



# "be active"

# Personal Best Day 2009

# Results

This is the third issue of result for the 2009 Personal Best Day. While every effort is made to ensure the accuracy of these results, errors may occur where registration numbers or performances have been incorrectly transcribed on recording sheets or data entry.

If you find any errors please email details to [pbd@salaa.org.au](mailto:pbd@salaa.org.au) and we will endeavor to rectify them. Please allow 1-2 days to receive a response, as the people who process them are volunteers.

Thank-you to all the volunteers who made the day possible.

### **Invalid Results**

Some performances are listed as "invalid results" - these are due to athletes doing an event that is not an event for their age group, or who participated in too many events on the day. Event limits are 5 events for Under 6 to Under 10, and 6 events for Under 11 to Under 17. Within these limits athletes can do at most 3 track and/or 3 field events.



**Government of South Australia**  
Office for Recreation and Sport



## Personal Best Day 2009 - Adelaide Eagles

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6G	2101	Maxime Ehmann	15.7	23.9	50.8																	
9B	2009	Samuel Hargreaves			37.2		3:05.4		13.2													
9B	2022	William Smithson-Tom	12.4		37.2				13.2								12.65				5.57	
9B	2057	Krishna Maheswaran	11.8	16.8	35.1													1.05		3.04		
9G	2102	Danique Ehmann	12.0		36.0				12.8								8.54					
10B	2002	Jordie Wittervan																			5.68	
10B	2014	Nathan Beagley		16.5			2:55.6		12.5											3.57	6.16	
10B	2084	Jordan Cassidy																1.15				
10B	2096	Michael Ortiz							12.0													
10B	2127	Conor Pascoe		16.2					12.7											3.09	5.42	
11G	2001	Jaimie Wittervan															19.13				6.95	8.67
11G	2115	Anya Kalu		15.1	32.7															3.14		
12B	2113	Curtis Covino			32.6		2:45.0										13.46					7.65
12G	2021	Georgia Smithson-To			34.2	1:26.9											15.60			3.35		
15B	2095	Andre Ortiz															23.80			4.89		
15B	2112	Joelon Covino		12.8	25.3	57.2											30.61			5.09		

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9G	2102	Danique Ehmann	691	100m	17.1	Too many track events

## Personal Best Day 2009 - Barossa Valley

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
8G	3492	Brodie Ireland	13.3						13.8											2.69	3.45	
8G	3586	Maddison Richards	13.7						14.6											2.29		
9G	3529	Jessica Hahn					3:31.4		14.9					5:07.4			10.17				3.45	
10G	3585	Tenille Richards	12.5			1:26.4														3.07		
12B	3528	Shaun Hahn				1:19.7		6:01.3									16.78		20.27	3.30		
12G	3556	Courtney Ryles			36.6				14.3										7.84	2.78	4.91	
13B	3491	Cameron Ireland																	17.77			
13B	3555	Darian Ryles			32.0				17.7									1.20	20.89			
13G	3616	Megan Hay				1:12.2	2:47.5		16.5									1.35	20.10	4.35		
14B	3554	Codie Ryles			36.5						21.7						16.10		17.80			
14B	3584	Luke Richards															43.95		39.84			12.09
15B	3511	Connor Schneider		12.2													25.90			4.68		
15B	3553	Brandon Ryles															34.02	1.50	30.07			

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Campbelltown

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6G	6938	Chloe Dalton			57.7															1.37		
8B	1966	Kristjan Liivamago	16.9														8.62	0.70			3.96	
8G	1962	Georgette Signoriello			42.6				14.4									0.75				
9G	1960	Olivia Elisio			40.8				13.6												2.20	
9G	6937	Angela Halsall			37.7		3:08.7		14.1												2.37	
10B	1965	Tomas Liivamago	12.1	16.6																	3.08	
11B	1987	Matthew Caridi					3:23.2	6:44.9												10.10		
11B	6925	Andrew Cirocco															12.66		16.64		6.19	
11B	6927	Rhys Menezes							13.0								9.14	1.05	15.10			
11G	1969	Tamika Whelan													Comp			1.15				5.89

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
11B	6927	Rhys Menezes	479	Long Jump	2.94	Too many field events

## Personal Best Day 2009 - Eastern Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	1819	Jackson Tucker	16.9														5.73			1.64	3.11	
6B	1803	Mitchell O'Hara	14.2	22.0													6.63			2.47		
6B	6351	Jesse Temme			45.9															1.35		
6B	6714	Harry Thomas	14.5		46.1															2.29		
6G	1904	Lucy Doney	15.0	21.3	48.2													0.80		2.42		
7B	1854	Thomas Vekas																		1.65		
7B	1862	Nicholas Blackman							14.9								5.18	0.80		2.33		
7B	7116	Jack Holland	13.2	19.1	40.5													0.90		2.57		
7G	8036	Olivia Todd			50.8													0.85		2.21	3.71	
8B	1820	Sebastian Tucker	13.5														11.14			2.51	4.43	
8B	6322	Jack Myers	14.3		44.4				16.7											2.23	2.95	
8G	1809	Zoe Pastrello			51.1				16.0								5.24			2.11	3.11	
8G	1822	Ainsleigh Howard			47.0				16.0								8.55			2.01	4.15	
8G	1877	Jemimah Simpson	13.8	19.3	42.1													0.90		2.15		
8G	1889	Emma Kelsey																0.80				
8G	1929	Lauren Moss	13.8	19.7																	3.10	
8G	6357	Brooklyn Morgan	14.0		41.2				14.4												3.40	
8G	6723	Tamara Staunton			54.1				17.1								9.43			2.27	4.14	
9B	1838	Hudson Laycock			36.6		3:05.0											1.00		2.86	4.23	
9B	1849	Paxton Silby	13.8															0.95		2.97	4.29	
9B	1924	Patrick Gayen	12.3						13.1								15.66			3.10		
9B	1947	Tristan Saunders	12.0		37.2				12.5								11.28				4.69	
9B	6321	Matthew Thomas	13.3														6.97	0.85				
9B	7130	Jack Gratton																1.00		3.12		
9B	8037	Alec Todd			44.5													1.00			5.41	
10B	1810	Dean Pastrello			35.2												16.87	1.05		3.27		
10B	1837	Jackson Laycock			34.1		3:01.0													3.46	4.80	
10B	1894	David Linn					3:04.8															
10G	1802	Rebecca O'Hara	12.7		38.4		3:38.7										12.07			2.46		
10G	6356	Lauren Morgan	12.1				3:24.5		12.9									1.10			5.05	
10G	6740	Hannah George			38.9		3:23.6		14.7											2.75		
11B	1927	Liam Moss		15.0	33.5		3:11.8													3.35		8.14
11B	1928	Dillon Moss							13.5										9.64		5.45	

## Personal Best Day 2009 - Eastern Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
11G	1821	Isabelle Tucker							14.7						6:55.2					2.85	4.94	6.88
11G	1833	Lauren Dunk		16.3					13.1											3.25	4.20	6.16
11G	1946	Siena Saunders			36.4	1:25.9			13.9								13.21		13.15			7.30
12B	6731	Rustem Safiullin		14.9														1.42		4.47		9.25
12G	1834	Yvette Jones														11:46.3						
12G	1923	Christine Gayen				1:14.0			10.7									1.20	17.58	4.05		
13B	1836	Harrison Laycock			31.2													1.25		3.85	6.44	
13B	6364	Henry Lodge		13.8	28.4	1:05.9														3.95		
13B	7124	Will Mead			31.8					14.8												
13G	1890	Lotta Danner						5:37.1									11.73					4.28
13G	7122	Mingi Kwon																		3.58	7.10	
14B	1870	Huiung Lee		12.3	26.1						14.5							1.45		4.59	8.33	
14B	6320	Samuel Thomas		12.6													17.82				6.80	
14G	1835	Dione Jones		15.3		1:14.6														3.68		
14G	1895	Sophie Linn					2:24.8	4:56.4									13.87					
15G	1804	Kristina Millar		15.4									37.8				14.92					8.33
15G	1856	Emma Brigden											35.3				17.69		Comp		7.27	
15G	1878	Isabella Simpson		13.5	29.5															4.17	6.90	8.59
15G	1888	Rachel Field		13.6									32.9				17.46			4.49		9.37
15G	1922	Margaret Gayen		12.7							14.4		29.4				18.54			5.42		11.50
16G	1830	Alicia Caruso		14.2													14.50			3.82		7.87

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7B	1862	Nicholas Blackman	518	Shot Put	5.04	Too many field events
8G	1877	Jemimah Simpson	766	Shot Put	4.16	Too many events
12B	6731	Rustem Safiullin	819	Triple Jump	9.30	Already competed in event
12B	6731	Rustem Safiullin	818	High Jump	1.40	Already competed in event
12B	6731	Rustem Safiullin	479	Long Jump	4.62	Already competed in event
15G	1878	Isabella Simpson	781	Discus	13.79	Too many field events

## Personal Best Day 2009 - Elizabeth

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	1755	Ryan Berry	14.7	22.9	46.4												6.73			1.76		
6G	6503	Katherine Heuer			53.2															1.63		
7B	1780	Lucas Munro	13.8		42.9				16.7								10.71			2.42		
7B	1797	Benjamin Ford	16.8		51.1												3.55				2.95	
7B	6490	Jai Esposito	13.6		40.5				14.4								11.30			2.29		
7G	6500	Caitlin Cotter	16.0						18.5								3.67			1.56	2.29	
8B	1747	Bradon Frencken															10.49	0.85		2.54		
8B	1763	Tristan Case	16.0	23.7					19.8											1.72	3.05	
8B	6495	Jaron Speyer	17.1						16.0								7.43			2.11	3.80	
8G	1786	Shannen Lawrie	17.2		57.0												4.43				2.78	
8G	6502	Elizabeth Heuer			42.2				14.4													
9B	1754	Jordan Berry	11.5	18.0	36.4												11.69			2.78		
9B	1761	Alix Harlington	11.8		36.5									5:50.8				1.10		2.97		
9B	1770	Rhys Johannes	13.7		42.2				13.8								9.48				2.12	
9B	1785	Aiden Lawrie	14.0		41.0		3:30.1										6.47					
9B	8047	Christopher O'Pray	13.2		42.2												12.47	0.90			4.60	
10B	1735	Andrew Reed	14.8		42.3		3:26.1														5.13	4.63
10B	1762	Jarod Case	14.4	22.6											Comp		11.26				3.84	
10B	6506	Zack Boulton			41.5				14.5								16.80			2.70	4.83	
10B	8046	Joshua Warner																		1.83		
10G	1736	Michaela Goodman	12.7	18.4					13.9								15.39					6.30
10G	7859	Sarah Cotter	13.8		43.3				15.1											2.28	4.31	
11B	1737	John-Wayne Goodma		22.4	50.9												14.09		9.81		6.50	
11B	1798	Samuel Schaaf							14.5									1.15		2.97		5.99
11G	1733	Rhianna Allan		19.6	45.4										10:28.3				9.63		3.62	5.62
11G	3476	Stephanie O'Pray		15.7	33.9				12.2								17.82				6.35	7.38
12B	1743	Louis Mckenna					3:17.6														2.85	
12B	1746	Drazil Frencken							13.0									1.20	17.38	3.60		
12G	1771	Zoe Johannes		16.5					14.6								15.90		12.68			6.22
12G	6507	Cody Neason		15.9	34.9		3:23.0											0.90			4.32	5.95
12G	6797	Shonice Pinnegar		16.8		1:19.3										10:21.6				3.00	4.10	
13B	1741	Brenton Dennis								50.0							15:53.9	10.60	5.29		3.87	
13B	6499	Alec Cotter				1:24.1	2:52.9			20.2								1.30		2.99		6.54

