

## Week 5 - Program 2b - 14/07/2017

## Results

**Girls 60 Meter Run 5yrs**

Meet Record: 11.60 M 15/07/2001 Tori West

Name	Age	Team	Finals
<b>Finals</b>			
1	Frankie Davis	5 TNS	13.79 NWI
2	Lacey Walters	5 TNS	15.05 NWI
3	Lillie Akers	5 TNS	15.34 NWI
4	Addison Goodwin	5 TNS	15.92 NWI
5	Georgia Gamble	5 TNS	16.21 NWI
6	Lillian Ponti	5 TNS	17.77 NWI

**Girls 80 Meter Run 5yrs**

Meet Record: 15.40 M 26/08/2001 Tori West

Name	Age	Team	Finals
<b>Finals</b>			
1	Frankie Davis	5 TNS	19.24 NWI
2	Lacey Walters	5 TNS	19.99 NWI
3	Lillie Akers	5 TNS	21.04 NWI
4	Addison Goodwin	5 TNS	21.64 NWI
5	Georgia Gamble	5 TNS	21.93 NWI
6	Lillian Ponti	5 TNS	24.46 NWI

**Girls 100 Meter Run 5yrs**

Meet Record: 19.30 M 20/08/2005 Neve Houlihan

Name	Age	Team	Finals
<b>Finals</b>			
1	Frankie Davis	5 TNS	25.14 NWI
2	Lillie Akers	5 TNS	27.00 NWI
3	Lillian Ponti	5 TNS	28.17 NWI
4	Georgia Gamble	5 TNS	28.52 NWI
5	Lacey Walters	5 TNS	29.51 NWI
6	Addison Goodwin	5 TNS	29.68 NWI

**Girls Long Jump 5yrs**

Meet Record: 2.51m M 16/09/2001 Sharnae Henaway, Tori West (26.08)

Name	Age	Team	Finals
<b>Finals</b>			
1	Georgia Gamble	5 TNS	1.85m NWI
2	Frankie Davis	5 TNS	1.68m NWI
3	Lacey Walters	5 TNS	1.31m NWI
4	Lillian Ponti	5 TNS	1.24m NWI
5	Addison Goodwin	5 TNS	1.24m NWI
6	Lillie Akers	5 TNS	1.11m NWI

**Girls Shot Put 5yrs**

Meet Record: 5.40m M 20/03/2005 Tyla Stallan

Name	Age	Team	Finals
<b>Finals</b>			
1	Frankie Davis	5 TNS	2.28m
2	Georgia Gamble	5 TNS	2.05m
3	Lillie Akers	5 TNS	1.76m
4	Lillian Ponti	5 TNS	1.74m
5	Lacey Walters	5 TNS	1.66m
6	Addison Goodwin	5 TNS	1.60m

**Girls 60 Meter Run 6yrs**

Meet Record: 11.10 M 12/09/1999 Kelly O'Connor

Name	Age	Team	Finals
<b>Finals</b>			
1	Lilly McCormack	6 TNS	12.19 NWI
2	Matilda Linden	6 TNS	12.85 NWI
3	Azalya McGowan	6 TNS	13.80 NWI
4	Meredith Roberts	6 TNS	13.91 NWI
5	Elena Knight	6 TNS	14.55 NWI

**Girls 80 Meter Run 6yrs**

Meet Record: 14.40 M 14/07/2002 Tori West

Name	Age	Team	Finals
<b>Finals</b>			
1	Lilly McCormack	6 TNS	16.42 NWI
2	Matilda Linden	6 TNS	17.78 NWI
3	Meredith Roberts	6 TNS	18.65 NWI
4	Elena Knight	6 TNS	19.95 NWI
5	Azalya McGowan	6 TNS	20.28 NWI

**Girls 100 Meter Run 6yrs**

Meet Record: 18.30 M 15/08/1999 Amy Buchanan

Name	Age	Team	Finals
<b>Finals</b>			
1	Lilly McCormack	6 TNS	20.71 NWI
2	Azalya McGowan	6 TNS	25.22 NWI
3	Elena Knight	6 TNS	25.87 NWI
4	Meredith Roberts	6 TNS	26.15 NWI

**Girls Long Jump 6yrs**

Meet Record: 2.93m M 11/07/1999 Amy Buchanan

Name	Age	Team	Finals
<b>Finals</b>			
1	Lilly McCormack	6 TNS	2.29m NWI
2	Matilda Linden	6 TNS	2.15m NWI
3	Meredith Roberts	6 TNS	1.58m NWI
4	Elena Knight	6 TNS	1.57m NWI
5	Azalya McGowan	6 TNS	1.05m NWI

**Girls Shot Put 6yrs**

Meet Record: 4.82m M 26/05/2002 Tori West

Name	Age	Team	Finals
<b>Finals</b>			
1	Lilly McCormack	6 TNS	2.73m
2	Azalya McGowan	6 TNS	2.27m
3	Elena Knight	6 TNS	2.17m
4	Matilda Linden	6 TNS	1.98m
5	Meredith Roberts	6 TNS	1.89m

**Girls 60 Meter Run 7yrs**

Meet Record: 10.10 M 14/10/2000 Teagan Edwards

Name	Age	Team	Finals
<b>Finals</b>			
1	Eva Donegan	7 TNS	10.99 NWI
2	Breanna Simpson	7 TNS	11.01 NWI
3	Rubee Hughes	7 TNS	11.77 NWI
4	Cherri Miles	7 TNS	11.94 NWI

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## Finals ... (Girls 60 Meter Run 7yrs)

Name	Age	Team	Finals
5 Abigail Ponti	7	TNS	12.24 NWI
6 Arcadia Botham	7	TNS	12.30 NWI
7 Emily Gamble	7	TNS	12.57 NWI
8 Claudia Koitka	7	TNS	13.04 NWI
9 Kayla Hockaday	7	TNS	13.39 NWI
10 Chiara Parenti	7	TNS	13.74 NWI
11 Ava Connery	7	TNS	15.11 NWI
12 Hailey Knight	7	TNS	16.02 NWI

## Girls 100 Meter Run 7yrs

Meet Record: 16.80 M 14/10/2000 Teagan Edwards

Name	Age	Team	Finals
1 Breanna Simpson	7	TNS	18.98 NWI
2 Eva Donegan	7	TNS	19.05 NWI
3 Rubee Hughes	7	TNS	19.41 NWI
4 Cherri Miles	7	TNS	20.13 NWI
5 Abigail Ponti	7	TNS	20.96 NWI
6 Emily Gamble	7	TNS	21.74 NWI
7 Claudia Koitka	7	TNS	22.66 NWI
8 Arcadia Botham	7	TNS	22.72 NWI
9 Kayla Hockaday	7	TNS	23.03 NWI
10 Hailee Melvin	7	TNS	24.25 NWI
11 Chiara Parenti	7	TNS	24.90 NWI
12 Ava Connery	7	TNS	26.07 NWI
13 Hailey Knight	7	TNS	30.83 NWI

## Girls 200 Meter Run 7yrs

Meet Record: 35.80 M 15/10/2000 Teagan Edwards

Name	Age	Team	Finals
1 Rubee Hughes	7	TNS	40.55 NWI
2 Eva Donegan	7	TNS	42.72 NWI
3 Abigail Ponti	7	TNS	42.90 NWI
4 Breanna Simpson	7	TNS	43.85 NWI
5 Arcadia Botham	7	TNS	45.58 NWI
6 Hailee Melvin	7	TNS	48.54 NWI
7 Kayla Hockaday	7	TNS	52.60 NWI
8 Emily Gamble	7	TNS	52.65 NWI
9 Ava Connery	7	TNS	52.74 NWI
10 Chiara Parenti	7	TNS	58.45 NWI
11 Hailey Knight	7	TNS	68.19 NWI

## Girls Long Jump 7yrs

Meet Record: 3.49m M 14/09/2003 Tori West

Name	Age	Team	Finals
1 Rubee Hughes	7	TNS	2.55m NWI
2 Arcadia Botham	7	TNS	2.37m NWI
3 Emily Gamble	7	TNS	2.32m NWI
4 Breanna Simpson	7	TNS	2.19m NWI
5 Chiara Parenti	7	TNS	2.11m NWI
6 Hailee Melvin	7	TNS	2.04m NWI
7 Kayla Hockaday	7	TNS	1.99m NWI
8 Cherri Miles	7	TNS	1.97m NWI

