

Country Championships 2011

IBS team members Individual Results - Women

Women 100 metre 10 Yrs Heat 1 Preliminaries

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 7 | Hynoski, Gabrielle | 24.77 |

Women 100 metre 10 Yrs Heat 2 Preliminaries

| Placing | Name | Performance |
|---------|------------------|-------------|
| 4 | Hynoski, Natasha | 17.38 |

Women 100 metre 10 Yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 8 | Hynoski, Natasha | 17.92 |

Women 200 metre 10 Yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 6 | Hynoski, Natasha | 36.61 |
| 9 | Hynoski, Gabrielle | 55.89 |

Women 800 metre 10 Yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 7 | Hynoski, Natasha | 3:42.11 |

Women Long Jump 10 Yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 7 | Hynoski, Natasha | 2.44 |
| 9 | Hynoski, Gabrielle | 1.40 |

Women 1500 metre 11 Yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 5 | Lavalle, Chloe | 6:44.03 |

Women Shot Put 11 Yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 6 | Lavalle, Chloe | 4.79 |

Women 100 metre 12 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 6 | Gibbins, Isabella | 17.53 |

Women 200 metre 12 yrs Heat 2 Preliminaries

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 6 | Gibbins, Isabella | 37.41 |

Women Shot Put 12 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 9 | Gibbins, Isabella | 3.74 |

Women Discus Throw 12 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 8 | Gibbins, Isabella | 9.45 |

Women 100 metre 13 yrs Heat 1 Preliminaries

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Punch, Avalon | 14.40 |

Women 100 metre 13 yrs Heat 2 Preliminaries

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | Lavalle, Alexandra | 14.52 |

Women 100 metre 13 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | Punch, Avalon | 13.82 |
| 7 | Lavalle, Alexandra | 14.59 |

Women 200 metre 13 yrs Heat 1 Preliminaries

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Punch, Avalon | 29.96 |

Women 200 metre 13 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Punch, Avalon | 28.71 |

Women 400 metre 13 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Punch, Avalon | 1.05.07 |

Women 200 metre Hurdles 13 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 3 | Lavalle, Alexandra | 14.26.09 |

Women 4x100 metre Relay 13 yrs

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| 4 | Illawarra Blue Stars Athletic 'A' | 1.02.47 |

Women Long Jump 13 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | Punch, Avalon | 4.49m |
| 7 | Lavalle, Alexandra | 4.00m |

Women Triple Jump 13 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | Punch, Avalon | 9.36m |
| 9 | Lavalle, Alexandra | 8.39 |

Women 100 metre 14 yrs Heat 2 Preliminaries

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | McCauley, Keeleigh | 13.54 |
| 2 | Docker, Chloe | 13.55 |

Women 100 metre 14 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | McCauley, Keeleigh | 13.31 |
| 5 | Docker, Chloe | 13.76 |

Women 200 metre 14 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | McCauley, Keeleigh | 27.04 |

Women 90 metre Hurdles 14 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | McCauley, Keeleigh | 15.42 |

Women Long Jump 14 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Docker, Chloe | 4.68 |

Women Triple Jump 14 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | McCauley, Keeleigh | 9.81 |

Women 100 metre 15 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 1 | Bain, Tara | 14.10 |

Women 200 metre 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Bain, Tara | 27.68 |
| 5 | Cowgill, Larni | 28.57 |

Women 400 metre 15 yrs Final

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Brown, Caitlin | 1.04.06 |
| 3 | Bain, Tara | 1.04.91 |

Women 90 metre Hurdles 15 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 3 | Bain, Tara | 17.34 |

Women 4x100 metre Relay 15 yrs

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| - | Illawarra Blue Stars Athletic 'A' | DNF |

Women High Jump 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Cowgill, Larni | 1.60 |

Women Long Jump 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Cowgill, Larni | 4.92 |
| 4 | Bain, Tara | 4.48 |

Women Triple Jump 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Cowgill, Larni | 10.28 |

Women 1500 metre Race Walk 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 7 | Lavalle, Chloe | 9.54.31 |

Women 100 metre 16 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 2 | Ryan, Skye | 13.34 |

Women 200 metre 16 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 1 | Ryan, Skye | 26.61 |

Women 400 metre 16 yrs

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 7 | Chambers, Jemma | 1.08.61 |

