm U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Sheehan, Jack	15	Coffs Harbour Track and Field	28.73	0.2
2 Vizintin, Cory	15	Macquarie Hunter Athletics	29.81	0.2

## Event 70 Men 200 Metre Hurdles 76.2cm U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Kalozi, Joshua	14	Goulburn	29.70	NWI
2 Iggulden, Max	14	Coffs Harbour Track & Field	32.61	NWI
3 Leseberg, Ernest	14	Gosford	44.01	NWI

## Event 71 Men 200 Metre Hurdles 76.2cm U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 McManus, Reece	13	Eastlakes	35.25	NWI
2 Upsall, Josh	12	Coffs Harbour Track & Field	36.12	NWI
3 Markulin, Lincoln	13	Mingara	38.55	NWI

## Event 72 Women 200 Metre Hurdles 76.2cm U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Newton, Ebony	14	Raymond Terrace Athletic Centr	30.82	-0.4
2 Mills, Rebecca	15	Athletics Wollongong	33.45	-0.4
3 Xavier, Amber	14	Eastlakes	35.13	-0.4
4 Burke, Kellie	14	Wauchope	36.66	-0.4



## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 72 Women 200 Metre Hurdles 76.2cm U15)**

Name	Age	Team	Finals	Wind
5 Robertson, Tori	14	Mingara	37.09	-0.4
6 Keene, Annabelle	14	Athletics Nsw	43.55	-0.4

**Event 73 Women 200 Metre Hurdles 76.2cm U14**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Amidzovski, Delta	13	Athletics Wollongong	30.00	2.1
2 Xavier, Brooke	13	Orange Little Athletics Club	37.17	2.1
3 Bragg, Madison	13	Wallsend	38.09	2.1
4 Hunter, Jessica	13	Gosford	39.06	2.1

**Event 75 Women 1500 Metre Race Walk U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 pitcher, Sienna	12	Mingara	8:12.10
2 Platt, Madeline	11	Adamstown New Lambton	8:57.17
3 Pinches, Stella	10	Adamstown New Lambton	9:18.88
4 Hearnden, Emma	10	Macquarie Hunter Athletics	9:36.18

**Event 76 Men 1500 Metre Race Walk U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Cousins, Callum	12	Edgeworth	9:58.31
2 Platt, Grady	13	Adamstown New Lambton	10:04.53
3 Markulin, Lincoln	13	Mingara	11:32.22
4 Cousins, Jackson	10	Edgeworth	11:54.71

**Event 77 Women 1500 Metre Race Walk U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Duguid, India	13	Mingara	7:43.83

**Event 78 Men 1500 Metre Race Walk U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Spamer, Liam	14	Macquarie Hunter Athletics	8:30.68
2 Colefax, Jesse	14	Edgeworth	9:20.24

**Event 79 Women 1500 Metre Race Walk U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Dunne, Izabella	14	Mingara	7:35.40
2 McDonald, Olivia	14	Edgeworth	9:57.60
3 Keene, Annabelle	14	Athletics Nsw	11:43.94

**Event 80 Men 1500 Metre Race Walk U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Vizintin, Cory	15	Macquarie Hunter Athletics	10:24.15
2 Barnes, Rhys	15	Illawarra Blue Stars Athletic	10:42.48
3 Charlton, Peter	12	Eastlakes	11:53.72

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 82 Men 3000 Metre Race Walk U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jack, McGinniskin	17	Orange Little Athletics Club	14:10.64

**Event 84 Men 3000 Metre Race Walk Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kemp, Joel	16	Mingara	15:27.61
2 Martin, Timothy	21	Athletics Wollongong	17:56.74

**Event 85 Men 3000 Metre Race Walk 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Campbell, Luke	39	Wallsend	26:37.52

**Event 87 Men 3000 Metre Race Walk 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
--- Rowe, Gregory	58	Mingara	DQ

**Event 90 Women 3000 Metre Race Walk U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 Pitcher, Allannah	16	Mingara	14:23.45
2 Bolton, Hannah	16	Mingara	15:26.91
3 Scott, Bethany	15	Westlakes	18:28.32

**Event 91 Women 3000 Metre Race Walk U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 McLoughlin, Chloe	15	Mingara	16:39.39
2 Daniel, Chloe	17	Wyong Athletics Centre Inc	19:29.40

**Event 92 Women 3000 Metre Race Walk U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 O'Neill, Molly	19	Adamstown New Lambton	15:52.12
2 Wang, Elaine	19	Adamstown New Lambton	16:15.22
3 Barnes, Jessica	19	Illawarra Blue Stars Athletic	23:28.06

**Event 93 Women 3000 Metre Race Walk Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Walker, Amy	18	Mingara	15:57.87
2 Dunne, Izabella	14	Mingara	16:40.14

**Event 96 Women 3000 Metre Race Walk 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Martin, Anthea	52	Coffs Harbour Track & Field	19:43.14
2 van Tilburg, Annie	57	Illawarra Blue Stars Athletic	24:31.73

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 97 Women 3000 Metre Race Walk 60-69**

Name	Age	Team	Finals
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**Finals**

1	Stallard, Trish	61	Wallsend	25:57.36
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**Event 98 Men 3000 Metre Steeplechase 91.4cm 50-59**

Name	Age	Team	Finals
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**Finals**

1	McPhillips, Patrick	51	Kembla Joggers Inc.	13:35.67
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**Event 99 Men 3000 Metre Steeplechase 91.4cm 40-49**

Name	Age	Team	Finals
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**Finals**

1	Upsall, Duncan	47	Coffs Harbour Track & Field	15:56.95
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**Event 100 Men 3000 Metre Steeplechase 91.4cm 30-39**

Name	Age	Team	Finals
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**Finals**

1	Godfrey, Scott	38	Mingara	10:50.16
2	Henry, Brad	40	Coffs Harbour Track & Field	14:31.80

**Event 101 Men 3000 Metre Steeplechase 91.4cm Open**

Name	Age	Team	Finals
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**Finals**

1	Williams, Lee	37	Wallsend	11:09.40
2	Martin, Timothy	21	Athletics Wollongong	14:39.98

**Event 102 Men 3000 Metre Steeplechase 91.4cm U20**

Name	Age	Team	Finals
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**Finals**

1	Madden, Jakob	18	Mingara	10:01.42
2	Geddes, Stuart	19	Armidale	10:50.82
3	Tuddenham, Cory	19	Cessnock	14:50.89
4	Phillips, Thomas	20	Wallsend	15:12.04

**Event 103 Men 2000 Metre Steeplechase 91.4cm U18**

Name	Age	Team	Finals
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**Finals**

1	Rich, Declan	17	Armidale	8:11.11
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**Event 104 Men 2000 Metre Steeplechase 91.4cm U17**

Name	Age	Team	Finals
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**Finals**

1	Fletcher, Thomas	16	Kempsey Little Athletics	7:02.75
2	Doran, Benjamin	16	Adamstown New Lambton	7:31.31

**Event 105 Men 2000 Metre Steeplechase 76.2cm 70+**

Name	Age	Team	Finals
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**Finals**

1	Stubbs, Kenneth	75	Mingara	14:59.41
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## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 106 Men 2000 Metre Steeplechase 76.2cm 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Conyers, Mark	64	Koorringa/ Wagga	8:31.77
2 Carr, Paul	61	Mingara	11:11.05

**Event 107 Men 2000 Metre Steeplechase 76.2cm U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Liddell, Samuel	15	Mingara	7:02.92
2 Scott, Gabe	15	Mingara	7:05.02
3 Bettison, Caleb	14	Armidale	7:24.41
4 Upsall, Kyan	14	Coffs Harbour Track & Field	8:06.16

**Event 108 Women 2000 Metre Steeplechase 76.2cm 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Miller-Pickering, Nikki	37	Armidale	11:11.37

**Event 109 Women 2000 Metre Steeplechase 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Martin, Anthea	52	Coffs Harbour Track & Field	11:24.00
2 van Tilburg, Annie	57	Illawarra Blue Stars Athletic	11:48.86

**Event 110 Women 3000 Metre Steeplechase Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	16:07.08

**Event 111 Women 2000 Metre Steeplechase 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Stallard, Trish	61	Wallsend	11:34.38
2 Perry, Rosalind	67	Athletics Wollongong	12:42.83

**Event 112 Women 2000 Metre Steeplechase 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Fletcher, Kimberley	41	Maitland Senior and Little Ath	8:16.48

**Event 114 Women 2000 Metre Steeplechase 76.2cm U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Pernecker, Ashley	15	Mingara	7:55.72
2 Dyball, Ella	15	Nowra Athletics Club	8:06.76
3 Charalambous, Alexis	15	Nowra Athletics Club	8:09.13

**Event 115 Women 2000 Metre Steeplechase 76.2cm U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 McPhillips, Ruby	16	Kembla Joggers Inc.	8:00.50
2 Robertson, Ella	16	Mingara	10:06.88

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 116 Women 2000 Metre Steeplechase 76.2cm U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Cassidy, Grace	17	Armidale	7:58.40
2 Phillips, Amy	17	Wallsend	10:10.42

**Event 117 Women Hammer Throw U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Mullane, Lily	13	Port Stephens Athletics Club	26.25m

**Event 118 Women Hammer Throw U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Scott, Heather	14	Cairns Athletics Club	36.51m

**Event 119 Women Hammer Throw U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Phillips, Samantha	15	Wallsend	30.77m
2 Bailey, Imogen	15	Southlakes	26.32m
3 Daniel, Sophie	15	Wyong Athletics Centre Inc	16.19m

**Event 121 Women Hammer Throw U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Campbell, Lilly-Ann	17	Mingara	26.89m
2 Barnes, Belinda	17	Illawarra Blue Stars Athletic	19.65m

**Event 122 Men High Jump U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Metcalf, Ashley	11	Cessnock	1.10m
2 Day, Jackson	11	Cardiff Little Athletics	1.00m
3 Henry, Lincoln	11	Coffs Harbour Track & Field	1.00m

**Event 123 Men High Jump U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Knapman, Oliver	12	Orange Little Athletics Club	1.40m
2 Caswell, Reilly	12	Nowra Athletics Club	1.35m
2 Dellow, Oliver	12	Armidale	1.35m
4 Callaghan, Jai	12	Wyong Athletics Centre Inc	1.30m
--- Austin, Roman	12	Macquarie Hunter Athletics	NH

**Event 124 Men Long Jump 70+**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Stubbs, Kenneth	75	Mingara	2.40m	NWI

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 125 Men Long Jump 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Van Der Jagt, Edward	52	Nsw Masters Athletics Inc.	5.70m	+0.0
2 Provenzano, Alan	56	Wallsend	4.82m	NWI
3 Howlett, Anthony	51	Athletics Wollongong	4.38m	NWI
4 Pisch, David	53	Raymond Terrace	4.37m	NWI
5 Hampton, Gary	53	Athletics Wollongong	3.39m	NWI
6 O'Leary, Mark	53	Nowra Athletics Club	3.03m	NWI
7 Rowe, Gregory	58	Mingara	2.62m	NWI

**Event 126 Men Long Jump 30-39**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Fletcher, Shaun	37	Macquarie Hunter Athletics	6.07m	NWI
2 McKendrick, Ryan	39	Mingara	5.25m	NWI
3 Vaughan, Tim	37	Athletics Nsw	5.19m	NWI
4 Cooper, Ruwan	36	Armidale	4.74m	NWI
5 Henry, Brad	40	Coffs Harbour Track & Field	4.35m	NWI

**Event 127 Women Shot Put 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Townsend, Vicki	55	Nsw Masters Athletics Inc.	10.45m
2 Watson, Lisa	54	Nsw Masters Athletics Inc.	9.91m
3 Cox, Pauline	59	Nsw Masters Athletics Inc.	9.06m
4 Myers, Cherie	51	Mingara	7.65m
5 Alsford, Tracey	58	Athletics Nsw	7.14m
6 Redmond, Jodie	53	Illawarra Blue Stars Athletic	6.86m
7 Martin, Anthea	52	Coffs Harbour Track & Field	5.68m

**Event 129 Men High Jump U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 McManus, Reece	13	Eastlakes	1.40m
2 van der Merwe, Adriaan	13	Maitland Senior and Little Ath	1.30m

**Event 130 Men High Jump U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Lorenz, Saxon	14	Athletics Nsw	1.55m
2 English, Flynn	14	Mudgee Athletics Club	1.55m
3 Iggulden, Max	14	Coffs Harbour Track & Field	1.40m

**Event 131 Men Shot Put Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Muscat, Jamie	43	Wyong Athletics Centre Inc	13.92m
2 Eyndhoven, Corey-Jay	18	Gosford	12.77m
3 Watson, Rodney	46	Woolgoolga	11.78m
4 Belcher, James	25	Athletics Wollongong	11.24m
5 Harrison, Paul	48	Coffs Harbour Track & Field	11.04m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 131 Men Shot Put Open)

Name	Age	Team	Finals
6 Lerch, David	21	Wallsend	8.39m
7 Parsons, David	20	Adamstown New Lambton	8.31m

## Event 133 Men Hammer Throw U15

Name	Age	Team	Finals
1 Bell, Saxon	14	Independent	15.54m

## Event 134 Men Hammer Throw U16

Name	Age	Team	Finals
1 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	40.42m
2 Obaseki, Nosa	15	Dubbo Athletics Club Inc.	39.65m
3 Cheney, Cameron	15	Mingara	21.61m
4 Barnes, Rhys	15	Illawarra Blue Stars Athletic	19.76m

## Event 135 Men Hammer Throw U17

Name	Age	Team	Finals
1 Wells, Damian	16	Athletics Nsw	39.91m

## Event 136 Men Hammer Throw U18

Name	Age	Team	Finals
1 Bignall, Nicholas	17	Macquarie Hunter Athletics	28.18m
2 Lau, Andrew	17	Illawarra Blue Stars Athletic	22.97m
3 Jones, Samuel	17	Macquarie Hunter Athletics	21.23m

## Event 137 Men Long Jump 60-69

Name	Age	Team	Finals	Wind
1 Lamb, John	70	Illawarra Blue Stars Athletic	4.15m	0.2
2 O'Donnell, Anthony	60	Blue Mountains Athletics	4.09m	-0.6
3 Mitchell, David	64	Athletics Nsw	4.08m	+0.0
4 Carr, Paul	61	Mingara	3.99m	+0.0

## Event 138 Men Long Jump 40-49

Name	Age	Team	Finals	Wind
1 Phillips, Andrew	48	Adamstown New Lambton	5.02m	+0.0
2 Cheney, Jason	45	Mingara	4.88m	+0.0
3 Rae, Mark	48	Mingara	4.75m	+0.0
4 Barrett, Kane	44	Nowra Athletics Club	4.45m	-1.3
5 Hill, Dan	45	Coffs Harbour Track & Field	4.43m	-0.4
6 Harrison, Paul	48	Coffs Harbour Track & Field	4.29m	-1.1
7 Beresford, Paul	46	Nowra Athletics Club	4.17m	-0.5
8 Iggulden, Benjamin	45	Coffs Harbour Track & Field	4.05m	+0.0
9 Power, Jeffrey	43	Nowra Athletics Club	3.84m	-2.0
10 Muscat, Jamie	43	Wyong Athletics Centre Inc	2.83m	-0.9

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 139 Women High Jump U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Hill, Monique	11	Coffs Harbour Track & Field	1.15m
2 Granato, Matilda	11	Eastlakes	1.15m
3 Gumprecht, Emilia	10	Wallsend	1.05m

**Event 140 Women High Jump U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Johnson, Kiarna	12	Wyong Athletics Centre Inc	1.25m
2 English, Eliza	12	Mudgee Athletics Club	1.25m
3 Jessup, Paige	12	Adamstown New Lambton	1.10m
4 Mustapic, Alisha	12	Nowra Athletics Club	1.10m
5 Markowski, Mikaela	12	Athletics Wollongong	1.05m
5 Grech, Sienna	12	Wyong Athletics Centre Inc	1.05m
--- Allen, Chantelle	12	Eastlakes	NH

**Event 141 Men Shot Put 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Liggins, Stephen	54	Blue Mountains Athletics	11.93m
2 Bignall, David	51	Macquarie Hunter Athletics	10.50m
3 Provenzano, Alan	56	Wallsend	10.12m
4 Howlett, Anthony	51	Athletics Wollongong	9.45m
5 Hampton, Gary	53	Athletics Wollongong	8.46m
6 Kelaher, Paul	51	Mingara	8.27m
7 Thacker, Glenn	54	Coffs Harbour Track and Field	8.21m
8 O'Leary, Mark	53	Nowra Athletics Club	7.69m
9 Smith, Steve	55	Mingara	7.42m
10 Rowe, Gregory	58	Mingara	6.61m

**Event 142 Men Shot Put 70+**

Name	Age	Team	Finals
<b>Finals</b>			
1 Simcock, Ron	84	Athletics Wollongong	10.34m
2 Stubbs, Kenneth	75	Mingara	8.05m

**Event 143 Women Shot Put U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Thorn, Katie	19	Athletics Wollongong	8.49m
2 Bell, Eloise	18	Independent	8.41m
3 Barnes, Jessica	19	Illawarra Blue Stars Athletic	8.08m

**Event 144 Women Shot Put 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Thomson, Audrey	40	Wyong Athletics Centre Inc	8.81m
2 Holahan, Melissa	36	Wallsend	8.31m
3 Gibson, Fiona	39	Wallsend	5.20m



## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 145 Women High Jump U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Amidzovski, Delta	13	Athletics Wollongong	1.65m
2 Daymond, Jassmin	12	Edgeworth	1.35m
--- Zouein, Madelynne	13	Cessnock	NH
--- Allen, Stephanie	13	Eastlakes	NH

**Event 146 Women High Jump U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Corderoy, Hayley	14	Mingara	1.62m
2 Burke, Kellie	14	Wauchope	1.45m
3 Russell, Ella	14	Armidale	1.45m
4 Hillhouse, Chelsea	14	Southlakes	1.40m
5 Barnett, India-Rose	14	Gosford	1.35m

**Event 148 Women Long Jump 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	4.05m	1.5
2 Shaw, Christine	60	Athletics Wollongong	3.79m	1.5
3 Townsend, Vicki	55	Nsw Masters Athletics Inc.	3.77m	0.4
4 Martin, Anthea	52	Coffs Harbour Track & Field	2.94m	+0.0
5 Myers, Cherie	51	Mingara	2.84m	3.2

**Event 149 Women Long Jump 30-39**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Henry, Brooke	38	Coffs Harbour Track & Field	4.10m	+0.0
2 Bolakis, Alison	38	Westlakes	4.04m	0.5
3 Miller-Pickering, Nikki	37	Armidale	3.43m	+0.0
4 Gibson, Fiona	39	Wallsend	3.12m	0.5

**Event 150 Women Shot Put Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Blackstock, Ashlyn	15	Eastlakes	12.85m
2 Stokes, Laura	24	Forster Athletics Club	12.78m
3 Ferfaglia, Bella	17	Eastlakes	12.76m
4 Rodgers, Annabelle	16	Athletics Nsw	9.25m
5 Bain-Fenton, Jacarna	25	Cessnock	9.06m
6 Gunn, Emily	26	Gosford	8.89m
7 Luxford, Sarah	20	Blue Mountains Athletics	8.81m
8 Smith, Katelyn	23	Woy Woy Peninsula Athletics	8.10m
9 Carney, Charisse	21	Coffs Harbour Track and Field	7.41m
10 Thacker, Samantha	22	Coffs Harbour Track and Field	7.30m
11 Alsford, Kayley	22	Athletics Nsw	7.23m
12 Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	6.88m
13 Warn, Krystal	28	Mingara	6.44m
14 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	6.36m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 151 Men Shot Put U20**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Eyndhoven, Corey-Jay	18	Gosford	14.09m
2	Gilbert, Nicholas	19	Forster Athletics Club	12.71m
3	James, Ben	18	Cessnock	12.24m
4	Walter, Jarryd	19	Wyong Athletics Centre Inc	10.63m
5	amon, taumasina	18	South Canberra-Tuggeranong Ath	10.15m
6	Webster, Thomas	18	Edgeworth	6.46m

**Event 152 Men Shot Put 30-39**

	Name	Age	Team	Finals
<b>Finals</b>				
1	McKendrick, Ryan	39	Mingara	8.52m
2	Campbell, Luke	39	Wallsend	8.03m
3	Browne, Robert	31	Wallsend	7.99m

**Event 153 Men High Jump U16**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Sheehan, Jack	15	Coffs Harbour Track and Field	1.70m
2	Ebbs, Timothy	15	Mid North Coast	1.70m
3	Patterson, James	15	Wyong Athletics Centre Inc	1.65m
4	Hungerford, Liam	15	Macquarie Hunter Athletics	1.60m
5	Eyndhoven, Liam	15	Wyong Athletics Centre Inc	1.55m
6	Gerdes, Isaac	15	Armidale	1.55m
7	Noble, Cooper	15	Mingara	1.50m
7	Granato, Liam	15	Eastlakes	1.50m
9	Barnes, Rhys	15	Illawarra Blue Stars Athletic	1.40m

**Event 154 Men High Jump U17**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Harriman, Brett	16	Illawarra Blue Stars Athletic	1.80m
2	Smith, Evan	16	Bathurst Athletic Club Inc.	1.75m
3	Hollis, Brady	16	Kempsey Little Athletics	1.70m

**Event 155 Men High Jump U18**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Grant, Riley	17	Mingara	1.80m
2	Rothwell, Zachary	17	Blue Mountains Athletics	1.75m
3	Edwards, Henry	17	East Maitland Athletics Club	1.65m
4	Robertson, Dylan	17	Macquarie Hunter Athletics	1.60m
5	Lau, Andrew	17	Illawarra Blue Stars Athletic	1.55m

**Event 156 Men Long Jump Open**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Cantor, Taiga	21	Cessnock	6.77m	0.3
2	Grubnic, Kyle	26	Illawarra Blue Stars Athletic	6.55m	1.3
3	Devery, Christopher	23	Illawarra Blue Stars Athletic	6.43m	2.6

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Finals ... (Event 156 Men Long Jump Open)**