## Personal Best Day 2009 - Elizabeth

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
13G	1740	Jessica Dennis					2:59.0										15.22					
14B	1734	Lochlan Haynes		13.8																4.29	7.03	8.90
14B	6792	Brayden Abbott		16.2		1:21.8					18.4							1.50				8.78
15B	3477	Joshua Glenn		15.7		1:12.0	2:47.4													3.66		7.78
15G	1772	Samantha Johannes		16.3													18.34		17.95			6.80
16B	1799	Matt Janssen		13.3								16.1	29.1					1.60		4.63		9.41
16G	1800	Helena Janssen				2:04.9										13:48.6	22.35	1.20	21.23			
16G	6497	Kimberley Thomson		14.5							16.9		33.6				18.33			3.86		8.39
17G	1791	Natasha Steyn				1:47.8										13:40.2	26.50		13.88		9.51	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7B	1780	Lucas Munro	390	60m Hurdles	13.6	Already competed in event
11G	3476	Stephanie O'Pray	791	Discus	Comp	Already competed in event
13G	1740	Jessica Dennis	681	90m Hurdles	18.6	Not a standard event for age group



## Personal Best Day 2009 - Enfield

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	1711	Jadaisha Warrior		20.3	43.0													0.85		1.95		
6B	1722	Baxter Fountain	14.9	20.7	45.3													0.80		1.93		
6G	1540	Briana Adam			1:10.4												4.42				2.27	
6G	1603	Eliza Fenton-Mair	15.5	24.1													5.81	0.55		1.55		
6G	9999	Sophie Ryan																		1.25	2.52	
7B	1543	Benjamin Keane			41.7												13.26			2.18	4.95	
7B	1546	Nicholas Bennett							16.3									0.70				
7B	1558	Luis Lawrie-Lattanzin			37.8				13.5								13.43	0.80		2.41		
7B	1646	Riley Meldrum			42.7												12.49			2.83	6.79	
7B	1710	Angas Crockford	14.2														11.30			2.22	3.46	
8B	1547	Alexander Bennett							12.9									1.00				
8G	1539	Felicia Mihelios							17.2												2.82	
8G	1602	Zara Fenton-Mair	13.3	19.1	40.1													0.95		2.58		
9B	1541	Kyle Adam			46.9		3:52.2										9.72				3.86	
9G	1698	Anokhi De Silva	12.2	18.6					12.8									0.90		2.34		
10B	1557	Seb Lawrie-Lattanzin																0.95		2.08	3.98	
10B	1604	Alex Anderson							13.8								14.43			2.90	6.35	
10G	1542	Millie Keane															14.82				5.15	
11G	1570	Olivia Mcguinness		16.7	35.4													1.05	9.53	3.11		
11G	1605	Jade Anderson							11.7									1.20				8.01
11G	1606	Katherine Blunt																0.95			4.30	
11G	1713	Paige Selby							14.4								11.86	1.00		3.12		
11G	1714	Lucinda Duxbury				1:26.7											12.84	1.10				6.90
12G	1559	Marcelle Houtman		15.6	32.4				11.5													8.10
12G	1610	Cecilia Tizard															11.67					7.11
12G	1656	Emma Baker		15.4		1:21.8			11.7									1.20				
13B	1533	Jack White						6:13.8								11:30.4	10.28		8.95			7.15
13G	1534	Stephanie White		17.9		1:27.6														2.08		
14B	1609	Leo Tizard		13.0																4.18		10.28
16B	1697	Adheesha De Silva		15.3														1.25		3.71		

## *Personal Best Day 2009 - Enfield*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
-------------	------------	----------------	------------	-------------	-------------	-------------	-------------	--------------	-------------	-------------	-------------	-------------	-------------	-------------	--------------	--------------	---------------	-------------	---------------	-------------	-------------	---------------

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>EvNo</i>	<i>Event</i>	<i>Result</i>	<i>Reason</i>
6G	1647	Georgia Owbridge	430	60m Hurdles	12.8	Not a standard event for age group
10B	1604	Alex Anderson	807	High Jump	1.45	Too many field events
11G	1713	Paige Selby	502	Shot Put	4.73	Too many field events

## Personal Best Day 2009 - Flinders

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	506	Samuel Morgan	15.1		48.8												6.34				3.60	
6B	1394	Connor Norbury			47.6												8.78			1.94		
6G	1530	Daniella Ortiz-Kaiser	23.0		1:10.5												2.05			0.95	1.93	
7B	1401	Alex Strauss	14.1		43.3													0.70				
7B	1470	Connor Dayman						19.2									5.86				3.96	
7G	504	Georgina Morgan	14.0		44.7												9.07			1.93	3.84	
7G	1528	Chloe Laycock	14.5		47.8																	
8B	1466	Jaime Kennedy			37.4																	
8B	1497	Lachlan Burrow	11.9		35.5												12.77			2.45	6.40	
9B	1404	Jamie Dayman							15.4													4.34
9B	1529	Alek Henschke	11.7	17.2					12.2									0.95		3.24		
9G	494	Grace Pillow	12.8	19.1					14.6									0.90		1.96		
9G	1438	Tayla Oates	13.3				3:23.1										9.54			2.54		
9G	1481	Ellice Lowe			46.5				14.5					Comp								
9G	1527	Bethany Laycock	12.4		36.5																	
10B	1393	Darcy Norbury		15.0	31.5				11.5										1.42			8.23
10G	502	Chantelle Nicolaides					3:51.2		16.3								7.61			2.78		5.70
10G	1429	Lucy Shillabeer					3:06.4															
10G	1456	Jessica Pyke			40.9				14.9								9.37			2.53		6.19
11B	501	Michael Nicolaides				1:49.4	3:59.3		18.6								5.85		9.63			5.38
11B	1423	Stuart Brennan																1.10				
11G	1437	Jessica Oates				1:22.0	3:01.7		13.5											3.12	5.54	
12B	1392	Aidan Norbury			32.2		2:53.0		11.6											3.92		
12B	1436	Jack Bolingbroke			40.5																	
12B	1442	Ryan Coleman		15.3	34.2				12.2									1.10		3.78		8.43
12B	1480	Aaron Lowe				1:23.2		6:12.7								Comp		1.30	14.16			7.53
12G	6632	Katherine Catcheside		15.6													9.50			3.54		
13B	1479	Thomas Lowe			37.1															3.42		7.00
13G	1382	Johanna Sveinsson		15.2													19.01				6.01	7.92
13G	1434	Eloise Lutz					3:43.4										16.33			2.74	5.02	
13G	1499	Dene Grobler		16.1		1:28.0				17.8							16.02		15.32			
13G	1514	Kimberly Lambert			31.2					16.7											4.42	
14B	6631	Sam Catcheside		13.3	28.2																4.30	

## Personal Best Day 2009 - Flinders

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
14G	1449	Brooke Trengove		14.3		1:10.2				15.5								1.30				9.36
14G	1457	Emily Pyke		15.3													16.19		11.45			
15G	1381	Lara Sveinsson		15.2																	6.40	7.46
17G	1459	Sarah Jamieson									16.0						17.94			4.13	7.70	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
6G	1476	Michaela Kelly	473	Javelin	18.26	Not a standard event for age group
8B	1497	Lachlan Burrow	798	High Jump	1.00	Too many field events
12B	1392	Aidan Norbury	729	100m	15.7	Too many track events

## Personal Best Day 2009 - Gawler

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6G	4072	Jessica Bayly	19.3														3.07			1.30	2.17	
7B	4084	Cameron Pope	15.2	21.6					16.8								6.83			2.11		
7B	4180	Benjamin Cannizzaro		23.3	49.3				15.3								14.02				5.57	
7B	4194	Oliver Matthews	15.3		47.3				16.4								7.82			1.99		
7G	4208	Rebecca Satchell	14.9	20.5	44.4												10.70			2.29		
7G	4211	Kate Roennfeldt	18.4	29.0													5.74	0.70		1.44		
8G	4103	Abbey Supple	12.3	17.6	37.5													1.00			4.78	
9B	4207	Shane Satchell	13.3	18.5	43.3												10.75			2.70		
9G	4071	Rebekka Bayly	16.1										5:55.7				6.88	0.80			3.40	
9G	4105	Shantelle Laube			41.3				13.4									0.95			5.26	
10B	4081	Marcus Howard		18.5													8.83			2.81		5.84
10G	4193	Pheobe Matthews			33.9	1:19.3	2:59.7													3.45		7.49
11B	4083	Dylan Pope		14.8	31.8	1:15.7											18.39		16.81	3.72		
11B	4191	Alec Stimson			38.7				13.7								14.78		23.24		6.63	
11G	4107	Cassidy Lebusque		16.5					13.9											Comp	4.63	6.12
11G	4140	Claudia Harvey		16.6	37.0														11.08	3.26		6.98
12B	4080	Ned Staehr				1:26.7	3:14.1										14.43	1.30	16.32			
12G	4120	Rhiannon Price							13.4													7.40
12G	4126	Jade Byers				1:23.8														3.39		7.31
12G	4157	Ashlee Koske		15.2	32.6	1:22.0											14.36			2.23	6.35	
13B	4139	Jackson Harvey		15.2	31.6														Comp	3.86		8.00
14B	4101	Alex Haydon			29.2	1:06.8					17.4									4.22	4.76	
14G	4087	Katie Devlin		13.4		1:07.9	3:08.3										24.26				10.17	9.57
14G	4097	Kelly Constable		15.6	33.5													1.20		2.83		7.29
15G	4114	Chelsea Lemke				1:04.9							30.4				21.93			5.04		11.13
16B	4099	David Haydon		11.9								14.8	27.3							5.48	9.35	
16B	4181	Peter Rowell				58.4											24.03			5.23		11.08
17B	4197	Royce Liveley																		5.28		