Women 1500 metre 16 yrs

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 4 | Chambers, Jemma | 5.31.40 |

Women 100 metre 17 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Taddeo, Abbie | 13.09 |

Women 200 metre 17 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Taddeo, Abbie | 25.74 |

Women 400 metre 17 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 3 | Chambers, Karlie | 59.62 |

Women 100 metre Hurdles 0.762m 17 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Taddeo, Abbie | 14.72 |

Women 4x100 metre Relay 17 yrs

| Placing | Name | Performance |
|---------|----------------------------------|-------------|
| 1 | Illawarra Blue Stars Athletic 'A | 52.44 |

Women 100 metre 18/19 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Scott, Talissa | 13.16 |

Women 400 metre 18/19 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Burnette, Claire | 1.01.06 |

Women 800 metre 18/19 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Burnette, Claire | 2.21.90 |

Women 1500 metre 18/19 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Burnette, Claire | 4.55.49 |

Women 100 metre Hurdles 0.84m 18/19 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Scott, Talissa | 15.40 |

Women Long Jump 18/19 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Scott, Talissa | 5.91 |

Women Triple Jump 18/19 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 3 | Burnette, Claire | 9.41 |

Women Shot Put 18/19 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Walsh, Claire | 9.41 |

Women Discus Throw 18/19 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 5 | Walsh, Claire | 26.58 |
| 6 | Burnette, Claire | 21.27 |

Women Hammer Throw 18/19 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Walsh, Claire | 23.27 |

Women Javelin Throw 18/19 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Walsh, Claire | 35.66 |

Women 100 metre Open Heat 2 Preliminaries

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 3 | Mogentale, Gianna | 13.30 |
| 6 | dos Santos, Rebecca | 14.70 |

Women 100 metre Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 6 | Mogentale, Gianna | 13.35 |
| 8 | dos Santos, Rebecca | 14.82 |

Women 200 metre Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 8 | dos Santos, Rebecca | 30.46 |

Women 400 metre Open

| Placing | Name | Performance |
|---------|------------|-------------|
| 1 | Bull, Kara | 1.01.66 |

Women 800 metre Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 1 | Foster, Melanie | 2.21.90 |
| 4 | dos Santos, Rebecca | 3.13.42 |
| 5 | Blayne, Michelle | 3.14.85 |

Women 1500 metre Open

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 1 | Foster, Melanie | 4.49.62 |

Women 4x100 metre Relay Open

| Placing | Name | Performance |
|---------|---------------------------------|-------------|
| 1 | Illawarra Blue Stars Athletic A | 52.00 |

Women Long Jump Open

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Scott, Talissa | 5.66 |

Women Triple Jump Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 3 | dos Santos, Rebecca | 8.68 |

Women Shot Put Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 10 | dos Santos, Rebecca | 6.27 |

Women Discus Throw Open

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 9 | dos Santos, Rebecca | 16.42 |
| 11 | Blayne, Michelle | 15.53 |

Women Hammer Throw Open

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | Mumberson, Asheigh | 48.74 |

Women Javelin Throw Open

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Walsh, Claire | 31.46 |

Women 100 metre 30-39 yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 6 | Bain, Carmen | 16.82 |

Women 200 metre 30-39 yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 5 | Bain, Carmen | 33.42 |

Women 3000 metre 30-39 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 4 | Sundstrom, Jodie | 20.43.72 |

Women Long Jump 30-39 yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 2 | Cowgill, Kim | 1.30 |

Women Long Jump 30-39 yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 7 | Bain, Carmen | 2.98 |

Women Triple Jump 30-39 yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 3 | Cowgill, Kim | 8.80 |

Women Shot Put 30-39 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Cowgill, Kim | 8.10 |
| 5 | Sundstrom, Jodie | 5.83 |

Women Discus Throw 30-39 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 3 | Cowgill, Kim | 25.21 |
| 4 | Sundstrom, Jodie | 22.83 |

Women 3000 metre Race Walk 30-39 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 1 | Sundstrom, Jodie | 19.16.82 |

Women 100 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 13.49 |

Women 200 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 27.48 |

Women 400 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 1.02.17 |

Women 800 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 2.41.37 |

Women 1500 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 6 | Gibbins, Cassie | 8.46.06 |

Women 3000 metre 40-49 yrs

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 6 | Gibbins, Cassie | 19.06.93 |