9 Eva Donegan	7	TNS	1.92m NWI
10 Abigail Ponti	7	TNS	1.83m NWI
11 Claudia Koitka	7	TNS	1.79m NWI
12 Hailey Knight	7	TNS	1.57m NWI
13 Ava Connery	7	TNS	1.49m NWI

## Girls Discus Throw 7yrs

Meet Record: 14.70m M 13/08/2000 Kelly O'Connor

Name	Age	Team	Finals
1 Kayla Hockaday	7	TNS	6.91m
2 Emily Gamble	7	TNS	5.88m
3 Abigail Ponti	7	TNS	5.17m
4 Rubee Hughes	7	TNS	4.98m
5 Breanna Simpson	7	TNS	4.46m
6 Cherri Miles	7	TNS	4.44m
7 Hailey Knight	7	TNS	4.40m
8 Hailee Melvin	7	TNS	4.33m
9 Claudia Koitka	7	TNS	4.18m
9 Arcadia Botham	7	TNS	4.18m
11 Chiara Parenti	7	TNS	3.98m
12 Ava Connery	7	TNS	3.84m
13 Eva Donegan	7	TNS	3.59m

## Girls 60 Meter Run 8 yrs

Meet Record: 9.60 M 24/08/2003 Tayla Little

Name	Age	Team	Finals
1 Mackenzie Ryan	8	TNS	10.49 NWI
2 Nahla Heinemann	8	TNS	10.69 NWI
3 Bella McGowan	8	TNS	10.85 NWI
4 Alannah Goodwin	8	TNS	11.19 NWI
5 Keeley Conlan	8	TNS	11.45 NWI
6 Remi McDonald	8	TNS	11.56 NWI
7 Amara Courtney	8	TNS	11.59 NWI
8 Georgia Docherty	8	TNS	12.04 NWI
9 Telisalee Catmull	8	TNS	12.47 NWI
10 Miranda Gilchrist	8	TNS	14.81 NWI

## Girls 100 Meter Run 8 yrs

Meet Record: 16.10 M 23/06/1996 Rachael Finch/Tayla Little (24/08/00)

Name	Age	Team	Finals
1 Alannah Goodwin	8	TNS	18.18 NWI
2 Nahla Heinemann	8	TNS	18.26 NWI
3 Mackenzie Ryan	8	TNS	18.37 NWI
4 Bella McGowan	8	TNS	18.90 NWI
5 Amara Courtney	8	TNS	19.54 NWI
6 Keeley Conlan	8	TNS	19.60 NWI
7 Georgia Docherty	8	TNS	21.27 NWI
8 Telisalee Catmull	8	TNS	21.66 NWI
9 Miranda Gilchrist	8	TNS	26.81 NWI

## Week 5 - Program 2b - 14/07/2017

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**Girls 200 Meter Run 8 yrs**

Meet Record: 34.20 M 7/10/2001 Teagan Edwards

Name	Age	Team	Finals
<b>Finals</b>			
1	Alannah Goodwin	8 TNS	37.46 NWI
2	Nahla Heinemann	8 TNS	37.57 NWI
3	Mackenzie Ryan	8 TNS	37.68 NWI
4	Bella McGowan	8 TNS	39.74 NWI
5	Amara Courtney	8 TNS	42.15 NWI
6	Remi McDonald	8 TNS	43.15 NWI
7	Keeley Conlan	8 TNS	44.78 NWI
8	Georgia Docherty	8 TNS	45.27 NWI
9	Telisalee Catmull	8 TNS	47.62 NWI
10	Miranda Gilchrist	8 TNS	57.24 NWI

**Girls Long Jump 8 yrs**

Meet Record: 3.70m M 2/06/1996 Rachael Finch

Name	Age	Team	Finals
<b>Finals</b>			
1	Remi McDonald	8 TNS	2.86m NWI
2	Amara Courtney	8 TNS	2.79m NWI
3	Bella McGowan	8 TNS	2.74m NWI
3	Mackenzie Ryan	8 TNS	2.74m NWI
5	Alannah Goodwin	8 TNS	2.72m NWI
6	Georgia Docherty	8 TNS	2.58m NWI
7	Nahla Heinemann	8 TNS	2.41m NWI
8	Keeley Conlan	8 TNS	2.40m NWI
9	Telisalee Catmull	8 TNS	2.30m NWI
10	Miranda Gilchrist	8 TNS	2.02m NWI

**Girls Javelin Throw 8 yrs**

Meet Record: 9.77m M 26/08/2016 Peyton Wedel

Name	Age	Team	Finals
<b>Finals</b>			
1	Mackenzie Ryan	8 TNS	8.29m
2	Remi McDonald	8 TNS	7.74m
3	Nahla Heinemann	8 TNS	6.89m
4	Bella McGowan	8 TNS	6.48m
5	Alannah Goodwin	8 TNS	6.35m
6	Telisalee Catmull	8 TNS	5.88m
7	Miranda Gilchrist	8 TNS	5.65m
8	Georgia Docherty	8 TNS	5.62m
9	Keeley Conlan	8 TNS	5.03m
10	Amara Courtney	8 TNS	4.80m

**Girls 60 Meter Run 9 yrs**

Meet Record: 9.20 M 3/09/2000 Emily Williams

Name	Age	Team	Finals
<b>Finals</b>			
1	Willow Dean	9 TNS	9.82 NWI
2	Evoltia Tuala	9 TNS	10.02 NWI
3	Keely Flynn	9 TNS	10.41 NWI
4	Ava Sheerin	9 TNS	10.50 NWI
5	Brinlee McDowell	9 TNS	10.86 NWI
6	Shiqeita Maloney	9 TNS	10.92 NWI
7	Indiana Thomas	9 TNS	10.93 NWI

8	Katelyn Denman	9 TNS	11.04 NWI
9	Iluka Hamann	9 TNS	11.14 NWI
10	Peyton Wedel	9 TNS	11.38 NWI
11	Ameila Ponti	9 TNS	12.04 NWI
12	Chloe Parenti	9 TNS	12.36 NWI
13	Lily Jenkins	9 TNS	13.19 NWI
14	Alexis Wendt	9 TNS	13.26 NWI

**Girls 100 Meter Run 9 yrs**

Meet Record: 15.10 M 13/07/1997 Rachael Finch

Name	Age	Team	Finals
<b>Finals</b>			
1	Willow Dean	9 TNS	16.79 NWI
2	Evoltia Tuala	9 TNS	17.23 NWI
3	Keely Flynn	9 TNS	17.49 NWI
4	Ava Sheerin	9 TNS	17.87 NWI
5	Brinlee McDowell	9 TNS	17.94 NWI
6	Iluka Hamann	9 TNS	18.06 NWI
7	Mackenzie Gilchrist	9 TNS	18.10 NWI
8	Indiana Thomas	9 TNS	18.42 NWI
9	Shiqeita Maloney	9 TNS	19.23 NWI
10	Peyton Wedel	9 TNS	19.68 NWI
11	Ameila Ponti	9 TNS	20.14 NWI
12	Katelyn Denman	9 TNS	20.41 NWI
13	Alexis Wendt	9 TNS	22.84 NWI
14	Lily Jenkins	9 TNS	22.91 NWI

**Girls 200 Meter Run 9 yrs**

Meet Record: 31.82 M 2/09/2016 Alannah Gomez

Name	Age	Team	Finals
<b>Finals</b>			
1	Willow Dean	9 TNS	34.95 NWI
2	Keely Flynn	9 TNS	36.57 NWI
3	Iluka Hamann	9 TNS	37.46 NWI
4	Evoltia Tuala	9 TNS	38.12 NWI
5	Mackenzie Gilchrist	9 TNS	38.38 NWI
6	Ava Sheerin	9 TNS	38.39 NWI
7	Shiqeita Maloney	9 TNS	39.07 NWI
8	Indiana Thomas	9 TNS	40.57 NWI
9	Katelyn Denman	9 TNS	40.75 NWI
10	Brinlee McDowell	9 TNS	40.87 NWI
11	Ameila Ponti	9 TNS	41.47 NWI
12	Chloe Parenti	9 TNS	41.87 NWI
13	Peyton Wedel	9 TNS	44.42 NWI
14	Lily Jenkins	9 TNS	47.50 NWI
15	Alexis Wendt	9 TNS	48.71 NWI