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Golden Grove

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	1374	Aiden Paul	16.9															0.60		1.63		
6G	1155	Kiara Woods			44.3												6.46			1.96	3.87	
6G	1273	Alice Lattin	16.7		1:00.6												2.69			1.40	2.23	
7G	1134	Hayley Goode	14.0	20.7	42.9													0.75		1.89		
7G	1202	Danielle White							17.9								6.71			2.53		
7G	1295	Brooke Moseley	16.0		53.2												4.15			1.54	3.14	
7G	1328	Mackenzie Wegener	14.3		48.7				16.0								6.70			2.06		
8B	1133	Jayden Goode	12.7	17.7	38.8													0.90		3.10		
8B	1204	Jordan Haffner			39.7				14.3								13.59			2.65	5.03	
8B	1229	Lachlan Ball	12.2	19.0													12.50	1.00				
8B	1272	Jesse Lattin	14.9		47.4												7.59			1.84	4.75	
8B	1367	Aidan Lee	15.4		47.8				16.5								6.83			2.43		
8G	1173	Jessica Mills			40.5				13.4								7.90			2.24	3.68	
8G	1242	Naomi Allotey	13.0	18.8														0.85				
8G	1274	Telisah Brokate							14.7								10.29	0.85			5.24	
8G	1332	Hannah Lawlor							15.2								8.20	0.90			3.98	
8G	1372	Becky Magro	12.0															0.85		2.85		
9B	1135	Yeab'Sra Bambrick	18.1	25.5	58.9												Comp			1.65		
9B	1142	Connor Campbell			35.9		3:02.2		12.1								13.49			3.19		
9B	1179	Bailey Allen	11.7	16.5	35.6															2.92		
9B	1192	Joshua Spence			35.9												13.84				5.76	
9B	1232	Nathan Spence			47.6												11.20				5.21	
9B	1254	Tyson Cobby		18.1	38.1				13.4								8.59	1.00				
9B	1269	Adam Chapman		18.0	39.7													0.95				
9B	1312	Cory Herrmann		17.6													12.30			2.98	4.38	
9B	1373	Tyson Paul	14.4															0.85		2.16		
9G	1197	Jessica Quinn	13.1		41.2									5:05.3			10.74					
9G	1237	Amy Horskins			41.8				14.1											2.22	3.85	
9G	1309	Isabel Coleman					3:10.1										10.65					
10B	1220	Kyle Barnett							14.5									1.05				6.92
10B	1228	Cameron Ball			37.6		3:20.4		13.7									1.10			5.99	
10B	1299	Aaron Pretorius							12.7													
11B	1189	Matthew Herrmann		16.0													14.68			3.61	7.11	

## Personal Best Day 2009 - Golden Grove

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
11B	1271	Shaun Stonelake			40.5				15.2									1.00		2.80		
11B	1315	Samuel Burr			39.7				13.2									1.10		2.99		
11B	1377	Stephen Melville			49.7													0.85			4.02	
11G	1216	Kimberley Elliott			38.3				15.1								13.60	1.10		2.80		
11G	1253	Erin Cobby			34.9	1:28.5			12.5									1.10		3.62		
12B	1241	Billy Allotey		13.1																4.73		9.83
12B	1308	Samuel Coleman				1:11.3		5:29.8														
12B	1356	Joshua Pongbourne						5:54.3														
12G	1168	Zoe Martin		14.7													17.57		17.64		6.57	
12G	1196	Jaimee Quinn				1:25.6		6:01.1								11:22.7				2.75		
12G	1334	Madison Reynolds																		2.72		6.14
12G	1366	Nadia Thredgold		16.3					13.5							Comp	15.90			3.52		7.58
13G	1131	Liana Wesselingh		14.3		1:18.1											25.78			4.29		9.64
13G	1138	Kira Bambrick			34.2												14.66			3.58		
13G	1250	Hayley Sayers		13.9						15.5							22.81					
13G	1378	Michelle Melville-Smith		17.7	40.3		3:34.2										8.20			3.01		
14B	1307	Nathan Coleman				1:13.7													1.25			8.12
14G	1167	Carly Martin		13.7						14.3									1.50	19.44		9.45
15B	1137	Luke Bambrick		14.2		1:09.2						20.0					24.80		15.16			8.72
15G	1132	Zahlie Davies															37.81		19.55		10.44	
15G	1150	Amie Blanden								15.2		33.4						1.55	33.45	4.61		
16B	1146	Jordan Portlock		12.2	25.0	59.0											27.62			5.20	8.21	
16G	1136	Jenna Bambrick		16.2									42.3			10:38.4	13.30		9.85		6.92	
16G	1310	Jessica Strawbridge				1:04.7							32.0				30.31		19.07		9.32	
17G	1259	Lauren Ciappina		13.7																4.39	6.13	8.33

## Personal Best Day 2009 - Golden Grove

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
------	-----	---------	-----	------	------	------	------	-------	------	------	------	------	------	------	-------	-------	--------	------	--------	------	------	--------

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
6G	1155	Kiara Woods	405	60m Hurdles	14.8	Not a standard event for age group
9B	1135	Yeab'Sra Bambrick	779	Shot Put	2.49	Too many events
9B	1135	Yeab'Sra Bambrick	708	700m Walk	Comp	Too many track events
9B	1312	Cory Herrmann	807	High Jump	0.95	Too many field events
10B	1228	Cameron Ball	749	100m	17.2	Too many track events
11B	1189	Matthew Herrmann	807	High Jump	1.30	Too many field events
16B	1146	Jordan Portlock	820	Javelin	22.84	Too many field events



## Personal Best Day 2009 - Hallett Cove

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	1049	Samuel Heaver	15.6	23.2	51.3															1.61	2.44	
6G	1070	Alice Horton			1:01.3												4.14				3.04	
7B	1044	Connor Jones							16.7								9.03			1.67	5.00	
7B	1069	Callum Horton			46.8												7.25				3.79	
7B	1093	Corey-Jay Eyndhoven	12.5														15.40			2.70	5.13	
7G	1076	Alia Thomas															6.72			2.07	2.77	
7G	7411	Tamsyn Morris	13.9		43.8				16.1								6.60			2.12		
8B	1062	Cameron Wilden	14.4		42.5				14.3								9.08	0.85				
8B	1101	Drew Tallisker-Mckay	14.9	22.0	48.5												6.94					
8B	7991	Owen Gregory																Comp		2.10		
8G	1034	Montana Mckinnon	14.5		44.6				15.0								8.84				4.98	
9B	1041	Daniel Carlin					3:14.4		13.6								9.86	1.10			4.79	
9B	1060	Sam Stockton	13.7	20.2	41.3													0.85		2.46		
9B	1094	Isazah Eyndhoven	12.9																	2.81	5.27	
9G	1048	Megan Heaver	12.4	17.7	37.7													0.90				
9G	1092	Abbee Eyndhoven	13.7																	2.44	4.23	
10G	1078	Chantel Pritchard	13.8														11.79			2.85	5.12	
10G	1100	Saskia Tallisker-Mckay	13.6	19.8	41.3															2.46		
11B	1061	Kaleb Wilden		16.3	35.3				13.8											12.42	3.70	5.52
12B	1039	Sean Hall		16.9	35.3															16.20	1.00	3.40
12G	1040	Melanie Carlin		18.6												Comp	11.00					6.05
13B	1119	Adam Hartley		14.4		1:13.4		6:10.8													3.49	6.87
14B	1054	Dean Adair			25.2	56.3				14.6									1.50		5.13	
14G	1063	Cassandra Harvey		15.2	31.5																3.74	8.76
15B	1091	Zoc Ilee		12.7	27.8												24.27				4.47	9.91

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
8B	7991	Owen Gregory	789	High Jump	0.75	Already competed in event
10G	1078	Chantel Pritchard	810	High Jump	0.95	Too many field events
14B	1054	Dean Adair	757	100m	12.6	Too many track events

## Personal Best Day 2009 - Henley Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	827	Nathan Marshall	16.1	24.7													5.31			1.86	2.94	
5G	692	Demi Bates	19.1														5.21			1.49	2.20	
7B	708	Curtis Groves	14.3	20.6	46.5												11.11	0.85				
7B	720	Nikolai Dobrovolski															9.65			2.21	5.58	
7B	773	Cooper Condelli	13.2	17.4	39.3													0.95			4.02	
7G	691	Zani Bates	15.4		46.9												6.27			1.95	1.96	
7G	826	Lauren Marshall	14.0	20.9													7.77			2.36	4.09	
7G	839	Emily Sibley	17.0		51.9				19.4											1.82	3.13	
8B	687	Alexander Harpas	13.3		40.9				13.5								10.79				4.29	
8G	684	Jessica Wiseman	14.0						14.5								9.02			2.26	4.39	
8G	701	Abbey Bennett																0.90		2.51	2.57	
8G	935	Lauren Cavanagh	13.0	18.9	38.8												5.68				3.60	
9B	716	Jamieson Smith			39.0				12.5								10.25			2.95	5.65	
9B	771	Jordan Checker	12.6						13.2								10.72	1.05			4.68	
9B	772	Jake Condelli	11.9	16.7	39.3													1.00			4.53	
9B	806	Matt Lipman							12.6								12.88				5.13	
9B	6403	Thomas McCormack	11.2	15.9	34.4															3.31		
9G	724	Jamie Elson	12.8		37.9				13.3								8.11				4.78	
9G	752	Britney Koziura	14.0						13.4								10.73			2.24	4.62	
9G	909	Samantha Simons			39.1				13.1								10.19	1.15			5.60	
9G	6400	Janeth Golding		17.0	35.8				12.9								8.49				5.59	
10B	690	Sax Bates	12.7		37.8													0.95			5.30	6.34
10B	838	Harry Sibley	11.7		35.3				13.5											3.14	5.19	
10B	985	Harrison Johnston	11.0						12.4								19.06				6.60	
10B	6406	James Pedlar			35.1												15.08				5.75	
10G	686	Christina Harpas	13.3		41.5												9.75				4.19	6.00
10G	700	Rena Bennett							13.9									1.05		3.10		
11B	805	Christopher Lipman															13.05	1.15		3.59		
11B	915	Mark Yeatman		14.7																	4.16	9.01
11G	698	Gabriella Owens		17.9	35.7												11.51	1.15	13.40			
11G	751	Brooke Koziura				1:26.1													6.69	3.13	4.51	
11G	900	Eloise Cocks		18.1													12.57	1.07	10.20			
12B	699	Kane Bennett							11.4									1.30	24.03			

## Personal Best Day 2009 - Henley Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
12B	934	Declan Carruthers							11.7									1.43		4.00		
13B	757	Billy Stretch								14.2										4.55		
13B	936	Adam Coles			29.2													1.50		4.47		10.52
13B	6951	Jack Kent		14.4																4.49	7.04	
13G	697	Chiara Owens		16.5	35.0												20.81	1.05	19.56			
13G	770	Emma Checker				1:07.9				14.4										31.97		9.24
13G	800	Charlotte Cocks		18.1													25.22		13.90		7.71	
14G	912	Nikita Trewartha								16.8										3.92	5.57	8.81
14G	999	Ellie Meich				1:07.7				15.5										4.55		
14G	6399	Rachel Fisk					2:50.4										14.41		21.33		6.71	
15G	756	Charlotte Stretch						5:18.5			19.2										4.45	
17G	1000	Jessica Meich																	20.81	4.75	8.18	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9G	724	Jamie Elson	804	High Jump	1.00	Too many events
9G	724	Jamie Elson	713	100m	18.7	Too many track events
9G	6400	Janeth Golding	804	High Jump	0.95	Too many events
11B	805	Christopher Lipman	817	Triple Jump	8.19	Too many field events
11G	751	Brooke Koziura	814	Triple Jump	6.43	Too many field events
11G	751	Brooke Koziura	770	Discus	9.10	Too many field events
14G	912	Nikita Trewartha	815	High Jump	1.25	Too many field events
17G	1000	Jessica Meich	813	High Jump	1.55	Too many field events