Women 4x100 metre Relay 40-49 yrs

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| 2 | Illawarra Blue Stars Athletic 'A' | 1:00.23 |
| 3 | Illawarra Blue Stars Athletic 'C' | 1.22.39 |

Women Long Jump 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 4.76m |

Women Triple Jump 40-49 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Mogentale, Gianna | 9.82 |

Women Hammer Throw 40-49 yrs

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 5 | Gibbins, Cassie | 17.62 |

Women 100 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Mead, Annette | 15.88 |
| 3 | Lowe, June | 15.91 |

Women 200 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Mead, Annette | 33.76 |
| 4 | Steele, Julie | 35.25 |

Women 400 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Steele, Julie | 1.18.15 |
| 4 | Mead, Annette | 1.22.95 |

Women 800 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Steele, Julie | 3.00.67 |

Women 1500 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Steele, Julie | 13.47.06 |

Women 2000 metre Steeplechase 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Steele, Julie | 9.49.02 |

Women Long Jump 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Mead, Annette | 3.21 |
| 3 | Lowe, June | 2.85 |

Women Shot Put 50-59 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 3 | Lowe, June | 8.22 |

Women Discus Throw 50-59 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 3 | Lowe, June | 19.25 |

Women Hammer Throw 40-49 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 1 | Lowe, June | 19.04 |

Women Shot Put 60+ yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 1 | Thomas, Mary | 7.45 |

Women Discus Throw 60+ yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 1 | Thomas, Mary | 22.23 |

Women Javelin Throw 60+ yrs

| Placing | Name | Performance |
|---------|--------------|-------------|
| 1 | Thomas, Mary | 20.61 |

IBS team members Individual Results - Men

Men 100 metre 12 Yrs Preliminaries Heat 1

| Placing | Name | Performance |
|---------|------------|-------------|
| 6 | Bain, Cody | 19.09 |

Men 80 metre Hurdles 12 Yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Twigg, Jarrod | 15.53 |

Men Long Jump 12 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Twigg, Jarrod | 4.36 |

Men Shot Put 12 yrs

| Placing | Name | Performance |
|---------|------------|-------------|
| 1 | Bain, Cody | 9.30 |

Men Discus Throw 12 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Twigg, Jarrod | 26.10 |

Men Javelin Throw 12 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Twigg, Jarrod | 24.75 |

Men 200 metre Hurdles 13 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Twigg, Jarrod | 40.08 |

Men 100 metre Hurdles 0.840m 14 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Acev, Mitchell | 20.30 |

Men 200 metre Hurdles 14 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 6 | Acev, Mitchell | 36.53 |

Men High Jump 14 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 4 | Acev, Mitchell | 1.35 |

Men Triple Jump 14 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 7 | Acev, Mitchell | 7.73 |

Men 1500 metre 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Kentwell, Joshua | 4.22.68 |

| | | |
|---|------------------|---------|
| 5 | Steele, Harrison | 5.34.19 |
|---|------------------|---------|

Men 3000 metre 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 1 | Kentwell, Joshua | 9.50.97 |
| 5 | Steele, Harrison | 12.04.06 |

Men 2000 metre Steeplechase 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 1 | Kentwell, Joshua | 7.16.40 |
| 5 | Steele, Harrison | 9.06.79 |

Men Long Jump 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 4 | Kentwell, Joshua | 4.71 |

Men Triple Jump 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 3 | Kentwell, Joshua | 10.26 |

Men Javelin Throw 15 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 6 | Steele, Harrison | 29.26 |

Men 1500 metre Race Walk 15 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 7 | Acev, Mitchell | 9.50.89 |

Men 100 metre 16 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Gibbins, Reece | 12.41 |
| 3 | Mansergh, Chad | 12.68 |
| 4 | Gibbins, Braeden | 12.87 |

Men 200 metre 16 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | Gibbins, Reece | 24.71 |
| 3 | Twigg, Christopher | 24.79 |
| 4 | Gibbins, Braeden | 25.21 |
| 5 | Mansergh, Chad | 25.74 |

Men 400 metre 16 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 4 | Gibbins, Braeden | 57.92 |

Men 800 metre 16 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| - | Twigg, Christopher | DQ |

Men 400 metre Hurdles 16 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 1 | Twigg, Christopher | 1.07.66 |