**Girls High Jump 9 yrs**

Meet Record: 1.18m M 1/01/2014 Madeline Mathews

Name	Age	Team	Finals
<b>Finals</b>			
1	Chloe Parenti	9 TNS	1.07m
2	Shiqeita Maloney	9 TNS	1.00m
2	Willow Dean	9 TNS	1.00m
4	Brinlee McDowell	9 TNS	0.90m
5	Ava Sheerin	9 TNS	J0.90m
6	Ameila Ponti	9 TNS	J0.90m

## Week 5 - Program 2b - 14/07/2017

## Results

## Finals ... (Girls High Jump 9 yrs)

Name	Age	Team	Finals
7 Mackenzie Gilchrist	9	TNS	0.85m
8 Evoltia Tuala	9	TNS	J0.85m
9 Peyton Wedel	9	TNS	J0.85m
10 Keely Flynn	9	TNS	J0.85m
11 Iluka Hamann	9	TNS	J0.85m
12 Indiana Thomas	9	TNS	0.80m
--- Katelyn Denman	9	TNS	NH
--- Alexis Wendt	9	TNS	NH
--- Lily Jenkins	9	TNS	NH

## Girls Discus Throw 9 yrs

Meet Record: 24.32m M 30/09/2001 Jazmine Harris

Name	Age	Team	Finals
1 Peyton Wedel	9	TNS	12.50m
2 Mackenzie Gilchrist	9	TNS	10.80m
3 Evoltia Tuala	9	TNS	10.40m
4 Shiqeita Maloney	9	TNS	9.80m
4 Chloe Parenti	9	TNS	9.80m
6 Alexis Wendt	9	TNS	9.60m
7 Willow Dean	9	TNS	8.60m
8 Ava Sheerin	9	TNS	7.30m
9 Lily Jenkins	9	TNS	7.20m
10 Ameila Ponti	9	TNS	7.00m
11 Brinlee McDowell	9	TNS	6.60m
12 Katelyn Denman	9	TNS	6.30m
13 Iluka Hamann	9	TNS	6.20m
14 Indiana Thomas	9	TNS	5.20m
--- Keely Flynn	9	TNS	FOUL

## Girls 60 Meter Run 10 yrs

Meet Record: 8.50 M 20/08/2005 Tayla Little

Name	Age	Team	Finals
1 Alannah Gomez	10	TNS	9.63 NWI
2 Lillian Hughes	10	TNS	9.66 NWI
3 Elizabeth Horne	10	TNS	9.95 NWI
4 Charlee Mackrill	10	TNS	10.19 NWI
5 Isabella Hanran	10	TNS	10.25 NWI
6 Ella Lawson	10	TNS	10.39 NWI
7 Sienna Matthews	10	TNS	11.03 NWI
8 Ellie Thomson	10	TNS	11.04 NWI
9 Sianah McGowan	10	TNS	11.20 NWI
10 Charli Botham	10	TNS	11.23 NWI

## Girls 100 Meter Run 10 yrs

Meet Record: 14.57 M 10/07/2005 Tayla Little

Name	Age	Team	Finals
1 Lillian Hughes	10	TNS	15.80 NWI
2 Elizabeth Horne	10	TNS	16.27 NWI
3 Charlee Mackrill	10	TNS	17.16 NWI
4 Ella Lawson	10	TNS	17.35 NWI
5 Charli Botham	10	TNS	18.41 NWI
6 Sienna Matthews	10	TNS	18.44 NWI

7 Sianah McGowan	10	TNS	18.79 NWI
8 Ellie Thomson	10	TNS	19.30 NWI

## Girls 300 Meter Run 10 yrs

Meet Record: 50.10 M 20/08/2005 Tayla Little

Name	Age	Team	Finals
1 Lillian Hughes	10	TNS	52.84
2 Alannah Gomez	10	TNS	53.03
3 Elizabeth Horne	10	TNS	53.06
4 Ella Lawson	10	TNS	61.40
5 Charlee Mackrill	10	TNS	61.96
6 Charli Botham	10	TNS	64.43
7 Sienna Matthews	10	TNS	69.89
8 Ellie Thomson	10	TNS	70.29
9 Sianah McGowan	10	TNS	70.92
10 Lily-marie Audas-Gray	10	TNS	75.23

## Girls 1000 Meter Run 10 yrs

Meet Record: 3:30.10 M 24/08/2003 Garia Captain

Name	Age	Team	Finals
1 Elizabeth Horne	10	TNS	3:59.14
2 Alannah Gomez	10	TNS	4:00.85
3 Charli Botham	10	TNS	4:19.31
4 Lillian Hughes	10	TNS	4:22.21
5 Charlee Mackrill	10	TNS	4:23.65
6 Sianah McGowan	10	TNS	5:13.62

## Girls High Jump 10 yrs

Meet Record: 1.22m M 30/09/2001 Katrina Stevenson

Name	Age	Team	Finals
1 Alannah Gomez	10	TNS	1.19m
2 Elizabeth Horne	10	TNS	1.11m
3 Isabella Hanran	10	TNS	1.09m
4 Charlee Mackrill	10	TNS	1.05m
5 Charli Botham	10	TNS	0.95m
5 Ella Lawson	10	TNS	0.95m
5 Lillian Hughes	10	TNS	0.95m
5 Ellie Thomson	10	TNS	0.95m
9 Sianah McGowan	10	TNS	J0.95m
10 Sienna Matthews	10	TNS	0.85m

## Girls Shot Put 10 yrs

Meet Record: 8.33m M 11/05/1997 Natasha Mullins

Name	Age	Team	Finals
1 Lily-marie Audas-Gray	10	TNS	6.12m
2 Alannah Gomez	10	TNS	4.92m
3 Elizabeth Horne	10	TNS	4.89m
4 Charlee Mackrill	10	TNS	4.70m
5 Ella Lawson	10	TNS	4.42m
6 Lillian Hughes	10	TNS	4.25m
7 Isabella Hanran	10	TNS	4.23m
8 Charli Botham	10	TNS	4.22m
9 Sienna Matthews	10	TNS	4.01m

## Week 5 - Program 2b - 14/07/2017

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## Finals ... (Girls Shot Put 10 yrs)

Name	Age	Team	Finals
10 Sianah McGowan	10	TNS	3.84m
11 Ellie Thomson	10	TNS	3.82m

## Girls 60 Meter Run 11 yrs

Meet Record: 8.85 M 18/06/2006 Tayla Little

Name	Age	Team	Finals
1 Jessie Wintour	11	TNS	9.27 NWI
2 Madeline Connery	11	TNS	9.97 NWI
3 Kacee Kinbacher	11	TNS	10.08 NWI
4 Ruby Davies	11	TNS	10.13 NWI
5 Sophie Griffin	11	TNS	10.64 NWI
6 Jewel Miles	11	TNS	11.10 NWI

## Girls 100 Meter Run 11 yrs

Meet Record: 13.60 M 6/09/1998 Anne-Marie Smeaton

Name	Age	Team	Finals
1 Jessie Wintour	11	TNS	15.07 NWI
2 Madeline Connery	11	TNS	16.46 NWI
3 Ruby Davies	11	TNS	16.70 NWI
4 Kacee Kinbacher	11	TNS	16.98 NWI
5 Sophie Griffin	11	TNS	17.60 NWI

## Girls 300 Meter Run 11 yrs

Meet Record: 47.17 M 24/06/2016 Madeline Mathews

Name	Age	Team	Finals
1 Madeline Connery	11	TNS	54.70
2 Kacee Kinbacher	11	TNS	55.27

## Girls 1000 Meter Run 11 yrs

Meet Record: 3:21.41 M 26/09/2014 Lauren Nugent

Name	Age	Team	Finals
1 Kacee Kinbacher	11	TNS	4:02.78
2 Cadence Courtney	11	TNS	4:08.09