	Name	Age	Team	Finals	Wind
4	Herford, Alexander	20	Mingara	6.40m	2.3
5	Fletcher, Shaun	37	Macquarie Hunter Athletics	6.36m	3.4
6	Van Der Jagt, Edward	52	Nsw Masters Athletics Inc.	5.88m	1.2
7	Martin, Timothy	21	Athletics Wollongong	5.71m	2.2
8	Lerch, David	21	Wallsend	5.69m	3.1
9	Carr, Blake	25	Macquarie Hunter Athletics	5.21m	0.5

**Event 157 Men Long Jump U20**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Taylor, Sam	18	Cessnock	6.88m	2.7
2	James, Ben	18	Cessnock	6.69m	2.3
3	Lloyd, Lleyton	19	Macquarie Hunter Athletics	5.67m	0.9

**Event 158 Men Shot Put 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Muscat, Jamie	43	Wyong Athletics Centre Inc	13.69m
2	Watson, Rodney	46	Woolgoolga	11.66m
3	Barrett, Kane	44	Nowra Athletics Club	10.78m
4	Clifford, Morgan	43	Raymond Terrace Athletic Centr	9.81m
5	Rae, Mark	48	Mingara	9.39m
6	Newton, Matthew	45	Raymond Terrace Athletic Centr	8.76m
7	Hill, Dan	45	Coffs Harbour Track & Field	8.04m
8	Upsall, Duncan	47	Coffs Harbour Track & Field	5.83m

**Event 159 Men Shot Put 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Murray, Gavin	65	Mingara	11.48m
2	Crumpton, Geoff	65	Mingara	9.03m
3	Matthews, Mark	62	Illawarra Blue Stars Athletic	8.47m
4	Carr, Paul	61	Mingara	8.27m

**Event 160 Women Shot Put 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Hunter, Kelly	42	Gosford	9.60m
2	Robinson, Nicole	43	Mingara	7.75m
3	Carter, Janie	50	Coastal Track & Trail Runners	7.63m
4	Hill, Alina	43	Coffs Harbour Track & Field	7.56m
5	Heywood, Natalie	45	Athletics Wollongong	7.29m
6	Livingston, Aileen	42	Wallsend	6.95m
7	Barrett, Tracey	47	Nowra Athletics Club	6.20m

**Event 161 Women Shot Put 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Lowe, June	65	Illawarra Blue Stars Athletic	9.49m
2	Wilkes, Gail	61	Armidale	7.74m
3	Jones, Kerrie	66	Nowra Athletics Club	6.50m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 161 Women Shot Put 60-69)

Name	Age	Team	Finals
4 Perry, Rosalind	67	Athletics Wollongong	5.99m
5 Short, Teri	66	Wallsend	5.82m
6 Van Bockel, Adriana	67	Athletics Wollongong	5.32m

## Event 162 Women High Jump U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Kuchel, Georgia	15	Woolgoolga	1.55m
2 Baker, Grace	15	Macquarie Hunter Athletics	1.55m
3 Perneckner, Ashley	15	Mingara	1.45m
4 Lebreton, Baylee	15	Gosford	1.30m
5 Mills, Rebecca	15	Athletics Wollongong	1.30m

## Event 163 Women High Jump U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Harrison, Alexandra	16	Coffs Harbour Track & Field	1.60m
2 Check, Lara	16	Athletics Wollongong	1.60m
3 Gill, Sarah	16	Tamworth	1.50m
4 Dellow, Imogen	16	Armidale	1.45m
5 Hopkins, Emma	16	Athletics Nsw	1.40m
6 Tait, Hanna	16	Mid North Coast	1.30m
7 Robinson, Laura	16	Adamstown New Lambton	1.30m

## Event 164 Women High Jump U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Shaw, Grace	17	Illawarra Blue Stars Athletic	1.60m
2 White, Phoebe	17	Koorringa/ Wagga	1.50m

## Event 165 Women Long Jump Open

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Pont, Tahla	19	Macquarie Hunter Athletics	5.29m	NWI
2 Shaw, Rachel	25	Athletics Wollongong	5.04m	NWI
3 Bain-Fenton, Jacarna	25	Cessnock	4.71m	NWI
4 Carney, Charisse	21	Coffs Harbour Track and Field	4.62m	NWI
5 Alsford, Kayley	22	Athletics Nsw	4.08m	NWI
6 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	3.71m	NWI

## Event 166 Women Long Jump U20

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Kranendonk, Bethany	19	Wyong Athletics Centre Inc	5.23m	NWI
2 Tillman, Erica	19	Coffs Harbour Track and Field	4.92m	NWI
3 Jones, Isabella	18	Mingara	3.71m	NWI
4 Way, Jazmin	18	Illawarra Blue Stars Athletic	3.70m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 167 Women Long Jump 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Wilkes, Gail	61	Armidale	2.96m	4.2
2 Stallard, Trish	61	Wallsend	2.76m	1.2

## Event 168 Women Long Jump 40-49

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Guevara, Sarah	41	Illawarra Blue Stars Athletic	4.26m	3.0
2 Hill, Alina	43	Coffs Harbour Track & Field	4.21m	2.6
3 Beresford, Alissa	44	Nowra Athletics Club	4.12m	3.6
4 Carter, Janie	50	Coastal Track & Trail Runners	3.81m	3.4
5 Iggulden, Mia	47	Coffs Harbour Track & Field	3.73m	1.7

## Event 171 Men 100 Metre Sprint U13

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Govender, Samuel	12	Macquarie Hunter Athletics	13.63 q	-0.8	2
2 Callaghan, Jai	12	Wyong Athletics Centre Inc	13.71 q	0.7	1
3 Arregui, Matthew	11	Athletics Nsw	14.04 q	-0.8	2
4 Caswell, Reilly	12	Nowra Athletics Club	14.14 q	-0.8	2
5 Jones, Cooper	12	Mingara	14.50 q	0.7	1
6 Haynes, Max	12	Raymond Terrace Athletic Centr	14.83 q	-0.8	2
7 Iggulden, Leo	12	Coffs Harbour Track & Field	14.94 q	0.7	1
8 Dellow, Oliver	12	Armidale	15.00 q	-0.8	2
9 Dyball, Toby	12	Nowra Athletics Club	15.07 q	0.7	1
10 Granato, Mason	12	Eastlakes	15.31 q	-0.8	2
11 Austin, Roman	12	Macquarie Hunter Athletics	15.43	0.7	1
12 Metcalf, Thomas	12	Cessnock	15.44	0.7	1
13 Gunn, Connor	12	Gosford	15.47	0.7	1
14 Flint, Robby	12	Armidale	17.15	-0.8	2
15 Charlton, Peter	12	Eastlakes	17.65	-0.8	2

## Event 172 Women 100 Metre Sprint U13

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Hurdman, Shari	12	Port Stephens Athletics Club	13.55 Q	-2.0	1
2 Wilson, Isabella	12	Macquarie Hunter Athletics	14.44 Q	-0.7	2
3 Cooper, Layla	12	Armidale	14.57 Q	-2.0	1
4 Newton, Sienna	12	Raymond Terrace Athletic Centr	14.73 Q	-0.7	2
5 Wilkinson, Isabella	12	Blue Mountains Athletics	14.75 Q	-2.0	1
6 Bailey, Angelique	12	Southlakes	15.04 Q	-0.7	2
7 McLellan, Chloe	12	Maitland Senior and Little Ath	15.08 q	-0.7	2
8 Mustapic, Alisha	12	Nowra Athletics Club	15.27 q	-0.7	2
9 Grech, Sienna	12	Wyong Athletics Centre Inc	15.51 q	-2.0	1
10 Robins, Michelle	12	Eastlakes	15.72	-2.0	1
11 Phillips, Lucy	12	Adamstown New Lambton	15.77	-0.7	2
12 Johnson, Kiarna	12	Wyong Athletics Centre Inc	15.78	-2.0	1
13 Markowski, Mikaela	12	Athletics Wollongong	16.17	-2.0	1
14 Leseberg, Elena	12	Gosford	17.03	-0.7	2
15 Allen, Chantelle	12	Eastlakes	20.15	-0.7	2

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 173 Men 100 Metre Sprint U15

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Jones, Lachlan	14	Douglas Park	12.38 Q	-0.4	1
2 Brown, Calem	14	Douglas Park	12.49 Q	0.3	2
3 Hudson, Carson	14	Mid North Coast	12.58 Q	0.3	2
4 Lannuzel, Leo	14	Macquarie Hunter Athletics	12.87 Q	-0.4	1
5 Lorenz, Saxon	14	Athletics Nsw	12.73 Q	0.3	2
6 Upsall, Kyan	14	Coffs Harbour Track & Field	13.33 Q	-0.4	1
7 Brown, Jordie	14	Singleton Track and Field Club	12.78 q	0.3	2
8 Iggulden, Max	14	Coffs Harbour Track & Field	13.97 q	-0.4	1
9 Bell, Saxon	14	Independent	14.58 q	0.3	2
10 Leseberg, Ernest	14	Gosford	15.45	0.3	2
11 Gunn, Lachlan	14	Gosford	15.48	0.3	2
--- Cain, Jasper	14	Maitland Senior and Little Ath	DQ	-0.4	1

## Event 175 Men 100 Metre Sprint U16

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Wilkinson, Charlie	15	Athletics Nsw	11.80 Q	0.4	1
2 Fittler, Emerson	15	Armidale	11.83 Q	2.4	2
3 Sheehan, Jack	15	Coffs Harbour Track and Field	11.83 Q	0.4	1
4 Fuller, George	15	Orange Little Athletics Club	11.91 Q	2.4	2
5 Fry, Henry	15	Athletics Nsw	12.14 Q	0.4	1
6 Gerdes, Isaac	15	Armidale	12.49 Q	2.4	2
7 Granato, Liam	15	Eastlakes	12.59 q	2.4	2
8 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	12.78 q	0.4	1
9 Barnes, Rhys	15	Illawarra Blue Stars Athletic	13.88 q	0.4	1
10 Cheney, Cameron	15	Mingara	14.13	2.4	2
11 Guevara, Tyson	15	Illawarra Blue Stars Athletic	15.11	2.4	2
--- Eyndhoven, Liam	15	Wyong Athletics Centre Inc	DQ	0.4	1

## Event 177 Women 100 Metre Sprint U16

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Bowley, Sophie	15	Temora Little Athletics Club	12.87 Q	1.8	1
2 Jenkins, Alyssa	15	Coffs Harbour Track and Field	12.95 Q	2.1	2
3 Beaven, Jade	15	Mingara	13.03 Q	1.8	1
4 McDonald, Laila	15	Coffs Harbour Track and Field	13.09 Q	2.1	2
5 Walsh, Sophie	15	Coffs Harbour Track and Field	13.35 Q	1.8	1
6 Conomos, Alisha	15	Athletics Nsw	13.51 Q	2.1	2
7 Lebreton, Baylee	15	Gosford	13.65 q	1.8	1
8 Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	13.74 q	2.1	2
9 Amidzovski, Jayda	15	Athletics Wollongong	13.84 q	1.8	1
10 Harrison, Laine	15	Macquarie Hunter Athletics	16.13 q	2.1	2

## Event 178 Women 100 Metre Sprint U17

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Gunn, Katie	16	Gosford	12.43 Q	0.6	1
2 Skelton, Tiahna	16	Wallsend	12.52 Q	0.5	2
3 Hewitt, Grace	16	Port Stephens Athletics Club	12.64 Q	0.6	1

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Preliminaries ... (Event 178 Women 100 Metre Sprint U17)

Name	Age	Team	Prelims	Wind	H#
4 Matthews, Emma	16	Illawarra Blue Stars Athletic	12.79 Q	0.5	2
5 Spiers, Emer	16	Athletics Wollongong	12.71 Q	0.6	1
6 Check, Lara	16	Athletics Wollongong	13.11 Q	0.5	2
7 Worley, Paige	16	Wallsend	13.05 q	0.6	1
8 Tait, Hanna	16	Mid North Coast	13.15 q	0.6	1
9 Zappia, Ava	16	Mingara	13.50 q	0.6	1
10 Robinson, Laura	16	Adamstown New Lambton	13.81	0.5	2
11 Summerill, Victoria	16	Athletics Wollongong	14.50	0.5	2
12 Way, Monica	16	Illawarra Blue Stars Athletic	14.87	0.5	2

## Event 181 Women 100 Metre Sprint Open

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Carroll, Bronte	20	Mingara	12.12 Q	1.1	2
2 MacPherson, Teah	18	Macquarie Hunter Athletics	12.62 Q	0.5	1
3 Smee, Katie	22	Westlakes Athletic Club Inc.	12.14 Q	1.1	2
4 Pont, Tahla	19	Macquarie Hunter Athletics	12.97 Q	0.5	1
5 Keating, Lauren	24	Wyong Athletics Centre Inc	12.93 Q	1.1	2
6 Kennedy, Emma	20	Armidale	13.17 Q	0.5	1
7 Heath, Jenna	22	Adamstown New Lambton	13.29 q	1.1	2
8 Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	14.71 q	0.5	1
9 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	14.90 q	1.1	2
10 Carney, Charisse	21	Coffs Harbour Track and Field	15.02	0.5	1

## Event 182 Men 100 Metre Sprint Open

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Ross, Josh	38	Mingara	10.93 Q	-0.9	1
2 Parry, Lachlan	28	Illawarra Blue Stars Athletic	10.94 Q	2.2	2
3 Grubnic, Kyle	26	Illawarra Blue Stars Athletic	11.27 Q	2.2	2
4 Devery, Christopher	23	Illawarra Blue Stars Athletic	11.38 Q	-0.9	1
5 Winsor, Matthew	21	Mingara	11.32 Q	2.2	2
6 Thorn, Luke	23	Athletics Wollongong	11.56 Q	-0.9	1
7 Chisholm, Cameron	23	Illawarra Blue Stars Athletic	11.38 q	2.2	2
8 Dymond, Connor	22	Illawarra Blue Stars Athletic	11.57 q	2.2	2
9 Leseberg, Ernie	48	Mingara	11.57 q	-0.9	1
10 Martin, Timothy	21	Athletics Wollongong	11.58	2.2	2
11 Denham, Benjamin	19	Athletics Nsw	11.71	-0.9	1
12 Lerch, David	21	Wallsend	11.97	2.2	2
13 Carr, Blake	25	Macquarie Hunter Athletics	12.78	2.2	2
14 Miller-Williams, Lochlan	21	Cessnock	13.46	-0.9	1
15 Vince-Moin, William	21	Armidale	14.32	-0.9	1

## Event 183 Men 100 Metre Sprint 40-49

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Phillips, Andrew	48	Adamstown New Lambton	12.27 Q	-1.0	2
2 Hill, Dan	45	Coffs Harbour Track & Field	12.70 Q	0.5	1
3 Veerhuis, Peter	44	Athletics Wollongong	12.70 Q	-1.0	2
4 Leseberg, Ernie	48	Mingara	12.77 Q	0.5	1

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Preliminaries ... (Event 183 Men 100 Metre Sprint 40-49)

Name	Age	Team	Prelims	Wind	H#
5 Newton, Matthew	45	Raymond Terrace Athletic Centr	12.70 Q	-1.0	2
6 Cheney, Jason	45	Mingara	13.06 Q	0.5	1
7 Rae, Mark	48	Mingara	13.30 q	0.5	1
8 Papalexion, George	50	Mingara	13.87 q	-1.0	2
9 Iggulden, Benjamin	45	Coffs Harbour Track & Field	13.91 q	0.5	1
10 Power, Jeffrey	43	Nowra Athletics Club	14.10	-1.0	2
11 Dyball, Gavin	47	Nowra Athletics Club	14.50	0.5	1
12 Muscat, Jamie	43	Wyang Athletics Centre Inc	16.43	-1.0	2

## Event 185 Men 100 Metre Sprint U18

Name	Age	Team	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Reid, Leroy	17	Macquarie Hunter Athletics	11.30 Q	0.4	1
2 Rothwell, Zachary	17	Blue Mountains Athletics	11.33 Q	1.4	2
3 Bickel, Gabriel	17	Athletics Wollongong	11.43 Q	1.4	2
4 Palad-Flint, Marvin	17	Armidale	11.44 Q	0.4	1
5 Robertson, Dylan	17	Macquarie Hunter Athletics	11.45 Q	0.4	1
6 Fairweather, Liam	17	Athletics Nsw	11.62 Q	1.4	2
7 Woods, Riley	17	Wallsend	11.75 q	1.4	2
8 Turner, Samuel	17	Maitland Senior and Little Ath	12.17 q	0.4	1
9 Edwards, Henry	17	East Maitland Athletics Club	12.23 q	0.4	1
10 Lau, Andrew	17	Illawarra Blue Stars Athletic	13.15	1.4	2
11 Jones, Samuel	17	Macquarie Hunter Athletics	13.37	0.4	1
12 McNeil, Nicholas	17	Macquarie Hunter Athletics	13.48	1.4	2

## Event 186 Men 100 Metre Sprint 50-59

Name	Age	Team	Prelims	Wind
<b>Preliminaries</b>				
1 Carter, Geoff	53	Coastal Track & Trail Runners	12.67 q	1.5
2 Reid, Brett	55	Mingara	12.78 q	1.5
3 Provenzano, Alan	56	Wallsend	13.08 q	1.5
4 Smith, Steve	55	Mingara	13.50 q	1.5
5 O'Leary, Mark	53	Nowra Athletics Club	15.68 q	1.5
6 Rowe, Gregory	58	Mingara	17.77 q	1.5

## Event 187 Women 100 Metre Sprint U9

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 hicks, jenice	8	Edgeworth	16.55	2.0
2 Austin, Molly	8	Macquarie Hunter Athletics	16.92	2.0
3 Croxford, Kari	8	Macquarie Hunter Athletics	17.09	2.0
4 Callaghan, Zahli	8	Wyang Athletics Centre Inc	17.70	2.0
5 Day, Mikayla	8	Cardiff Little Athletics	18.30	2.0
6 Govender, Sienna	8	Macquarie Hunter Athletics	18.94	2.0
7 Mustapic, Mali	8	Nowra Athletics Club	20.63	2.0

## Event 188 Men 100 Metre Sprint U9

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 O'Leary, Liam	8	Nowra Athletics Club	17.76	1.7
2 Martin, Callum	8	Adamstown New Lambton	17.80	1.7



**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 189 Women 100 Metre Sprint U10**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Trembath, Madison	9	Orange Little Athletics Club	15.70	3.0
2 Hill, Evie	9	Coffs Harbour Track & Field	15.76	3.0
3 Gentle, Addyson	9	Maitland Senior and Little Ath	16.13	3.0
4 Daymond, Makaylie	9	Edgeworth	17.03	3.0
5 Hanson, Ashlyn	9	Toukley	17.23	3.0
6 Henry, Mia	9	Coffs Harbour Track & Field	17.25	3.0
7 Smart, Evie	9	Nowra Athletics Club	20.11	3.0
8 Papalexion, Corabella	9	Gosford	21.63	3.0

**Event 190 Men 100 Metre Sprint U10**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Ward, Flynn	9	Kotara South Amateur Athletics	16.44	1.1
2 McKendrick, Callum	9	Gosford	17.13	1.1
3 Norris, Bryson	9	Mingara	17.66	1.1
4 Dyball, Noah	9	Nowra Athletics Club	21.21	1.1

**Event 191 Women 100 Metre Sprint U11**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Callaghan, Keira	10	Wyong Athletics Centre Inc	15.20	3.1
2 Ingall, Ruby	10	Orange Little Athletics Club	16.26	3.1
3 Bolakis, Demi	10	Westlakes	16.52	3.1
4 Keeble, Zoe	10	Cardiff Little Athletics	17.02	3.1

**Event 192 Men 100 Metre Sprint U11**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Alley, Trent	10	Coastal Track and Trail Runner	15.03	-0.3
2 Martin, Liam	10	Adamstown New Lambton	15.07	-0.3
3 Barton, Zac	10	Wyong Athletics Centre Inc	15.24	-0.3
4 Morrison, Evan	10	Tamworth	15.40	-0.3
5 Cashion, Thomas	10	Macquarie Hunter Athletics	15.51	-0.3
6 Govender, Denzel	10	Macquarie Hunter Athletics	15.99	-0.3
7 Bailey, Heath	10	Southlakes	16.33	-0.3
8 O'Leary, Flynn	10	Nowra Athletics Club	16.69	-0.3
9 Ison, Xavier	10	Macquarie Hunter Athletics	17.25	-0.3

**Event 193 Women 100 Metre Sprint U12**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 McCarthy, Anika	11	Macquarie Hunter Athletics	14.43	-0.6
2 Conlon, Dixie	11	Raymond Terrace Athletic Centr	14.50	-0.6
3 Bolakis, Eleni	11	Westlakes	15.36	-0.6
4 Hill, Monique	11	Coffs Harbour Track & Field	15.47	-0.6
5 McManus, Mollie	11	Eastlakes	16.07	-0.6
6 Granato, Matilda	11	Eastlakes	16.69	-0.6
7 Hokin, Ella	11	Cessnock	17.36	-0.6

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 193 Women 100 Metre Sprint U12)

Name	Age	Team	Finals	Wind
8 Bettison, Bronte	11	Armidale	18.06	-0.6

## Event 194 Men 100 Metre Sprint U12

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Hamilton, Tahj	11	Mingara	13.81	-0.2	1
2 Arregui, Matthew	11	Athletics Nsw	14.08	-0.2	1
3 Zouein, Andre	11	Cessnock	14.68	-0.3	2
4 Ward, Nate	11	Kotara South Amateur Athletics	14.92	-0.3	2
5 Mckenna, Cooper	11	Raymond Terrace Athletic Centr	14.93	-0.2	1
6 Henry, Lincoln	11	Coffs Harbour Track & Field	15.00	-0.3	2
7 O'Leary, Patrick	11	Nowra Athletics Club	15.14	-0.2	1
8 Francis, Zurailo	11	Westlakes	16.14	-0.3	2
9 Metcalf, Ashley	11	Cessnock	16.20	-0.3	2
10 Day, Jackson	11	Cardiff Little Athletics	16.59	-0.2	1
11 Barrett, Taj	11	Nowra Athletics Club	17.41	-0.2	1