Men Shot Put 16 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 3 | Gibbins, Braeden | 9.24 |
| 5 | Gibbins, Reece | 8.54 |

Men Hammer Throw 16 yrs

| Placing | Name | Performance |
|---------|------------------|-------------|
| 2 | Gibbins, Reece | 23.46 |
| 3 | Gibbins, Braeden | 20.77 |

Men Javelin Throw 16 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 4 | Mansergh, Chad | 30.04 |
| 6 | Twigg, Christopher | 26.79 |

Men 100 metre 17 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Leeson, Brodie | 12.04 |

Men 200 metre 16 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Leeson, Brodie | 23.76 |

Men 4x100 metre Relay 17 yrs

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| 1 | Illawarra Blue Stars Athletic 'A' | 47.62 |

Men High Jump 16 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Leeson, Brodie | 1.65 |

Men 200 metre 18/19 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 3 | Hollingsworth, Ben | 23.93 |

Men 400 metre 18/19 yrs Preliminaries Heat 2

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 2 | Hollingsworth, Ben | 52.67 |
| 5 | Chapman, Mitchell | 55.82 |

Men 400 metre 18/19 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 3 | Hollingsworth, Ben | 52.61 |

Men 1500 metre 18/19 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 6 | Hollingsworth, Ben | 4.42.98 |

Men 110 metre Hurdles 18/19 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 3 | Chapman, Mitchell | 16.56 |

Men 400 metre Hurdles 18/19 yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 3 | Chapman, Mitchell | 1.03.07 |

Men Long Jump 18/19 yrs

| Placing | Name | Performance |
|---------|--------------------|-------------|
| 7 | Hollingsworth, Ben | 5.49 |

Men 100 metre Open Preliminaries Heat 1

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Peest, Joachim | 11.63 |
| 4 | Miller, Justin | 11.64 |
| 6 | Parry, Lachlan | 11.85 |

Men 100 metre Open Preliminaries Heat 2

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Grimm, James | 11.19 |
| 6 | Parry, Joshua | 12.34 |

Men 100 metre Open

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Grimm, James | 10.91 |
| 5 | Miller, Justin | 11.34 |
| - | Peest, Joachim | DQ |

Men 200 metre Open Preliminaries Heat 1

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Grimm, James | 22.15 |
| 4 | Peest, Joachim | 22.65 |
| 7 | Chapman, Shane | 24.33 |
| 8 | Parry, Joshua | 25.28 |

Men 200 metre Open Preliminaries Heat 2

| Placing | Name | Performance |
|---------|----------------|-------------|
| 5 | Miller, Justin | 22.77 |
| 6 | Parry, Lachlan | 22.78 |

Men 200 metre Open

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Grimm, James | 21.60 |
| 6 | Peest, Joachim | 22.82 |
| 9 | Miller, Justin | 23.14 |

Men 400 metre Open

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Chapman, Shane | 53.21 |
| 4 | Parry, Joshua | 53.86 |
| 6 | Parry, Lachlan | 54.76 |

Men 5000 metre Open

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 2 | Sundstrom, Troy | 16.29.35 |

Men 3000 metre Steeplechase Open

| Placing | Name | Performance |
|---------|-----------------|-------------|
| 1 | Sundstrom, Troy | 11.00.12 |

Men 4x100 metre Relay Open

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| 1 | Illawarra Blue Stars Athletic 'A' | 43.06 |
| 2 | Illawarra Blue Stars Athletic 'B' | 45.55 |

Men 3000 metre Race Walk Open

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Sunstrom, Troy | 13.17.86 |
| 4 | Perin, Anson | 18.41.09 |

Men 100 metre 30-39 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Cowgill, Dave | 13.04 |

Men 200 metre 30-39 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Cowgill, Dave | 25.20 |

Men Discus Throw 30-39 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Cowgill, Dave | 25.36 |

Men 100 metre 40-49 yrs Preliminaries Heat 1

| Placing | Name | Performance |
|---------|------------|-------------|
| 5 | Bain, Tony | 13.61 |

Men 100 metre 40-49 yrs Preliminaries Heat 3

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Hynoski, Geoff | 13.72 |

**Men 200 metre 40-49 yrs
Preliminaries Heat 1**

| Placing | Name | Performance |
|---------|------------|-------------|
| 6 | Bain, Tony | 27.80 |