## Girls Long Jump 11 yrs

Meet Record: 4.85m M 9/09/2006 Tayla Little

Name	Age	Team	Finals
1 Jessie Wintour	11	TNS	3.95m NWI
2 Madeline Connery	11	TNS	3.23m NWI
3 Sophie Griffin	11	TNS	3.04m NWI
4 Kacee Kinbacher	11	TNS	2.97m NWI
5 Ruby Davies	11	TNS	2.85m NWI

## Girls Javelin Throw 11 yrs

Meet Record: 27.36m M 6/09/1998 Julie Bennell

Name	Age	Team	Finals
1 Jessie Wintour	11	TNS	12.43m
2 Kacee Kinbacher	11	TNS	9.05m
3 Madeline Connery	11	TNS	8.67m
4 Sophie Griffin	11	TNS	7.92m

5 Ruby Davies 11 TNS 7.57m

## Girls 60 Meter Run 12yrs

Meet Record: 8.30 M 29/08/1999 Amanda West

Name	Age	Team	Finals
1 Brianna Cassady	12	TNS	8.87 NWI
2 Olivia Jackson	12	TNS	9.63 NWI
3 Daisy Warnock	12	TNS	9.85 NWI
4 Phillipa Dowling	12	TNS	10.35 NWI
5 Bree McCallion	12	TNS	10.44 NWI
6 Jorja Penny	12	TNS	10.46 NWI

## Girls 100 Meter Run 12yrs

Meet Record: 13.10 M 29/08/1999 Anne-Marie Smeaton

Name	Age	Team	Finals
1 Brianna Cassady	12	TNS	14.32 NWI
2 Zoe Mentor	12	TNS	14.67 NWI
3 Olivia Jackson	12	TNS	15.88 NWI
4 Daisy Warnock	12	TNS	16.30 NWI
5 Jorja Penny	12	TNS	17.73 NWI

## Girls 300 Meter Run 12yrs

Meet Record: 45.00 M 12/09/1999 Amanda West

Name	Age	Team	Finals
1 Brianna Cassady	12	TNS	48.24
2 Jorja Penny	12	TNS	60.53
3 Bree McCallion	12	TNS	63.04

## Girls High Jump 12yrs

Meet Record: 1.55m M 23/07/2010 Kimberly Jenner

Name	Age	Team	Finals
1 Jorja Penny	12	TNS	1.18m
2 Bree McCallion	12	TNS	1.15m

## Girls Javelin Throw 12yrs

Meet Record: 30.15m M 11/04/1999 Julie Bennell

Name	Age	Team	Finals
1 Zoe Mentor	12	TNS	13.82m
2 Jorja Penny	12	TNS	9.92m
3 Phillipa Dowling	12	TNS	8.78m
4 Daisy Warnock	12	TNS	7.22m
5 Olivia Jackson	12	TNS	6.69m

## Girls 60 Meter Run 13yrs

Meet Record: 8.20 M 14/10/2000 Julie Bennell

Name	Age	Team	Finals
1 Peta Dickinson	13	TNS	8.81 NWI
2 Riley de Rooy	13	TNS	9.45 NWI
3 Kaylee Fitzsimmons	13	TNS	9.56 NWI
4 Tatjana Roberts	13	TNS	9.68 NWI
5 Tylah Kinbacher	13	TNS	9.83 NWI
6 Olivia Parenti	13	TNS	9.98 NWI

## Week 5 - Program 2b - 14/07/2017

## Results

**Girls 100 Meter Run 13yrs**

Meet Record: 13.20 M 14/10/2000 Julie Bennell

Name	Age	Team	Finals
<b>Finals</b>			
1	Peta Dickinson	13 TNS	14.34 NWI
2	Tatjana Roberts	13 TNS	16.55 NWI
3	Olivia Parenti	13 TNS	16.91 NWI
4	Kanako Weightman	13 TNS	17.66 NWI

**Girls 300 Meter Run 13yrs**

Meet Record: 44.50 M 7/09/1997 Jodie Parravicini

Name	Age	Team	Finals
<b>Finals</b>			
1	Peta Dickinson	13 TNS	45.47
2	Riley de Rooy	13 TNS	52.48
3	Tylah Kinbacher	13 TNS	53.08
4	Kaylee Fitzsimmons	13 TNS	53.55
5	Tatjana Roberts	13 TNS	55.38
6	Olivia Parenti	13 TNS	58.70

**Girls 1000 Meter Run 13yrs**

Meet Record: 3:13.20 M 16/08/2006 Isis Flynn-Pittar

Name	Age	Team	Finals
<b>Finals</b>			
1	Riley de Rooy	13 TNS	3:56.47
2	Tylah Kinbacher	13 TNS	3:56.57

**Girls 80 Meter Hurdles 13yrs**

Meet Record: 14.00 M 15/10/2000 Chloe Butler

Name	Age	Team	Finals
<b>Finals</b>			
1	Riley de Rooy	13 TNS	17.81 NWI
2	Kaylee Fitzsimmons	13 TNS	18.37 NWI

**Girls Long Jump 13yrs**

Meet Record: 5.06m M 4/09/2004 Jacqui Baumbach

Name	Age	Team	Finals
<b>Finals</b>			
1	Tatjana Roberts	13 TNS	3.74m NWI
2	Kaylee Fitzsimmons	13 TNS	3.64m NWI
3	Riley de Rooy	13 TNS	3.56m NWI
4	Tylah Kinbacher	13 TNS	3.52m NWI
5	Olivia Parenti	13 TNS	3.39m NWI

**Girls Discus Throw 13yrs**

Meet Record: 35.61m M 14/10/2000 Julie Bennell

Name	Age	Team	Finals
<b>Finals</b>			
1	Riley de Rooy	13 TNS	21.66m
2	Tatjana Roberts	13 TNS	17.59m
3	Olivia Parenti	13 TNS	15.81m
4	Kaylee Fitzsimmons	13 TNS	14.53m
5	Kanako Weightman	13 TNS	13.65m
6	Peta Dickinson	13 TNS	12.71m
7	Tylah Kinbacher	13 TNS	12.59m

**Girls 60 Meter Run 14yrs**

Meet Record: 8.00 M 24/06/2001 Krystal Pearson/Julie Bennell (15/0

Name	Age	Team	Finals
<b>Finals</b>			
1	Isabel Nordine	14 TNS	9.36 NWI

**Girls 300 Meter Run 14yrs**

Meet Record: 43.70 M 1/06/1997 Sarah Lambert

Name	Age	Team	Finals
<b>Finals</b>			
1	Isabel Nordine	14 TNS	60.86

**Girls 1000 Meter Run 14yrs**

Meet Record: 3:06.40 M 6/09/1998 Jodie Parravicini

Name	Age	Team	Finals
<b>Finals</b>			
1	Brittany Courtney	14 TNS	3:53.45
2	Isabel Nordine	14 TNS	4:35.83

**Girls 90 Meter Hurdles 14yrs**

Meet Record: 13.00 M 26/06/2005 Merissa Colledge

Name	Age	Team	Finals
<b>Finals</b>			
1	Isabel Nordine	14 TNS	20.39 NWI

**Girls Long Jump 14yrs**

Meet Record: 5.26m M 15/07/2001 Julie Bennell

Name	Age	Team	Finals
<b>Finals</b>			
1	Isabel Nordine	14 TNS	3.79m NWI

**Girls Shot Put 14yrs**

Meet Record: 8.02m M 1/08/2014 Emily deRooy

Name	Age	Team	Finals
<b>Finals</b>			
1	Brittany Courtney	14 TNS	6.16m
2	Isabel Nordine	14 TNS	5.31m

**Women 60 Meter Run 15yrs**

Meet Record: 8.10 M 10/09/1995 Colleen Rehbein

Name	Age	Team	Finals
<b>Finals</b>			
1	Amy Cummins	15 TNS	9.50 NWI

**Women 100 Meter Run 15yrs**

Meet Record: 12.40 M 25/05/1986 Rebecca Xinos

Name	Age	Team	Finals
<b>Finals</b>			
1	Amy Cummins	15 TNS	15.81 NWI

**Women 300 Meter Run 15yrs**

Meet Record: 40.90 M 22/10/1995 Colleen Rehbein

Name	Age	Team	Finals
<b>Finals</b>			
1	Amy Cummins	15 TNS	53.45

## Week 5 - Program 2b - 14/07/2017

## Results

**Women 1000 Meter Run 15yrs**

Meet Record: 3:13.59 M 16/09/2016 Elena James

Name	Age	Team	Finals
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**Finals**