## Event 195 Women 100 Metre Sprint U13

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hurdman, Shari	12	Port Stephens Athletics Club	13.35	+0.0
2 Wilson, Isabella	12	Macquarie Hunter Athletics	14.32	+0.0
3 Cooper, Layla	12	Armidale	14.38	+0.0
4 Newton, Sienna	12	Raymond Terrace Athletic Centr	14.57	+0.0
5 Wilkinson, Isabella	12	Blue Mountains Athletics	14.89	+0.0
6 McLellan, Chloe	12	Maitland Senior and Little Ath	15.31	+0.0
7 Bailey, Angelique	12	Southlakes	15.46	+0.0
8 Mustapic, Alisha	12	Nowra Athletics Club	15.50	+0.0
9 Grech, Sienna	12	Wyang Athletics Centre Inc	15.74	+0.0

## Event 196 Men 100 Metre Sprint U13

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Govender, Samuel	12	Macquarie Hunter Athletics	13.22	0.2
2 Callaghan, Jai	12	Wyang Athletics Centre Inc	13.49	0.2
3 Arregui, Matthew	11	Athletics Nsw	13.98	0.2
4 Caswell, Reilly	12	Nowra Athletics Club	14.16	0.2
5 Jones, Cooper	12	Mingara	14.19	0.2
6 Iggulden, Leo	12	Coffs Harbour Track & Field	14.83	0.2
7 Haynes, Max	12	Raymond Terrace Athletic Centr	14.86	0.2
8 Dyball, Toby	12	Nowra Athletics Club	14.95	0.2
9 Granato, Mason	12	Eastlakes	15.26	0.2

## Event 197 Women 100 Metre Sprint U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 McGregor, Keira	13	Raymond Terrace Athletic Centr	12.93	-0.8
2 Amidzovski, Delta	13	Athletics Wollongong	13.02	-0.8
3 McNamara, Phebe	13	Tamworth	13.73	-0.8
4 Doran, Poppy	13	Adamstown New Lambton	13.79	-0.8
5 Zouein, Madelynne	13	Cessnock	13.89	-0.8

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 197 Women 100 Metre Sprint U14)

Name	Age	Team	Finals	Wind
6 Gogarty, Ella	13	East Maitland Athletics Club	14.45	-0.8
7 Dellow, Sienna	13	Armidale	14.54	-0.8
8 Hunter, Jessica	13	Gosford	15.36	-0.8
9 Steel-Minett, Bella	13	Tuggerah Athletics	15.75	-0.8
10 Allen, Stephanie	13	Eastlakes	16.67	-0.8

## Event 198 Men 100 Metre Sprint U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Coles, Liam	13	Toukley	12.50	1.1
2 Gordon, Liam	13	Tamworth	12.78	1.1
3 Rae, Christopher	13	Mingara	13.66	1.1
4 Bowley, Toby	13	Temora Little Athletics Club	13.92	1.1
5 van der Merwe, Adriaan	13	Maitland Senior and Little Ath	14.02	1.1
6 McManus, Reece	13	Eastlakes	14.18	1.1
7 Papalexion, Dion	13	Gosford	15.62	1.1
8 Arregui, Luke	13	Illawarra Blue Stars Athletic	16.05	1.1

## Event 199 Women 100 Metre Sprint U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Newton, Ebony	14	Raymond Terrace Athletic Centr	12.83	1.8
2 Xavier, Amber	14	Eastlakes	13.24	1.8
3 Harding, Jade	14	Orange Little Athletics Club	13.41	1.8
4 McNamara, Lilly	14	Athletics Nsw	13.42	1.8
5 Wilkinson, Harriet	14	Blue Mountains Athletics	13.92	1.8
6 Roberts, Jassmin	14	Macquarie Hunter Athletics	15.47	1.8
7 Keene, Annabelle	14	Athletics Nsw	15.66	1.8
8 Norris, Stella	14	Mingara	15.67	1.8

## Event 200 Men 100 Metre Sprint U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Jones, Lachlan	14	Douglas Park	12.00	3.9
2 Brown, Calem	14	Douglas Park	12.25	3.9
3 Hudson, Carson	14	Mid North Coast	12.35	3.9
4 Brown, Jordie	14	Singleton Track and Field Club	12.43	3.9
5 Lannuzel, Leo	14	Macquarie Hunter Athletics	12.57	3.9
6 Upsall, Kyan	14	Coffs Harbour Track & Field	12.92	3.9
7 Lorenz, Saxon	14	Athletics Nsw	12.94	3.9
8 Bell, Saxon	14	Independent	14.87	3.9

## Event 201 Women 100 Metre Sprint U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Bowley, Sophie	15	Temora Little Athletics Club	12.84	4.4
2 Beaven, Jade	15	Mingara	12.85	4.4
3 McDonald, Laila	15	Coffs Harbour Track and Field	12.96	4.4
4 Jenkins, Alyssa	15	Coffs Harbour Track and Field	12.98	4.4
5 Walsh, Sophie	15	Coffs Harbour Track and Field	13.27	4.4
6 Mills, Rebecca	15	Athletics Wollongong	13.43	4.4

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 201 Women 100 Metre Sprint U16)

Name	Age	Team	Finals	Wind
7 Conomos, Alisha	15	Athletics Nsw	13.49	4.4
8 Lebreton, Baylee	15	Gosford	13.51	4.4
9 Amidzovski, Jayda	15	Athletics Wollongong	13.79	4.4

## Event 202 Men 100 Metre Sprint U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Sheehan, Jack	15	Coffs Harbour Track and Field	11.66	3.4
2 Wilkinson, Charlie	15	Athletics Nsw	11.67	3.4
3 Fittler, Emerson	15	Armidale	11.83	3.4
4 Fuller, George	15	Orange Little Athletics Club	11.92	3.4
5 Fry, Henry	15	Athletics Nsw	12.14	3.4
6 Granato, Liam	15	Eastlakes	12.42	3.4
7 Gerdes, Isaac	15	Armidale	12.51	3.4
8 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	12.97	3.4
9 Barnes, Rhys	15	Illawarra Blue Stars Athletic	13.68	3.4

## Event 203 Women 100 Metre Sprint U17

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Gunn, Katie	16	Gosford	12.33	1.6
2 Matthews, Emma	16	Illawarra Blue Stars Athletic	12.53	1.6
3 Skelton, Tiahna	16	Wallsend	12.61	1.6
4 Spiers, Emer	16	Athletics Wollongong	12.77	1.6
5 Hewitt, Grace	16	Port Stephens Athletics Club	12.85	1.6
6 Worley, Paige	16	Wallsend	12.98	1.6
7 Check, Lara	16	Athletics Wollongong	13.09	1.6

## Event 204 Men 100 Metre Sprint U17

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Wickremaratchy, Dinush	16	Macquarie Hunter Athletics	11.25	2.3
2 Steer, Cameron	16	Mingara	11.28	2.3
3 Smedley, Jarrod	16	Mingara	11.63	2.3
4 Macpherson, Jai	16	Macquarie Hunter Athletics	11.64	2.3
5 Griffiths, Ben	16	Cobar Athletics Club	11.94	2.3
6 Mulder, Aidan	16	Port Stephens	12.01	2.3
7 de Courcey Reginato, Riley	16	Mingara	12.01	2.3

## Event 205 Women 100 Metre Sprint U18

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Navusolo, Jezebel	17	Mingara	12.38	2.3
2 Windred, Milli	15	Macquarie Hunter Athletics	13.03	2.3
3 Daniel, Chloe	17	Wyong Athletics Centre Inc	13.80	2.3
4 Hartsuyker, Sarah	17	Coffs Harbour Track & Field	13.89	2.3
5 Dennis, Rhiannon	17	Orange Little Athletics Senior	14.04	2.3
6 Shaw, Grace	17	Illawarra Blue Stars Athletic	14.56	2.3
7 Mazzei, Amelia	17	Armidale	14.77	2.3

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 206 Men 100 Metre Sprint U18**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Rothwell, Zachary	17	Blue Mountains Athletics	11.08	2.0
2 Palad-Flint, Marvin	17	Armidale	11.23	2.0
3 Bickel, Gabriel	17	Athletics Wollongong	11.24	2.0
4 Fairweather, Liam	17	Athletics Nsw	11.42	2.0
5 Robertson, Dylan	17	Macquarie Hunter Athletics	11.52	2.0
6 Woods, Riley	17	Wallsend	11.62	2.0
7 Edwards, Henry	17	East Maitland Athletics Club	12.11	2.0
--- Turner, Samuel	17	Maitland Senior and Little Ath	DQ	2.0
--- Reid, Leroy	17	Macquarie Hunter Athletics	DQ	2.0

**Event 207 Women 100 Metre Sprint U20**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Kranendonk, Bethany	19	Wyong Athletics Centre Inc	12.90	0.3
2 Carroll, Brittany	19	Maitland Senior and Little Ath	13.09	0.3
3 Snow, Mikielee	18	Armidale	13.12	0.3
4 Regan, Hannah	18	Mingara	13.16	0.3
5 Hughes, Claudia	18	East Maitland Athletics Club	13.41	0.3
6 Hancock, Gemma	18	Raymond Terrace Athletic Centr	13.51	0.3
7 Thorn, Katie	19	Athletics Wollongong	14.19	0.3
8 Way, Jazmin	18	Illawarra Blue Stars Athletic	15.17	0.3
9 hicks, sharis	18	Edgeworth	15.70	0.3

**Event 208 Men 100 Metre Sprint U20**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Low, Trent	19	Armidale	11.21	0.6
2 James, Ben	18	Cessnock	11.24	0.6
3 Dennis, Ben	19	Orange Little Athletics Senior	11.38	0.6
4 Briggs, James	18	Armidale	11.52	0.6
5 Kaszonyi, Lachlan	18	Nowra Athletics Club	11.58	0.6
6 Taylor, Sam	18	Cessnock	11.58	0.6
7 Lloyd, Lleyton	19	Macquarie Hunter Athletics	11.83	0.6
8 Tuddenham, Cory	19	Cessnock	12.18	0.6
9 Nicholson, Edwin	18	Wallsend	12.95	0.6

**Event 209 Women 100 Metre Sprint Open**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Smee, Katie	22	Westlakes Athletic Club Inc.	12.16	2.2
2 Carroll, Bronte	20	Mingara	12.22	2.2
3 MacPherson, Teah	18	Macquarie Hunter Athletics	12.50	2.2
4 Pont, Tahla	19	Macquarie Hunter Athletics	12.90	2.2
5 Kennedy, Emma	20	Armidale	12.98	2.2
6 Keating, Lauren	24	Wyong Athletics Centre Inc	13.02	2.2
7 Heath, Jenna	22	Adamstown New Lambton	13.24	2.2
8 Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	14.84	2.2
9 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	14.90	2.2

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 210 Men 100 Metre Sprint Open**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Ross, Josh	38	Mingara	10.57	3.7
2	Parry, Lachlan	28	Illawarra Blue Stars Athletic	10.76	3.7
3	Grubnic, Kyle	26	Illawarra Blue Stars Athletic	10.86	3.7
4	Devery, Christopher	23	Illawarra Blue Stars Athletic	11.04	3.7
5	Winsor, Matthew	21	Mingara	11.14	3.7
6	Chisholm, Cameron	23	Illawarra Blue Stars Athletic	11.29	3.7
7	Leseberg, Ernie	48	Mingara	11.36	3.7
8	Thorn, Luke	23	Athletics Wollongong	11.40	3.7
9	Dymond, Connor	22	Illawarra Blue Stars Athletic	11.50	3.7

**Event 211 Women 100 Metre Sprint 30-39**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Smart, Erin	37	Nowra Athletics Club	13.59	0.6
2	Bolakis, Alison	38	Westlakes	13.78	0.6
3	Henry, Brooke	38	Coffs Harbour Track & Field	14.36	0.6
4	Gibson, Fiona	39	Wallsend	18.39	0.6

**Event 212 Men 100 Metre Sprint 30-39**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Stone, Jay	40	Armidale	11.25	1.8
2	Cooper, Ruwan	36	Armidale	12.57	1.8

**Event 213A Women 100 Metre Sprint 40-49**

	Name	Age	Team	Prelims	Wind
<b>Preliminaries</b>					
1	Robinson, Nicole	43	Mingara	13.35 q	2.5
2	Hill, Alina	43	Coffs Harbour Track & Field	13.45 q	2.5
3	Iggulden, Mia	47	Coffs Harbour Track & Field	14.72 q	2.5
4	Guevara, Sarah	41	Illawarra Blue Stars Athletic	14.90 q	2.5
5	Carter, Janie	50	Coastal Track & Trail Runners	15.57 q	2.5

**Event 214 Men 100 Metre Sprint 40-49**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Leseberg, Ernie	48	Mingara	11.49	0.2
2	Phillips, Andrew	48	Adamstown New Lambton	12.11	0.2
3	Newton, Matthew	45	Raymond Terrace Athletic Centr	12.52	0.2
4	Veerhuis, Peter	44	Athletics Wollongong	12.54	0.2
5	Hill, Dan	45	Coffs Harbour Track & Field	12.68	0.2
6	Cheney, Jason	45	Mingara	12.69	0.2
7	Rae, Mark	48	Mingara	13.42	0.2
8	Papalexion, George	50	Mingara	13.95	0.2
9	Iggulden, Benjamin	45	Coffs Harbour Track & Field	16.96	0.2

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 215A Women 100 Metre Sprint 50-59

Name	Age	Team	Prelims	Wind
<b>Preliminaries</b>				
1 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	13.95 q	0.8
2 Townsend, Vicki	55	Nsw Masters Athletics Inc.	14.63 q	0.8
3 Shaw, Christine	60	Athletics Wollongong	15.14 q	0.8
4 Angell, Karen	52	Mingara	15.28 q	0.8
5 Martin, Anthea	52	Coffs Harbour Track & Field	16.54 q	0.8
6 Myers, Cherie	51	Mingara	16.78 q	0.8

## Event 217 Women 100 Metre Sprint 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 O'Toole, Diane	61	Illawarra Blue Stars Athletic	16.27	-0.4
2 Stallard, Trish	61	Wallsend	18.32	-0.4
3 Wilkes, Gail	61	Armidale	18.39	-0.4
4 Short, Teri	66	Wallsend	30.68	-0.4

## Event 218 Men 100 Metre Sprint 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Smith, David	64	Mingara	13.51	-1.4
2 Lamb, John	70	Illawarra Blue Stars Athletic	13.97	-1.4
3 Carr, Paul	61	Mingara	14.05	-1.4
4 Mitchell, David	64	Athletics Nsw	14.77	-1.4
5 Matthews, Mark	62	Illawarra Blue Stars Athletic	16.58	-1.4

## Event 219 Men 100 Metre Sprint 70+

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Wall, John	73	Mingara	14.15	1.3
2 van luyn, robert	71	Mingara	14.60	1.3
3 Stubbs, Kenneth	75	Mingara	20.58	1.3

## Event 221 Women 800 Metre Run U9

Name	Age	Team	Finals
<b>Finals</b>			
1 Callaghan, Zahli	8	Wyong Athletics Centre Inc	3:09.95
2 Godfrey, Millie	8	Mingara	3:24.50
3 Croxford, Kari	8	Macquarie Hunter Athletics	3:33.66
4 hicks, jenice	8	Edgeworth	3:36.96
5 Mullane, Ruby	8	Port Stephens	3:40.14
6 Morrison, Regan	8	Tamworth	3:41.12
--- Austin, Molly	8	Macquarie Hunter Athletics	DNF

## Event 222 Women 800 Metre Run U10

Name	Age	Team	Finals
<b>Finals</b>			
1 Daymond, Makaylie	9	Edgeworth	3:13.39
2 Hill, Evie	9	Coffs Harbour Track & Field	3:26.62
3 Smart, Evie	9	Nowra Athletics Club	3:32.79

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 222 Women 800 Metre Run U10)

Name	Age	Team	Finals
4 Henry, Mia	9	Coffs Harbour Track & Field	3:34.35

## Event 223 Women 800 Metre Run U11

Name	Age	Team	Finals
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## Finals

1 Callaghan, Keira	10	Wyong Athletics Centre Inc	2:46.55
2 Cole, Indiana	10	Athletics Nsw	2:55.30
3 Ingall, Ruby	10	Orange Little Athletics Club	2:59.50
4 Pinches, Stella	10	Adamstown New Lambton	3:05.72

## Event 224 Women 800 Metre Run U12

Name	Age	Team	Finals
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## Finals

1 Stone, Ameilie	11	Armidale	3:07.58
2 Bettison, Bronte	11	Armidale	3:23.61
3 Hill, Monique	11	Coffs Harbour Track & Field	3:34.75
4 Hokin, Ella	11	Cessnock	4:57.62

## Event 225 Women 800 Metre Run U13

Name	Age	Team	Finals
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## Finals

1 Doran, Phoebe	12	Adamstown New Lambton	2:38.63
2 Cole, Matilda	12	Athletics Nsw	2:38.80
3 Daymond, Jassmin	12	Edgeworth	2:41.80
4 Ryan, Phebie	12	Dubbo Athletics Club Inc.	2:49.20
5 Mustapic, Alisha	12	Nowra Athletics Club	2:50.78
6 Craig, Rebecca	12	Macquarie Hunter Athletics	2:51.20
7 Said, Amelia	12	Raymond Terrace	2:51.30
8 Jessup, Paige	12	Adamstown New Lambton	2:51.83

## Event 226 Men 800 Metre Run U9

Name	Age	Team	Finals
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## Finals

1 Martin, Callum	8	Adamstown New Lambton	3:28.14
2 O'Leary, Liam	8	Nowra Athletics Club	3:44.67

## Event 227 Men 800 Metre Run U10

Name	Age	Team	Finals
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## Finals

1 Taylor, Jayden	9	Kotara South Amateur Athletics	2:45.57
2 Norris, Bryson	9	Mingara	2:46.79
3 Ward, Flynn	9	Kotara South Amateur Athletics	2:56.71
4 McKendrick, Callum	9	Gosford	3:09.89
5 Dyball, Noah	9	Nowra Athletics Club	4:04.52

## Event 228 Men 800 Metre Run U11

Name	Age	Team	Finals
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## Finals

1 Alley, Trent	10	Coastal Track and Trail Runner	2:32.70
2 Morrison, Evan	10	Tamworth	2:46.53
3 Martin, Liam	10	Adamstown New Lambton	2:50.97



**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Finals ... (Event 228 Men 800 Metre Run U11)**

	Name	Age	Team	Finals
4	Caswell, Tynan	10	Nowra Athletics Club	2:58.43
5	Bailey, Heath	10	Southlakes	3:04.31
6	O'Leary, Flynn	10	Nowra Athletics Club	3:29.70

**Event 229 Men 800 Metre Run U12**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Ward, Nate	11	Kotara South Amateur Athletics	2:29.82
2	Willcocks, Alexander	11	Wyong Athletics Centre Inc	2:36.54
3	Kemp, Blake	11	Athletics Nsw	2:46.02
4	Godfrey, Coen	11	Mingara	2:54.30
5	Metcalf, Ashley	11	Cessnock	3:01.68
6	Henry, Lincoln	11	Coffs Harbour Track & Field	3:09.94
7	O'Leary, Patrick	11	Nowra Athletics Club	3:19.60
8	Gould, Jaymin	11	Tumut and District Little Athl	3:21.63
9	Zouein, Andre	11	Cessnock	3:25.02

**Event 230 Women 800 Metre Run U14**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Jarvis, Hannah	13	Macquarie Hunter Athletics	2:26.81
2	Kinder, Sienna	13	Adamstown New Lambton	2:31.00
3	Salvador, Molly	13	Westlakes	2:33.63
4	Panos, Brianna	13	Macquarie Hunter Athletics	2:34.54
5	Doran, Poppy	13	Adamstown New Lambton	2:37.47
6	Priest, Charlotte	13	Koorunga/ Wagga	2:37.68
7	Papalexion, Marianne	13	Mingara	2:43.47

**Event 231 Women 800 Metre Run U15**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Pollard, Jemma	14	Kotara South Amateur Athletics	2:30.12
2	Norris, Stella	14	Mingara	2:30.16
3	Young, Amanda	14	Kotara South Amateur Athletics	2:44.04
4	Hillhouse, Chelsea	14	Southlakes	3:02.59
5	Gould, Rayleigh	14	Tumut and District Little Athl	3:26.63

**Event 232 Men 800 Metre Run U13**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Caswell, Reilly	12	Nowra Athletics Club	2:30.14
2	Callaghan, Jai	12	Wyong Athletics Centre Inc	2:37.93
3	Dyball, Toby	12	Nowra Athletics Club	2:40.85
4	Spamer, Brodie	12	Macquarie Hunter Athletics	2:54.04
5	Metcalf, Thomas	12	Cessnock	3:05.00
6	Dellow, Oliver	12	Armidale	3:11.55
7	Gunn, Connor	12	Gosford	3:12.26
8	Austin, Roman	12	Macquarie Hunter Athletics	3:24.45
9	Charlton, Peter	12	Eastlakes	3:59.00

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 233 Men 800 Metre Run U14

Name	Age	Team	Finals
<b>Finals</b>			
1 Zakis, William	13	Blue Mountains Athletics	2:21.14
2 White, Keenan	13	Mingara	2:31.68
3 Battle, Coben	13	Athletics Nsw	2:32.89
4 Barrett, Cooper	13	Nowra Athletics Club	2:33.24
5 Gould, Riley	13	Tumut and District Little Athl	2:41.73

## Event 234 Men 800 Metre Run U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Dyball, William	14	Nowra Athletics Club	2:15.97
2 Upsall, Kyan	14	Coffs Harbour Track & Field	2:20.09
3 Abbot, Finnegan	14	Macquarie Hunter Athletics	2:21.33
4 Bettison, Caleb	14	Armidale	2:22.46
5 Pattison, Jordan	14	Armidale	2:36.68
6 Leseberg, Ernest	14	Gosford	2:52.52

## Event 235 Women 800 Metre Run U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Monk, Montana	15	Macquarie Hunter Athletics	2:13.46
2 Pernecker, Ashley	15	Mingara	2:19.85
3 Bailey, Imogen	15	Southlakes	2:26.93
4 Barnett, Eleanor	15	Macquarie Hunter Athletics	2:28.52
5 McDonald, Laila	15	Coffs Harbour Track and Field	2:40.15
6 Dyball, Ella	15	Nowra Athletics Club	2:40.46
--- Charalambous, Alexis	15	Nowra Athletics Club	DQ

