

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

## Men

## Women

|            |                      |         |  |
|------------|----------------------|---------|--|
| <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>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>U16</b> | <b>Nathan Howse</b> |       |  |
| 5th        | 100 metres          | 13.06 |  |
| 6th        | 200 metres          | 26.93 |  |

|            |                    |       |  |
|------------|--------------------|-------|--|
| <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>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>Ambulant Jodi Elkington</b> |            |         |  |
| Gold                           | 100 metres | 15.68   |  |
| Gold                           | 400 metres | 1.22.27 |  |
| Gold                           | Discus     | 12.49   |  |

|            |                       |         |               |
|------------|-----------------------|---------|---------------|
| <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>U16</b> | <b>Jodi Elkington</b> |       |  |
| 7th        | 200 metre Heat        | 35.02 |  |
| 7th        | Shot Put              | 5.97  |  |
| 7th        | Long Jump             | 3.17  |  |

|            |                 |       |  |
|------------|-----------------|-------|--|
| <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>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>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>U16</b> | <b>Emma Buckingham</b> |       |  |
| 4th        | 100 metre Heat         | 15.35 |  |
| 5th        | 200 metre Heat         | 31.82 |  |

|            |                         |       |  |
|------------|-------------------------|-------|--|
| <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 |  |

|            |                      |         |  |
|------------|----------------------|---------|--|
| <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 |        |             |                           |          |        |

|             |                       |          |             |                         |          |
|-------------|-----------------------|----------|-------------|-------------------------|----------|
|             |                       |          | <b>Open</b> | <b>Deborah Jones</b>    |          |
| <b>Open</b> | <b>Wayne Heath</b>    |          | 8th         | Hammer                  | 17.60    |
| 4th         | 5000 metres           | 17.05.04 | <b>40+</b>  | <b>Deborah Jones</b>    |          |
| Gold        | 5000 metres ADF       | 17.05.04 | 4th         | Long Jump               | 2.39     |
| Silver      | 10,000 metres ADF     | 36.20.13 | 5th         | Triple Jump             | 5.58     |
|             |                       |          | 6th         | Shot Put                | 5.71     |
| <b>Open</b> | <b>David Miles</b>    |          | 6th         | Discus                  | 14.47    |
| 4th         | 800 metres Heat       | 2.10.75  | 6th         | Javelin                 | 13.67    |
| 7th         | 1500 metres           | 4.33.46  | Bronze      | Hammer                  | 17.67    |
| Bronze      | 3000m Steeplechase    | 11.50.64 |             |                         |          |
|             |                       |          | <b>40+</b>  | <b>Karen Buttery</b>    |          |
| <b>Open</b> | <b>Michael Wilson</b> |          | Gold        | 80m Hurdles             | 16.51    |
| 4th         | 100 metre Heat        | 12.74    | Silver      | High Jump               | 1.15     |
| 5th         | 400 metre Heat        | 57.07    | Bronze      | Triple Jump             | 7.77     |
| Silver      | High Jump             | 1.70     | Gold        | Pole Vault              | 1.80     |
| 7th         | Javelin               | 34.76    | Gold        | Javelin                 | 19.04    |
|             |                       |          |             |                         |          |
| <b>40+</b>  | <b>Patrick Thomas</b> |          | <b>40+</b>  | <b>Jo-Anne Hem</b>      |          |
| Bronze      | 1500 metres           | 4.39.64  | Bronze      | 1500 metres             | 5.30.46  |
| Bronze      | 5000 metres           | 17.46.85 | 4th         | 3000 metres             | 12.20.97 |
| Silver      | 10,000 metres         | 36.40.53 | Silver      | 10,000 metres           | 44.42.73 |
|             |                       |          |             |                         |          |
| <b>40+</b>  | <b>Ian Smith</b>      |          | <b>40+</b>  | <b>Leanne Simpson</b>   |          |
| 6th         | 200 metres            | 28.58    | Bronze      | High Jump               | 1.10     |
| Bronze      | 400 metres            | 58.00    |             |                         |          |
| Silver      | Long Jump             | 5.38     | <b>40+</b>  | <b>Rosalie Wilson</b>   |          |
| Gold        | Triple Jump           | 12.00    | 7th         | Shot Put                | 5.28     |
|             |                       |          | 4th         | Discus                  | 15.31    |
| <b>40+</b>  | <b>Greg Simpson</b>   |          | 10th        | Javelin                 | 11.32    |
| Silver      | 110m Hurdles          | 27.75    | 4th         | Hammer                  | 11.59    |
| 7th         | 200 metres            | 34.39    |             |                         |          |
| Bronze      | 400 metre hurdles     | 1.29.16  | <b>50+</b>  | <b>Janet Crocos</b>     |          |
| Silver      | High Jump             | 1.3      | Gold        | 100 metres              | 16.07    |
| 4th         | Pole Vault            | 2.20     | Gold        | 200 metres              | 35.15    |
| 5th         | Long Jump             | 3.46     | Gold        | 80m Hurdles             | 17.54    |
| 5th         | Discus                | 20.00    | Gold        | Long Jump               | 3.38     |
| 4th         | Hammer                | 20.38    | Gold        | High Jump               | 1.20     |
|             |                       |          | Silver      | Shot Put                | 7.69     |
| <b>50+</b>  | <b>Dennis Baker</b>   |          | Silver      | Discus                  | 19.55    |
| 7th         | 100 metres            | 17.25    | Gold        | Hammer                  | 23.72    |
| 8th         | 200 metres            | 35.81    | Gold        | Long Jump               | 3.38     |
| Bronze      | Shot Put              | 6.60     |             |                         |          |
| 4th         | Discus                | 20.53    | <b>50+</b>  | <b>Sally Buckingham</b> |          |
|             |                       |          | 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> | <b>1st</b>       | <b>45.21</b> |
|               | Brendan Ashcroft | record       |
|               | Zachary Jones    |              |
|               | Ben Boyd         |              |
|               | Nicholas Raymond |              |

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

|               |              |              |
|---------------|--------------|--------------|
| <b>Heat 2</b> | <b>4th</b>   | <b>50.11</b> |
|               | 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> | <b>3rd</b>   | <b>56.55</b> |
|               | Emilya Toney |              |
|               | Fiona King   |              |
|               | Mary Toney   |              |
|               | Emma Gitoes  |              |

|               |                    |              |
|---------------|--------------------|--------------|
| <b>Heat 2</b> | <b>5th</b>         | <b>57.66</b> |
|               | 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  
Emilya 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

Emilya 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