## Personal Best Day 2009 - Hills

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	630	Sirak Gehling	15.6	22.4																1.72		
6B	6463	Mitchell Roberts			50.0															1.91	3.47	
6G	6576	Rebecca Tindale															2.51			1.76	2.89	
7B	7012	Joel Stapleton		24.8	49.0				15.8											1.69	3.36	
7B	7712	Will Floyd															5.71	0.70			2.75	
7G	6443	Allani Dawes			44.0				14.4								8.17			2.24		
7G	6468	Miranda Shoubridge	17.5		49.5				16.9								4.31			1.87		
8B	6575	Ciaran Tindale																0.95		2.58	4.59	
8G	514	Eden Conroy	12.7		40.6				13.5									0.95		2.55		
8G	620	Elsie Potezny							15.3									0.80		2.13		
8G	6462	Kaitlin Roberts			43.3				15.3											2.28	4.42	
8G	7011	Isabelle Desari	13.3	20.0													6.68			2.36		
8G	7015	Tayah Stapleton	14.3		40.6				14.0									0.80		2.48		
9B	639	Dion McLaren-Fels		17.9	39.1		3:24.8														2.98	
9B	6442	Ostyn Dawes			37.5				12.4								17.14					
9B	6612	Caden Rogers			39.0		3:21.4										13.19			2.97	5.60	
9B	7005	Zane Olenich	11.9						12.2								21.12	1.10			6.29	
9G	6439	Sintra Cowlam		16.6	37.2				13.0									1.20		3.59		
9G	7713	Grace Floyd															5.09	Comp			2.79	
10B	6444	Callum Dawes							13.7									1.15		2.95		5.94
10B	7014	Riley Stapleton		16.6			3:07.6		12.9											3.33	5.76	
10G	624	Bonnie Farries		16.6	34.9				13.0								14.27			3.18		
10G	6467	Claire Shoubridge			38.4		3:52.2		15.3											2.82		5.42
11B	499	James Cartwright			33.2		2:40.4											1.10		3.74		
11G	619	Julia Potezny						6:04.0							7:50.8				9.14			
11G	6441	Elsie Dawes							11.9								12.00			3.66		8.18
11G	6611	Jacinta Rogers																1.15	12.98		5.55	
11G	7017	Jasmine Anderson							11.9										11.52	4.03		8.43
11G	7036	Portia Desari		15.9					13.3						8:39.3			1.20		3.53		7.88
12B	638	Kym McLaren-Fels				1:08.9	2:47.6										13.51					
12G	637	Madeline Hosking		15.8	34.7				12.7										16.11			7.07
12G	654	Mollie Scanlon		14.8	31.0															3.50		
13G	618	Jemma Potezny						5:34.4								9:43.6			20.73			

## Personal Best Day 2009 - Hills

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
13G	7013	Sheydin Stapleton		16.6				6:19.8		20.8										3.17		6.82
14B	503	Ben Cartwright			31.4			5:01.9											16.76		4.57	
14B	6608	Jess Parker		12.7	29.2																	
14G	483	Demi Axford		14.2	30.0												16.00					
14G	616	Jessica Ward					3:42.0										21.97		23.00		9.42	
14G	658	Rebecca Souter								13.9										4.46	7.58	
14G	6440	Georgia Davey																1.55	23.29	4.40		
15G	617	Tessa Potezny						5:05.6									15.70				5.56	
15G	7016	Ashlee Anderson											33.0					1.50	25.33	4.46		
17B	481	Andy Axford					2:17.8										27.36	1.75				
17B	482	Matt Axford					4:52.1						31.3				20.17		23.95			

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
14G	6440	Georgia Davey	780	Shot Put	6.93	Too many field events
15G	7016	Ashlee Anderson	809	High Jump	1.50	Already competed in event

## Personal Best Day 2009 - Ingle Farm

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	6853	Calvin Fauatea			53.4													0.65		1.81	3.35	
6G	7676	Emma Lentic-Monti	19.8		1:02.1												1.96			1.05	1.65	
7G	442	Tayla Norsworthy	13.7	20.2	42.2												4.49				3.74	
7G	7678	Cheyann Ashworth	15.1		45.3												5.04				2.90	
8B	423	Jack Garwood			42.4				16.0											2.42	4.81	
8B	445	Samyak Jain	13.1						14.5								10.84			2.97	4.53	
8G	453	Sarah Fraser															9.51			1.75	4.92	
9B	573	Andrew Franze	12.2	17.6	36.5													0.90		2.09		
9B	576	Mitchell Jarrad	12.6		39.4				12.8								13.22			2.70		
9B	7679	Ethan Ashworth	13.9		39.8												12.39			2.46		
9G	418	Nikki Thompson			39.3				12.3								22.40	1.15			6.55	
9G	449						4:03.8		14.6								9.90	1.05			4.05	
9G	451	Khiara Wilkey			44.9				15.0								11.75	0.85			4.57	
10B	414	Ryan Dorrian			34.4	1:18.7												1.20		3.45		7.67
11B	429	Zachary Treimanis							15.9								27.25				8.50	
11B	433	Ian Bear					3:39.5		17.0								9.34			2.45		5.46
11B	6877	Jaidyn Contreras-Kieu							15.8								7.53	Comp				4.58
11G	6866	Chloe Ireland													11:06.5		15.60		9.43		6.03	
12B	464	Liam Cullen		21.4	49.8												23.42	1.00	25.56			
12G	416	Adelena Sanders			38.6											10:46.6			12.05	3.09	5.74	
13B	413	Lachlan Dorrian			33.9	1:14.4	2:55.4											1.35		3.54		7.63
13B	450	Jake Wilkey		14.5	31.0	1:12.0											22.33	1.30			9.15	
13B	6876	Alek Contreras-Kieu			37.2				19.9									Comp		Comp		Comp
14B	415	Liam Sanders		15.2	31.5															2.91	6.05	7.47
14G	441	Kaili Norsworthy		15.0	30.8														17.78			7.88
17G	417	Charlene Thompson								19.4			37.1				28.57		27.05		11.28	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Magill

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	313	Riley Hatley	16.5															0.60		1.80	3.18	
6B	354	Joe Cross	14.2	20.6	42.8															2.31	2.45	
7B	303	Nicholas Egarr	14.0		39.5				14.6													
7B	7136	Alex Allum-Henson	13.5						13.7												2.22	4.80
7G	336	Zoe Guerin			47.6				15.9									0.75		1.92	3.62	
8B	292	Aidan Griffin	15.3						15.8									0.80		2.19	3.94	
8B	312	Jackson Hatley	12.2						13.2								14.09	0.95			7.42	
8B	344	Cameron Blackwell	12.5	18.7					13.3									0.95		3.00		
8B	357	Richard Yunupingu	12.4	17.4	41.0													1.00				
8G	328	Sarah Damin	14.8	21.8													8.63			2.05	4.23	
8G	347	Sophie Greet	13.3	20.1														0.95		2.23		
8G	353	Bethany Cross	15.1		46.3				14.8								7.58				3.86	
9B	302	Alexander Egarr	12.7						13.9									0.90			4.76	
9B	316	Jak Goudman-Glasson			38.3				13.3									1.10		2.93		
9B	339	Adam Binks	13.1										5:06.7					1.05		2.88	5.00	
9B	340	Daniel Binks	12.8				3:05.3		13.2									1.10		3.02		
9B	383	Matthew James	12.2	18.5									Comp							3.03	5.10	
9B	410	Isaac Allum-Henson	12.2				3:07.5		13.3									1.05				
10B	309	Michael Fairbrother	12.3						13.7													
10B	327	James Damin		18.0		1:31.3											15.91				5.39	5.96
10B	386	Saxon Turner	11.3		32.5	1:22.6																
10B	7143	James Powell			40.1	1:32.3			14.2													
10G	346	Emma Greet	11.6	16.7														1.10		2.95		
10G	352	Anna Cross		19.6	40.1				15.0											2.86		5.02
10G	387	Minnie Turner			34.8	1:26.1																
11B	335	Lachy Guerin					2:54.9	5:56.5									11.87	1.05	7.23			
11B	356	Michael Yunupingu		15.5	34.3									8:26.5								
12B	293	Samuel Andersen		16.5					14.3												3.52	Comp
12B	343	Jeremy Blackwell		15.2														1.25		3.57		7.87
12B	385	Bailey Turner				1:08.7																
13B	291	Alistair Griffin							19.4							12:49.3	12.37			3.59		7.72
13B	325	Jack Rumbelon				1:10.3		5:58.8								8:53.3				3.53	5.96	
15B	314	Tullio Dematte'S		13.0		58.7	2:33.4															

## Personal Best Day 2009 - Magill

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
15B	315	Daniel Crouch		15.8												8:52.6	22.21		20.48		7.05	
16B	329	Samuel Ennis		12.2														1.70		5.67		11.88
17B	317	William Crouch		13.1													35.71	1.55			12.28	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
8G	347	Sophie Greet	708	700m Walk	5:55.5	Not a standard event for age group
9B	339	Adam Binks	827	Discus	13.02	Too many field events
9B	340	Daniel Binks	708	700m Walk	4:27.9	Too many track events
9B	383	Matthew James	827	Discus	13.94	Too many events
10G	346	Emma Greet	708	700m Walk	Comp	Not a standard event for age group
17B	317	William Crouch	824	Javelin	33.76	Too many field events



## *Personal Best Day 2009 - Mannum*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
9B	4310	Nick Taylor			32.6		3:01.0		12.0								14.00				4.93	
12B	4309	Christopher Taylor			33.3	1:19.7		6:00.6												4.00	5.81	8.90

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## *Personal Best Day 2009 - Mid North*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>	
7G	7866	Abbey Dare							16.9														

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Mildura & Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6G	4567	Gemma Doyle			1:00.4															1.50	3.00	
8B	4566	Amos Doyle	13.5		37.8				13.1											2.54	5.84	
9G	4565	Bonnie Doyle	13.0						13.1					5:45.5						2.41	4.22	
10B	4585	Christiaan Van Aardt	11.3		34.9																	
11B	4556	Kelly Rayner						6:01.5													3.14	4.81
12B	4437	Liam Christian		16.1		1:14.0	2:55.6													3.70	6.55	
12B	4438	Dylan Christian		16.0		1:13.4	2:55.2												23.26			8.65
12B	7161	Jacobus Van Aardt				1:15.1		5:58.1														
12G	4569	Hannah Doyle				1:15.6	3:09.6									10:40.1				3.16	6.86	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
8B	4566	Amos Doyle	789	High Jump	0.80	Too many events
9G	4565	Bonnie Doyle	797	Discus	11.65	Too many events
9G	4565	Bonnie Doyle	677	100m	19.0	Too many track events

## *Personal Best Day 2009 - Mount Compass*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
7G	7735	Sarah Williams	14.7	20.9	45.8													0.75			3.75	
8G	4845	Adelaide Arnold-Oakes	13.3		41.6				14.2												2.46	
10G	4844	Scarlett Arnold-Oakes			35.9				13.0									1.23		3.32		6.97
11G	7734	Kelsey Williams		18.9					14.4								9.24		10.71		4.73	