## Event 236 Women 800 Metre Run U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Ward, Eliza	16	Armidale	2:25.20
2 Way, Eve	16	Illawarra Blue Stars Athletic	2:33.21
3 McPhillips, Ruby	16	Kembla Joggers Inc.	2:34.34
4 Miller-Williams, Emma	16	Cessnock	2:36.21

## Event 237 Women 800 Metre Run U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Cassidy, Grace	17	Armidale	2:24.12
2 Spamer, Damika	17	Macquarie Hunter Athletics	2:26.89
3 Irwin, Elley	17	Macquarie Hunter Athletics	2:29.11
--- Daniel, Chloe	17	Wyong Athletics Centre Inc	DNF

## Event 238 Men 800 Metre Run U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Gould, Jack	16	Tumut and District Little Athl	2:02.06
2 Herbert, Tom	16	Mingara	2:03.47
3 March, Tom	16	Macquarie Hunter Athletics	2:03.90

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 238 Men 800 Metre Run U17)**

	Name	Age	Team	Finals
4	Zawadzki, Nathan	16	Coffs Harbour Track & Field	2:04.65
5	Swan, Nathan	16	Raymond Terrace Athletic Centr	2:06.39
6	Rae, Sean	16	Mingara	2:07.42
7	Townsend, Lachlan	16	Athletics Nsw	2:07.46
8	Nicholls, Lachlan	16	Athletics Nsw	2:09.90
9	Fletcher, Thomas	16	Kempsey Little Athletics	2:15.73

**Event 239 Men 800 Metre Run U16**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Patterson, James	15	Wyong Athletics Centre Inc	2:33.34
2	Hungerford, Liam	15	Macquarie Hunter Athletics	2:39.68

**Event 240 Men 800 Metre Run U18**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Dale, Thomas	17	Orange Little Athletics Club	2:04.73
2	Doley, Harrison	17	Maitland Senior and Little Ath	2:04.82
3	Rich, Declan	17	Armidale	2:18.53
4	McNeil, Nicholas	17	Macquarie Hunter Athletics	2:31.19

**Event 241 Women 800 Metre Run U20**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Jones, Isabella	18	Mingara	2:49.32

**Event 242 Women 800 Metre Run Open**

	Name	Age	Team	Finals
<b>Finals</b>				
1	O'Neill, Jacqueline	26	Mingara	2:34.66
2	Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	3:09.26
3	Miller-Pickering, Nikki	37	Armidale	3:25.57

**Event 243 Men 800 Metre Run U20**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Nicholson, Edwin	18	Wallsend	2:26.36
2	Kaszonyi, Lachlan	18	Nowra Athletics Club	2:28.10

**Event 244 Men 800 Metre Run Open**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Fittler, Lawson	18	Armidale	1:58.45
2	O'Keefe, Finn	21	Armidale	2:01.68
3	Geddes, Stuart	19	Armidale	2:02.71
4	Lott, Stephen	21	Newcastle Flyers Runners Club	2:04.19
5	Musgrove, Cameron	21	Nowra Athletics Club	2:07.01
6	Lerch, David	21	Wallsend	2:16.21
7	Vince-Moin, William	21	Armidale	2:29.35
8	Martin, Timothy	21	Athletics Wollongong	2:35.62
9	Miller-Williams, Lochlan	21	Cessnock	2:50.42

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 245 Women 800 Metre Run 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Smart, Erin	37	Nowra Athletics Club	2:30.88
2 Henry, Brooke	38	Coffs Harbour Track & Field	3:17.65
3 Miller-Pickering, Nikki	37	Armidale	4:08.73

**Event 246 Women 800 Metre Run 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Fletcher, Kimberley	41	Maitland Senior and Little Ath	2:23.36
2 Kelly, Nicky	47	Mingara	2:37.56
3 Dellow, Anna	43	Armidale	2:57.42
4 Musgrove, Darlene	49	Nowra Athletics Club	3:37.14

**Event 247 Women 800 Metre Run 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	2:45.00
2 Hunt, Sally	56	Mingara	2:53.66
3 Martin, Anthea	52	Coffs Harbour Track & Field	3:18.96
4 Peksis, Julie	60	Mingara	3:28.62
5 Durston, Bev	55	Mingara	3:35.87

**Event 248 Women 800 Metre Run 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Beardslee, Margaret	61	Mingara	3:20.59
2 Wilkes, Gail	61	Armidale	3:22.71
3 Stallard, Trish	61	Wallsend	3:53.22
4 Perry, Rosalind	67	Athletics Wollongong	4:21.87

**Event 250 Men 800 Metre Run 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Williamson, Mitchell	33	Orange Runners Club	2:03.77
2 Williams, Lee	37	Wallsend	2:12.20
3 McKendrick, Ryan	39	Mingara	2:14.23
4 Godfrey, Scott	38	Mingara	2:16.15
5 Henry, Brad	40	Coffs Harbour Track & Field	2:44.50

**Event 251 Men 800 Metre Run 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Priest, Steven	45	Kooringa/ Wagga	2:26.77
2 Leseberg, Ernie	48	Mingara	2:35.88
3 Gould, Jamie	46	Independent	2:37.71
4 Dyball, Gavin	47	Nowra Athletics Club	2:46.64
5 Upsall, Duncan	47	Coffs Harbour Track & Field	2:56.39

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 252 Men 800 Metre Run 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kelaher, Paul	51	Mingara	2:19.98
2 Starr, Peter	54	Dubbo Athletics Club Inc.	2:28.76
3 Howlett, Anthony	51	Athletics Wollongong	2:34.89

**Event 253 Men 800 Metre Run 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Dooley, Peter	62	Nowra Athletics Club	2:20.76
2 Conyers, Mark	64	Kooringa/ Wagga	2:35.59
3 Randell, Michael	64	Mingara	2:36.74
4 Carr, Paul	61	Mingara	3:10.42
5 Lamb, John	70	Illawarra Blue Stars Athletic	4:15.06

**Event 254 Men 800 Metre Run 70+**

Name	Age	Team	Finals
<b>Finals</b>			
1 Stubbs, Kenneth	75	Mingara	4:40.17

**Event 255 Women Triple Jump U20**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Tillman, Erica	19	Coffs Harbour Track and Field	10.74m	NWI
2 Thorn, Katie	19	Athletics Wollongong	9.52m	NWI
3 hicks, sharis	18	Edgeworth	7.48m	NWI

**Event 256 Women Triple Jump 30-39**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Henry, Brooke	38	Coffs Harbour Track & Field	9.07m	NWI
2 Jones, Angela	40	Mingara	8.16m	NWI
3 Bolakis, Alison	38	Westlakes	8.10m	NWI
4 Miller-Pickering, Nikki	37	Armidale	7.10m	NWI
5 McKendrick, Dani	35	Mingara	6.47m	NWI

**Event 257 Women Triple Jump 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	8.69m	NWI
2 Townsend, Vicki	55	Nsw Masters Athletics Inc.	8.48m	NWI
3 Shaw, Christine	60	Athletics Wollongong	8.01m	NWI

**Event 258 Men Discus Throw U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Reilly, Vincent	18	Independent	40.69m
2 Taylor, Sam	18	Cessnock	37.76m
3 Gilbert, Nicholas	19	Forster Athletics Club	37.21m
4 Bignall, Nicholas	17	Macquarie Hunter Athletics	36.48m
5 James, Ben	18	Cessnock	35.46m
6 Walter, Jarryd	19	Wyong Athletics Centre Inc	31.19m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 258 Men Discus Throw U20)

Name	Age	Team	Finals
7 amon, taumasina	18	South Canberra-Tuggeranong Ath	27.59m
8 Webster, Thomas	18	Edgeworth	15.86m

## Event 259 Men Discus Throw Open

Name	Age	Team	Finals
<b>Finals</b>			
1 Muscat, Jamie	43	Wyong Athletics Centre Inc	41.78m
2 Jones, Samuel	17	Macquarie Hunter Athletics	36.27m
3 Belcher, James	25	Athletics Wollongong	31.21m
4 Watson, Rodney	46	Woolgoolga	31.06m
5 Parsons, David	20	Adamstown New Lambton	29.62m
6 Cheney, Jason	45	Mingara	28.11m
7 Carr, Blake	25	Macquarie Hunter Athletics	23.63m
8 Lloyd, Lleyton	19	Macquarie Hunter Athletics	20.51m

## Event 260 Women Javelin Throw U13

Name	Age	Team	Finals
<b>Finals</b>			
1 Allport, Lilly	12	Orange Little Athletics Club	24.04m
2 Bailey, Angelique	12	Southlakes	22.98m
3 Markowski, Mikaela	12	Athletics Wollongong	17.74m
4 Robins, Michellie	12	Eastlakes	16.49m
5 Jessup, Jaimee	12	Adamstown New Lambton	15.69m
6 Mustapic, Alisha	12	Nowra Athletics Club	14.98m
7 Hokin, Ella	11	Cessnock	13.79m
8 Wilkie, Josie	11	Tamworth	12.02m
9 Johnson, Kiarna	12	Wyong Athletics Centre Inc	11.09m
10 Granato, Matilda	11	Eastlakes	9.31m
11 Smith, Chloe	11	Wyong Athletics Centre Inc	8.64m

## Event 261 Women Javelin Throw U14

Name	Age	Team	Finals
<b>Finals</b>			
1 Clark, Tegan	13	Southlakes	28.11m
2 Smith, Dakota	13	Glenbrook Athletics Centre	24.66m
3 Riddell, Kiara	13	Wyong Athletics Centre Inc	23.34m
4 King, Olivia	14	Wallsend	21.92m
5 Hunter, Jessica	13	Gosford	16.20m
6 Daymond, Jassmin	12	Edgeworth	11.65m
7 Webster, Emily	13	Edgeworth	10.44m

## Event 262 Men Long Jump U9

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 O'Leary, Liam	8	Nowra Athletics Club	2.31m	NWI

## Event 263 Men Long Jump U10

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Ward, Flynn	9	Kotara South Amateur Athletics	2.94m	NWI
2 Norris, Bryson	9	Mingara	2.81m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 263 Men Long Jump U10)

Name	Age	Team	Finals	Wind
3 McKendrick, Callum	9	Gosford	2.57m	NWI
4 Dyball, Noah	9	Nowra Athletics Club	2.00m	NWI

## Event 264 Men Long Jump U11

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Cashion, Thomas	10	Macquarie Hunter Athletics	3.61m	NWI
2 Barton, Zac	10	Wyong Athletics Centre Inc	3.47m	NWI
3 Morrison, Evan	10	Tamworth	3.19m	NWI
4 Govender, Denzel	10	Macquarie Hunter Athletics	3.12m	NWI
5 Bailey, Heath	10	Southlakes	3.03m	NWI
6 Ison, Xavier	10	Macquarie Hunter Athletics	2.94m	NWI
7 Caswell, Tynan	10	Nowra Athletics Club	2.72m	NWI
8 O'Leary, Flynn	10	Nowra Athletics Club	2.19m	NWI

## Event 265 Men Long Jump U12

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Arregui, Matthew	11	Athletics Nsw	3.99m	NWI
2 Ward, Nate	11	Kotara South Amateur Athletics	3.82m	NWI
3 Mckenna, Cooper	11	Raymond Terrace Athletic Centr	3.70m	NWI
4 Zouein, Andre	11	Cessnock	3.68m	NWI
5 O'Leary, Patrick	11	Nowra Athletics Club	3.51m	NWI
6 Willcocks, Alexander	11	Wyong Athletics Centre Inc	3.36m	NWI
7 Henry, Lincoln	11	Coffs Harbour Track & Field	3.18m	NWI
8 Day, Jackson	11	Cardiff Little Athletics	3.17m	NWI
9 Metcalf, Ashley	11	Cessnock	3.07m	NWI
10 Hunter, William	11	Gosford	2.60m	NWI

## Event 266 Women Javelin Throw U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Smith, Charlotte	14	Illawarra Blue Stars Athletic	29.94m
2 Scott, Heather	14	Cairns Athletics Club	24.82m
3 Taylor, Darcey	14	Branxton Greta	17.35m
4 Norris, Stella	14	Mingara	15.83m
5 Smith, Willow	14	Wyong Athletics Centre Inc	8.51m
6 Keene, Annabelle	14	Athletics Nsw	7.40m
--- Tucker, Erin	14	Adamstown New Lambton	ND
--- Beresford, Jayla	14	Nowra Athletics Club	ND

## Event 267 Women Javelin Throw U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Bailey, Imogen	15	Southlakes	31.36m
2 Wilkie, Sami	15	Tamworth	29.06m
3 Bales, Ella	15	Macquarie Hunter Athletics	24.70m
4 Baker, Grace	15	Macquarie Hunter Athletics	21.85m
5 Lebreton, Baylee	15	Gosford	21.46m
6 Dyball, Ella	15	Nowra Athletics Club	21.23m
7 Pernecker, Ashley	15	Mingara	20.37m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 267 Women Javelin Throw U16)

Name	Age	Team	Finals
8 Knapman, Caitlin	15	Macquarie Hunter Athletics	18.99m
9 Jenkins, Alyssa	15	Coffs Harbour Track and Field	15.23m
10 McDonald, Laila	15	Coffs Harbour Track and Field	13.93m

## Event 268 Women Long Jump U9

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hicks, Jenice	8	Edgeworth	2.82m	NWI
2 Croxford, Kari	8	Macquarie Hunter Athletics	2.72m	NWI
3 Austin, Molly	8	Macquarie Hunter Athletics	2.61m	NWI
4 Callaghan, Zahli	8	Wyang Athletics Centre Inc	2.55m	NWI
5 Day, Mikayla	8	Cardiff Little Athletics	2.45m	NWI
6 Govender, Sienna	8	Macquarie Hunter Athletics	2.30m	NWI
7 Mullane, Ruby	8	Port Stephens	2.20m	NWI

## Event 269 Women Long Jump U10

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hill, Evie	9	Coffs Harbour Track & Field	2.95m	NWI
2 Henry, Mia	9	Coffs Harbour Track & Field	2.67m	NWI
3 Daymond, Makaylie	9	Edgeworth	2.63m	NWI
4 Hanson, Ashlyn	9	Toukley	2.44m	NWI

## Event 270 Women Long Jump U11

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Callaghan, Keira	10	Wyang Athletics Centre Inc	3.55m	NWI
2 Gumprecht, Emilia	10	Wallsend	3.37m	NWI
3 Ingall, Ruby	10	Orange Little Athletics Club	3.25m	NWI
4 Keeble, Zoe	10	Cardiff Little Athletics	2.88m	NWI
5 Bolakis, Demi	10	Westlakes	2.86m	NWI

## Event 271 Women Long Jump U12

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Conlon, Dixie	11	Raymond Terrace Athletic Centr	4.02m	NWI
2 McCarthy, Anika	11	Macquarie Hunter Athletics	3.46m	NWI
3 Granato, Matilda	11	Eastlakes	3.30m	NWI
4 Hill, Monique	11	Coffs Harbour Track & Field	3.19m	NWI
5 McManus, Mollie	11	Eastlakes	2.97m	NWI
6 Bolakis, Eleni	11	Westlakes	2.94m	NWI
7 Hokin, Ella	11	Cessnock	2.92m	NWI
8 Bettison, Bronte	11	Armidale	2.80m	NWI

## Event 272 Women Triple Jump Open

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Tillman, Erica	19	Coffs Harbour Track and Field	10.74m	NWI
2 Luxford, Sarah	20	Blue Mountains Athletics	10.20m	NWI
3 Alsford, Kayley	22	Athletics Nsw	9.44m	NWI
4 Carney, Charisse	21	Coffs Harbour Track and Field	8.83m	NWI



## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 272 Women Triple Jump Open)

Name	Age	Team	Finals	Wind
5 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	8.35m	NWI
6 Hogg, Jessica	22	Illawarra Blue Stars Athletic	8.04m	NWI

## Event 273 Women Triple Jump 40-49

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hill, Alina	43	Coffs Harbour Track & Field	8.23m	NWI
2 Iggulden, Mia	47	Coffs Harbour Track & Field	7.75m	NWI
3 Beresford, Alissa	44	Nowra Athletics Club	7.57m	NWI
4 King, Megan	44	Wallsend	6.69m	NWI

## Event 274 Women Triple Jump 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Wilkes, Gail	61	Armidale	6.48m	NWI

## Event 275 Men Discus Throw 40-49

Name	Age	Team	Finals
<b>Finals</b>			
1 Muscat, Jamie	43	Wyong Athletics Centre Inc	39.65m
2 Barrett, Kane	44	Nowra Athletics Club	31.65m
3 Watson, Rodney	46	Woolgoolga	29.90m
4 Scanlon, Sean	49	Wallsend	27.25m
5 Cheney, Jason	45	Mingara	25.85m
6 Rae, Mark	48	Mingara	25.35m
7 Harrison, Paul	48	Coffs Harbour Track & Field	25.30m
8 Clifford, Morgan	43	Raymond Terrace Athletic Centr	24.36m
9 Beresford, Paul	46	Nowra Athletics Club	21.20m
10 Power, Jeffrey	43	Nowra Athletics Club	20.63m
11 Hill, Dan	45	Coffs Harbour Track & Field	18.59m
12 Upsall, Duncan	47	Coffs Harbour Track & Field	13.56m

## Event 276 Men Discus Throw 60-69

Name	Age	Team	Finals
<b>Finals</b>			
1 Murray, Gavin	65	Mingara	34.73m
2 Crumpton, Geoff	65	Mingara	28.18m
3 Matthews, Mark	62	Illawarra Blue Stars Athletic	24.79m
4 Carr, Paul	61	Mingara	19.66m

## Event 278 Men Long Jump U17

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Macpherson, Jai	16	Macquarie Hunter Athletics	6.25m	NWI
2 Steer, Cameron	16	Mingara	6.21m	NWI
3 Wells, Damian	16	Athletics Nsw	5.96m	NWI
4 Griffiths, Ben	16	Cobar Athletics Club	5.74m	NWI
5 Beresford, Mason	16	Nowra Athletics Club	4.80m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 279 Men Long Jump U18

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Fairweather, Liam	17	Athletics Nsw	6.57m	NWI
2 Grant, Riley	17	Mingara	6.47m	NWI
3 Reid, Leroy	17	Macquarie Hunter Athletics	6.33m	NWI
4 Rothwell, Zachary	17	Blue Mountains Athletics	6.30m	NWI
5 Robertson, Dylan	17	Macquarie Hunter Athletics	6.25m	NWI
6 Lau, Andrew	17	Illawarra Blue Stars Athletic	4.66m	NWI
7 Wilkie, Campbell	17	Tamworth	4.33m	NWI
8 Jones, Samuel	17	Macquarie Hunter Athletics	4.13m	NWI
--- Lanz, Flynn	17	Ross River Athletics Club	ND	NWI

## Event 280 Women Javelin Throw U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Richardson, Jessica	16	Macquarie Hunter Athletics	35.33m
2 Tait, Hanna	16	Mid North Coast	26.80m
3 Check, Lara	16	Athletics Wollongong	26.61m
4 Way, Eve	16	Illawarra Blue Stars Athletic	25.85m
5 Harrison, Alexandra	16	Coffs Harbour Track & Field	25.78m
6 Gunn, Katie	16	Gosford	23.90m
7 Kalozi, Charlotte	16	Goulburn	22.54m
8 Rodgers, Annabelle	16	Athletics Nsw	19.13m
9 Robertson, Ella	16	Mingara	14.90m

## Event 281 Women Javelin Throw U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Woolley-Blain, Kiarna	17	Bega Valley Athletics Club	45.76m
2 Petersen, Eloise	17	Macquarie Hunter Athletics	28.93m
3 Barnes, Belinda	17	Illawarra Blue Stars Athletic	22.61m

## Event 282 Men Triple Jump U20

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Taylor, Sam	18	Cessnock	13.30m	NWI
2 James, Ben	18	Cessnock	12.96m	NWI
3 Kaszonyi, Lachlan	18	Nowra Athletics Club	11.46m	NWI
4 Tuddenham, Cory	19	Cessnock	11.25m	NWI

## Event 283 Men Triple Jump 30-39

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Fletcher, Shaun	37	Macquarie Hunter Athletics	11.88m	NWI
2 McKendrick, Ryan	39	Mingara	11.02m	NWI
3 Cooper, Ruwan	36	Armidale	10.23m	NWI
4 Henry, Brad	40	Coffs Harbour Track & Field	8.37m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 284 Men Triple Jump 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Provenzano, Alan	56	Wallsend	9.17m	NWI
2 Pisch, David	53	Raymond Terrace	9.07m	NWI
3 Howlett, Anthony	51	Athletics Wollongong	9.01m	NWI

**Event 285 Women Discus Throw U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Hay, Ebony	18	Independent	41.47m
2 Daniels, Zoe	14	Douglas Park	33.75m
3 Cox, Jemma	19	Adamstown New Lambton	28.21m
4 Bell, Eloise	18	Independent	23.92m
5 Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	19.76m
6 Barnes, Jessica	19	Illawarra Blue Stars Athletic	15.18m

**Event 286 Women Discus Throw Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Price, Brydee	27	Athletics Nsw	45.29m
2 Blackstock, Ashlyn	15	Eastlakes	44.26m
3 Clarke, Karen	29	Athletics Wollongong	42.99m
4 Ferfoggia, Bella	17	Eastlakes	41.77m
5 Hunter, Kelly	42	Gosford	35.23m
6 Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	33.05m
7 Jones, Angela	40	Mingara	32.15m
8 Gunn, Emily	26	Gosford	23.80m
9 Smith, Katelyn	23	Woy Woy Peninsula Athletics	23.35m
10 Warn, Krystal	28	Mingara	22.34m
11 Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	20.24m
12 Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	19.43m