1 Amy Cummins 15 TNS 4:19.27

**Women Long Jump 15yrs**

Meet Record: 5.28m M 4/11/1995 Colleen Rehbein

Name	Age	Team	Finals
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**Finals**

1 Amy Cummins 15 TNS 3.78m NWI

**Women Shot Put 15yrs**

Meet Record: 10.17m M 2/08/2013 Annelise Pretzsch-Kalsgaard

Name	Age	Team	Finals
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**Finals**

1 Amy Cummins 15 TNS 5.82m

**Women 60 Meter Run Open**

Meet Record: 7.90 M 24/07/1994 Sheryn Brodie

Name	Age	Team	Finals
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**Finals**

1 Tori West 22 TNS 8.33 NWI

2 Alexandra Kanowski 23 TNS 8.41 NWI

**Women 300 Meter Run Open**

Meet Record: 42.20 M 18/06/1995 Sheryn Brodie

Name	Age	Team	Finals
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**Finals**

1 Tori West 22 TNS 43.47

2 Alexandra Kanowski 23 TNS 43.57

**Women 60 Meter Run 40-44yrs**

Meet Record: 8.30 M 9/05/1999 Yvonne Mullins

Name	Age	Team	Finals
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**Finals**

1 Shantal (Debbie) Mentor 44 TNS 9.63 NWI

2 Racheal Jackson 43 TNS 10.44 NWI

**Women 100 Meter Run 40-44yrs**

Meet Record: 13.60 M 11/04/1999 Yvonne Mullins

Name	Age	Team	Finals
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**Finals**

1 Shantal (Debbie) Mentor 44 TNS 16.19 NWI

2 Racheal Jackson 43 TNS 17.23 NWI

**Women 300 Meter Run 40-44yrs**

Meet Record: 46.60 M 9/05/1999 Yvonne Mullins

Name	Age	Team	Finals
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**Finals**

1 Shantal (Debbie) Mentor 44 TNS 58.48

2 Racheal Jackson 43 TNS 59.95

**Women Triple Jump 40-44yrs**

Meet Record: 8.75m M 12/03/1995 Bev Tomkins

Name	Age	Team	Finals
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**Finals**

1 Racheal Jackson 43 TNS 6.62m NWI

2 Shantal (Debbie) Mentor 44 TNS 5.50m NWI

**Women Discus Throw 40-44yrs**

Meet Record: 27.37m M 5/07/2013 Mareea Chaffey

Name	Age	Team	Finals
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**Finals**

1 Shantal (Debbie) Mentor 44 TNS 11.63m

**Women 60 Meter Run 45-49yrs**

Meet Record: 9.10 M 24/07/1994 Bryony Barnett

Name	Age	Team	Finals
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**Finals**

1 Katrina Cordes 49 TNS 12.07 NWI

**Women 100 Meter Run 45-49yrs**

Meet Record: 14.50 M 26/06/1994 Bryony Barnett

Name	Age	Team	Finals
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**Finals**

1 Katrina Cordes 49 TNS 20.59 NWI

**Women Triple Jump 45-49yrs**

Meet Record: 7.86m M 24/06/2016 Mareea Chaffey

Name	Age	Team	Finals
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**Finals**

1 Katrina Cordes 49 TNS 4.67m NWI

**Women Discus Throw 45-49yrs**

Meet Record: 26.95m M 5/08/2016 Mareea Chaffey

Name	Age	Team	Finals
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**Finals**

1 Katrina Cordes 49 TNS 15.15m

**Boys 60 Meter Run 5yrs**

Meet Record: 9.80 M 10/07/2005 Alec Milne

Name	Age	Team	Finals
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**Finals**

1 Cooper Darr 5 TNS 14.23 NWI

2 Ryan Makowski 5 TNS 14.30 NWI

3 Edward De Lacy 5 TNS 14.91 NWI

4 Leon Ramsay 5 TNS 16.54 NWI

**Boys 80 Meter Run 5yrs**

Meet Record: 14.60 M 20/08/2000 Levi Savage

Name	Age	Team	Finals
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**Finals**

1 Cooper Darr 5 TNS 19.44 NWI

2 Ryan Makowski 5 TNS 19.60 NWI

3 Edward De Lacy 5 TNS 19.79 NWI

4 Leon Ramsay 5 TNS 40.35 NWI

## Week 5 - Program 2b - 14/07/2017

## Results

**Boys 100 Meter Run 5yrs**

Meet Record: 14.70 M 20/08/2005 Alec Milne

Name	Age	Team	Finals
<b>Finals</b>			
1	Cooper Darr	5 TNS	24.32 NWI
2	Edward De Lacy	5 TNS	25.02 NWI
3	Ryan Makowski	5 TNS	28.22 NWI

**Boys Long Jump 5yrs**

Meet Record: 2.81m M 14/10/2000 Bradley Edwards

Name	Age	Team	Finals
<b>Finals</b>			
1	Ryan Makowski	5 TNS	1.99m NWI
2	Edward De Lacy	5 TNS	1.53m NWI
3	Leon Ramsay	5 TNS	1.48m NWI
4	Cooper Darr	5 TNS	1.46m NWI

**Boys Shot Put 5yrs**

Meet Record: 6.78m M 15/10/2000 Levi Savage

Name	Age	Team	Finals
<b>Finals</b>			
1	Edward De Lacy	5 TNS	2.24m
2	Ryan Makowski	5 TNS	2.16m
3	Leon Ramsay	5 TNS	2.01m
4	Cooper Darr	5 TNS	1.98m

**Boys 60 Meter Run 6yrs**

Meet Record: 11.00 M 9/09/2001 Levi Savage

Name	Age	Team	Finals
<b>Finals</b>			
1	Henry Egan	6 TNS	12.19 NWI
2	Campbell Kostolanji	6 TNS	13.43 NWI
3	Dash Ely	6 TNS	13.89 NWI
4	Tashi Hamann	6 TNS	15.98 NWI

**Boys 80 Meter Run 6yrs**

Meet Record: 14.50 M 30/09/2001 Bradley Edwards, Kane Strachan (1)

Name	Age	Team	Finals
<b>Finals</b>			
1	Henry Egan	6 TNS	16.50 NWI
2	Campbell Kostolanji	6 TNS	18.52 NWI
3	Dash Ely	6 TNS	19.26 NWI
4	Tashi Hamann	6 TNS	21.92 NWI

**Boys 100 Meter Run 6yrs**

Meet Record: 17.80 M 14/10/2000 Hayden Walk

Name	Age	Team	Finals
<b>Finals</b>			
1	Henry Egan	6 TNS	20.75 NWI
2	Campbell Kostolanji	6 TNS	23.79 NWI
3	Dash Ely	6 TNS	25.24 NWI
4	Tashi Hamann	6 TNS	25.36 NWI

**Boys Long Jump 6yrs**

Meet Record: 3.04m M 17/08/2003 Kane Strachan

Name	Age	Team	Finals
<b>Finals</b>			
1	Henry Egan	6 TNS	2.47m NWI
2	Campbell Kostolanji	6 TNS	2.25m NWI
3	Dash Ely	6 TNS	1.47m NWI
4	Tashi Hamann	6 TNS	1.35m NWI

**Boys Shot Put 6yrs**

Meet Record: 7.20m M 8/07/2001 Levi Savage

Name	Age	Team	Finals
<b>Finals</b>			
1	Campbell Kostolanji	6 TNS	3.61m
2	Henry Egan	6 TNS	3.17m
3	Dash Ely	6 TNS	2.50m
4	Tashi Hamann	6 TNS	2.19m

**Boys 60 Meter Run 7yrs**

Meet Record: 9.90 M 15/07/2001 Justin Campbell

Name	Age	Team	Finals
<b>Finals</b>			
1	Ryan Halliday	7 TNS	10.88 NWI
2	Kolby Walters	7 TNS	10.91 NWI
3	Lucas Goodwin	7 TNS	11.47 NWI
4	Bryn Cook	7 TNS	13.08 NWI
5	Joshua Akers	7 TNS	14.20 NWI
6	Levi Jenkins	7 TNS	14.49 NWI

