

# Albury - January 25<sup>th</sup> - 27<sup>th</sup>

## Men

<b>U16</b>	<b>Robert Wilson</b>		
6th	800 metres	2.40.06	
5th	Long Jump	3.81	
5th	Discus	18.78	
4th	Hammer	15.27	
<b>U16</b>	<b>Nathan Howse</b>		
5th	100 metres	13.06	
6th	200 metres	26.93	
<b>U16</b>	<b>Matthew Cullen</b>		
7th	200 metres	27.89	
5th	400 metres	64.02	
5th	800 metres	2.30.22	
4th	Triple Jump	10.05	
<b>U18</b>	<b>Ben Buckingham</b>		
Gold	3000 metres	9.24.93	
Gold	2000m Steeplechase	6.42.85	
Silver	1500 metres	4.16.61	<i>Record</i>
<b>U18</b>	<b>Ben Boyd</b>		
2nd	100 metre Heat	11.88	
9th	100 metre Final	11.75	
5th	200 metre Heat	23.98	
2nd	400 metre Heat	52.87	
5th	400 metre Final	56.84	
5th	Shot Put	10.27	
<b>U18</b>	<b>Ben Cook</b>		
6th	400 metre Heat	57.96	
Gold	High Jump	1.80	
7th	Long Jump	5.31	
4th	Javelin	38.44	
<b>U18</b>	<b>Nicholas Raymond</b>		
3rd	100 metre Heat	12.41	
6th	High Jump	1.65	
5th	Long Jump	5.92	
Silver	Triple Jump	12.27	

## Women

<b>U14</b>	<b>Brianne Buckingham</b>		
5th	400 metres Heat	77.05	
10th	1500 metres	6.48.78	
10th	200 metres	33.85	
13th	800 metres	3.22.30	
<b>U14</b>	<b>Jemma Power</b>		
4th	Triple Jump	8.98	
Gold	High Jump	1.35	
3rd	200 metre Heat	30.77	
4th	200 metre Final	30.94	
Bronze	Long Jump	4.10	
<b>Ambulant Jodi Elkington</b>			
Gold	100 metres	15.68	
Gold	400 metres	1.22.27	
Gold	Discus	12.49	
<b>U16</b>	<b>Jodi Elkington</b>		
7th	200 metre Heat	35.02	
7th	Shot Put	5.97	
7th	Long Jump	3.17	
<b>U16</b>	<b>Mary Toney</b>		
7th	90m Hurdles	17.92	
7th	1500 metres	6.43.37	
5th	Triple Jump	8.73	
11th	800 metres Heat	2.56.73	
<b>U16</b>	<b>Emma Buckingham</b>		
4th	100 metre Heat	15.35	
5th	200 metre Heat	31.82	
<b>U16</b>	<b>Molly Giggins</b>		
Silver	1500 metres	5.29.45	
2nd	800 metre Heat	2.38.12	
Bronze	800 metre Final	2.33.11	
<b>U18</b>	<b>Emma Gitoes</b>		
4th	800 metres	2.40.44	
4th	1500 metres	5.47.37	

<b>U18</b>	<b>Cameron Newbold</b>			<b>U18</b>	<b>Emilya Toney</b>		
5th	3000 metres	11.00.29		4th	100 metre Heat	13.98	
5th	2000m Steeplechase	7.51.96		5th	100 metre Final	13.85	
<b>U20</b>	<b>Cameron Newbold</b>			4th	200 metre Heat	29.17	
Silver	10,000 metres	39.19.25		4th	3000 metres	13.24.62	
				9th	Long Jump	4.03	
<b>U20</b>	<b>Brendan Ashcroft</b>			7th	Triple Jump	9.71	
1st	100 metre Heat	11.34					
Gold	100 metre Final	11.36		<b>U20</b>	<b>Catherine Williams</b>		
				Silver	200 metres	28.04	
<b>U20</b>	<b>Chris Barton</b>			Gold	High Jump	1.60	
6th	100 metre Heat	12.64		4th	Triple Jump	1.40	
Bronze	Shot Put	11.86					
Silver	Discus	33.81		<b>U20</b>	<b>Morgan Barker</b>		
Gold	Javelin	51.26		7th	Shot Put	6.37	
Silver	Hammer	29.57		4th	Discus	19.25	
				5th	Hammer	19.54	Record
<b>U20</b>	<b>Simon Crocos</b>						
7th	100 metre Heat	12.68		<b>Open</b>	<b>Morgan Barker</b>		
5th	High Jump	1.55		6th	Hammer	19.54	
8th	Long Jump	5.11					
				<b>Open</b>	<b>Michelle Crocos</b>		
<b>U20</b>	<b>Zachary Jones</b>			Silver	100m Hurdles	18.27	
2nd	200 metre Heat	23.87		10th	Hammer	14.45	
Bronze	200 metre Final	23.82		Bronze	400m Hurdles	75.17	Record
2nd	400 metre Heat	55.27		3rd	200 metre Heat	30.00	
Silver	400 metre Final	52.12					
4th	110m Hurdles	17.36		<b>Open</b>	<b>Carina Heppell</b>		
Bronze	High Jump	1.65		6th	Shot Put	6.08	
Silver	Triple Jump	11.78		6th	Discus	17.15	
Bronze	Discus	32.02		5th	Javelin	17.13	
4th	Javelin	43.29		5th	Hammer	21.18	Record
5th	Hammer	24.05					
				<b>Open</b>	<b>Fiona King</b>		
<b>U20</b>	<b>Myles Simpson</b>			Silver	5000 metres	21.02.90	
6th	1500 metres	5.26.29		Gold	5000 metres ADF	21.02.90	
				Gold	3000m Steeplechase	13.26.93	Record
<b>U20</b>	<b>Sean Wilson</b>			Silver	3000m Steeplechase ADF	13.26.93	
Gold	10,000 metres	37.22.69		Silver	10,000 metres	42.01.46	
Silver	3000m Steeplechase	10.56.48		Gold	10,000 metres ADF	43.01.46	
Bronze	Pole Vault	2.50	Record				
				<b>Open</b>	<b>Lisa Ryan</b>		
<b>Open</b>	<b>Alan Pearce</b>			Silver	800 metres	2.24.31	
Bronze	5000 metres	17.05.38		Bronze	1500 metres	5.05.84	
Silver	10,000 metres	35.58.34					