**Event 287 Women Long Jump U13**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hurdman, Shari	12	Port Stephens Athletics Club	3.98m	NWI
2 Newton, Sienna	12	Raymond Terrace Athletic Centr	3.82m	NWI
2 Cooper, Layla	12	Armidale	3.82m	NWI
4 Bailey, Angelique	12	Southlakes	3.68m	NWI
5 Markowski, Mikaela	12	Athletics Wollongong	3.52m	NWI
6 Johnson, Kiarna	12	Wyong Athletics Centre Inc	3.42m	NWI
7 Grech, Sienna	12	Wyong Athletics Centre Inc	3.31m	NWI
8 Allen, Chantelle	12	Eastlakes	2.38m	NWI

**Event 288 Women Long Jump U14**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Amidzovski, Delta	13	Athletics Wollongong	5.06m	NWI
2 McGregor, Keira	13	Raymond Terrace Athletic Centr	4.68m	NWI
3 Zouein, Madelynne	13	Cessnock	4.25m	NWI
4 McNamara, Phebe	13	Tamworth	4.13m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 288 Women Long Jump U14)

	Name	Age	Team	Finals	Wind
5	Bragg, Madison	13	Wallsend	4.07m	NWI
6	Hunter, Jessica	13	Gosford	4.02m	NWI
7	Willcocks, Isabelle	13	Orange Little Athletics Club	3.54m	NWI
8	Allen, Stephanie	13	Eastlakes	3.27m	NWI
9	Jolliffe, Mollie	13	Tamworth	3.25m	NWI

## Event 289 Men Javelin Throw U13

	Name	Age	Team	Finals
<b>Finals</b>				
1	Klepzig, Harry	12	Southlakes Athletics Centre	23.05m
2	Smith, Joshua	12	Illawarra Blue Stars Athletic	22.29m
3	Willis, William	12	Athletics Wollongong	20.38m
4	Cousins, Callum	12	Edgeworth	17.22m
5	Gunn, Connor	12	Gosford	14.88m
6	O'Leary, Patrick	11	Nowra Athletics Club	14.14m
7	Barrett, Taj	11	Nowra Athletics Club	14.13m
8	Flint, Robby	12	Armidale	13.83m
9	Charlton, Peter	12	Eastlakes	8.44m
10	Austin, Roman	12	Macquarie Hunter Athletics	8.13m
---	Hunter, William	11	Gosford	ND
---	Caswell, Reilly	12	Nowra Athletics Club	ND

## Event 290 Men Javelin Throw U14

	Name	Age	Team	Finals
<b>Finals</b>				
1	Markulin, Lincoln	13	Mingara	25.99m
2	Barrett, Cooper	13	Nowra Athletics Club	18.27m

## Event 292 Men Triple Jump Open

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Lerch, David	21	Wallsend	12.53m	NWI
2	Thorn, Chris	27	Athletics Wollongong	11.62m	NWI
3	Parsons, David	20	Adamstown New Lambton	10.94m	NWI
4	Martin, Timothy	21	Athletics Wollongong	10.49m	NWI

## Event 293 Men Triple Jump 40-49

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Hill, Dan	45	Coffs Harbour Track & Field	9.05m	NWI
2	Beresford, Paul	46	Nowra Athletics Club	8.65m	NWI

## Event 294 Men Triple Jump 60-69

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Lamb, John	70	Illawarra Blue Stars Athletic	8.14m	NWI
2	Carr, Paul	61	Mingara	7.77m	NWI
3	O'Donnell, Anthony	60	Blue Mountains Athletics	7.67m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 295 Women Discus Throw 30-39

Name	Age	Team	Finals
<b>Finals</b>			
1 Ambachtsheer, Letitia	34	Athletics Nsw	35.04m
2 Jones, Angela	40	Mingara	33.34m
3 Austin, Katie	31	Armidale	24.05m
4 Holahan, Melissa	36	Wallsend	20.68m
5 O'Leary, Leanne	38	Nowra Athletics Club	17.12m
6 McKendrick, Dani	35	Mingara	13.44m
7 Gibson, Fiona	39	Wallsend	12.79m

## Event 296 Women Discus Throw 50-59

Name	Age	Team	Finals
<b>Finals</b>			
1 Townsend, Vicki	55	Nsw Masters Athletics Inc.	29.56m
2 Watson, Lisa	54	Nsw Masters Athletics Inc.	23.86m
3 Shaw, Christine	60	Athletics Wollongong	23.66m
4 Cox, Pauline	59	Nsw Masters Athletics Inc.	22.43m
5 Alsford, Tracey	58	Athletics Nsw	17.57m
6 Redmond, Jodie	53	Illawarra Blue Stars Athletic	16.93m
7 Martin, Anthea	52	Coffs Harbour Track & Field	16.36m
8 Peksis, Julie	60	Mingara	15.09m
9 Durston, Bev	55	Mingara	13.19m
10 Myers, Cherie	51	Mingara	10.91m

## Event 297 Men Javelin Throw U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Kalozi, Joshua	14	Goulburn	41.10m
2 Dollin, Joshua	14	Wallsend	31.37m
3 Johnson, Kynan	14	Wyong Athletics Centre Inc	22.88m
4 Bell, Saxon	14	Independent	22.12m
5 Gunn, Lachlan	14	Gosford	17.89m
--- Farrant, Joshua	14	Gosford	FOUL

## Event 298 Men Javelin Throw U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Obaseki, Nosa	15	Dubbo Athletics Club Inc.	42.52m
2 Cheney, Cameron	15	Mingara	39.87m
3 Dodgson, Drew	15	Cessnock	38.66m
4 Ebbs, Timothy	15	Mid North Coast	33.67m
5 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	29.97m
6 Barnes, Rhys	15	Illawarra Blue Stars Athletic	22.65m
7 Campbell, Connor	15	Cessnock	18.77m
8 Guevara, Tyson	15	Illawarra Blue Stars Athletic	13.14m

## Event 299 Women Long Jump U17

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Gunn, Katie	16	Gosford	5.61m	NWI
2 Skelton, Tiahna	16	Wallsend	5.45m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 299 Women Long Jump U17)

Name	Age	Team	Finals	Wind
3 Check, Lara	16	Athletics Wollongong	5.09m	NWI
4 Kalozi, Charlotte	16	Goulburn	4.53m	NWI
4 Harrison, Alexandra	16	Coffs Harbour Track & Field	4.53m	NWI
6 Tait, Hanna	16	Mid North Coast	4.43m	NWI
7 Spiers, Emer	16	Athletics Wollongong	4.25m	NWI
8 Summerill, Victoria	16	Athletics Wollongong	4.00m	NWI
9 Way, Monica	16	Illawarra Blue Stars Athletic	3.52m	NWI

## Event 300 Women Long Jump U18

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Crinnion, Hannah	17	Kembla Joggers Inc.	4.92m	NWI
2 White, Phoebe	17	Kooronga/ Wagga	4.48m	NWI
3 Hartsuyker, Sarah	17	Coffs Harbour Track & Field	4.28m	NWI
4 Whiteley, Joanna	17	Cessnock	3.08m	NWI

## Event 301 Women Long Jump U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Corderoy, Hayley	14	Mingara	4.59m	NWI
2 Barnett, India-Rose	14	Gosford	4.07m	NWI
3 Keene, Annabelle	14	Athletics Nsw	3.03m	NWI
4 Smith, Willow	14	Wyong Athletics Centre Inc	2.78m	NWI

## Event 302 Women Long Jump U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Jenkins, Alyssa	15	Coffs Harbour Track and Field	4.92m	NWI
2 Lebreton, Baylee	15	Gosford	4.81m	NWI
3 Pernecker, Ashley	15	Mingara	4.73m	NWI
4 Bailey, Imogen	15	Southlakes	4.49m	NWI
5 Bowley, Sophie	15	Temora Little Athletics Club	4.45m	NWI
6 McDonald, Laila	15	Coffs Harbour Track and Field	4.36m	NWI
7 Baker, Grace	15	Macquarie Hunter Athletics	4.35m	NWI
8 Amidzovski, Jayda	15	Athletics Wollongong	4.32m	NWI
9 Walsh, Sophie	15	Coffs Harbour Track and Field	3.85m	NWI
10 Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	3.79m	NWI

## Event 303 Men Discus Throw 30-39

Name	Age	Team	Finals
<b>Finals</b>			
1 McKendrick, Ryan	39	Mingara	22.74m
2 Campbell, Luke	39	Wallsend	21.21m
3 Browne, Robert	31	Wallsend	21.03m
4 Henry, Brad	40	Coffs Harbour Track & Field	18.47m

## Event 304 Men Discus Throw 50-59

Name	Age	Team	Finals
<b>Finals</b>			
1 Liggins, Stephen	54	Blue Mountains Athletics	33.22m
2 Bignall, David	51	Macquarie Hunter Athletics	32.55m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 304 Men Discus Throw 50-59)

Name	Age	Team	Finals
3 Howlett, Anthony	51	Athletics Wollongong	29.53m
4 Carter, Geoff	53	Coastal Track & Trail Runners	26.64m
5 O'Leary, Mark	53	Nowra Athletics Club	25.85m
6 Hampton, Gary	53	Athletics Wollongong	23.31m

## Event 305 Men Discus Throw 70+

Name	Age	Team	Finals
<b>Finals</b>			
1 Stubbs, Kenneth	75	Mingara	20.64m
2 Rix, Brian	78	Nsw Masters Athletics Inc.	17.85m

## Event 306 Men Javelin Throw U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Kenny, Jack	16	Raymond Terrace Athletic Centr	51.93m
2 Smith, Evan	16	Bathurst Athletic Club Inc.	41.44m
3 Wells, Damian	16	Athletics Nsw	33.47m
4 Heywood, Zac	16	Athletics Wollongong	32.03m
5 Zawadzki, Nathan	16	Coffs Harbour Track & Field	28.56m
6 Beresford, Mason	16	Nowra Athletics Club	26.23m

## Event 307 Men Javelin Throw U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Robinson, Ashton	17	Wallsend	38.62m
2 Jones, Samuel	17	Macquarie Hunter Athletics	33.00m
3 Lau, Andrew	17	Illawarra Blue Stars Athletic	28.66m

## Event 308 Men Long Jump U13

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Govender, Samuel	12	Macquarie Hunter Athletics	4.55m	NWI
2 Callaghan, Jai	12	Wyong Athletics Centre Inc	4.55m	NWI
3 Caswell, Reilly	12	Nowra Athletics Club	4.06m	NWI
4 Knapman, Oliver	12	Orange Little Athletics Club	4.04m	NWI
5 Upsall, Josh	12	Coffs Harbour Track & Field	3.89m	NWI
6 Haynes, Max	12	Raymond Terrace Athletic Centr	3.56m	NWI
7 Smith, Callum	12	Wyong Athletics Centre Inc	3.55m	NWI
8 Dellow, Oliver	12	Armidale	3.51m	NWI
9 Granato, Mason	12	Eastlakes	3.50m	NWI
10 Gunn, Connor	12	Gosford	3.32m	NWI
11 Austin, Roman	12	Macquarie Hunter Athletics	3.22m	NWI
12 Iggulden, Leo	12	Coffs Harbour Track & Field	3.19m	NWI
13 Charlton, Peter	12	Eastlakes	2.31m	NWI

## Event 309 Men Long Jump U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Coles, Liam	13	Toukley	5.10m	NWI
2 McManus, Reece	13	Eastlakes	4.29m	NWI
3 Zakis, William	13	Blue Mountains Athletics	4.23m	NWI

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Finals ... (Event 309 Men Long Jump U14)**

	Name	Age	Team	Finals	Wind
4	Rae, Christopher	13	Mingara	4.16m	NWI
5	Battle, Coben	13	Athletics Nsw	4.15m	NWI
6	Bowley, Toby	13	Temora Little Athletics Club	3.91m	NWI
7	van der Merwe, Adriaan	13	Maitland Senior and Little Ath	3.83m	NWI
8	Arregui, Luke	13	Illawarra Blue Stars Athletic	3.44m	NWI

**Event 310 Men Long Jump U15**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Hudson, Carson	14	Mid North Coast	5.49m	NWI
2	Lorenz, Saxon	14	Athletics Nsw	5.25m	NWI
3	Kalozi, Joshua	14	Goulburn	5.16m	NWI
4	Smith, Riley	14	Wyong Athletics Centre Inc	5.14m	NWI
5	Johnson, Kynan	14	Wyong Athletics Centre Inc	4.67m	NWI
6	Dollin, Joshua	14	Wallsend	4.54m	NWI

**Event 311 Men Long Jump U16**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Fuller, George	15	Orange Little Athletics Club	5.91m	NWI
2	Patterson, James	15	Wyong Athletics Centre Inc	5.77m	NWI
3	Ebbs, Timothy	15	Mid North Coast	5.27m	NWI
4	Dodgson, Drew	15	Cessnock	5.06m	NWI
5	Obaseki, Nosa	15	Dubbo Athletics Club Inc.	4.86m	NWI
6	Cheney, Cameron	15	Mingara	4.71m	NWI
6	Jeffrey, Ethan	15	Wyong Athletics Centre Inc	4.71m	NWI
8	Gerdes, Isaac	15	Armidale	4.64m	NWI
9	Noble, Cooper	15	Mingara	4.31m	NWI
---	Granato, Liam	15	Eastlakes	ND	NWI
---	Guevara, Tyson	15	Illawarra Blue Stars Athletic	ND	NWI

**Event 312 Men Javelin Throw 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Carr, Paul	61	Mingara	27.57m
2	O'Donnell, Anthony	60	Blue Mountains Athletics	26.95m
3	Crumpton, Geoff	65	Mingara	25.16m
4	Matthews, Mark	62	Illawarra Blue Stars Athletic	24.63m
5	Smith, Ian	61	Illawarra Blue Stars Athletic	18.06m

**Event 313 Men Javelin Throw 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Barrett, Kane	44	Nowra Athletics Club	33.58m
2	Clifford, Morgan	43	Raymond Terrace Athletic Centr	33.02m
3	Harrison, Paul	48	Coffs Harbour Track & Field	32.20m
4	Power, Jeffrey	43	Nowra Athletics Club	27.79m



**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 314 Women Discus Throw 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Hunter, Kelly	42	Gosford	33.87m
2	Carter, Janie	50	Coastal Track & Trail Runners	26.59m
3	Livingston, Aileen	42	Wallsend	21.83m
4	Heywood, Natalie	45	Athletics Wollongong	21.72m
5	Hill, Alina	43	Coffs Harbour Track & Field	17.40m
6	Beresford, Alissa	44	Nowra Athletics Club	15.08m

**Event 315 Women Discus Throw 60-69**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Lowe, June	65	Illawarra Blue Stars Athletic	21.83m
2	Clarke, Kate	67	Nsw Masters Athletics Inc.	17.92m
3	Jones, Kerrie	66	Nowra Athletics Club	17.63m
4	Wilkes, Gail	61	Armidale	16.52m
5	Van Bockel, Adriana	67	Athletics Wollongong	16.08m
6	Short, Teri	66	Wallsend	15.49m
7	Perry, Rosalind	67	Athletics Wollongong	14.31m

**Event 316 Women Javelin Throw U20**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Woolley-Blain, Kiarna	17	Bega Valley Athletics Club	42.89m
2	Young, Aisling	19	Mingara	34.08m
3	Garland, Emma	18	Athletics Nsw	33.67m
4	Bell, Eloise	18	Independent	23.93m
5	Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	14.70m

**Event 317 Women Javelin Throw Open**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Clarke, Karen	29	Athletics Wollongong	45.26m
2	Shaw, Rachel	25	Athletics Wollongong	34.26m
3	Egginton, Sophie	20	Macquarie Hunter Athletics	26.06m
4	Smith, Katelyn	23	Woy Woy Peninsula Athletics	20.33m
5	Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	15.57m
6	Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	13.00m
7	Hogg, Jessica	22	Illawarra Blue Stars Athletic	12.11m

**Event 318 Women Discus Throw U17**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Petrie, Imogen	15	Macquarie Hunter Athletics	37.48m
2	Rodgers, Annabelle	16	Athletics Nsw	26.82m
3	Daniel, Sophie	15	Wyong Athletics Centre Inc	26.55m
4	Richardson, Jessica	16	Macquarie Hunter Athletics	24.60m
---	Kalozi, Charlotte	16	Goulburn	FOUL

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 319 Women Discus Throw U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Campbell, Lilly-Ann	17	Mingara	28.27m
2 Daniel, Chloe	17	Wyong Athletics Centre Inc	19.50m
3 Barnes, Belinda	17	Illawarra Blue Stars Athletic	16.33m

**Event 320 Men 110 Metre Hurdles 106.7cm Open**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Carr, Blake	25	Macquarie Hunter Athletics	17.91	1.7

**Event 321 Men 110 Metre Hurdles 99.1cm U20**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Walter, Jarryd	19	Wyong Athletics Centre Inc	19.55	1.7

**Event 322 Men 110 Metre Hurdles 99.1cm 30-39**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Henry, Brad	40	Coffs Harbour Track & Field	23.72	1.7

**Event 323 Men 110 Metre Hurdles 99.1cm 40-49**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hill, Dan	45	Coffs Harbour Track & Field	23.17	1.7

**Event 324 Men 110 Metre Hurdles 91.4cm U18**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Robertson, Dylan	17	Macquarie Hunter Athletics	19.41	1.9

**Event 325 Men 110 Metre Hurdles 91.4cm U17**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Lightfoot, Mitchell	16	Wallsend	14.67	1.9
2 Sheehan, Jack	15	Coffs Harbour Track and Field	15.24	1.9
3 Dobbins, Rhys	16	Kotara South Amateur Athletics	16.28	1.9
4 Griffiths, Ben	16	Cobar Athletics Club	18.48	1.9

**Event 326 Men 100 Metre Hurdles 91.4cm 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Provenzano, Alan	56	Wallsend	20.00	2.8
2 Howlett, Anthony	51	Athletics Wollongong	20.14	2.8
3 Pisch, David	53	Raymond Terrace	20.38	2.8

**Event 327 Women 100 Metre Hurdles 84.0cm U20**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Tillman, Erica	19	Coffs Harbour Track and Field	16.88	0.2
2 Leonard, Belle	19	Raymond Terrace Athletic Centr	16.89	0.2
3 hicks, sharis	18	Edgeworth	24.87	0.2

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 328 Women 100 Metre Hurdles 84.0cm 30-39**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Henry, Brooke	38	Coffs Harbour Track & Field	21.53	0.2
2	Jones, Angela	40	Mingara	21.59	0.2

**Event 330 Men 100 Metre Hurdles 84.0cm U16**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Sheehan, Jack	15	Coffs Harbour Track and Field	14.08	0.6

**Event 331 Men 100 Metre Hurdles 84.0cm U15**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Kalozi, Joshua	14	Goulburn	14.25	2.2
2	Brown, Jordie	14	Singleton Track and Field Club	15.99	2.2
3	Smith, Riley	14	Wyong Athletics Centre Inc	17.18	2.2
4	Iggulden, Max	14	Coffs Harbour Track & Field	17.20	2.2
5	Johnson, Kynan	14	Wyong Athletics Centre Inc	20.23	2.2
6	Bell, Saxon	14	Independent	21.59	2.2

**Event 332 Men 100 Metre Hurdles 84.0cm 60-69**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Carr, Paul	61	Mingara	18.66	0.6
2	Lamb, John	70	Illawarra Blue Stars Athletic	20.07	0.6

**Event 333 Women 100 Metre Hurdles 76.2cm U18**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Piras, Maya	17	Dubbo Athletics Club Inc.	14.61	1.9

**Event 334 Women 100 Metre Hurdles 76.2cm U17**

	Name	Age	Team	Finals	Wind	H#
<b>Finals</b>						
1	Skelton, Tiahna	16	Wallsend	14.46	1.9	1
2	Kalozi, Charlotte	16	Goulburn	16.08	1.9	1
3	Jackson, Chelsey-Rose	16	Athletics Wollongong	16.17	1.9	2
4	Harrison, Alexandra	16	Coffs Harbour Track & Field	16.33	1.9	2
5	Check, Lara	16	Athletics Wollongong	17.20	1.9	1
6	Tait, Hanna	16	Mid North Coast	17.74	1.9	2
7	Richardson, Jessica	16	Macquarie Hunter Athletics	17.77	1.9	2
8	Summerill, Victoria	16	Athletics Wollongong	19.08	1.9	1
9	Robertson, Ella	16	Mingara	21.26	1.9	2

**Event 335 Women 90 Metre Hurdles 76.2cm U16**

	Name	Age	Team	Finals	Wind
<b>Finals</b>					
1	Mills, Rebecca	15	Athletics Wollongong	15.02	1.6
2	Amidzovski, Jayda	15	Athletics Wollongong	15.48	1.6
3	Lebreton, Baylee	15	Gosford	16.52	1.6
4	Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	17.60	1.6

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 336 Women 90 Metre Hurdles 76.2cm U15**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Keene, Annabelle	14	Athletics Nsw	21.22	1.6

**Event 337 Men 90 Metre Hurdles 76.2cm U14**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 McManus, Reece	13	Eastlakes	16.08	1.8
2 Markulin, Lincoln	13	Mingara	17.50	1.8
3 Bowley, Toby	13	Temora Little Athletics Club	17.52	1.8

**Event 338 Women 80 Metre Hurdles 76.2cm U14**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Amidzovski, Delta	13	Athletics Wollongong	12.44	0.3
2 Bragg, Madison	13	Wallsend	15.08	0.3
3 Xavier, Brooke	13	Orange Little Athletics Club	15.25	0.3
4 Hunter, Jessica	13	Gosford	16.18	0.3
5 Allen, Stephanie	13	Eastlakes	18.34	0.3

**Event 339 Women 80 Metre Hurdles 76.2cm U13**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Newton, Sienna	12	Raymond Terrace Athletic Centr	15.44	0.9
2 Johnson, Kiarna	12	Wyong Athletics Centre Inc	16.28	0.9
3 Mustapic, Alisha	12	Nowra Athletics Club	19.33	0.9
4 Grech, Sienna	12	Wyong Athletics Centre Inc	19.59	0.9

**Event 340 Men 80 Metre Hurdles 76.2cm U13**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Upsall, Josh	12	Coffs Harbour Track & Field	14.52	0.6
2 Caswell, Reilly	12	Nowra Athletics Club	14.88	0.6
3 Metcalf, Thomas	12	Cessnock	16.78	0.6
4 Iggulden, Leo	12	Coffs Harbour Track & Field	16.80	0.6
5 Callaghan, Jai	12	Wyong Athletics Centre Inc	25.67	0.6