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Mt Barker

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	4722	Tom Megson	19.5														5.97			1.11	1.99	
7B	4712	Jake Jolly			56.6				18.5											1.91	3.20	
7B	4714	Riley Karayiannis		20.3	44.7												10.27	0.85			3.39	
8G	4721	Jackie Megson							16.3								9.43	0.80				
9B	4702	Michael Baraglia		19.8													11.54			2.47		
9B	7546	Royce Cotter	11.9		35.8				12.2								8.38				3.92	
10B	7547	Jarryd Cotter			34.9		2:58.6		13.7								10.36				4.94	
11B	4701	Hayden Baraglia		17.1			3:15.8													2.98	5.58	
11G	7548	Rachel Lee		23.0															6.70			4.94
14B	4765	Oliver Edwards																			7.47	
15B	4760	James Lee		13.7									32.5				27.32	1.50				10.42

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
15B	4760	James Lee	825	Javelin	38.65	Too many field events

## Personal Best Day 2009 - Munno Para

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple	
6G	7261	Angel Lee	15.6	23.6	49.0												4.91	0.70					
7B	205	Declan Gillard-Martin	15.2	21.7	45.5												10.53				4.63		
7B	267	Liam Peake	14.6	20.2													9.25			2.25	4.81		
7B	269	Tyson Wood		20.1	43.5				15.8								8.73			2.14			
7G	219	Chloe Webley			52.2				16.2								6.90	0.80		1.80			
8B	7260	Billy Lee	12.0	17.7	40.1													0.90		2.90			
8G	215	Tiana Haddon	13.5	20.8													9.51	0.85		2.57			
9B	242	Christopher Ball	12.1	17.4	37.2												13.14			2.68			
9B	266	Joshua Peake	15.3	22.7													8.12			2.08	2.21		
9G	202	Shelbie Cole	16.3	25.3					16.2											1.65	2.26		
9G	209	Rhiana Hooker	12.7						12.9					5:06.1									
9G	221	Olivia Leedham	15.0	22.2					14.1								8.31	0.85					
10B	204	James Gillard-Martin					3:39.6								9:59.5		8.82	1.10			3.78		
10B	254	Daniel Pring		19.4	38.9				15.7								7.49			2.52			
10G	253	Kendra Pring		20.8	45.1				16.6								6.78			2.42			
10G	268	Rachel Wood		19.1	41.2				15.2								9.46					5.96	
10G	290	Chantal Ball	13.8	19.4	42.7															2.44			
11B	203	Lachlan Page							12.8								33.80		20.89		13.47		
11B	214	Matthew Haddon		14.7	32.2	1:18.0											16.02			4.03		8.97	
11G	278	Olivia Graf		17.3	36.2			6:54.4									10.40			2.84			
12G	220	Louise Leedham		15.4					12.4										15.25		6.08	7.26	
12G	252	Nikita Pring		22.3	46.0				17.5								9.73		5.41	2.43			
13B	262	Jack Lord																	14.59				
13G	201	Rebecca Cole		15.5	33.1		3:04.7													2.88		7.22	
13G	212	Courtney Shapland			32.6					17.8								1.25		3.99		7.94	
13G	265	Failee Peake		16.3	35.1					21.1							9.94	1.14		2.88			
14B	279	Zac Hibberd				1:26.7		6:54.3									14.02	1.20		3.35			
15B	260	Anthony Smitham																		3.13		6.91	
15G	239	Lianca Way								18.1		37.7						1.25	13.39	3.55			
16B	261	Bradley Gurr			26.1																		
16G	256	Ashley Burke								18.5		36.4					15.95	1.20	17.92				

## *Personal Best Day 2009 - Munno Para*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
-------------	------------	----------------	------------	-------------	-------------	-------------	-------------	--------------	-------------	-------------	-------------	-------------	-------------	-------------	--------------	--------------	---------------	-------------	---------------	-------------	-------------	---------------

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Murray Bridge

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	5098	Dylan Mccauley	15.5		46.1													0.65		2.20		
7G	5097	Zara Mccauley	13.9		43.6													0.85		2.19		
11B	5076	Jarrad Burat							11.6											19.07	3.75	6.61
11B	5111	Michael Wegener				1:25.6		6:35.8							7:51.4					14.70		7.59
11B	5145	Liam Altschwager				1:31.6		6:30.4										1.10	11.38			
12G	5075	Rebecca Burat															12.70		10.67			6.69
13B	5110	Bradley Wegener														Comp	16.71		10.62	3.47		

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
11B	5076	Jarrad Burat	818	High Jump	1.25	Too many field events



## Personal Best Day 2009 - Noarlunga

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5G	28	Aleesha Vidler	22.8		1:06.7																1.76	
5G	47	Alexis Mcdougall	17.1	26.8	1:37.3													0.75		1.75		
6B	44	Hamish Kerr		32.9													1.19			1.37		
6B	93	Benjamin Askew	17.5		1:00.3															1.41	2.47	
6B	184	Jake Hudson	16.1	23.9	50.6																	
6G	10	Holly Irvine	20.2		1:04.3												3.83			1.52	1.98	
7B	70	Tom Daniels															8.29					
7B	128	Steven Powell	13.0	20.4													7.31	0.90		2.69		
7B	180	Lachlan Hope	14.4	22.3	45.5													0.85		2.22		
7B	6683	Jack Mitton			41.6															2.58	4.50	
7G	22	Jasmin Klaasen-Thom			52.9				16.4								8.38			1.94	3.25	
7G	43	Madeleine Webster	14.4		44.8				14.7								5.71				4.64	
7G	113	Harmony Currey		21.6					16.0											2.11	2.85	
7G	159	Tiarna Hampton			51.2				16.7								7.67			2.30	3.43	
7G	182	Kahlil Smith			47.7				18.3								5.77			1.60	3.77	
8B	80	Tyson Riddle							14.1								10.18	0.85		2.38		
8B	150	Jackson Pole	12.9		40.2				13.5								10.47			2.85		
8G	5	Ayeisha Wallace	14.2						14.3											2.61		
8G	19	Kara Bendt			51.5				15.2								5.53				2.74	
9B	3	Ethan Hateley	15.4		51.9				16.9								8.78				3.77	
9B	27	Jake Vidler	13.3		39.9									5:05.0							4.72	
9B	46	Jared Mcdougall							13.6					6:06.1			11.45			2.66	4.37	
9B	89	Harrison Evans					3:16.3		13.3					4:46.4			11.87				3.75	
9G	4	Natasha Wallace	15.1						15.5								10.66				4.74	
9G	92	Ava-Rose Askew	14.6		42.4									5:50.1						2.29	3.60	
9G	162	Shae Mcdonald					3:50.8		13.1					5:25.2						2.54		
9G	167	Matilda Silvestri							15.2								6.54				2.87	
9G	200	Darcee Kelly		18.2			3:31.2		12.3								13.06				4.63	
10B	60	Chad Mathews				1:04.4			15.2						9:05.9		18.04				6.53	
10B	71	Jackson Daniels							12.7								17.86			3.39	6.57	
10B	127	Jarred Powell	11.3	16.8											8:39.5		16.70				6.15	
10B	175	Lewis Abdul	10.8	15.3	31.3												14.40			3.99		
10G	9	Vanessa Irvine	13.0														11.17			2.14		

## Personal Best Day 2009 - Noarlunga

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple	
10G	18	Sara Bendt			48.6				15.9								5.17				2.88		
10G	56	Sarah Bourn					3:27.1								8:39.1							6.09	
10G	115	Chloe Olsson																			2.20		
11B	99	Jack Humphries																	13.33	3.47		7.74	
11G	13	Chelsea Kelly		17.0		1:33.4									7:53.2		13.60			3.26	5.87		
11G	166	Bryanne Silvestri							15.2						8:40.4		6.42					4.45	
12B	88	Luke Evans		18.5	38.4	1:30.4											12.84	1.30				4.75	
12B	149	Brody Pole																	Comp	2.41		5.33	
12G	82	Shannon James			34.5				12.9								16.88			3.85	7.24		
13B	26	Dylan Vidler																1.40			8.20	7.89	
13B	50	Jonothan Parker-Bent			33.0					17.4													
13B	72	Shaun West		14.3	30.5	1:20.2														15.98	3.91	7.15	
13B	6685	James Lord		17.0	36.4		3:01.9														3.40	4.71	6.53
13G	1	Kizzy Grice		16.1						19.3						Comp				19.36	3.66	6.71	
13G	59	Melynda Mathews				1:18.5				17.7						10:13.9				14.92	3.54	8.01	
14B	57	Reece Bourn					3:09.9	6:13.1													23.19		
14G	11	Olivia Bendt								19.4							17.19			18.28	3.26		
14G	21	Erin Randall		15.8		1:11.4				19.5												7.32	
14G	53	Hannah Long-Scafidi		15.7													14.01	1.20				6.36	
14G	112	Elofa Currey		14.6			2:53.2										15.62				4.11	6.72	
16B	6686	Thomas Lord					2:28.9						30.5								4.76	8.26	10.03
16G	33	Emily Hutchesson				1:46.3					21.2		42.3								3.46	7.20	7.42
17B	110	Andrew Hutchesson					2:32.5	6:36.6					31.6						1.60		5.72		10.71
17B	124	Alexander Mammone		11.9	24.5																		9.88

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9G	162	Shae Mcdonald	688	100m	17.9	Too many track events
10B	175	Lewis Abdul	801	High Jump	1.15	Too many field events
10B	175	Lewis Abdul	782	Shot Put	6.10	Too many events
13B	26	Dylan Vidler	822	Javelin	19.80	Too many field events

## Personal Best Day 2009 - Plympton

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple	
6G	2147	Renee Roberts	14.3	21.6	45.1															2.13			
7B	2218	Darcy Clark		21.1														0.80			3.03		
7B	2220	Jasper Clark		17.8	37.4													0.85					
7G	2204	Louise Smith							16.1								7.71			1.82	4.67		
8G	2236	Nicole Hewett							14.2									0.90		2.46	3.77		
9G	7819	Annabelle Pyke					3:57.3		14.8					6:17.3								3.96	
10B	2146	Kyle Roberts		15.4	33.1	1:13.0														3.67			
10B	7841	Alex Martini			35.0	1:25.1												1.15					
10G	2188	Lucy Tresidder			42.5		3:58.1		16.3											2.28	4.17		
10G	2239	Grainne Henry			37.3		3:19.5		13.7													4.75	
10G	2256	Sarah Chigwidden	11.5	16.5	34.3																	3.19	
10G	7842	Kristen Martini	11.7	16.5																		3.25	
11G	2195	Erin Offord		16.5		1:32.4		6:57.4														3.08	6.55
12B	2217	Braeden Clark															12.59		16.86		5.20		
13G	7843	Teagan Kustermann			29.4	1:06.1	2:39.1														3.54		
15B	2221	Simon Wong										14.2					36.16	1.65					
15G	2184	Rebecca Sara		13.3	28.0												22.15					7.36	
15G	2185	Kathryn Sara		13.2	28.1																4.52	7.31	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
8G	2236	Nicole Hewett	466	Discus	6.49	Too many field events