**Men 200 metre 40-49 yrs
Preliminaries Heat 2**

| Placing | Name | Performance |
|---------|--------------|-------------|
| 6 | Baker, James | 26.65 |

**Men 400 metre 40-49 yrs
Preliminaries Heat 1**

| Placing | Name | Performance |
|---------|-------------|-------------|
| 4 | James Baker | 57.44 |

**Men 400 metre 40-49 yrs
Preliminaries Heat 2**

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Hynoski, Geoff | 1.02.19 |
| 4 | Bain, Tony | 1.03.50 |

Men 400 metre 40-49 yrs Final

| Placing | Name | Performance |
|---------|----------------|-------------|
| 3 | Baker, James | 58.67 |
| 8 | Hynoski, Geoff | 1.04.75 |

Men 800 metre 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 4 | Baker, James | 2.18.95 |
| 11 | Hynoski, Geoff | 2.40.07 |

Men 1500 metre

| Placing | Name | Performance |
|---------|----------------|-------------|
| 4 | Baker, James | 4.43.89 |
| 6 | Hynoski, Geoff | 5.02.72 |

Men 2000 metre Steeplechase 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 1 | Hynoski, Geoff | 8.42.30 |

Men 4x100 metre Relay 40-49 yrs

| Placing | Name | Performance |
|---------|-----------------------------------|-------------|
| 3 | Illawarra Blue Stars Athletic 'A' | 50.72 |
| 5 | Illawarra Blue Stars Athletic 'B' | 55.83 |

Men Long Jump 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 4 | Hynoski, Geoff | 4.86 |

Men Shot Put 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 5 | Gibbins, Jodie | 7.80 |

Men Discus Throw 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 4 | Gibbins, Jodie | 23.21 |

Men Hammer Throw 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 2 | Gibbins, Jodie | 24.08 |

Men Javelin Throw 40-49 yrs

| Placing | Name | Performance |
|---------|----------------|-------------|
| 6 | Gibbins, Jodie | 29.58 |

Men 100 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 7 | Hollingsworth, Jeff | 14.44 |

Men 200 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 6 | Hollingsworth, Jeff | 30.79 |

Men 400 metre 50-59 yrs Preliminaries Heat 1

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 5 | Hollingsworth, Jeff | 1.08.67 |

Men 400 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 7 | Hollingsworth, Jeff | 1.11.63 |

Men 800 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 7 | Hollingsworth, Jeff | 3.14.68 |

Men 1500 metre 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 5 | Hollingsworth, Jeff | 5.43.58 |

Men 2000 metre Steeplechase 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 2 | Steele, Bruce | 9.56.80 |

Men Shot Put 50-59 yrs

| Placing | Name | Performance |
|---------|------------------------|-------------|
| 6 | Hollingsworth, Jeffrey | 8.55 |

Men Discus Throw 50-59 yrs

| Placing | Name | Performance |
|---------|------------------------|-------------|
| 6 | Hollingsworth, Jeffrey | 26.28 |
| 9 | Steele, Bruce | 23.88 |

Men Hammer Throw 50-59 yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 5 | Steele, Bruce | 29.55 |

Men Javelin Throw 50-59 yrs

| Placing | Name | Performance |
|---------|---------------------|-------------|
| 2 | Hollingsworth, Jeff | 34.61 |
| 6 | Steele, Bruce | 32.21 |

Men 100 metre 60+ yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 1 | Van Stappen, John | 14.01 |
| 7 | Donohoe, Noel | 18.15 |

Men 200 metre 60+ yrs

| Placing | Name | Performance |
|---------|-------------------|-------------|
| 2 | Van Stappen, John | 28.86 |
| 6 | Donohoe, Noel | 40.95 |

Men 100m Hurdles 0.84m 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 1 | Donohoe, Noel | 29.81 |

Men High Jump 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Donohoe, Noel | 1.05 |

Men Long Jump 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 4 | Donohoe, Noel | 3.30 |

Men Triple Jump 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 3 | Donohoe, Noel | 6.01 |

Men Discus Throw 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 6 | Donohoe, Noel | 22.62 |

Men Javelin Throw 60+ yrs

| Placing | Name | Performance |
|---------|---------------|-------------|
| 4 | Donohoe, Noel | 21.67 |