**Event 342 Women 80 Metre Hurdles 76.2cm 50-59**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Townsend, Vicki	55	Nsw Masters Athletics Inc.	15.20	-0.8

**Event 344 Women 80 Metre Hurdles 76.2cm 40-49**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Robinson, Nicole	43	Mingara	15.65	-0.8
2 Iggulden, Mia	47	Coffs Harbour Track & Field	16.87	-0.8

**Event 363 Men 200 Metre Sprint U9**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 O'Leary, Liam	8	Nowra Athletics Club	44.19	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 364 Men 200 Metre Sprint U10

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Ward, Flynn	9	Kotara South Amateur Athletics	35.67	NWI
2 Norris, Bryson	9	Mingara	36.34	NWI
3 McKendrick, Callum	9	Gosford	38.70	NWI

## Event 365 Men 200 Metre Sprint U11

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Cashion, Thomas	10	Macquarie Hunter Athletics	32.28	NWI
2 Morrison, Evan	10	Tamworth	32.86	NWI
3 Govender, Denzel	10	Macquarie Hunter Athletics	33.73	NWI
4 Bailey, Heath	10	Southlakes	36.13	NWI
5 O'Leary, Flynn	10	Nowra Athletics Club	36.25	NWI

## Event 366 Men 200 Metre Sprint U12

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Arregui, Matthew	11	Athletics Nsw	29.30	-0.9	2
2 Ward, Nate	11	Kotara South Amateur Athletics	29.86	-0.9	2
3 Zouein, Andre	11	Cessnock	30.51	-0.9	2
4 Mckenna, Cooper	11	Raymond Terrace Athletic Centr	30.62	-0.9	2
5 Willcocks, Alexander	11	Wyong Athletics Centre Inc	31.58	-0.9	2
6 O'Leary, Patrick	11	Nowra Athletics Club	31.76	0.3	1
7 Henry, Lincoln	11	Coffs Harbour Track & Field	32.42	0.3	1
8 Francis, Zurailo	11	Westlakes	34.03	0.3	1
9 Day, Jackson	11	Cardiff Little Athletics	34.55	0.3	1

## Event 367 Women 200 Metre Sprint U9

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 hicks, jenice	8	Edgeworth	36.71	+0.0
2 Croxford, Kari	8	Macquarie Hunter Athletics	37.58	+0.0
3 Austin, Molly	8	Macquarie Hunter Athletics	38.26	+0.0
4 Callaghan, Zahli	8	Wyong Athletics Centre Inc	38.71	+0.0
5 Morrison, Regan	8	Tamworth	41.75	+0.0
6 Govender, Sienna	8	Macquarie Hunter Athletics	42.23	+0.0
7 Day, Mikayla	8	Cardiff Little Athletics	42.78	+0.0

## Event 368 Women 200 Metre Sprint U10

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Trembath, Madison	9	Orange Little Athletics Club	33.98	3.3
2 Hill, Evie	9	Coffs Harbour Track & Field	35.83	3.3
3 Daymond, Makaylie	9	Edgeworth	36.73	3.3
4 Henry, Mia	9	Coffs Harbour Track & Field	39.41	3.3
5 Smart, Evie	9	Nowra Athletics Club	44.91	3.3

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 369 Women 200 Metre Sprint U11

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Callaghan, Keira	10	Wyong Athletics Centre Inc	31.73	-0.6
2 Ingall, Ruby	10	Orange Little Athletics Club	33.53	-0.6
3 Bolakis, Demi	10	Westlakes	36.14	-0.6
4 Keeble, Zoe	10	Cardiff Little Athletics	36.19	-0.6

## Event 370 Women 200 Metre Sprint U12

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Conlon, Dixie	11	Raymond Terrace Athletic Centr	30.93	-0.5
2 McCarthy, Anika	11	Macquarie Hunter Athletics	31.07	-0.5
3 Bolakis, Eleni	11	Westlakes	33.58	-0.5
4 Hill, Monique	11	Coffs Harbour Track & Field	35.13	-0.5
5 Stone, Ameilie	11	Armidale	36.89	-0.5
6 Bettison, Bronte	11	Armidale	38.47	-0.5

## Event 371 Men 200 Metre Sprint Open

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Parry, Lachlan	28	Illawarra Blue Stars Athletic	22.16	-0.6	3
2 Grubnic, Kyle	26	Illawarra Blue Stars Athletic	22.30	-0.6	3
3 Chisholm, Cameron	23	Illawarra Blue Stars Athletic	22.51	0.5	2
4 Devery, Christopher	23	Illawarra Blue Stars Athletic	22.62	-0.6	3
5 Winsor, Matthew	21	Mingara	22.69	-0.6	3
6 Cantor, Taiga	21	Cessnock	22.99	-0.6	3
7 Cummings, Paul	32	Mingara	23.09	-0.6	3
8 Thorn, Luke	23	Athletics Wollongong	23.22	0.5	2
9 Thorn, Chris	27	Athletics Wollongong	23.25	0.5	2
10 Martin, Timothy	21	Athletics Wollongong	23.64	-1.3	1
11 Whiteley, Blake	21	Cessnock	23.78	0.5	2
12 Dymond, Connor	22	Illawarra Blue Stars Athletic	24.11	0.5	2
13 Denham, Benjamin	19	Athletics Nsw	24.40	0.5	2
14 Tuddenham, Cory	19	Cessnock	25.68	-1.3	1
15 Vince-Moin, William	21	Armidale	28.20	-1.3	1

## Event 372 Women 200 Metre Sprint Open

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Carroll, Bronte	20	Mingara	24.78	-1.4	2
2 Smee, Katie	22	Westlakes Athletic Club Inc.	24.79	-1.4	2
3 Ogle, Nicole	21	Macquarie Hunter Athletics	27.00	-1.4	2
4 Keating, Lauren	24	Wyong Athletics Centre Inc	27.42	-1.4	2
5 O'Neill, Jacqueline	26	Mingara	27.49	0.7	1
6 Heath, Jenna	22	Adamstown New Lambton	28.29	0.7	1
7 Hogg, Jessica	22	Illawarra Blue Stars Athletic	30.92	0.7	1
8 Neto, Kaitlyn	22	Illawarra Blue Stars Athletic	32.21	0.7	1

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 373 Men 200 Metre Sprint 40-49

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Leseberg, Ernie	48	Mingara	23.59	-2.0
2 Hill, Dan	45	Coffs Harbour Track & Field	26.91	-2.0
3 Cheney, Jason	45	Mingara	26.92	-2.0
4 Musgrove, Paul	49	Nowra Athletics Club	27.87	-2.0
5 Rae, Mark	48	Mingara	28.81	-2.0
6 Hogg, John	50	Illawarra Blue Stars Athletic	30.95	-2.0

## Event 374 Women 200 Metre Sprint 40-49

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Hill, Alina	43	Coffs Harbour Track & Field	28.09	-0.3
2 Kelly, Nicky	47	Mingara	30.69	-0.3
3 Guevara, Sarah	41	Illawarra Blue Stars Athletic	31.93	-0.3
4 Dellow, Anna	43	Armidale	33.83	-0.3

## Event 375 Men 200 Metre Sprint U17

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Wickremaratchy, Dinush	16	Macquarie Hunter Athletics	23.32	-0.1	2
2 Gould, Jack	16	Tumut and District Little Athl	23.80	-0.1	2
3 Smedley, Jarrod	16	Mingara	24.43	-0.1	1
4 Zawadzki, Nathan	16	Coffs Harbour Track & Field	24.61	-0.1	2
5 Dobbins, Rhys	16	Kotara South Amateur Athletics	24.83	-0.1	2
6 Herbert, Tom	16	Mingara	25.13	-0.1	1
7 Hollis, Brady	16	Kempsey Little Athletics	25.41	-0.1	1
8 Wells, Damian	16	Athletics Nsw	25.61	-0.1	1
9 Harriman, Brett	16	Illawarra Blue Stars Athletic	26.95	-0.1	1

## Event 376 Women 200 Metre Sprint U17

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Skelton, Tiahna	16	Wallsend	25.56	0.7	2
2 Hewitt, Grace	16	Port Stephens Athletics Club	26.08	0.7	2
3 Matthews, Emma	16	Illawarra Blue Stars Athletic	26.19	0.7	2
4 Spiers, Emer	16	Athletics Wollongong	26.41	1.4	1
5 Tait, Hanna	16	Mid North Coast	26.63	0.7	2
6 Cotton, Emma	16	Macquarie Hunter Athletics	26.67	0.7	2
7 Guest, Rebecca	16	Ginninderra Athletics Club	27.36	1.4	1
8 Worley, Paige	16	Wallsend	27.50	1.4	1
9 Pickering, Sarah	16	Macquarie Hunter Athletics	27.74	0.7	2
10 Kalozi, Charlotte	16	Goulburn	28.60	1.4	1
11 Harrison, Alexandra	16	Coffs Harbour Track & Field	29.13	1.4	1
12 Dellow, Imogen	16	Armidale	29.41	1.4	1
13 Way, Eve	16	Illawarra Blue Stars Athletic	29.91	1.4	1

## Event 377 Men 200 Metre Sprint U16

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Wilkinson, Charlie	15	Athletics Nsw	24.14	-0.3	1

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 377 Men 200 Metre Sprint U16)

Name	Age	Team	Finals	Wind	H#
2 Fittler, Emerson	15	Armidale	24.69	-0.3	1
3 Patterson, James	15	Wyong Athletics Centre Inc	25.44	-0.3	1
4 Granato, Liam	15	Eastlakes	25.45	-0.3	1
5 Gerdes, Isaac	15	Armidale	26.07	-0.3	1
6 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	26.29	0.9	2
7 Thompson, Hunter	15	Nowra Athletics Club	26.58	-0.3	1
8 Vizintin, Cory	15	Macquarie Hunter Athletics	27.56	0.9	2
9 Cheney, Cameron	15	Mingara	29.50	0.9	2
10 Guevara, Tyson	15	Illawarra Blue Stars Athletic	32.31	0.9	2

## Event 378 Women 200 Metre Sprint U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Monk, Montana	15	Macquarie Hunter Athletics	26.49	0.7
2 Windred, Milli	15	Macquarie Hunter Athletics	26.54	0.7
3 Bowley, Sophie	15	Temora Little Athletics Club	26.82	0.7
4 Beaven, Jade	15	Mingara	26.88	0.7
5 Jenkins, Alyssa	15	Coffs Harbour Track and Field	27.12	0.7
6 Walsh, Sophie	15	Coffs Harbour Track and Field	27.94	0.7
7 Mills, Rebecca	15	Athletics Wollongong	28.20	0.7
8 Conomos, Alisha	15	Athletics Nsw	28.67	0.7

## Event 379 Men 200 Metre Sprint U15

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Jones, Lachlan	14	Douglas Park	24.99	-0.6	2
2 Cain, Jasper	14	Maitland Senior and Little Ath	25.21	-0.6	2
3 Brown, Calem	14	Douglas Park	25.66	-0.6	2
4 Hudson, Carson	14	Mid North Coast	25.89	-0.6	2
5 Kalozi, Joshua	14	Goulburn	25.94	-0.6	2
6 Lannuzel, Leo	14	Macquarie Hunter Athletics	25.95	-0.6	2
7 Lorenz, Saxon	14	Athletics Nsw	26.75	-0.6	2
8 Dollin, Joshua	14	Wallsend	26.76	-0.2	1
9 Abbot, Finnegan	14	Macquarie Hunter Athletics	27.02	-0.2	1
10 Upsall, Kyan	14	Coffs Harbour Track & Field	27.32	-0.2	1
11 Smith, Riley	14	Wyong Athletics Centre Inc	27.42	-0.2	1
12 Leseberg, Ernest	14	Gosford	33.17	-0.2	1

## Event 380 Women 200 Metre Sprint U15

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Newton, Ebony	14	Raymond Terrace Athletic Centr	26.71	-1.0	2
2 McNamara, Lilly	14	Athletics Nsw	28.10	-1.0	2
3 Pollard, Jemma	14	Kotara South Amateur Athletics	28.51	-1.0	2
4 Harding, Jade	14	Orange Little Athletics Club	28.89	-1.0	2
5 Vaenkwaen, Sukontha	14	Macquarie Hunter Athletics	30.07	-1.0	2
6 Wilkinson, Harriet	14	Blue Mountains Athletics	30.41	-0.1	1
7 Roberts, Jassmin	14	Macquarie Hunter Athletics	32.09	-0.1	1
8 Smith, Willow	14	Wyong Athletics Centre Inc	32.19	-0.1	1
9 Norris, Stella	14	Mingara	32.25	-0.1	1



## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 380 Women 200 Metre Sprint U15)

Name	Age	Team	Finals	Wind	H#
10 Keene, Annabelle	14	Athletics Nsw	34.00	-0.1	1

## Event 381 Men 200 Metre Sprint U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Coles, Liam	13	Toukley	25.56	1.1
2 Gordon, Liam	13	Tamworth	25.99	1.1
3 Rae, Christopher	13	Mingara	28.04	1.1
4 Zakis, William	13	Blue Mountains Athletics	28.54	1.1
5 van der Merwe, Adriaan	13	Maitland Senior and Little Ath	29.52	1.1
6 McManus, Reece	13	Eastlakes	29.80	1.1
7 Arregui, Luke	13	Illawarra Blue Stars Athletic	36.01	1.1

## Event 382 Women 200 Metre Sprint U14

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Amidzovski, Delta	13	Athletics Wollongong	26.94	-0.5	2
2 McGregor, Keira	13	Raymond Terrace Athletic Centr	27.43	-0.5	2
3 Doran, Poppy	13	Adamstown New Lambton	28.14	-0.5	2
4 Black, Tarli	13	Macquarie Hunter Athletics	28.21	-0.5	2
5 McNamara, Phebe	13	Tamworth	28.66	-0.5	2
6 Zouein, Madelynne	13	Cessnock	29.04	1.3	1
7 Dellow, Sienna	13	Armidale	29.85	-0.5	2
8 Gogarty, Ella	13	East Maitland Athletics Club	30.38	1.3	1
9 Bragg, Madison	13	Wallsend	31.05	1.3	1
10 Jolliffe, Mollie	13	Tamworth	33.28	1.3	1
11 Allen, Stephanie	13	Eastlakes	36.79	1.3	1
12 Steel-Minett, Bella	13	Tuggerah Athletics	37.65	1.3	1

## Event 383 Men 200 Metre Sprint U13

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Govender, Samuel	12	Macquarie Hunter Athletics	28.01	-1.7	2
2 Callaghan, Jai	12	Wyong Athletics Centre Inc	28.41	-1.9	1
3 Caswell, Reilly	12	Nowra Athletics Club	29.45	-1.9	1
4 Upsall, Josh	12	Coffs Harbour Track & Field	29.57	-1.9	1
5 Jones, Cooper	12	Mingara	29.85	-1.9	1
6 Haynes, Max	12	Raymond Terrace Athletic Centr	31.62	-1.9	1
7 Dellow, Oliver	12	Armidale	32.09	-1.9	1
8 Dyball, Toby	12	Nowra Athletics Club	32.22	-1.9	1
9 Granato, Mason	12	Eastlakes	32.38	-1.7	2
10 Smith, Joshua	12	Illawarra Blue Stars Athletic	33.19	-1.7	2
11 Gunn, Connor	12	Gosford	34.49	-1.9	1
12 Austin, Roman	12	Macquarie Hunter Athletics	35.99	-1.7	2
13 Charlton, Peter	12	Eastlakes	42.80	-1.7	2

## Event 384 Women 200 Metre Sprint U13

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Hurdman, Shari	12	Port Stephens Athletics Club	28.33	-2.1	1
2 Wilson, Isabella	12	Macquarie Hunter Athletics	30.10	-2.1	1

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 384 Women 200 Metre Sprint U13)

Name	Age	Team	Finals	Wind	H#
3 Cooper, Layla	12	Armidale	30.41	-2.1	1
4 Newton, Sienna	12	Raymond Terrace Athletic Centr	30.80	-2.1	1
5 Daymond, Jassmin	12	Edgeworth	31.11	-2.1	1
6 McLellan, Chloe	12	Maitland Senior and Little Ath	31.50	-1.1	2
7 Wilkinson, Isabella	12	Blue Mountains Athletics	31.80	-1.1	2
8 Bailey, Angelique	12	Southlakes	32.70	-1.1	2
9 Ryan, Phebie	12	Dubbo Athletics Club Inc.	32.97	-1.1	2
10 Craig, Rebecca	12	Macquarie Hunter Athletics	33.59	-1.1	2
11 Mustapic, Alisha	12	Nowra Athletics Club	33.80	-2.1	1

## Event 385 Men 200 Metre Sprint 30-39

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Stone, Jay	40	Armidale	23.16	-2.3
2 Cooper, Ruwan	36	Armidale	26.86	-2.3
3 Milne, Oliver	35	Mingara	29.24	-2.3

## Event 386 Women 200 Metre Sprint 30-39

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Milne, Aanika	38	Mingara	28.36	-2.0
2 Smart, Erin	37	Nowra Athletics Club	28.45	-2.0
3 Bolakis, Alison	38	Westlakes	30.60	-2.0
4 Henry, Brooke	38	Coffs Harbour Track & Field	31.80	-2.0
5 Austin, Katie	31	Armidale	33.31	-2.0
6 Gibson, Fiona	39	Wallsend	44.92	-2.0

## Event 387 Men 200 Metre Sprint 50-59

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Devery, Todd	59	Blue Mountains Athletics	26.45	-3.0
2 Reid, Brett	55	Mingara	26.87	-3.0
3 Smith, Steve	55	Mingara	28.68	-3.0
4 Kelaher, Paul	51	Mingara	28.75	-3.0
5 Rowe, Gregory	58	Mingara	39.71	-3.0

## Event 388 Women 200 Metre Sprint 50-59

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	29.49	-0.5
2 Townsend, Vicki	55	Nsw Masters Athletics Inc.	31.93	-0.5
3 Angell, Karen	52	Mingara	32.40	-0.5
4 Shaw, Christine	60	Athletics Wollongong	32.83	-0.5
5 Martin, Anthea	52	Coffs Harbour Track & Field	35.76	-0.5
6 Myers, Cherie	51	Mingara	37.91	-0.5
7 Peksis, Julie	60	Mingara	39.01	-0.5

## Event 389 Men 200 Metre Sprint 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Lamb, John	70	Illawarra Blue Stars Athletic	29.06	-3.7

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 389 Men 200 Metre Sprint 60-69)

Name	Age	Team	Finals	Wind
2 Carr, Paul	61	Mingara	29.27	-3.7

## Event 390 Women 200 Metre Sprint 60-69

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 O'Toole, Diane	61	Illawarra Blue Stars Athletic	36.26	-3.7
2 Wilkes, Gail	61	Armidale	39.37	-3.7
3 Stallard, Trish	61	Wallsend	39.41	-3.7

## Event 391 Men 200 Metre Sprint 70+

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Wall, John	73	Mingara	29.15	-1.5
2 van luyn, robert	71	Mingara	31.50	-1.5
3 McIntyre, Neville	77	Athletics Glen Innes Incorpora	31.83	-1.5

## Event 393 Men 200 Metre Sprint U20

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 James, Ben	18	Cessnock	22.92	-1.0
2 Low, Trent	19	Armidale	23.16	-1.0
3 Dennis, Ben	19	Orange Little Athletics Senior	23.24	-1.0
4 Clarke, Mitchell	18	Armidale	23.76	-1.0
5 Kaszonyi, Lachlan	18	Nowra Athletics Club	23.82	-1.0
6 Briggs, James	18	Armidale	24.11	-1.0
7 Lloyd, Lleyton	19	Macquarie Hunter Athletics	25.12	-1.0

## Event 394 Women 200 Metre Sprint U20

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Snow, Mikielee	18	Armidale	27.27	-2.0
2 Chippendale, Elizabeth	19	Mingara	27.82	-2.0
3 Regan, Hannah	18	Mingara	27.94	-2.0
4 Jones, Isabella	18	Mingara	31.71	-2.0
5 Way, Jazmin	18	Illawarra Blue Stars Athletic	32.37	-2.0
6 Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	33.84	-2.0
7 hicks, sharis	18	Edgeworth	34.25	-2.0

## Event 395 Men 200 Metre Sprint U18

Name	Age	Team	Finals	Wind	H#
<b>Finals</b>					
1 Rothwell, Zachary	17	Blue Mountains Athletics	22.53	-1.8	2
2 Reid, Leroy	17	Macquarie Hunter Athletics	22.72	-1.8	2
3 Bickel, Gabriel	17	Athletics Wollongong	23.13	-1.8	2
4 Turner, Samuel	17	Maitland Senior and Little Ath	24.74	-1.8	2
5 Edwards, Henry	17	East Maitland Athletics Club	25.41	-3.4	1
6 Lau, Andrew	17	Illawarra Blue Stars Athletic	28.07	-3.4	1
7 McNeil, Nicholas	17	Macquarie Hunter Athletics	28.65	-3.4	1

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 396 Women 200 Metre Sprint U18**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Navusolo, Jezebel	17	Mingara	26.08	-3.9
2 Crinnion, Hannah	17	Kembla Joggers Inc.	27.30	-3.9
3 Martin, Bridie	17	Tamworth	28.14	-3.9
4 Addis, Sarah	17	Tamworth	29.05	-3.9
5 Daniel, Chloe	17	Wyong Athletics Centre Inc	29.69	-3.9
6 Dennis, Rhiannon	17	Orange Little Athletics Senior	30.11	-3.9
7 Hartsuyker, Sarah	17	Coffs Harbour Track & Field	30.90	-3.9
8 Mazzei, Amelia	17	Armidale	31.97	-3.9

**Event 397 Men 4x100 Metre Relay Open**

Team	Relay	Finals
<b>Finals</b>		
1 Illawarra Blue Stars Athletic	A	42.75
2 Mingara	A	43.72
3 Armidale	A	44.31
4 Athletics Wollongong	A	44.33
5 Cessnock	A	44.91
6 Coffs Harbour Track & Field	A	49.44