## *Personal Best Day 2009 - Port Augusta*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
11B	5517	Billy Pratt-Hedger																	23.48			
12B	5515	Jayden Upton				1:14.4												1.35		3.91		

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Reynella East

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	2274	Tyson Donovan			58.1												9.29				3.75	
6B	2342	Lachlan Wilson	15.6	21.8													11.00	0.80			4.23	
6B	6169	Liam Robertson	16.9														6.54			1.30	2.33	
6B	6182	Oscar Canning	17.4														7.30			1.68	2.97	
6G	6185	Jasmine Chiappini	17.1	26.2													3.96			1.57	3.55	
7G	2283	Holly Saberton	14.0		44.5				14.3									0.85		2.35		
7G	2300	Paige Francis	15.2	23.3	49.1													0.75		2.15		
7G	6160	Alana Golka			54.3				16.8								4.51					
7G	6190	Tegan Mills							20.8								5.11			1.46	3.21	
7G	6191	Jasmine Hoare															4.41			1.62	2.37	
8B	2291	Tyler Oliver			42.7				13.4								14.95			2.87	5.74	
8B	2308	Tyson Forster			44.1				14.1									0.95				
8B	6158	Jake Golka			41.8				14.1								12.42					
8G	2273	Olivia Donovan			46.9												5.06				3.07	
8G	6157	Bridget Ramsey	15.1						15.5								6.01			2.04	4.07	
8G	6174	Jessie Harrington			49.4				17.0									0.70		2.01		
9B	2275	Zach Reekie					3:21.9							5:03.0				0.90				
9B	2377	Gabriel Bayliss		18.5	43.5				13.3											2.46	4.18	
9G	2270	Alexandra Philis		16.6			3:04.6		12.1								11.98			3.26		
9G	2281	Phoebe Saberton			40.4		3:45.6		12.6									0.95		2.60		
9G	2299	Caitlin Francis	11.4	16.7	34.2													1.10		2.92		
10B	2285	Ryan Bennett			38.1				14.7									1.00				6.56
10G	2346	Nicole Chamberlain					1:36.5		13.7												4.96	6.22
10G	2351	Sarah Harrington					1:36.2	3:38.0	14.8								8.69			2.33		
11B	2311	Michael Hirschausen		16.3			1:38.1												11.14	3.43		7.69
11B	2360	Tysan Clark		15.9	34.1				13.2										Comp	3.25		
11B	6184	Dillan Chiappini															13.12			2.24	5.60	
11B	7451	Lynton Turner		17.0	36.5				14.1								13.35			3.20		6.36
11G	2262	Kayla Higgins		17.4			1:22.5	6:08.8											13.01	3.25	4.90	
11G	2335	Ashleigh Fox		17.4	37.0				14.5									1.00	8.91			6.48
12B	2307	Kieran Forster							12.6								15.06			3.47		
12B	2321	Jamie Miller		14.7													14.41			3.55		
12B	2339	Kurtis Marschall					2:51.1		11.4										29.01	4.29	8.07	

## Personal Best Day 2009 - Reynella East

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
12B	2380	Brett Holland		15.2					12.8											4.12	6.14	9.00
12G	2268	Tayla Philis							10.2											4.29	7.42	
12G	2272	Kate Reekie														11:06.2			14.92		6.69	
12G	2304	Amy Higgins		17.0	36.7											11:39.8			12.68	3.16	4.59	
12G	2306	Melissa Hirschausen		14.9	31.8				13.3								12.54			3.84		8.14
12G	2320	Samantha Findlay				1:21.9		6:37.8										1.00		3.19	4.16	
12G	2341	Keah Wilson		16.4			3:37.1									10:28.5	10.70	1.15			6.16	
12G	2353	Deanna Johnston				1:16.2												1.25		3.65		
12G	6155	Yianna Giannopoulos			36.3												9.79			2.98	4.28	
13B	2324	Patrick Marshall		14.2		1:05.8	2:36.3												14.36	3.99	8.63	
13B	2334	Sam Fox			31.5	1:08.8	2:36.3													3.85	8.14	8.21
13B	2340	Darian Wilson		14.9			2:50.3			15.5							15.45			3.85		8.89
13B	2354	Joshua Hutton		17.6			3:02.4			21.4							17.59	1.20		3.57		
13B	2356	Luke Harrington		15.4	31.8		2:52.2											1.20	14.95	3.71		
13B	6176	Ryan Harrington		16.5	36.0												12.55			3.46		6.79
13G	2345	Melissa Chamberlain					4:06.6									Comp	12.49			2.86	5.07	
14B	2358	Daniel Harrington		14.8	30.8						18.6						15.84			4.08		
14B	6164	Bradley Thompson															21.18	1.65		5.22		
14B	6183	Shannon Chiappini		12.7													28.91			5.23	9.95	
14G	2305	Kristy Hirschausen		13.5						15.1								1.35		4.05		9.44
14G	2344	Kimberley Chamberlai		15.0	32.0												16.59			3.74	6.71	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7G	6191	Jasmine Hoare	798	High Jump	Comp	Too many field events
12B	2339	Kurtis Marschall	812	High Jump	1.40	Too many field events
12G	2320	Samantha Findlay	819	Triple Jump	6.84	Too many field events

## Personal Best Day 2009 - Salisbury

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	2427	Liam Palumbo	19.0																	1.23	2.65	
5B	2454	Ethan Alagich			54.3													0.55		1.63		
6B	2384	Josiah Brand	19.0		58.4												5.91	0.60		2.16		
6B	2405	Dylan Matthews	17.3		54.7												7.89			1.67	3.83	
6B	6519	Aidan Neate	15.0		50.1												6.33			1.91	2.45	
6G	2406	Shanaya Matthews	17.5		56.2												4.60			1.61	2.02	
7B	2385	John Hollitt	19.0		1:14.0				28.2								3.71				1.87	
7B	2393	Remie Schliwa			43.1				15.4								9.24	0.80			3.93	
7B	2429	Andy Wakefield	20.1						23.2								5.38			1.40	3.31	
7B	2431	Blake Stevens			40.4				13.8								11.88	0.90			5.16	
7B	2462	Jaxson Bullen			41.1				13.6								14.53			2.29	5.21	
7B	2479	Tyler Wakelin							18.8									Comp				
7G	2453	Mikayla Statham			46.8				15.9								5.38	0.70		1.88		
8B	2444	Jordan Dunlop		21.4	43.8				14.0								7.77	0.80				
8B	2445	Ethan Martland-Dabbo							14.3								11.80	0.90				
8G	2457	Tori Statham			1:16.6				19.9								5.70	0.65		1.80		
9B	2452	Brodie Statham							14.6				6:23.2				9.92	0.90		2.38		
9G	2386	Ruby Hollitt	14.4		44.5				14.7								6.93				4.29	
9G	2404	Cheyenne Matthews					4:29.7		30.2				6:10.1				8.71			2.32		
9G	2411	Brittany May			44.6		4:03.5		14.6											2.30	6.65	
9G	2412	Hannah Garnish					4:02.4						6:24.3								3.35	
10B	2401	Dion Lawlor				1:30.5															5.32	6.87
10B	2403	Jacob Russo				1:21.9			12.0					7:12.9				1.40				8.17
10B	2421	Benjamin Hubbert				1:38.2	3:25.2		14.2									1.05		3.05		
10B	2422	Ethan Gray	11.9						15.3											3.21	7.02	7.43
10G	2399	Schlindalee Boothby	12.3						13.9						8:34.4			1.05		3.41		
10G	2430	Lillee Wakefield	17.3	26.4											11:28.3		7.86				3.62	
10G	2443	Heather Dunlop				1:25.2	3:12.5		14.1								10.12			2.80		
10G	2477	Jade Birmingham			36.8	1:28.3	3:10.6													3.04		7.28
11B	2413	Connor Garnish							16.1										10.21		6.28	
11B	2433	Michael Aubert				1:18.7								9:11.8		13.90			15.71			8.37
11B	2446	Thomas Martland							13.5									0.90	13.37			
11G	2392	Isabel Schliwa			45.0			7:34.7	16.4										7.21	2.48		4.88

## Personal Best Day 2009 - Salisbury

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
11G	2420	Kathleen Hubbert		20.2	43.6	2:02.6											10.67			2.75	4.46	
11G	2426	Cassandra Palumbo						7:04.4							8:40.8				8.42	3.17		6.64
12B	2387	Brett Unwin		17.1	40.5												15.93		10.82		5.31	
12B	2400	Damon Lawlor					3:11.6	6:25.3	12.5										19.45	3.96		7.79
12B	2450	Matthew Mahony		16.1	35.5												16.01		15.02			8.18
12B	2478	Stefan Simic		16.1	34.8				12.3											3.65		8.17
12G	2428	Danielle Slaughter		15.6					11.6							10:53.8		1.35	17.14		10.15	
12G	2442	Brooke Dunlop		15.7			3:16.2		14.3										8.07	3.42		7.73
12G	6520	Chantelle Rendall		16.9					14.4							11:25.3		0.95		3.19		6.30
13B	2394	Daniel Weetra		15.0	30.5					15.4							25.93			4.06	8.66	
13B	2402	Owen Hvalica				1:18.8				17.8							14.07			4.02		8.47
13B	2423	Joshua Russo		14.8						15.9						9:28.2	26.17		27.76		10.39	
13B	2432	James Aubert		15.0			2:59.7									11:11.5	15.05				5.97	8.19
13G	2383	Charlee Boxall			31.4	1:10.1		5:41.4									15.70		8.43			8.27
13G	2391	Amy Schliwa				1:30.8		6:59.0									10.95		9.00			5.77
13G	2425	Selina Palumbo														Comp			17.17		5.20	5.27
13G	2447	Alisha Martland								19.5						Comp	11.21		8.35			6.56
13G	2488	Emma Cooney														11:09.0	9.87		6.93		4.28	
14B	2407	Luke Baehnisch									18.0					10:30.1		1.45	22.26		6.52	
14B	2440	Peter Huckstepp				1:10.5													1.25		4.20	8.34
14G	2419	Tiffany Hubbert		18.0						25.5						14:03.5	13.84		13.68		5.73	
14G	2448	Simone Martland														10:58.6	11.44		13.38		4.86	
15G	2424	Vanessa Palumbo																1.40		3.90		8.57

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
10B	2403	Jacob Russo	782	Shot Put	6.99	Too many events