**Boys 100 Meter Run 7yrs**

Meet Record: 16.65 M 7/08/2015 Connor Jackson

Name	Age	Team	Finals
<b>Finals</b>			
1	Kolby Walters	7 TNS	18.93 NWI
2	Ryan Halliday	7 TNS	19.36 NWI
3	Lucas Goodwin	7 TNS	22.15 NWI
4	Bryn Cook	7 TNS	23.12 NWI
5	Joshua Akers	7 TNS	24.53 NWI
6	Levi Jenkins	7 TNS	25.51 NWI

**Boys 200 Meter Run 7yrs**

Meet Record: 34.01 M 21/08/2015 Connor Jackson

Name	Age	Team	Finals
<b>Finals</b>			
1	Kolby Walters	7 TNS	38.99 NWI
2	Ryan Halliday	7 TNS	43.15 NWI
3	Lucas Goodwin	7 TNS	48.01 NWI
4	Joshua Akers	7 TNS	51.49 NWI
5	Bryn Cook	7 TNS	52.01 NWI
6	Levi Jenkins	7 TNS	52.14 NWI

**Boys Long Jump 7yrs**

Meet Record: 3.42m M 28/08/2015 Gabriel Friskie

Name	Age	Team	Finals
<b>Finals</b>			
1	Kolby Walters	7 TNS	2.89m NWI
2	Ryan Halliday	7 TNS	2.72m NWI



## Week 5 - Program 2b - 14/07/2017

## Results

## Finals ... (Boys Long Jump 7yrs)

Name	Age	Team	Finals
3 Bryn Cook	7	TNS	2.24m NWI
4 Lucas Goodwin	7	TNS	1.82m NWI
5 Levi Jenkins	7	TNS	1.67m NWI
6 Joshua Akers	7	TNS	1.64m NWI

## Boys Discus Throw 7yrs

Meet Record: 18.61m M 12/05/2002 Levi Savage

Name	Age	Team	Finals
1 Kolby Walters	7	TNS	10.22m
2 Bryn Cook	7	TNS	7.60m
3 Lucas Goodwin	7	TNS	6.74m
4 Ryan Halliday	7	TNS	6.27m
5 Joshua Akers	7	TNS	5.28m
6 Levi Jenkins	7	TNS	4.40m

## Boys 60 Meter Run 8 yrs

Meet Record: 9.70 M 9/09/2001 Joel Guirao/Hayden Clark (24/08/0:

Name	Age	Team	Finals
1 Nicholas Dixon-Grover	8	TNS	10.81 NWI
2 Tyson Abdul-Rahman	8	TNS	11.28 NWI
3 Lincoln Kostolanji	8	TNS	11.37 NWI
4 Harry Audas-Gray	8	TNS	12.15 NWI

## Boys 100 Meter Run 8 yrs

Meet Record: 15.80 M 30/09/2001 Joel Guirao

Name	Age	Team	Finals
1 Nicholas Dixon-Grover	8	TNS	18.00 NWI
2 Lincoln Kostolanji	8	TNS	19.17 NWI
3 Tyson Abdul-Rahman	8	TNS	19.24 NWI
4 Harry Audas-Gray	8	TNS	20.65 NWI

## Boys 200 Meter Run 8 yrs

Meet Record: 32.72 M 16/09/2016 Connor Jackson

Name	Age	Team	Finals
1 Nicholas Dixon-Grover	8	TNS	36.26 NWI
2 Tyson Abdul-Rahman	8	TNS	40.33 NWI
3 Lincoln Kostolanji	8	TNS	40.38 NWI
4 Harry Audas-Gray	8	TNS	41.44 NWI

## Boys Long Jump 8 yrs

Meet Record: 3.70m M 9/09/2001 Joel Guirao, Clint Colledge (15.05.2

Name	Age	Team	Finals
1 Nicholas Dixon-Grover	8	TNS	2.52m NWI
2 Lincoln Kostolanji	8	TNS	2.48m NWI
3 Harry Audas-Gray	8	TNS	2.27m NWI
4 Tyson Abdul-Rahman	8	TNS	1.86m NWI

## Boys Javelin Throw 8 yrs

Meet Record: 12.06m M 16/09/2016 Chance Horne

Name	Age	Team	Finals
1 Harry Audas-Gray	8	TNS	10.06m
2 Tyson Abdul-Rahman	8	TNS	9.40m
3 Nicholas Dixon-Grover	8	TNS	6.25m

## Boys 60 Meter Run 9 yrs

Meet Record: 9.00 M 29/08/1999 Chris Quirke

Name	Age	Team	Finals
1 Connor Jackson	9	TNS	9.97 NWI
2 Lochie Linden	9	TNS	10.55 NWI
3 Chance Horne	9	TNS	10.69 NWI
4 Carter Koitka	9	TNS	10.72 NWI
5 Euan Roberts	9	TNS	11.06 NWI

## Boys 100 Meter Run 9 yrs

Meet Record: 14.80 M 29/08/1999 Chris Quirke

Name	Age	Team	Finals
1 Connor Jackson	9	TNS	17.02 NWI
2 Lochie Linden	9	TNS	17.53 NWI
3 Carter Koitka	9	TNS	17.54 NWI
4 Chance Horne	9	TNS	17.81 NWI
5 Euan Roberts	9	TNS	18.76 NWI

## Boys 200 Meter Run 9 yrs

Meet Record: 31.20 M 11/07/1999 Chris Quirke

Name	Age	Team	Finals
1 Connor Jackson	9	TNS	33.07 NWI
2 Carter Koitka	9	TNS	36.64 NWI
3 Lochie Linden	9	TNS	38.35 NWI
4 Chance Horne	9	TNS	38.46 NWI
5 Euan Roberts	9	TNS	43.00 NWI

## Boys High Jump 9 yrs

Meet Record: 1.24m M 4/06/2006 Clint Colledge

Name	Age	Team	Finals
1 Connor Jackson	9	TNS	1.18m
2 Lochie Linden	9	TNS	1.05m
2 Chance Horne	9	TNS	1.05m
4 Carter Koitka	9	TNS	1.00m
5 Euan Roberts	9	TNS	0.90m

## Boys Discus Throw 9 yrs

Meet Record: 28.05m M 4/09/2004 Levi Savage

Name	Age	Team	Finals
1 Connor Jackson	9	TNS	19.57m
2 Lochie Linden	9	TNS	16.65m
3 Chance Horne	9	TNS	15.77m
4 Carter Koitka	9	TNS	12.85m
5 Euan Roberts	9	TNS	12.76m

## Week 5 - Program 2b - 14/07/2017

## Results

**Boys 60 Meter Run 10 yrs**

Meet Record: 8.70 M 28/08/2005 Hayden Clarke

Name	Age	Team	Finals
<b>Finals</b>			
1	Liam Rowlands	10 TNS	9.71 NWI
2	Angus Nordine	10 TNS	10.18 NWI
3	Kalan Melvin	10 TNS	10.74 NWI
4	Blake Koitka	10 TNS	10.78 NWI
5	Gabriel Quintemeyer	10 TNS	10.79 NWI
6	Mitchell Hockaday	10 TNS	10.81 NWI
7	Dante Hayes	10 TNS	11.25 NWI

**Boys 100 Meter Run 10 yrs**

Meet Record: 14.10 M 3/10/1999 Chris Moore

Name	Age	Team	Finals
<b>Finals</b>			
1	Blake Koitka	10 TNS	17.19 NWI
2	Kalan Melvin	10 TNS	17.87 NWI
3	Gabriel Quintemeyer	10 TNS	18.55 NWI
4	Dante Hayes	10 TNS	21.42 NWI

**Boys 300 Meter Run 10 yrs**

Meet Record: 48.60 M 14/10/2000 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Blake Koitka	10 TNS	56.07
2	Gabriel Quintemeyer	10 TNS	60.55
3	Kalan Melvin	10 TNS	61.60
4	Angus Nordine	10 TNS	62.35
5	Mitchell Hockaday	10 TNS	64.04
6	Dante Hayes	10 TNS	76.02