**Event 398 Women 4x100 Metre Relay Open**

Team	Relay	Finals
<b>Finals</b>		
1 Mingara	A	49.62
2 Newcastle Hunter	A	51.54
3 Coffs Harbour Track & Field	A	55.61
4 Illawarra Blue Stars Athletic	A	58.07
5 Armidale	A	58.29
6 Illawarra Blue Stars Athletic	B	58.87

**Event 399 Men 4x100 Metre Relay U16**

Team	Relay	Finals
<b>Finals</b>		
1 Wyong Athletics Centre Inc	A	52.51
2 Nowra Athletics Club	A	54.05
3 Mingara	A	54.80
4 Armidale	A	54.98
5 Nowra Athletics Club	B	1:01.14
6 Coffs Harbour Track & Field	A	1:03.11
7 Nowra Athletics Club	C	1:16.71

**Event 400 Women 4x100 Metre Relay U16**

Team	Relay	Finals
<b>Finals</b>		
1 Coffs Harbour Track & Field	A	54.54
2 Wyong Athletics Centre Inc	A	1:04.14

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 401 Men 4x100 Metre Relay 30+**

Team	Relay	Finals
<b>Finals</b>		
1 Mingara	A	46.64
2 Mingara	B	51.94
3 Armidale	A	52.08
4 Nowra Athletics Club	A	53.63
5 Coffs Harbour Track & Field	A	53.99
6 Nowra Athletics Club	B	58.20
7 Mingara	C	1:00.34

**Event 402 Women 4x100 Metre Relay 30+**

Team	Relay	Finals
<b>Finals</b>		
1 Mingara	A	56.62
2 Coffs Harbour Track & Field	A	57.30
3 Illawarra Blue Stars Athletic	A	59.17
4 Armidale	A	1:06.29

**Event 403 Men 3000 Metre Run U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Edstein, Benjamin	17	Raymond Terrace	10:21.21
2 McNeil, Nicholas	17	Macquarie Hunter Athletics	12:32.60

**Event 404 Men 3000 Metre Run U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 Townsend, Lachlan	16	Athletics Nsw	9:23.21
2 Mills, Jack	16	Athletics Nsw	9:38.46
3 Doran, Benjamin	16	Adamstown New Lambton	10:47.44

**Event 405 Men 3000 Metre Run U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Craig, Alvin	15	Macquarie Hunter Athletics	9:28.51
2 Liddell, Samuel	15	Mingara	10:05.58
3 Bettison, Caleb	14	Armidale	10:37.41
4 Johnson, Lucas	15	Nowra Athletics Club	11:19.47
5 Norris, Bryson	9	Mingara	12:01.95
6 Andrews-Bohringer, Spencer	13	Mingara	12:10.22

**Event 406 Women 3000 Metre Run U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Spamer, Damika	17	Macquarie Hunter Athletics	11:22.93
2 Irwin, Elley	17	Macquarie Hunter Athletics	11:29.67

**Event 407 Women 3000 Metre Run U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 McPhillips, Ruby	16	Kembla Joggers Inc.	11:58.47
2 Robertson, Ella	16	Mingara	14:04.81

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 408 Women 3000 Metre Run U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Pernecker, Ashley	15	Mingara	10:52.51
2 Norris, Stella	14	Mingara	10:57.84
3 Dyball, Ella	15	Nowra Athletics Club	11:25.43
4 Charalambous, Alexis	15	Nowra Athletics Club	11:45.57

**Event 409 Men 5000 Metre Run Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Vince-Moin, William	21	Armidale	23:21.46

**Event 411 Men 5000 Metre Run 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Godfrey, Scott	38	Mingara	18:00.97
2 Henry, Brad	40	Coffs Harbour Track & Field	22:20.24

**Event 412 Men 5000 Metre Run 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Priest, Steven	45	Koorringa/ Wagga	20:11.76
2 Mustapic, Glen	48	Nowra Athletics Club	23:17.55
3 Upsall, Duncan	47	Coffs Harbour Track & Field	24:20.71
4 Dyball, Gavin	47	Nowra Athletics Club	25:14.38

**Event 413 Men 5000 Metre Run 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Johnson, Scott	51	Nowra Athletics Club	20:13.74
2 Byfield, Mark	60	Mingara	20:28.76
3 Doran, Paul	55	Adamstown New Lambton	27:09.90

**Event 414 Men 5000 Metre Run 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 henry, ray	65	Dubbo Athletics Club Inc.	21:50.77

**Event 415 Men 5000 Metre Run 70+**

Name	Age	Team	Finals
<b>Finals</b>			
1 Rix, Brian	78	Nsw Masters Athletics Inc.	28:56.91

**Event 417 Women 5000 Metre Run U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Bailey, Imogen	15	Southlakes	19:44.19
2 Mustapic, Jade	18	Nowra Athletics Club	21:52.20
3 Bell, Kaitlin	18	Glenbrook Athletics Centre	23:16.99
4 Young, Kathleen	19	Newcastle Flyers Runners Club	24:40.12

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 418 Women 5000 Metre Run 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Simpson, Elizabeth	35	Orange Little Athletics Club	21:24.68

**Event 419 Women 5000 Metre Run 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Williamson, Carrie	40	Orange Runners Club	23:35.47

**Event 420 Women 3000 Metre Run 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Durston, Bev	55	Mingara	15:22.11
2 Martin, Anthea	52	Coffs Harbour Track & Field	15:36.66
3 Peksis, Julie	60	Mingara	15:39.39

**Event 421 Women 3000 Metre Run 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Wilkes, Gail	61	Armidale	13:54.47
2 Beardslee, Margaret	61	Mingara	14:16.42
3 Stallard, Trish	61	Wallsend	17:38.65

**Event 423 Men High Jump U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 James, Ben	18	Cessnock	1.90m
2 Hall, Heath	18	Macquarie Hunter Athletics	1.75m

**Event 424 Men High Jump 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Fletcher, Shaun	37	Macquarie Hunter Athletics	1.70m
2 McKendrick, Ryan	39	Mingara	1.50m
3 Henry, Brad	40	Coffs Harbour Track & Field	1.45m
3 Cooper, Ruwan	36	Armidale	1.45m

**Event 425 Men High Jump 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Howlett, Anthony	51	Athletics Wollongong	1.50m
2 Provenzano, Alan	56	Wallsend	1.35m
3 Pisch, David	53	Raymond Terrace	1.30m

**Event 426 Men High Jump 70+**

Name	Age	Team	Finals
<b>Finals</b>			
1 Stubbs, Kenneth	75	Mingara	0.90m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 427 Women Javelin Throw 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Lowe, June	65	Illawarra Blue Stars Athletic	22.98m
2 Wilkes, Gail	61	Armidale	21.39m
3 Jones, Kerrie	66	Nowra Athletics Club	14.24m
4 Van Bockel, Adriana	67	Athletics Wollongong	11.95m
5 Short, Teri	66	Wallsend	10.73m

**Event 428 Women Javelin Throw 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Heywood, Natalie	45	Athletics Wollongong	26.25m
2 Hunter, Kelly	42	Gosford	24.78m
3 Carter, Janie	50	Coastal Track & Trail Runners	22.73m
4 Livingston, Aileen	42	Wallsend	19.25m
5 Mustapic, Melinda	48	Nowra Athletics Club	14.02m

**Event 429 Women Discus Throw U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Wilkie, Josie	11	Tamworth	18.23m
2 Hokin, Ella	11	Cessnock	16.94m
3 Platt, Madeline	11	Adamstown New Lambton	16.03m
4 Hill, Monique	11	Coffs Harbour Track & Field	13.32m
5 Smith, Chloe	11	Wyong Athletics Centre Inc	13.16m
6 McManus, Mollie	11	Eastlakes	12.75m
7 Granato, Matilda	11	Eastlakes	11.73m
8 Papalexion, Corabella	9	Gosford	7.91m

**Event 430 Men Discus Throw U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Day, Jackson	11	Cardiff Little Athletics	23.71m
2 Barrett, Taj	11	Nowra Athletics Club	23.24m
3 O'Leary, Patrick	11	Nowra Athletics Club	22.55m
4 Hunter, William	11	Gosford	20.03m
5 Davis, Makai	10	Coonabarabran	13.73m
6 Bell, Matthew	11	Orange Little Athletics Club	11.92m
7 Henry, Lincoln	11	Coffs Harbour Track & Field	11.20m

**Event 431 Women Triple Jump U16**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Bowley, Sophie	15	Temora Little Athletics Club	9.91m	NWI
2 Bailey, Imogen	15	Southlakes	9.67m	NWI
3 Lebreton, Baylee	15	Gosford	9.65m	NWI
4 Jenkins, Alyssa	15	Coffs Harbour Track and Field	9.47m	NWI
5 McDonald, Laila	15	Coffs Harbour Track and Field	9.02m	NWI
6 Knapman, Caitlin	15	Macquarie Hunter Athletics	7.35m	NWI



## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 432 Women Triple Jump U17**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Gunn, Katie	16	Gosford	11.35m	NWI
2 Gill, Sarah	16	Tamworth	9.83m	NWI
3 Harrison, Alexandra	16	Coffs Harbour Track & Field	9.75m	NWI
4 Summerill, Victoria	16	Athletics Wollongong	8.37m	NWI

**Event 433 Women Triple Jump U18**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Navusolo, Jezebel	17	Mingara	11.65m	NWI
2 White, Phoebe	17	Kooringa/ Wagga	9.69m	NWI

**Event 434 Women Discus Throw U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Allport, Lilly	12	Orange Little Athletics Club	22.53m
2 Jessup, Jaimee	12	Adamstown New Lambton	17.76m
3 Said, Amelia	12	Raymond Terrace	17.68m
4 Bailey, Angelique	12	Southlakes	17.20m
5 Markowski, Mikaela	12	Athletics Wollongong	16.95m
6 Ryan, Phebie	12	Dubbo Athletics Club Inc.	16.53m
7 Grech, Sienna	12	Wyong Athletics Centre Inc	14.11m
8 pitcher, Sienna	12	Mingara	11.16m

**Event 435 Women Discus Throw U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Mullane, Lily	13	Port Stephens Athletics Club	32.79m
2 Clark, Tegan	13	Southlakes	25.88m
3 Hunter, Jessica	13	Gosford	23.55m
4 Smith, Dakota	13	Glenbrook Athletics Centre	22.92m
5 Davis, Siarne	13	Independent	20.97m
6 Webster, Emily	13	Edgeworth	14.27m

**Event 436 Women Javelin Throw 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Shaw, Christine	60	Athletics Wollongong	26.52m
2 Watson, Lisa	54	Nsw Masters Athletics Inc.	20.39m
3 Townsend, Vicki	55	Nsw Masters Athletics Inc.	20.15m
4 Alsford, Tracey	58	Athletics Nsw	19.95m
5 Mogentale, Gianna	56	Illawarra Blue Stars Athletic	15.40m
6 Durston, Bev	55	Mingara	13.65m
7 Martin, Anthea	52	Coffs Harbour Track & Field	12.19m

**Event 437 Women Javelin Throw 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Austin, Katie	31	Armidale	26.71m
2 Holahan, Melissa	36	Wallsend	18.41m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 437 Women Javelin Throw 30-39)

Name	Age	Team	Finals
3 Miller-Pickering, Nikki	37	Armidale	17.80m
4 O'Leary, Leanne	38	Nowra Athletics Club	16.56m
5 McKendrick, Dani	35	Mingara	10.86m

## Event 439 Men High Jump Open

Name	Age	Team	Finals
<b>Finals</b>			
1 O'Neill, Mitchell	21	Athletics Wollongong	1.90m
2 Fletcher, Shaun	37	Macquarie Hunter Athletics	1.80m
3 Parsons, David	20	Adamstown New Lambton	1.75m
4 Lerch, David	21	Wallsend	1.70m
5 Martin, Timothy	21	Athletics Wollongong	1.60m

## Event 440 Men High Jump 40-49

Name	Age	Team	Finals
<b>Finals</b>			
1 Musgrove, Paul	49	Nowra Athletics Club	1.45m
2 Muscat, Jamie	43	Wyong Athletics Centre Inc	1.40m
3 Hill, Dan	45	Coffs Harbour Track & Field	1.35m
4 Rae, Mark	48	Mingara	1.35m

## Event 441 Men High Jump 60-69

Name	Age	Team	Finals
<b>Finals</b>			
1 Matthews, Mark	62	Illawarra Blue Stars Athletic	1.25m

## Event 442 Men Triple Jump U16

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Patterson, James	15	Wyong Athletics Centre Inc	11.42m	NWI
2 Jeffrey, Ethan	15	Wyong Athletics Centre Inc	10.37m	NWI
3 Granato, Liam	15	Eastlakes	10.35m	NWI
4 Noble, Cooper	15	Mingara	10.21m	NWI
5 Cheney, Cameron	15	Mingara	9.91m	NWI
--- Ebbs, Timothy	15	Mid North Coast	FOUL	

## Event 443 Men Triple Jump U17

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Herbert, Tom	16	Mingara	10.90m	NWI
2 Wells, Damian	16	Athletics Nsw	10.74m	NWI
3 Beresford, Mason	16	Nowra Athletics Club	9.95m	NWI

## Event 444 Men Triple Jump U18

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Robertson, Dylan	17	Macquarie Hunter Athletics	11.88m	NWI
2 Lanz, Flynn	17	Ross River Athletics Club	10.56m	NWI
3 Lau, Andrew	17	Illawarra Blue Stars Athletic	9.90m	NWI
4 Wilkie, Campbell	17	Tamworth	9.82m	NWI

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Event 445 Men Discus Throw U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Willis, William	12	Athletics Wollongong	31.99m
2 Cox, Joshua	12	Adamstown New Lambton	24.42m
3 Klepzig, Harry	12	Southlakes Athletics Centre	23.79m
4 Gunn, Connor	12	Gosford	17.28m
5 Charlton, Peter	12	Eastlakes	15.58m
6 Flint, Robby	12	Armidale	12.66m
7 Dellow, Oliver	12	Armidale	8.82m

**Event 446 Men Discus Throw U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Wells, George	13	Mingara	42.89m
2 Thompson, Angus	13	Orange Little Athletics Club	32.52m
3 Barrett, Cooper	13	Nowra Athletics Club	23.63m
4 Rae, Christopher	13	Mingara	19.58m
5 McManus, Reece	13	Eastlakes	18.82m
6 Markulin, Lincoln	13	Mingara	17.32m

**Event 447 Women High Jump Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Shaw, Grace	17	Illawarra Blue Stars Athletic	1.60m

**Event 448 Women High Jump 40-49**

Name	Age	Team	Finals
<b>Finals</b>			
1 Fletcher, Kimberley	41	Maitland Senior and Little Ath	1.50m
2 Hill, Alina	43	Coffs Harbour Track & Field	1.30m
3 Guevara, Sarah	41	Illawarra Blue Stars Athletic	1.25m
4 Iggulden, Mia	47	Coffs Harbour Track & Field	1.20m
5 Livingston, Aileen	42	Wallsend	1.15m

**Event 449 Women High Jump 60-69**

Name	Age	Team	Finals
<b>Finals</b>			
1 Stallard, Trish	61	Wallsend	1.05m
2 Wilkes, Gail	61	Armidale	1.00m

**Event 450 Men Javelin Throw 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 McKendrick, Ryan	39	Mingara	36.25m
2 Browne, Robert	31	Wallsend	27.77m
3 Campbell, Luke	39	Wallsend	24.81m

**Event 451 Men Javelin Throw 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Howlett, Anthony	51	Athletics Wollongong	39.66m
2 Provenzano, Alan	56	Wallsend	39.58m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 451 Men Javelin Throw 50-59)

Name	Age	Team	Finals
3 Bignall, David	51	Macquarie Hunter Athletics	36.49m
4 Thacker, Glenn	54	Coffs Harbour Track and Field	33.70m
5 Crook, Geoff	59	Nowra Athletics Club	30.33m
6 Hampton, Gary	53	Athletics Wollongong	29.29m
7 Kelaher, Paul	51	Mingara	22.93m
8 Flint, Robert	57	Armidale	22.46m
9 Rowe, Gregory	58	Mingara	13.84m

## Event 452 Men Javelin Throw 70+

Name	Age	Team	Finals
<b>Finals</b>			
1 Appleton, John	77	Nsw Masters Athletics Inc.	28.15m
2 Stubbs, Kenneth	75	Mingara	21.86m
3 Rix, Brian	78	Nsw Masters Athletics Inc.	18.32m

## Event 453 Women Triple Jump U14

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Amidzovski, Delta	13	Athletics Wollongong	10.60m	NWI
2 McGregor, Keira	13	Raymond Terrace Athletic Centr	9.88m	NWI
3 Bragg, Madison	13	Wallsend	9.07m	NWI
4 Hunter, Jessica	13	Gosford	8.81m	NWI
5 Smith, Dakota	13	Glenbrook Athletics Centre	8.41m	NWI
6 Daymond, Jassmin	12	Edgeworth	7.84m	NWI
7 Johnson, Kiarna	12	Wyong Athletics Centre Inc	7.71m	NWI
8 Jolliffe, Mollie	13	Tamworth	7.50m	NWI
9 Ryan, Phebie	12	Dubbo Athletics Club Inc.	7.24m	NWI

## Event 454 Women Triple Jump U15

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Corderoy, Hayley	14	Mingara	10.01m	NWI
2 Harding, Jade	14	Orange Little Athletics Club	8.95m	NWI
3 Barnett, India-Rose	14	Gosford	8.54m	NWI
4 Hillhouse, Chelsea	14	Southlakes	8.32m	NWI

## Event 455 Women Discus Throw U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Daniels, Zoe	14	Douglas Park	35.89m
2 Doyle, Grace	14	Adamstown New Lambton	22.91m
3 Young, Amanda	14	Kotara South Amateur Athletics	21.56m
4 Tucker, Erin	14	Adamstown New Lambton	17.18m
5 Beresford, Jayla	14	Nowra Athletics Club	15.87m
6 Keene, Annabelle	14	Athletics Nsw	9.13m

## Event 456 Women Discus Throw U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Blackstock, Ashlyn	15	Eastlakes	46.25m
2 Petrie, Imogen	15	Macquarie Hunter Athletics	38.92m

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Finals ... (Event 456 Women Discus Throw U16)**

Name	Age	Team	Finals
3 Jarvis, Jaidah	15	Goulburn Mulwaree Athletic Clu	35.83m
4 Mullane, Lily	13	Port Stephens Athletics Club	35.46m
5 Wilkie, Sami	15	Tamworth	35.00m
6 Daniel, Sophie	15	Wyong Athletics Centre Inc	27.36m
7 Lebreton, Baylee	15	Gosford	25.48m
8 Davis, Shaé	15	Independent	24.24m
9 Scott, Bethany	15	Westlakes	22.77m
10 Bales, Ella	15	Macquarie Hunter Athletics	21.74m

**Event 458 Women High Jump U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Stewart, Bella	18	Athletics Nsw	1.60m
2 Tillman, Erica	19	Coffs Harbour Track and Field	1.55m

**Event 459 Women High Jump 30-39**

Name	Age	Team	Finals
<b>Finals</b>			
1 Henry, Brooke	38	Coffs Harbour Track & Field	1.20m

**Event 460 Women High Jump 50-59**

Name	Age	Team	Finals
<b>Finals</b>			
1 Townsend, Vicki	55	Nsw Masters Athletics Inc.	1.30m
2 Shaw, Christine	60	Athletics Wollongong	1.25m
3 Myers, Cherie	51	Mingara	1.10m
4 Alsford, Tracey	58	Athletics Nsw	1.00m
--- Mogentale, Gianna	56	Illawarra Blue Stars Athletic	NH

**Event 461 Men Triple Jump U14**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Coles, Liam	13	Toukley	10.72m	NWI
2 McManus, Reece	13	Eastlakes	10.13m	NWI
3 Upsall, Josh	12	Coffs Harbour Track & Field	9.25m	NWI
4 Bowley, Toby	13	Temora Little Athletics Club	8.30m	NWI
5 Granato, Mason	12	Eastlakes	7.51m	NWI
--- Dellow, Oliver	12	Armidale	FOUL	
--- Callaghan, Jai	12	Wyong Athletics Centre Inc	FOUL	

**Event 462 Men Triple Jump U15**

Name	Age	Team	Finals	Wind
<b>Finals</b>				
1 Kalozi, Joshua	14	Goulburn	12.30m	NWI
2 Dollin, Joshua	14	Wallsend	10.47m	NWI
3 Johnson, Kynan	14	Wyong Athletics Centre Inc	10.12m	NWI
4 Iggulden, Max	14	Coffs Harbour Track & Field	9.33m	NWI
5 Bell, Saxon	14	Independent	8.51m	NWI

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 463 Men Javelin Throw Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Parsons, David	20	Adamstown New Lambton	44.19m
2 Dymond, Connor	22	Illawarra Blue Stars Athletic	42.26m
3 Cheney, Cameron	15	Mingara	38.81m
4 Belcher, James	25	Athletics Wollongong	37.61m
5 Lerch, David	21	Wallsend	29.27m

**Event 464 Men Javelin Throw U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Butcher, Aiden	18	Athletics Nsw	45.28m
2 Short, Brendan	18	Adamstown New Lambton	44.38m
3 Walter, Jarryd	19	Wyong Athletics Centre Inc	44.00m
4 James, Ben	18	Cessnock	41.95m
5 Webster, Thomas	18	Edgeworth	14.02m

**Event 465 Men Discus Throw U15**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kalozi, Joshua	14	Goulburn	41.64m
2 O'Brien, Lachlan	14	Macquarie Hunter Athletics	40.40m
3 Grant, William	14	Athletics Nsw	40.23m
4 Farrant, Joshua	14	Gosford	36.34m
5 Keen, Ryan	14	Lake Illawarra	34.56m
6 Gunn, Lachlan	14	Gosford	18.66m
7 Bell, Saxon	14	Independent	8.51m

**Event 466 Men Discus Throw U16**

Name	Age	Team	Finals
<b>Finals</b>			
1 Obaseki, Nosa	15	Dubbo Athletics Club Inc.	55.40m
2 Dodgson, Drew	15	Cessnock	45.18m
3 Barnes, Rhys	15	Illawarra Blue Stars Athletic	25.78m
4 Cheney, Cameron	15	Mingara	25.49m
5 Campbell, Connor	15	Cessnock	20.38m
6 Guevara, Tyson	15	Illawarra Blue Stars Athletic	9.03m
--- Jeffrey, Ethan	15	Wyong Athletics Centre Inc	FOUL