## Personal Best Day 2009 - Salisbury East

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	2592	Tios Lekkas	14.6	21.8	45.3												11.49			2.07		
6G	2511	Emma Cotgrove	16.4	24.6	54.5												5.16			1.74		
7B	2536	Patrick Warnes	14.6	21.6													5.41			1.88	3.13	
7B	2593	Ethan Lekkas	13.2	19.4	41.2												18.49	0.90				
7B	2598	Jack Mcmillan	14.9	20.9	45.6													0.70		1.94		
7G	2547	Emogen Hannaford	14.9						16.8								5.58			1.85	2.61	
8B	2519	Reily Ashenden	12.1	17.7	38.3															2.91	5.34	
8B	2580	Dale Bruce	13.6		43.8				14.0								9.39	0.80				
8G	2504	Ruth Hall	16.5		52.1				18.2								5.28			1.94		
8G	2509	Rhiannon Lovegrove		22.2	47.9				14.3								6.29			2.12		
8G	2516	Grace Dorrestyn	13.7		42.1				14.9											2.41	2.34	
8G	2539	Jessica Wilson	15.8						15.7								6.11			1.78	3.82	
8G	2546	Kailah Hannaford	14.3	20.3													9.51			2.30	4.22	
9B	2507	Owen Guthrie	13.8	20.1													8.88			1.87	3.67	
9B	2521	Josiah Wyten	13.1	18.1														1.05		2.98		
9B	2535	Thomas Warnes	14.6	21.6													5.57			2.18	3.11	
9B	2554	Aiden Edwards-Neeso	13.6	19.0													7.85	0.85		2.12		
9B	2571	Jarrod Cotgrove	12.0	17.2													8.59	0.95		2.67		
9G	6252	Chelsie Dawber			35.5		3:02.5		12.5									1.00		3.07		
9G	6280	Paris Fleming	12.8		43.8				13.1								11.58	0.95				
10B	6284	Jesse Fabian	13.6		42.3				13.9								12.79			3.36		
10G	6910	Courtney Graham	12.9		39.3				14.8								9.08			2.78		
11B	2527	Jesse Quinn				1:21.3			10.9								19.77		Comp			8.88
11B	2558	Ryan Bland																1.40				
11G	2520	Simone Wyten		17.6											8:07.3		14.33	1.05			6.48	
11G	2559	Stephanie Elsmore						7:36.1												2.68	4.10	
12B	6251	Matthew Dawber			33.5		2:47.9		12.5											3.74		7.87
12G	2501	Zoe Lynch					3:14.8		14.7												4.42	
12G	2588	Shana Quintel		16.3												11:00.5					6.99	
12G	6259	Caitlin Boyd		18.0	38.6				15.2												4.70	
13B	2503	Luke Hall					3:08.1	6:14.8		21.8							20.39		10.37			7.62
13B	2518	Leroy Wyten								16.5								1.30	17.32	DNC		
13B	2551	Kaine Nelson			32.1	1:17.6				19.3											4.96	7.64

## Personal Best Day 2009 - Salisbury East

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
13B	2553	Samuel Ratsch		15.0	31.8					18.2								1.20			7.64	
13B	2555	Declan Edwards-Nees		16.0		1:30.4				17.8								1.30		3.85		
13B	6231	Brent Hussey					3:07.8														6.73	
13B	6248	Matthew Janicki															29.82		19.84		9.29	
13G	6247	Jessica Stephens			34.7					19.7						11:00.4				3.25		7.59
14B	2505	Matthew Hansell								18.6						10:06.8	18.55		30.23		7.96	
14B	2589	Bradley Quintel		13.8	28.8		2:37.1														5.97	
14G	2510	Danielle Crisford			29.5	1:09.6				14.2							17.62					9.01
14G	2515	Julia Dorrestyn			33.8	1:15.5				19.8								1.20	21.22		5.12	
15B	2552	Craig Ratsch		12.5			2:41.0						29.6								8.44	10.23
15G	2577	Lee Backshall		15.2	31.5												12.64			3.60	5.44	
16B	2517	Jairus Wyten										17.2							33.74		10.42	11.34

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9G	6252	Chelsie Dawber	608	70m	12.4	Too many track events
11G	2520	Simone Wyten	823	Triple Jump	7.04	Too many field events
13B	2518	Leroy Wyten	800	Triple Jump	8.61	Too many field events
16B	2517	Jairus Wyten	805	High Jump	1.45	Too many field events
16B	2517	Jairus Wyten	781	Discus	30.08	Too many field events

## *Personal Best Day 2009 - South Coast*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
11B	5808	Thomas Bonnes		15.3					11.6											3.95	8.09	
12B	5796	Ambrose Willoughby				1:11.4		5:32.9	11.9											3.87		
14G	5829	Lilli Willoughby				1:20.9		6:32.5		16.8									12.77			7.97

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - Southern Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	2655	Samuel Warren	14.7		45.9												10.98	0.85			4.39	
6B	2747	Nathaniel Drummond		25.7																		
6B	2778	Cooper Beecken	14.5	21.8	45.6												8.98				3.74	
7B	7602	Liam Bradley	13.6	20.0					14.8									0.90			3.85	
7G	2733	Lauren Ward	13.4														12.10	0.85			4.33	
7G	2799	Lauren Reid	13.2	18.9	39.2												12.07				4.70	
8B	3489	William Koster	13.7															0.75				
8G	2706	Micaela Walker	14.5														4.17	0.85			2.56	
8G	2723	Riona Tyler-Dowd	14.4	19.7					14.2											2.32	3.73	
8G	2769	Ashley Pearce	16.7	29.1					18.5											1.51	2.19	
8G	2805	Lou Rankine							24.6								3.54				3.11	
9B	2722	Ossian Tyler-Dowd	13.2	18.8														1.00		2.65	4.79	
9B	2725	Nicholas Dallimore		18.3	38.2		3:02.7										12.04				4.23	
9B	2779	Mackenzie Beecken	12.3	18.4	37.4												10.50	1.05				
9G	2804	Vera Rankine							14.4								11.32				5.19	
10B	2700	Connor Gurr				1:25.3	2:59.1								7:52.9			1.21				
10B	2773	Dexter Bland																1.30		3.57		
10B	2819	Samuel Paynter	11.5	17.1	35.4															3.48		
10G	2745	Lily Drummond		17.4	36.2	1:29.4																
11B	2607	Benjamin Moroney				1:11.5												Comp				
11B	3488	Josh Koster		14.8	31.8	1:14.2												1.15		3.94	6.02	
11G	2671	Zoe Newnham			33.2																	6.98
11G	2724	Erin Dallimore					3:16.4	6:55.7							7:42.7		10.68			2.83		6.63
12B	2691	Lewis Warland			30.9		2:52.7															
12B	2818	Joshua Paynter							10.2										20.35			
12G	2803	Cara Rankine															20.44		Comp		7.70	
13B	2621	Connor Verrall			27.6	1:04.1			12.6													
13B	2721	Lachlan Tyler-Dowd				1:12.6			16.9							9:59.0						7.94
13G	2657	Chloe Taylor		14.0	29.5				15.4								23.18				7.21	
13G	2701	Madeleine Gurr			30.1	1:09.8			17.3									1.35			4.81	
13G	2727	Jasmine Mcivor		14.7		1:09.0	2:55.6										12.70			3.60	4.40	
13G	2774	Jennifer Lee				1:30.8	3:38.3										14.11		9.40		4.68	
14B	2726	Connor Mcivor		14.1	29.7		2:40.5											1.25			5.62	8.33

## Personal Best Day 2009 - Southern Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
14B	3760	Christopher Walker		12.8	26.8		2:26.9													4.54		
14G	2720	Keely Tyler-Dowd		14.7		1:19.8										10:02.1				3.92	6.63	
14G	2770	Morgan Pearce		15.2		1:13.5	2:56.5										12.41			3.64	4.81	
15G	2660	Samara Holliday														7:28.4	17.75			3.74	6.79	
16B	2658	Jake Taylor			27.2		2:42.5						31.7				26.85		23.56	4.48		

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
6B	2655	Samuel Warren	701	100m	21.4	Too many events
8G	2706	Micaela Walker	567	Long Jump	1.95	Too many field events

## Personal Best Day 2009 - Southern Hills

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	2874	Tyson Schunke	15.3														9.31			1.82	3.92	
7B	2937	Jackson Emery	14.0		44.5				17.2											1.89	4.01	
7B	7385	Matthew Draper		18.8	41.2				14.6									0.80			5.37	
8B	2852	James Gluyas							13.9								7.40			2.45		
8B	7372	Nelson Williams		19.5													8.94	0.90			4.78	
8G	2861	Emma Miller	16.1		47.7				15.1											1.67	3.89	
8G	2892	Alana Thompson	14.2						14.8											2.73	3.81	
9B	2936	Tyson Emery			41.1		3:30.2		14.2												4.86	
9G	2885	Tahlia Heywood-Feror			37.5		3:30.5		13.7									1.00		2.57		
9G	2921	Hiromi Hill	12.5				3:34.6		12.7									0.90		2.45		
10B	2873	Blake Schunke		16.8																	3.43	
10B	2900	Sam Lancaster					2:55.4		12.7													
10B	2904	Adair Procter	11.2	16.1														1.10		3.65	5.86	
10B	2905	Camryn Procter	11.6	16.4											8:36.2					3.06	5.00	
10B	2957	Tim Scott							14.0									1.05				
11B	2851	Matthew Gluyas			35.3		2:51.1		13.1								9.93			3.19	5.25	
11B	2913	Bradley Samarcq		17.1	36.5										7:35.2		12.95			3.32	8.78	
11B	7371	Ryan Williams				1:27.7											11.92	1.00	10.22			
11G	2864	Erin Simister		15.0			3:15.3		10.8								15.88			3.79		8.82
11G	2891	Georgia Thompson					3:36.7										12.80			3.33		7.67
12B	2860	Troy Miller					3:23.3									10:02.9	13.61		19.43		5.28	
12B	2883	Brayden Heywood-Fer			32.2	1:17.3	2:51.3													3.78		8.32
12G	2930	Hannah Baker			31.7	1:17.6	3:12.3										18.71		11.02		8.07	
12G	7386	Lauren Draper		14.6					11.9									1.20		4.15		
13B	2917	Robert Jefferies		13.9						13.7								1.40				
13B	2958	Lachlan Scott						5:07.4														
13G	6858	Melanie Orman		16.7	36.7																	
14B	2859	Aiden Miller					2:28.6	4:58.0														
15B	2916	Stuart Jefferies		14.0								16.7	30.9									
15G	2923	Claire Le Cornu															16.17				6.63	
16G	7401	Abbey Freer				1:08.7																
17B	2871	Joshua Rowney																		5.03		10.53

## *Personal Best Day 2009 - Southern Hills*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
-------------	------------	----------------	------------	-------------	-------------	-------------	-------------	--------------	-------------	-------------	-------------	-------------	-------------	-------------	--------------	--------------	---------------	-------------	---------------	-------------	-------------	---------------

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>EvNo</i>	<i>Event</i>	<i>Result</i>	<i>Reason</i>
8G	2861	Emma Miller	671	100m	21.7	Too many track events
11B	2913	Bradley Samarcq	822	Javelin	11.81	Too many field events