**Boys 1000 Meter Run 10 yrs**

Meet Record: 3:32.62 M 14/07/2017 Liam Rowlands

Name	Age	Team	Finals
<b>Finals</b>			
1	Liam Rowlands	10 TNS	3:32.62M
2	Mitchell Hockaday	10 TNS	3:50.78
3	Blake Koitka	10 TNS	3:52.23
4	Kalan Melvin	10 TNS	3:54.68
5	Gabriel Quintemeyer	10 TNS	4:09.85
6	Angus Nordine	10 TNS	4:17.73
7	Dante Hayes	10 TNS	5:29.19

**Boys High Jump 10 yrs**

Meet Record: 1.27m M 1/06/2003 Joel Guirao

Name	Age	Team	Finals
<b>Finals</b>			
1	Blake Koitka	10 TNS	1.17m
2	Mitchell Hockaday	10 TNS	1.06m
3	Gabriel Quintemeyer	10 TNS	1.03m
4	Kalan Melvin	10 TNS	1.00m
4	Angus Nordine	10 TNS	1.00m
6	Dante Hayes	10 TNS	0.95m

**Boys Shot Put 10 yrs**

Meet Record: 10.13m M 26/06/2005 Levi Savage

Name	Age	Team	Finals
<b>Finals</b>			
1	Kalan Melvin	10 TNS	6.75m
2	Blake Koitka	10 TNS	6.54m
3	Liam Rowlands	10 TNS	6.45m
4	Gabriel Quintemeyer	10 TNS	5.25m
5	Angus Nordine	10 TNS	5.05m
6	Mitchell Hockaday	10 TNS	4.94m
7	Dante Hayes	10 TNS	4.77m

**Boys 60 Meter Run 11 yrs**

Meet Record: 8.50 M 7/10/2001 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Jake Wilson	11 TNS	9.88 NWI
2	Malcolm O'Shaughnessy	11 TNS	10.28 NWI
3	Finn Knowles	11 TNS	10.57 NWI
4	William Abdul-Rahman	11 TNS	10.66 NWI
5	Lachlan Denman	11 TNS	11.06 NWI
6	Riley Oakley	11 TNS	12.31 NWI

**Boys 100 Meter Run 11 yrs**

Meet Record: 13.80 M 9/09/2001 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Jake Wilson	11 TNS	16.56 NWI
2	Malcolm O'Shaughnessy	11 TNS	17.04 NWI
3	William Abdul-Rahman	11 TNS	17.11 NWI
4	Lachlan Denman	11 TNS	19.92 NWI
5	Riley Oakley	11 TNS	24.97 NWI

**Boys 300 Meter Run 11 yrs**

Meet Record: 45.90 M 11/03/2001 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Jake Wilson	11 TNS	53.58
2	Malcolm O'Shaughnessy	11 TNS	56.88
3	Finn Knowles	11 TNS	61.95
4	William Abdul-Rahman	11 TNS	72.45
5	Lachlan Denman	11 TNS	74.92
6	Riley Oakley	11 TNS	1:29.50

**Boys 1000 Meter Run 11 yrs**

Meet Record: 3:20.90 M 6/09/1998 Kelvin Baxter

Name	Age	Team	Finals
<b>Finals</b>			
1	Jake Wilson	11 TNS	3:51.81
2	Malcolm O'Shaughnessy	11 TNS	3:56.85
3	William Abdul-Rahman	11 TNS	5:01.29
4	Lachlan Denman	11 TNS	5:10.59

## Week 5 - Program 2b - 14/07/2017

## Results

**Boys Long Jump 11 yrs**

Meet Record: 4.97m M 3/10/1999 Julius Nyambane

Name	Age	Team	Finals
<b>Finals</b>			
1	Jake Wilson	11 TNS	3.57m NWI
2	Malcolm O'Shaughnessy	11 TNS	3.19m NWI
3	William Abdul-Rahman	11 TNS	2.87m NWI
4	Lachlan Denman	11 TNS	2.43m NWI
5	Riley Oakley	11 TNS	2.36m NWI
---	Finn Knowles	11 TNS	FOUL

**Boys Javelin Throw 11 yrs**

Meet Record: 43.28m M 3/10/1999 Adam Montague

Name	Age	Team	Finals
<b>Finals</b>			
1	Finn Knowles	11 TNS	22.32m
2	Jake Wilson	11 TNS	15.11m
3	William Abdul-Rahman	11 TNS	13.51m
4	Riley Oakley	11 TNS	10.81m
5	Malcolm O'Shaughnessy	11 TNS	10.32m
6	Lachlan Denman	11 TNS	5.21m

**Boys 60 Meter Run 12yrs**

Meet Record: 7.90 M 8/09/2002 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Lachlan Doherty	12 TNS	9.08 NWI
2	Kholan Hayes	12 TNS	9.58 NWI
3	Jai Chetham-O'Connor	12 TNS	10.35 NWI
4	Ezekiel Gray	12 TNS	11.69 NWI

**Boys 100 Meter Run 12yrs**

Meet Record: 12.40 M 8/09/2002 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Lachlan Doherty	12 TNS	15.15 NWI
2	Kholan Hayes	12 TNS	16.57 NWI
3	Jai Chetham-O'Connor	12 TNS	18.28 NWI

**Boys 300 Meter Run 12yrs**

Meet Record: 42.70 M 29/09/2002 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Lachlan Doherty	12 TNS	51.26
2	Kholan Hayes	12 TNS	53.72
3	Jai Chetham-O'Connor	12 TNS	65.02
4	Ezekiel Gray	12 TNS	74.39

**Boys 1000 Meter Run 12yrs**

Meet Record: 3:11.00 M 7/09/1997 Luke Crow

Name	Age	Team	Finals
<b>Finals</b>			
1	Kholan Hayes	12 TNS	4:24.10
2	Jai Chetham-O'Connor	12 TNS	4:33.55

**Boys High Jump 12yrs**

Meet Record: 1.57m M 23/07/2010 Brenton Foster

Name	Age	Team	Finals
<b>Finals</b>			
1	Kholan Hayes	12 TNS	1.24m
2	Lachlan Doherty	12 TNS	1.18m
3	Jai Chetham-O'Connor	12 TNS	1.12m
4	Ezekiel Gray	12 TNS	1.00m

**Boys Javelin Throw 12yrs**

Meet Record: 43.28m M 30/07/2000 Adam Montague

Name	Age	Team	Finals
<b>Finals</b>			
1	Kholan Hayes	12 TNS	15.23m
2	Lachlan Doherty	12 TNS	12.86m
---	Jai Chetham-O'Connor	12 TNS	FOUL

**Boys 60 Meter Run 13yrs**

Meet Record: 7.60 M 31/08/2003 James Buckby

Name	Age	Team	Finals
<b>Finals</b>			
1	Ashley Thomas	13 TNS	8.43 NWI
2	Michael Power	13 TNS	10.88 NWI

**Boys 100 Meter Run 13yrs**

Meet Record: 12.40 M 16/04/2000 Evan Seedhouse

Name	Age	Team	Finals
<b>Finals</b>			
1	Ashley Thomas	13 TNS	13.62 NWI

**Boys 300 Meter Run 13yrs**

Meet Record: 40.70 M 16/07/2006 Ryan Flynn

Name	Age	Team	Finals
<b>Finals</b>			
1	Michael Power	13 TNS	57.23

**Boys 1000 Meter Run 13yrs**

Meet Record: 3:04.32 M 13/09/2013 Matthew Maguire

Name	Age	Team	Finals
<b>Finals</b>			
1	Michael Power	13 TNS	4:16.39

**Boys 90 Meter Hurdles 13yrs**

Meet Record: 14.50 M 23/08/1998 Jarrod Bannister (J. Nyambane 9.9)

Name	Age	Team	Finals
<b>Finals</b>			
1	Michael Power	13 TNS	24.25 NWI

**Boys Long Jump 13yrs**

Meet Record: 5.66m M 29/09/2002 Daniel Lindby

Name	Age	Team	Finals
<b>Finals</b>			
1	Ashley Thomas	13 TNS	4.08m NWI
2	Michael Power	13 TNS	3.20m NWI