**Event 467 Men Discus Throw U17**

Name	Age	Team	Finals
<b>Finals</b>			
1 Wells, Damian	16	Athletics Nsw	44.64m
2 Petersen, Travis	16	Macquarie Hunter Athletics	43.05m
3 Beresford, Mason	16	Nowra Athletics Club	26.72m

**Event 468 Men Discus Throw U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jones, Samuel	17	Macquarie Hunter Athletics	43.96m
2 Bignall, Nicholas	17	Macquarie Hunter Athletics	43.32m

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 468 Men Discus Throw U18)**

Name	Age	Team	Finals
3 Hampton, Tailor	17	Athletics Nsw	36.32m
4 Robertson, Dylan	17	Macquarie Hunter Athletics	30.63m
5 Lau, Andrew	17	Illawarra Blue Stars Athletic	29.55m

**Event 469 Women 1500 Metre Run U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Callaghan, Keira	10	Wyong Athletics Centre Inc	5:23.39
2 Stone, Ameilie	11	Armidale	6:02.42
3 Platt, Madeline	11	Adamstown New Lambton	6:33.89
4 Bettison, Bronte	11	Armidale	8:27.60

**Event 470 Women 1500 Metre Run U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Doran, Phoebe	12	Adamstown New Lambton	5:23.00
2 pitcher, Sienna	12	Mingara	5:42.51
3 Jessup, Paige	12	Adamstown New Lambton	5:48.13
4 Ryan, Phebie	12	Dubbo Athletics Club Inc.	6:09.23
5 Craig, Rebecca	12	Macquarie Hunter Athletics	6:17.87
6 Mustapic, Alisha	12	Nowra Athletics Club	6:44.74
7 Bailey, Angelique	12	Southlakes	7:02.56

**Event 471 Men 1500 Metre Run U12**

Name	Age	Team	Finals
<b>Finals</b>			
1 Ward, Nate	11	Kotara South Amateur Athletics	5:09.80
2 Kemp, Blake	11	Athletics Nsw	5:25.57
3 Norris, Bryson	9	Mingara	5:31.21
4 Godfrey, Coen	11	Mingara	5:48.85
5 Caswell, Tynan	10	Nowra Athletics Club	6:02.50
6 Metcalf, Ashley	11	Cessnock	6:08.40
7 Henry, Lincoln	11	Coffs Harbour Track & Field	6:13.34
8 Bell, Matthew	11	Orange Little Athletics Club	7:37.20

**Event 472 Men 1500 Metre Run U13**

Name	Age	Team	Finals
<b>Finals</b>			
1 Dyball, Toby	12	Nowra Athletics Club	5:26.67
2 Spamer, Brodie	12	Macquarie Hunter Athletics	5:37.80
3 Granato, Mason	12	Eastlakes	6:32.02
4 Austin, Roman	12	Macquarie Hunter Athletics	7:06.04
5 Charlton, Peter	12	Eastlakes	8:13.64

**Event 473 Women 1500 Metre Run U14**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jarvis, Hannah	13	Macquarie Hunter Athletics	5:09.27
2 Salvador, Molly	13	Westlakes	5:19.07
3 Priest, Charlotte	13	Kooringa/ Wagga	5:23.81
4 Pinches, Aiva	13	Adamstown New Lambton	5:35.18

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 473 Women 1500 Metre Run U14)**

Name	Age	Team	Finals
5 Papalexion, Marianne	13	Mingara	6:23.32

**Event 474 Women 1500 Metre Run U15**

Name	Age	Team	Finals
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**Finals**

1 Norris, Stella	14	Mingara	5:16.50
2 Young, Amanda	14	Kotara South Amateur Athletics	5:33.22
3 Hillhouse, Chelsea	14	Southlakes	6:09.97

**Event 475 Men 1500 Metre Run U14**

Name	Age	Team	Finals
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**Finals**

1 White, Keenan	13	Mingara	4:58.57
2 Zakis, William	13	Blue Mountains Athletics	5:01.00
3 Barrett, Cooper	13	Nowra Athletics Club	5:20.52
4 Gould, Riley	13	Tumut and District Little Athl	5:50.92
5 Platt, Grady	13	Adamstown New Lambton	5:56.53

**Event 476 Men 1500 Metre Run U15**

Name	Age	Team	Finals
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**Finals**

1 Dyball, William	14	Nowra Athletics Club	4:48.69
2 Williams, Vincent	14	Mingara	4:51.47
3 Upsall, Kyan	14	Coffs Harbour Track & Field	4:54.64
4 Abbot, Finnegan	14	Macquarie Hunter Athletics	5:15.89
5 Spamer, Liam	14	Macquarie Hunter Athletics	5:19.68
6 Pattison, Jordan	14	Armidale	5:25.57

**Event 477 Women 1500 Metre Run U16**

Name	Age	Team	Finals
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**Finals**

1 Pernecker, Ashley	15	Mingara	5:04.51
2 Bailey, Imogen	15	Southlakes	5:12.50
3 Barnett, Eleanor	15	Macquarie Hunter Athletics	5:16.72

**Event 478 Women 1500 Metre Run U17**

Name	Age	Team	Finals
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**Finals**

1 Pickering, Sarah	16	Macquarie Hunter Athletics	4:49.97
2 Summerill, Victoria	16	Athletics Wollongong	6:42.35

**Event 479 Women 1500 Metre Run U18**

Name	Age	Team	Finals
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**Finals**

1 Spamer, Damika	17	Macquarie Hunter Athletics	5:21.63
2 Irwin, Elley	17	Macquarie Hunter Athletics	5:24.19
3 Daniel, Chloe	17	Wyong Athletics Centre Inc	6:14.42

**Event 480 Men 1500 Metre Run U16**

Name	Age	Team	Finals
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**Finals**

1 Reungkitchaya, Caleb	15	Athletics Nsw	4:37.21
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## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Finals ... (Event 480 Men 1500 Metre Run U16)

	Name	Age	Team	Finals
2	Johnson, Lucas	15	Nowra Athletics Club	5:24.37
3	Hungerford, Liam	15	Macquarie Hunter Athletics	6:00.02

## Event 481 Men 1500 Metre Run U17

	Name	Age	Team	Finals
<b>Finals</b>				
1	Townsend, Lachlan	16	Athletics Nsw	4:22.68
2	March, Tom	16	Macquarie Hunter Athletics	4:24.45
3	Rae, Sean	16	Mingara	4:26.20
4	Fletcher, Thomas	16	Kempsey Little Athletics	4:34.76
5	Nicholls, Lachlan	16	Athletics Nsw	4:43.31

## Event 482 Men 1500 Metre Run U18

	Name	Age	Team	Finals
<b>Finals</b>				
1	Doley, Harrison	17	Maitland Senior and Little Ath	4:24.65
2	McNeil, Nicholas	17	Macquarie Hunter Athletics	5:44.72

## Event 483 Women 1500 Metre Run U20

	Name	Age	Team	Finals
<b>Finals</b>				
1	Bell, Kaitlin	18	Glenbrook Athletics Centre	6:23.93
2	Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	8:14.61

## Event 484 Women 1500 Metre Run Open

	Name	Age	Team	Finals
<b>Finals</b>				
1	Brady, Tia	27	Macquarie Hunter Athletics	4:44.94
2	Hogg, Jessica	22	Illawarra Blue Stars Athletic	5:36.68
3	Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	6:39.88

## Event 485 Women 1500 Metre Run 30-39

	Name	Age	Team	Finals
<b>Finals</b>				
1	Williamson, Nicole	37	Orange Runners Club	5:29.93
2	Austin, Katie	31	Armidale	6:02.06

## Event 487 Men 1500 Metre Run 30-39

	Name	Age	Team	Finals
<b>Finals</b>				
1	Godfrey, Scott	38	Mingara	4:36.60
2	McKendrick, Ryan	39	Mingara	4:37.36
3	Rudman, Tyrone	33	Orange Runners Club	5:37.10
4	Henry, Brad	40	Coffs Harbour Track & Field	6:06.45

## Event 488 Men 1500 Metre Run Open

	Name	Age	Team	Finals
<b>Finals</b>				
1	Langdon, Ed	27	Newcastle Runners Incorporated	4:02.59
2	Madden, Jakob	18	Mingara	4:05.35
3	Williamson, Mitchell	33	Orange Runners Club	4:07.59
4	Martin, Zac	18	Mingara	4:08.72

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 488 Men 1500 Metre Run Open)**

Name	Age	Team	Finals
5 Mihellis, Terry	19	Mingara	4:11.51
6 Pinkerton, Kyle	26	Newcastle Flyers Runners Club	4:11.62
7 Kaparakis, Charlie	19	Mingara	4:13.50
8 Land, Andrew	26	Mingara	4:18.15
9 Geddes, Stuart	19	Armidale	4:20.47
10 Lott, Stephen	21	Newcastle Flyers Runners Club	4:27.17
11 McPhillips, Finlay	19	Kembla Joggers Inc.	4:29.30
12 Musgrove, Cameron	21	Nowra Athletics Club	4:35.19
13 Clark, Ryan	25	Orange Runners Club	5:28.29
--- Cameron, Craig	26	Mingara	DNF

**Event 490 Women 1500 Metre Run 40-49**

Name	Age	Team	Finals
1 Dellow, Anna	43	Armidale	6:34.21

**Event 491 Women 1500 Metre Run 50-59**

Name	Age	Team	Finals
1 Hunt, Sally	56	Mingara	5:58.24
2 Martin, Anthea	52	Coffs Harbour Track & Field	7:07.84
3 Peksis, Julie	60	Mingara	7:20.28
4 Durston, Bev	55	Mingara	7:36.37

**Event 492 Women 1500 Metre Run 60-69**

Name	Age	Team	Finals
1 Wilkes, Gail	61	Armidale	6:49.39
2 Beardslee, Margaret	61	Mingara	6:57.45
3 Stallard, Trish	61	Wallsend	8:20.75

**Event 493 Men 1500 Metre Run 40-49**

Name	Age	Team	Finals
1 Hogg, John	50	Illawarra Blue Stars Athletic	5:51.66
2 Upsall, Duncan	47	Coffs Harbour Track & Field	6:37.75

**Event 494 Men 1500 Metre Run 50-59**

Name	Age	Team	Finals
1 Kelaher, Paul	51	Mingara	4:55.22
2 Johnson, Scott	51	Nowra Athletics Club	5:36.65
3 Doran, Paul	55	Adamstown New Lambton	6:57.84

**Event 495 Men 1500 Metre Run 60-69**

Name	Age	Team	Finals
1 Dooley, Peter	62	Nowra Athletics Club	4:54.84
2 Randell, Michael	64	Mingara	5:23.21
3 Conyers, Mark	64	Koorringa/ Wagga	5:32.18
4 Carr, Paul	61	Mingara	7:23.44

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 496 Men 1500 Metre Run 70+

Name	Age	Team	Finals
<b>Finals</b>			
1 Rix, Brian	78	Nsw Masters Athletics Inc.	7:56.35

## Event 497 Women 400 Metre Sprint U14

Name	Age	Team	Finals
<b>Finals</b>			
1 Panos, Brianna	13	Macquarie Hunter Athletics	1:04.54
2 Gogarty, Ella	13	East Maitland Athletics Club	1:06.39
3 Black, Tarli	13	Macquarie Hunter Athletics	1:06.67
4 Newton, Sienna	12	Raymond Terrace Athletic Centr	1:07.16
5 Daymond, Jassmin	12	Edgeworth	1:07.32
6 Cooper, Layla	12	Armidale	1:09.89
7 Ryan, Phebie	12	Dubbo Athletics Club Inc.	1:13.40
8 Papalexion, Marianne	13	Mingara	1:13.58

## Event 498 Men 400 Metre Sprint U14

Name	Age	Team	Finals
<b>Finals</b>			
1 Callaghan, Jai	12	Wyong Athletics Centre Inc	1:02.16
2 Zakis, William	13	Blue Mountains Athletics	1:03.60
3 Caswell, Reilly	12	Nowra Athletics Club	1:04.73
4 Barrett, Cooper	13	Nowra Athletics Club	1:13.00
5 Granato, Mason	12	Eastlakes	1:17.38
6 Gould, Jaymin	11	Tumut and District Little Athl	1:20.57
7 Norris, Bryson	9	Mingara	1:22.98

## Event 499 Women 400 Metre Sprint U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Lewis, Torrie	14	Macquarie Hunter Athletics	1:00.70
2 Pollard, Jemma	14	Kotara South Amateur Athletics	1:03.33
3 Roberts, Jassmin	14	Macquarie Hunter Athletics	1:11.85
4 Norris, Stella	14	Mingara	1:12.72
5 Merryfull, Tahlia	14	Macquarie Hunter Athletics	1:14.06
6 Harding, Jade	14	Orange Little Athletics Club	1:20.80
7 Hillhouse, Chelsea	14	Southlakes	1:23.49
8 Gould, Rayleigh	14	Tumut and District Little Athl	1:28.68

## Event 500 Men 400 Metre Sprint U15

Name	Age	Team	Finals
<b>Finals</b>			
1 Lannuzel, Leo	14	Macquarie Hunter Athletics	56.56
2 Dollin, Joshua	14	Wallsend	1:00.41
3 Upsall, Kyan	14	Coffs Harbour Track & Field	1:00.81
4 Dyball, William	14	Nowra Athletics Club	1:01.90
5 Iggulden, Max	14	Coffs Harbour Track & Field	1:07.86
6 Leseberg, Ernest	14	Gosford	1:14.47

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

## Event 501 Women 400 Metre Sprint U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Monk, Montana	15	Macquarie Hunter Athletics	58.26
2 Pernecker, Ashley	15	Mingara	59.65
3 Windred, Milli	15	Macquarie Hunter Athletics	1:01.42
4 McDonald, Laila	15	Coffs Harbour Track and Field	1:01.43
5 Jenkins, Alyssa	15	Coffs Harbour Track and Field	1:03.40
6 Barnett, Eleanor	15	Macquarie Hunter Athletics	1:03.97
7 Mills, Rebecca	15	Athletics Wollongong	1:04.35
8 Walsh, Sophie	15	Coffs Harbour Track and Field	1:06.93

## Event 502 Men 400 Metre Sprint U16

Name	Age	Team	Finals
<b>Finals</b>			
1 Fuller, George	15	Orange Little Athletics Club	53.70
2 Fittler, Emerson	15	Armidale	54.03
3 Patterson, James	15	Wyong Athletics Centre Inc	57.38
4 Thompson, Hunter	15	Nowra Athletics Club	1:01.04
5 Vizintin, Cory	15	Macquarie Hunter Athletics	1:01.93
6 Cheney, Cameron	15	Mingara	1:09.67

## Event 503 Women 400 Metre Sprint U17

Name	Age	Team	Finals
<b>Finals</b>			
1 Cotton, Emma	16	Macquarie Hunter Athletics	59.84
2 Pickering, Sarah	16	Macquarie Hunter Athletics	1:00.71
3 Tait, Hanna	16	Mid North Coast	1:00.73
4 Guest, Rebecca	16	Ginninderra Athletics Club	1:01.90
5 Way, Eve	16	Illawarra Blue Stars Athletic	1:05.48
6 Miller-Williams, Emma	16	Cessnock	1:06.18

## Event 504 Men 400 Metre Sprint U17

Name	Age	Team	Finals	H#
<b>Finals</b>				
1 Gould, Jack	16	Tumut and District Little Athl	51.45	2
2 Zawadzki, Nathan	16	Coffs Harbour Track & Field	53.17	2
3 Macpherson, Jai	16	Macquarie Hunter Athletics	53.37	2
4 Herbert, Tom	16	Mingara	53.74	2
5 Swan, Nathan	16	Raymond Terrace Athletic Centr	54.67	2
6 Mulder, Aidan	16	Port Stephens	56.05	2
7 Hollis, Brady	16	Kempsey Little Athletics	56.05	1
8 Nicholls, Lachlan	16	Athletics Nsw	58.33	1
9 Harriman, Brett	16	Illawarra Blue Stars Athletic	1:01.77	1

## Event 505 Women 400 Metre Sprint U18

Name	Age	Team	Finals
<b>Finals</b>			
1 Crinnion, Hannah	17	Kembla Joggers Inc.	59.60
2 Murray, Bella	17	Wallsend	1:02.64
3 Martin, Bridie	17	Tamworth	1:03.25
4 Cassidy, Grace	17	Armidale	1:04.22

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 505 Women 400 Metre Sprint U18)**

Name	Age	Team	Finals
5 Addis, Sarah	17	Tamworth	1:05.25
6 Mazzei, Amelia	17	Armidale	1:10.77

**Event 506 Men 400 Metre Sprint U18**

Name	Age	Team	Finals
<b>Finals</b>			
1 Rothwell, Zachary	17	Blue Mountains Athletics	49.86
2 Reid, Leroy	17	Macquarie Hunter Athletics	50.64
3 Lau, Andrew	17	Illawarra Blue Stars Athletic	1:01.96
4 McNeil, Nicholas	17	Macquarie Hunter Athletics	1:07.25

**Event 507 Women 400 Metre Sprint U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Cleary, Casey	19	Athletics Wollongong	1:00.87
2 Hughes, Claudia	18	East Maitland Athletics Club	1:01.81
3 Hancock, Gemma	18	Raymond Terrace Athletic Centr	1:03.87
4 Snow, Mikielle	18	Armidale	1:06.94
5 Jones, Isabella	18	Mingara	1:10.53
6 Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	1:28.73

**Event 508 Men 400 Metre Sprint U20**

Name	Age	Team	Finals
<b>Finals</b>			
1 Dennis, Ben	19	Orange Little Athletics Senior	51.28
2 Clarke, Mitchell	18	Armidale	52.29
3 Martin, Zac	18	Mingara	55.49
4 Tuddenham, Cory	19	Cessnock	57.64

**Event 509 Women 400 Metre Sprint Open**

Name	Age	Team	Finals
<b>Finals</b>			
1 Spencer, Kelly	25	Mingara	58.55
2 Chippendale, Elizabeth	19	Mingara	59.13
3 Luxford, Sarah	20	Blue Mountains Athletics	59.16
4 O'Neill, Jacqueline	26	Mingara	1:00.90
5 Ogle, Nicole	21	Macquarie Hunter Athletics	1:01.69
6 Hogg, Jessica	22	Illawarra Blue Stars Athletic	1:11.95

**Event 510 Men 400 Metre Sprint Open**

Name	Age	Team	Finals	H#
<b>Finals</b>				
1 Fittler, Lawson	18	Armidale	50.62	1
2 Cummings, Paul	32	Mingara	50.65	2
3 McPaul, James	20	Athletics Wollongong	51.21	2
4 Winsor, Matthew	21	Mingara	51.23	2
5 O'Keefe, Finn	21	Armidale	52.18	1
6 Thorn, Luke	23	Athletics Wollongong	52.26	2
7 Whiteley, Blake	21	Cessnock	52.65	2
8 Lerch, David	21	Wallsend	53.37	2
9 Thorn, Chris	27	Athletics Wollongong	53.38	2

## 2019 NSW Country Track &amp; Field Championships - 24/01/2019 to 27/01/2019

## Hunter Sports Centre

## Results

**Finals ... (Event 510 Men 400 Metre Sprint Open)**

	Name	Age	Team	Finals	H#
10	Martin, Timothy	21	Athletics Wollongong	54.65	1
11	Vince-Moin, William	21	Armidale	1:04.63	1
12	Miller-Williams, Lochlan	21	Cessnock	1:06.53	1

**Event 511 Women 400 Metre Sprint 30-39**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Smart, Erin	37	Nowra Athletics Club	1:00.93
2	Henry, Brooke	38	Coffs Harbour Track & Field	1:13.25

**Event 512 Men 400 Metre Sprint 30-39**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Stone, Jay	40	Armidale	50.61
2	Cooper, Ruwan	36	Armidale	1:04.62
3	Henry, Brad	40	Coffs Harbour Track & Field	1:11.49

**Event 513 Women 400 Metre Sprint 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Fletcher, Kimberley	41	Maitland Senior and Little Ath	1:01.96
2	Hill, Alina	43	Coffs Harbour Track & Field	1:04.11
3	Guevara, Sarah	41	Illawarra Blue Stars Athletic	1:13.73
4	Dellow, Anna	43	Armidale	1:16.10

**Event 514 Men 400 Metre Sprint 40-49**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Musgrove, Paul	49	Nowra Athletics Club	1:03.39
2	Madden, Jason	48	Mingara	1:06.86
3	Hogg, John	50	Illawarra Blue Stars Athletic	1:09.56
4	Upsall, Duncan	47	Coffs Harbour Track & Field	1:18.62

**Event 515 Women 400 Metre Sprint 50-59**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Mogentale, Gianna	56	Illawarra Blue Stars Athletic	1:07.68
2	Hunt, Sally	56	Mingara	1:16.98
3	Martin, Anthea	52	Coffs Harbour Track & Field	1:25.94
4	Peksis, Julie	60	Mingara	1:29.07

**Event 516 Men 400 Metre Sprint 50-59**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Devery, Todd	59	Blue Mountains Athletics	58.99
2	Starr, Peter	54	Dubbo Athletics Club Inc.	1:01.41
3	Kelagher, Paul	51	Mingara	1:01.75
4	Smith, Steve	55	Mingara	1:07.49

**2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019****Hunter Sports Centre****Results****Event 517 Women 400 Metre Sprint 60-69**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>				
1	Wilkes, Gail	61	Armidale	1:33.40
2	Stallard, Trish	61	Wallsend	1:44.11

**Event 518 Men 400 Metre Sprint 60-69**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>				
1	Lamb, John	70	Illawarra Blue Stars Athletic	1:03.76
2	Randell, Michael	64	Mingara	1:08.92
3	Carr, Paul	61	Mingara	1:10.62

**Event 519 Men 400 Metre Sprint 70+**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>				
1	McIntyre, Neville	77	Athletics Glen Innes Incorpora	1:17.00