**Open Deborah Jones****Open Wayne Heath**

8th Hammer 17.60

4th 5000 metres 17.05.04

Gold 5000 metres ADF 17.05.04

Silver 10,000 metres ADF 36.20.13

**Open David Miles**

4th 800 metres Heat 2.10.75

7th 1500 metres 4.33.46

Bronze 3000m Steeplechase 11.50.64

**Open Michael Wilson**

4th 100 metre Heat 12.74

5th 400 metre Heat 57.07

Silver High Jump 1.70

7th Javelin 34.76

**40+ Patrick Thomas**

Bronze 1500 metres 4.39.64

Bronze 5000 metres 17.46.85

Silver 10,000 metres 36.40.53

**40+ Ian Smith**

6th 200 metres 28.58

Bronze 400 metres 58.00

Silver Long Jump 5.38

Gold Triple Jump 12.00

**40+ Greg Simpson**

Silver 110m Hurdles 27.75

7th 200 metres 34.39

Bronze 400 metre hurdles 1.29.16

Silver High Jump 1.3

4th Pole Vault 2.20

5th Long Jump 3.46

5th Discus 20.00

4th Hammer 20.38

**50+ Dennis Baker**

7th 100 metres 17.25

8th 200 metres 35.81

Bronze Shot Put 6.60

4th Discus 20.53

**40+ Karen Buttery**

Gold 80m Hurdles 16.51

Silver High Jump 1.15

Bronze Triple Jump 7.77

Gold Pole Vault 1.80

Gold Javelin 19.04

**40+ Jo-Anne Hem**

Bronze 1500 metres 5.30.46

4th 3000 metres 12.20.97

Silver 10,000 metres 44.42.73

**40+ Leanne Simpson**

Bronze High Jump 1.10

**40+ Rosalie Wilson**

7th Shot Put 5.28

4th Discus 15.31

10th Javelin 11.32

4th Hammer 11.59

**50+ Janet Crocos**

Gold 100 metres 16.07

Gold 200 metres 35.15

Gold 80m Hurdles 17.54

Gold Long Jump 3.38

Gold High Jump 1.20

Silver Shot Put 7.69

Silver Discus 19.55

Gold Hammer 23.72

Gold Long Jump 3.38

**50+ Sally Buckingham**

5th 800 metres 3.36.17

6th 1500 metres 7.23.07

**50+ Douglas Lloyd**

6th	400 metres	1.20.01
6th	800 metres	3.04.65
6th	1500 metres	6.27.19
6th	3000 metres	13.52.89

**50+ Michael Mellor**

4th	1500 metres	5.38.83
5th	3000 metres	11.46.58
Silver	10,000 metres	42.40.00

**50+ Donald Chambers**

6th	200 metres	31.54
7th	400 metres	1.30.23
Silver	400m Hurdles	1.40.26

**60+ Donald Chambers**

Silver	100 metres	14.52	<i>Record</i>
Silver	100m Hurdles	19.76	<i>Record</i>
Silver	Long Jump	3.86	
Bronze	Triple Jump	8.18	
Gold	High Jump	1.10	<i>Record</i>
Silver	Shot Put	8.96	<i>Record</i>
4th	Discus	19.18	<i>Record</i>
Silver	Javelin	21.12	<i>Record</i>
Silver	Hammer	21.64	<i>Record</i>