## Personal Best Day 2009 - Tea Tree Gully

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	3054	Orsan Strawiarski			52.5													0.60		2.19		
6B	3103	Dylan Marshall	14.0		46.2													0.90		2.21		
6B	3135	Max Bemmerl	15.7		48.2																	
6B	3146	Nicholas Logan			44.9												11.14	0.85		2.60		
6B	3150	Joel Mclarty															7.28			1.21	2.58	
6B	3196	Darcy Mcdonald			44.8													0.65		2.05		
6G	3137	Jessica Nihill	15.7		51.7													0.70		1.85		
6G	3140	Taylor Rogers			56.3													0.75				
6G	7097	Caitlin Watson	16.6	25.5	51.7													0.65			2.17	
7B	3052	Eden Bussenschutt							15.7								6.58	0.75			3.70	
7B	3148	Tyson Owens	14.8						14.9								6.98	0.75			4.03	
7B	3195	Joshua Lehmann							15.6													
7B	7065	Mitchell Oliver			48.2												8.43			1.88	2.88	
7B	7078	Nicholas Krooglik			47.6												11.77	0.70			4.11	
7G	3082	Bianca Drew							16.8												3.85	
7G	3087	Kyla Stear	14.4		46.8												8.66	0.90		2.63		
7G	3112	Charli Hams	14.4	21.9	45.3												9.52			2.20		
7G	3130	Sarah Gill	14.4	20.6	44.4													0.65		2.10		
7G	3181	Catelyn Majehi																		2.16		
7G	3459	Alana Armstrong		20.7	44.6													0.80		2.04		
8B	3064	Thomas Tacano							14.2								11.42	0.80		2.31		
8B	3102	Ryan Marshall	12.2	17.8					12.1								15.87	1.09				
8B	3145	Zachary Logan			37.8													1.00		3.10	5.41	
8G	3055	Savannah Strawiarski			39.8				14.1											2.32		
8G	3067	Jordan Thomas	14.5	21.8													5.48			1.93		
8G	3120	Cian Sturtzel	13.9	21.0	44.0															2.08		
8G	3129	Rachel Gill	11.7	16.8	35.8													1.00		2.86		
8G	3184	Susie Willington			43.9				15.4													
8G	3193	Mackenzie Hunt	12.7		37.2				13.4								7.92				3.97	
8G	3197	Lily Mcdonald			47.6															1.83		
9B	3111	Thomas Hams	11.5	16.6	35.2												13.90			3.22		
9B	3177	Jaxon Breden	13.8	20.0										7:14.5						2.58	3.06	
9B	3205	Thomas Norbury							13.0					4:46.6			15.99	1.15			5.85	



## Personal Best Day 2009 - Tea Tree Gully

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple	
9B	7089	Jayden Watson		18.1										5:23.4			13.89	1.00			5.50		
9G	3172	Katherine Duffy			38.3				13.2														
9G	3186	Sophie Fleming	12.5						13.4								12.10			2.98			
9G	7070	Taivier Mccurry	13.6						13.1								13.28	0.90			4.78		
9G	7102	Kendall Krooglik			39.4												11.55	0.95		2.99			
10B	3068	Cooper Thomas	12.3	18.1													12.57			3.07			
10B	3075	Jake Adey	11.0	16.0					12.5											3.59	6.41		
10B	3101	Nicholas Marshall		16.2	34.1				11.2									1.30				8.18	
10B	3128	Liam Gill	10.8	15.4	31.9															3.48		6.18	
10B	3136	Haydn Nihill			34.4	1:22.8	2:57.9													2.92		6.82	
10B	3141	Jack Willington			38.6		3:14.7																
10B	3161	Brandon Vanderlinden	11.0	15.6																	3.85		
10B	3188	Liam Lawlor	11.5				2:52.1		13.1														
10B	3189	Connor Lawlor	11.8	17.5					12.9									1.20					
10B	3191	Harrison Hunt			32.0	1:12.0	2:44.2														3.85		
11B	3069	Jamie Simpson		16.7		1:20.6															3.58		
11B	3077	Lachlan Harvy		16.2					13.9									1.15			3.45	6.91	
11B	3176	Tyson Breden		15.6	32.9		3:03.3												8.85	3.44		7.67	
11B	3187	Andre Lymn		16.5	36.2												14.90			3.27		6.83	
12B	3133	Henry Fairfield		15.1														1.40		4.15		8.06	
12G	3070	Annie Simpson		17.4	35.1																	7.37	
12G	3074	Charlotte Howell		15.9	33.1																3.90		
12G	3083	Desirae Willington				1:14.4	2:57.7																
12G	3194	Amy Mclatchie		15.6	33.8																3.30		
13B	3131	Cam Rudge							17.1							12:20.7	13.20	1.40					
13B	3190	Hamish Hunt		16.2	36.5	1:28.6														21.21	3.17	7.57	
13G	3109	Sarah-Jane Stevens		14.3	34.0					17.6										Comp	3.96		8.02
14B	3159	Roger Vanderlinden															38.24	1.60			10.80		
14G	3051	Rebecca Larecki		14.3				5:44.7		17.1											4.13	9.34	9.13
15B	3094	Brandon Pattison		11.8	24.9	55.9												1.50	27.74				
15B	3169	Steven Gowen		12.0	25.3																5.26		
16B	3123	Nathan Rudge														10:58.2	20.14		18.55		7.93		
16B	3173	Nathan Watkins															Comp			5.79	10.76		

## Personal Best Day 2009 - Tea Tree Gully

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
16G	3132	Bethany Fairfield									14.8						23.94			4.85	6.85	
16G	3160	Katelyn Vanderlinden									17.0						15.46	1.30			6.44	
17B	7088	Jordan Camplin		11.4	24.1	55.2											31.84	1.65		5.79		

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
4B	3180	Matthew Majehi	406	60m Hurdles	17.1	Not a standard event for age group
8G	3193	Mackenzie Hunt	671	100m	17.8	Too many track events
10B	3191	Harrison Hunt	724	100m	14.9	Too many track events
11B	3077	Lachlan Harvy	820	Javelin	13.01	Too many field events
12B	3133	Henry Fairfield	824	Javelin	15.81	Too many field events
16B	3173	Nathan Watkins	813	High Jump	1.55	Too many field events
17B	7088	Jordan Camplin	822	Javelin	41.66	Too many field events

## *Personal Best Day 2009 - Torrens Valley*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
9G	5948	Emily Hodgson			36.6				13.1									1.05		3.07		
10G	5975	Breanna Carroll	13.0		37.8				13.1									1.05		2.69		
11B	5947	Lachlan Hodgson																		3.56		7.12

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

## Personal Best Day 2009 - West Lakes & Districts

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	3236	Kye Beeken	15.9	28.0													5.30	0.55			2.63	
6B	3283	Anthony De Ruvo		21.5													7.49			1.88	3.32	
6G	607	Howi Anderson	13.7	19.9	42.9												6.67				3.53	
8B	3234	Luke Beeken	13.7	19.5	42.0												12.00				4.28	
8B	3242	Samuel Chambers		19.5	41.2				14.0								10.42			2.57		
8B	6762	Nelson James-Boylan	14.8	20.9	45.5													0.90				
9B	3213	Kurt Mcshane	13.2	19.2													7.30	0.80		2.40		
9B	3253	Thomas Williams			37.1				13.3								12.36	1.00			4.65	
9G	587	Brittany Pitts	13.1	20.0														1.00		2.42	4.48	
9G	599	Soveti Anderson		19.0	39.1				12.4								12.74				6.37	
9G	3255	Kate Jager	14.4						15.0								9.49			2.42	2.79	
9G	3279	Emma Gates	13.3	19.2					14.5									0.95		2.64		
9G	3291	Briana Heinjus			39.9		3:24.0										8.59			2.78	3.98	
10B	3261	Joshua Manuel	12.1						13.5								13.72			2.98	5.35	
10G	3212	Jazmin Mcshane	11.5	16.3													13.49	1.20		3.35		
10G	3231	Nicole Buchanan	14.5						18.7								7.06			2.09	3.17	
10G	3232	Olivia Buchanan							15.0								8.54			2.22	3.15	
10G	3241	Rebecca Chambers					3:29.5		16.9						9:39.9			0.90			4.26	
10G	3277	Madeline Bulmer	13.0	19.2														1.05		2.39	4.36	
10G	6770	Lauren Beck	14.8						16.7								11.22				4.87	5.26
11B	3235	Zac Beeken		15.2	32.0				12.8								13.89			3.55	6.38	
11B	6763	Declan James-Boylan															11.46			2.97	5.80	
11G	3254	Emma Jager			33.5	1:21.2			12.9								20.03				6.21	8.30
11G	3292	Caitlin Heinjus			38.2	1:32.9			13.8								12.50				4.37	6.26
12B	3262	Thomas Manuel		17.0	37.3				13.2								16.80	1.20		3.93		
13G	6779	Michaela Tamlin			33.6		3:03.8										13.38			2.96	4.42	
14G	3230	Amanda Buchanan			31.1		2:56.3										12.84			3.59		8.38

## *Personal Best Day 2009 - West Lakes & Districts*

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>70m</i>	<i>100m</i>	<i>200m</i>	<i>400m</i>	<i>800m</i>	<i>1500m</i>	<i>60mH</i>	<i>80mH</i>	<i>90mH</i>	<i>100H</i>	<i>200H</i>	<i>700W</i>	<i>1100W</i>	<i>1500W</i>	<i>Discus</i>	<i>High</i>	<i>Javeli</i>	<i>Long</i>	<i>Shot</i>	<i>Triple</i>
-------------	------------	----------------	------------	-------------	-------------	-------------	-------------	--------------	-------------	-------------	-------------	-------------	-------------	-------------	--------------	--------------	---------------	-------------	---------------	-------------	-------------	---------------

### *Invalid Results*

These are additional results recorded by athletes that were excluded for the reasons given.

<i>AgeG</i>	<i>Reg</i>	<i>Athlete</i>	<i>EvNo</i>	<i>Event</i>	<i>Result</i>	<i>Reason</i>
11B	6763	Declan James-Boylan	812	High Jump	1.05	Too many field events
11B	6763	Declan James-Boylan	820	Javelin	8.88	Too many field events
13G	3282	Carly Jackson	613	70m	15.0	Not a standard event for age group

## Personal Best Day 2009 - Whyalla

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
7B	6092	Joshua Byrne			42.5				14.0											2.58		
7G	6124	Divan Verdoorn			41.9												11.92			2.50	5.59	
10B	6123	Estevan Verdoorn																1.10		3.05	4.52	
14B	6147	Jacob Mewille-Smith				1:07.9		5:34.6			15.9							1.45				
14G	6149	Amelia Mewille-Smith			34.1					19.2										3.66		7.32

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
14B	6147	Jacob Mewille-Smith	718	100m	13.8	Too many track events

## Personal Best Day 2009 - Woodville

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
7G	3320	Shania Carmichael	14.8		46.0												8.02			1.87	3.56	
7G	3342	Lauren Arscott	16.8	23.9					25.7								3.38			1.95		
8B	3337	Jordan Pett		17.8	39.6				13.4								10.38	0.90				
11G	3338	Ebony Abbott						6:58.1														
11G	3378	Teagan Smith				1:42.7	3:28.1		14.1								13.18					7.81
12B	3332	Ryan Russell				1:20.6	3:05.2		12.3								18.99		20.75		6.81	
13B	3377	Nathan Smith				1:17.5		5:54.6											15.46			7.59
13B	3413	Christopher Atkinson		14.8		1:15.5				17.0												
13G	3318	Monique Gibbons								21.4						10:58.3	11.00			2.82	4.74	

### Invalid Results

These are additional results recorded by athletes that were excluded for the reasons given.