## Week 5 - Program 2b - 14/07/2017

## Results

**Boys Discus Throw 13yrs**

Meet Record: 48.63m M 23/08/1998 Jarrod Bannister

Name	Age	Team	Finals
<b>Finals</b>			
1 Ashley Thomas	13	TNS	35.92m
2 Michael Power	13	TNS	13.76m

**Boys 60 Meter Run 14yrs**

Meet Record: 7.20 M 23/04/2010 Sherome Sailor

Name	Age	Team	Finals
<b>Finals</b>			
1 Ethan Pemmelaar	14	TNS	8.23 NWI

**Boys 100 Meter Run 14yrs**

Meet Record: 11.82 M 28/05/2010 Sherome Sailor

Name	Age	Team	Finals
<b>Finals</b>			
1 Ethan Pemmelaar	14	TNS	13.41 NWI

**Boys 300 Meter Run 14yrs**

Meet Record: 38.53 M 12/08/2006 Matthew Bailey

Name	Age	Team	Finals
<b>Finals</b>			
1 Ethan Pemmelaar	14	TNS	51.18

**Boys Long Jump 14yrs**

Meet Record: 5.74m M 28/07/2002 Julius Nyambane

Name	Age	Team	Finals
<b>Finals</b>			
1 Ethan Pemmelaar	14	TNS	4.88m NWI

**Boys Shot Put 14yrs**

Meet Record: 15.86m M 28/05/2000 Matthew Vaughan

Name	Age	Team	Finals
<b>Finals</b>			
1 Ethan Pemmelaar	14	TNS	7.40m

**Men 60 Meter Run 15yrs**

Meet Record: 7.30 M 16/04/2010 Jonathan Ban

Name	Age	Team	Finals
<b>Finals</b>			
1 Jesse Quillam	15	TNS	8.15 NWI
2 Harvey Smith	15	TNS	8.58 NWI

**Men 100 Meter Run 15yrs**

Meet Record: 11.70 M 23/04/1972 Ken Hudson

Name	Age	Team	Finals
<b>Finals</b>			
1 Jesse Quillam	15	TNS	12.60 NWI

**Men 300 Meter Run 15yrs**

Meet Record: 37.70 M 29/07/1984 Cameron McLaughlan

Name	Age	Team	Finals
<b>Finals</b>			
1 Jesse Quillam	15	TNS	41.01

**Men 60 Meter Run 16 -17yrs**

Meet Record: 6.90 M 5/11/1995 Peter Spilsbury

Name	Age	Team	Finals
<b>Finals</b>			
1 Tristan Mentor	16	TNS	7.63 NWI
2 Oscar Walker	16	TNS	8.06 NWI
3 Bradley Taylor	17	TNS	8.38 NWI
4 Jacob De Lai	17	TNS	8.95 NWI

**Men 100 Meter Run 16 -17yrs**

Meet Record: 11.00 M 15/09/1991 Justin Smith

Name	Age	Team	Finals
<b>Finals</b>			
1 Tristan Mentor	16	TNS	12.40 NWI
2 Bradley Taylor	17	TNS	13.37 NWI

**Men 300 Meter Run 16 -17yrs**

Meet Record: 36.40 M 2/08/1998 Tim Parravicini

Name	Age	Team	Finals
<b>Finals</b>			
1 Tristan Mentor	16	TNS	38.52
2 Jacob De Lai	17	TNS	56.40
3 Bradley Taylor	17	TNS	56.67

**Men 1000 Meter Run 16 -17yrs**

Meet Record: 2:53.38 M 16/09/2016 Jacob De Lai

Name	Age	Team	Finals
<b>Finals</b>			
1 Bradley Taylor	17	TNS	3:06.97
2 Jacob De Lai	17	TNS	4:30.60

**Men Triple Jump 16 -17yrs**

Meet Record: 13.37m M 14/08/2015 Brenton Foster

Name	Age	Team	Finals
<b>Finals</b>			
1 Bradley Taylor	17	TNS	9.97m NWI
2 Jacob De Lai	17	TNS	8.73m NWI

**Men Discus Throw 16 -17yrs**

Meet Record: 51.70m M 21/08/1994 Luke Poli

Name	Age	Team	Finals
<b>Finals</b>			
1 Jacob De Lai	17	TNS	26.67m
2 Bradley Taylor	17	TNS	17.32m

**Men 60 Meter Run Open**

Meet Record: 6.80 M 5/11/1995 Justin Smith, Julius Nyambane (23.

Name	Age	Team	Finals
<b>Finals</b>			
1 Lindsey Hendy	20	TNS	8.00 NWI

**Men 300 Meter Run Open**

Meet Record: 35.25 M 4/09/2015 Bradley Edwards

Name	Age	Team	Finals
<b>Finals</b>			
1 Lindsey Hendy	20	TNS	39.97

## Week 5 - Program 2b - 14/07/2017

## Results

**Men 60 Meter Run 40-44yrs**

Meet Record: 7.68 M 13/09/2013 John Stokes

Name	Age	Team	Finals
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**Finals**

1	Michael Abdul-Rahman	42	TNS	8.47	NWI
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**Men 100 Meter Run 40-44yrs**

Meet Record: 12.01 M 20/04/2012 Craig Hookey

Name	Age	Team	Finals
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**Finals**

1	Michael Abdul-Rahman	42	TNS	13.80	NWI
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**Men 60 Meter Run 45-49yrs**

Meet Record: 7.84 M 26/08/2016 John Stokes

Name	Age	Team	Finals
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**Finals**

1	Karl Denman	48	TNS	8.68	NWI
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**Men 100 Meter Run 45-49yrs**

Meet Record: 12.19 M 9/09/2016 John Stokes

Name	Age	Team	Finals
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**Finals**

1	Aaron Bonney	49	TNS	14.76	NWI
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**Men 300 Meter Run 45-49yrs**

Meet Record: 41.30 M 25/08/1996 Brian Hartwell

Name	Age	Team	Finals
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**Finals**

1	Aaron Bonney	49	TNS	48.64
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**Men 1000 Meter Run 45-49yrs**

Meet Record: 3:11.90 M 25/08/1996 Alan Forte

Name	Age	Team	Finals
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**Finals**

1	Karl Denman	48	TNS	4:36.10
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**Men Triple Jump 45-49yrs**

Meet Record: 10.68m M 5/11/1995 Alan Forte

Name	Age	Team	Finals
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**Finals**

1	Karl Denman	48	TNS	7.23m	NWI
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**Men Discus Throw 45-49yrs**

Meet Record: 29.20m M 8/09/2002 Barry Mullins

Name	Age	Team	Finals
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**Finals**

1	Karl Denman	48	TNS	25.20m
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**Men 60 Meter Run 50-54yrs**

Meet Record: 7.90 M 3/10/1999 Brian Hartwell

Name	Age	Team	Finals
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**Finals**

1	Peter Kanowski	56	TNS	8.99	NWI
2	Leigh Gray	53	TNS	9.51	NWI

**Men 100 Meter Run 50-54yrs**

Meet Record: 12.80 M 3/10/1999 Brian Hartwell

Name	Age	Team	Finals
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**Finals**

1	Leigh Gray	53	TNS	16.15	NWI
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**Men 300 Meter Run 50-54yrs**

Meet Record: 42.46 M 10/05/2013 Peter Kanowski

Name	Age	Team	Finals
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**Finals**

1	Peter Kanowski	56	TNS	45.62
2	Leigh Gray	53	TNS	52.55

**Men 1000 Meter Run 50-54yrs**

Meet Record: 3:20.20 M 3/10/1999 Alan Forte

Name	Age	Team	Finals
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**Finals**

1	Leigh Gray	53	TNS	4:44.51
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**Men Triple Jump 50-54yrs**

Meet Record: 10.30m M 27/04/1997 Derek Croft

Name	Age	Team	Finals
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**Finals**

1	Peter Kanowski	56	TNS	8.13m	NWI
2	Leigh Gray	53	TNS	8.06m	NWI

**Men Discus Throw 50-54yrs**

Meet Record: 37.04m M 5/08/2016 Leigh Gray

Name	Age	Team	Finals
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**Finals**

1	Leigh Gray	53	TNS	30.86m
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