**60+ William Pearce**

Silver	1500 metres	6.18.60	<i>Record</i>
Silver	3000 metres	13.39.45	<i>Record</i>
Gold	10,000 metres	50.08.22	<i>Record</i>
Gold	Long Jump	3.94	<i>Record</i>
Silver	Triple Jump	8.77	<i>Record</i>

**4 x 100 metre Relay Open Preliminaries**

<b>Heat 1</b>	<i>1st</i>	45.21
	Brendan Ashcroft	record
	Zachary Jones	
	Ben Boyd	
	Nicholas Raymond	

<b>Heat 1</b>	<i>4th</i>	49.34
	Wayne Heath	
	David Miles	
	Alan Pearce	
	Michael Wilson	

<b>Heat 2</b>	<i>4th</i>	50.11
	Simon Crocos	

6th	3000 metres	15.09.89
Bronze	2000m Steeplechase	10.59.20

**50+ Nadia Mellor**

Bronze	800 metres	3.18.80
4th	1500 metres	6.40.21
Bronze	3000 metres	14.13.90
Gold	2000m Steeplechase	10.21.72 <i>Record</i>
Silver	Long Jump	2.62
Silver	Triple Jump	6.06
Silver	Javelin	12.97

**50+ Fay Pearce**

4trh	800 metres	3.33.50
5th	1500 metres	7.06.66
7th	3000 metres	15.42.60
4th	Long Jump	2.55

**4 x 100 metre Relay Open Preliminaries**

<b>Heat 2</b>	<i>3rd</i>	56.55
	Emilya Toney	
	Fiona King	
	Mary Toney	
	Emma Gitoes	

<b>Heat 2</b>	<i>5th</i>	57.66
	Michelle Crocos	
	Morgan Barker	
	Lisa Ryan	
	Catherine Williams	

**4 x 100 metre Relay 50+**Chris Barton  
Ben Buckingham  
Ben Cook*Gold*1.14.61 *Record*Janet Crocos  
Nadia Mellor  
Sally Buckingham  
Fay Pearce**4 x 400 metre Relay Open Preliminaries****Heat 1** 1st 3.47.82Wayne Heath  
Nicholas Raymond  
Ben Buckingham  
David Miles**4 x 100 metre Relay 40+***Silver*

1.08.45

Deborah Jones  
Karen BATTERY  
Jo-Anne Hem  
Leanne Simpson**Heat 2** 3rd 3.44.38 *Record*Brendan Ashcroft  
Zachary Jones  
Ben Boyd  
Alan Pearce**4 x 100 metre Relay U16***6th*

1.03.20

Jodi Elkington  
Jemma Power  
Brianna Buckingham  
Emma Buckingham**4 x 100 metre Relay 50+***Silver*

1.06.75

Dennis Baker  
Michael Mellor  
Douglas Lloyd  
William Pearce**4 x 100 metre Relay U18***Silver*

57.31

Mary Toney  
Emily Toney  
Molly Giggins  
Emma Gitoes**4 x 100 metre Relay 40+***Gold*

54.97

Ian Smith  
Greg Simpson  
Patrick Thomas  
Don Chambers**4 x 100 metre Relay Open***4th*

57.04

Emily Toney  
Fiona King  
Mary Toney  
Emma Gitoes  
*6th*  
Michelle Crocos  
Catherine Williams  
Lisa Ryan  
Morgan Barker**4 x 100 metre Relay U18***Silver*

53.83

Nathan Howse  
Matt Cullen  
Cameron Newbold  
Robert Wilson**4 x 100 metre Relay U20***Gold*

47.23

Ben Boyd  
Zachary Jones  
Simon Crocos  
Nicholas Raymond**4 x 400 metre Relay 40+***Silver*

5.25.48

Janet Crocos  
Jo-Anne Hem  
Karen BATTERY  
Nadia Mellor*7th*

52.23

Sean Wilson  
Ben Cook  
Myles Simpson

Chris Barton

**4 x 400 metre Relay Open**

Bronze

4.35.48 *Record*

**4 x 100 metre Relay Open**

*Silver*

48.26

Ben Boyd

Zachary Jones

Nathan Howse

Nicholas Raymond

*7th*

49.14

David Miles

Wayne Heath

Alan Pearce

Michael Wilson

*8th*

50.47

Simon Crocos

Chris Barton

Ben Buckingham

Ben Cook

Michelle Crocos

Emilyya Toney

Catherine Williams

Lisa Ryan

*6th*

4.59.57

Molly Giggins

Fiona King

Mary Toney

Emma Gitoes

**4 x 400 metre Relay 40+**

*Bronze*

4.29.99 *Record*

Patrick Thomas

Greg Simpson

Ian Smith

Don Chambers

**4 x 400 metre Relay Open**

*6th*

3.49.55

David Miles

Wayne Heath

Ben Buckingham

Nicholas Raymond

*7th*

3.55.69

Ben Boyd

Zachary Jones

Alan Pearce

Simon Crocos