



**"be active"**

# Personal Best Day 2010 Results

This is the **third** issue of result for the 2010 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 2010 - Adelaide Eagles*

<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>
7B	575	Jeremy Swain			53.0				17.1									Comp		1.98	2.84	
7B	576	Matthew Swain			49.4				15.5								8.79	0.75		2.06		
8B	625	Nicholas Egarr	12.5	17.5	39.2															2.92		
10B	545	Paxton Silby	11.8	17.2													15.12			3.29		6.62
10B	623	Alexander Egarr	11.7	17.4		1:30.4														3.17		6.02
10B	672	Nicholas Laity			39.1	1:27.4	3:10.7														4.63	6.36
11B	631	Nathan Beagley							12.3								16.37			3.73	6.77	
12G	609	Clarissa Centenra				1:06.9			9.6									1.20			8.33	

### *Invalid Results*

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

## Personal Best Day 2010 - 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
6G	4573	Isobella Nitschke	16.3	23.1	52.8													0.85		2.32		
9B	4610	Harrison Jensen	13.1														17.04			2.66	5.63	
9G	4536	Brodie Ireland		18.1					12.5											3.08	4.94	
9G	4584	Maddison Richards		20.3	44.2				14.1								10.27	0.95				
10G	4592	Jessica Hahn					3:41.8								9:25.3		12.74					
11G	4583	Tenille Richards			36.8		3:18.7		13.6										10.22	3.26		7.11
13B	4591	Shaun Hahn														10:24.2	18.21		14.11			
13G	4609	Courtney Jensen			31.7		2:54.8										22.94		18.97		7.87	
14B	4535	Cameron Ireland															25.59		27.87		8.19	
14G	4631	Megan Hay					2:55.8			15.3							25.64		21.18			
15B	4582	Luke Richards		12.6	26.5												42.69		42.35	4.33		

### Invalid Results

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

## *Personal Best Day 2010 - Campbelltown*

<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>
7B	4135	Alex Stockham															4.94			1.64	2.74	
9B	2256	Kristjan Liivamago		21.7										Disq			9.55			2.22	3.45	
11B	2255	Tomas Liivamago		16.0																3.29	5.24	
13G	2323	Elisabeth Jackson			32.6												13.75				7.35	

### *Invalid Results*

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

## Personal Best Day 2010 - 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
6B	1213	Sebastian Temme															3.46	0.60		1.82		
6B	1266	Jackson Tucker	15.1		48.7												13.71	0.85		2.00		
6B	1272	Gerard De Candia			49.9															2.30		
6B	1377	Lachlan Staunton															8.55	0.80			3.81	
6B	1436	Thomas Wiseman	15.5		48.4												5.01			1.93	3.23	
6G	1228	Ella Donnelly	16.2	23.8																1.56		
7B	1212	Jesse Temme							13.9								13.00	0.85		2.57		
7B	1333	Mitchell O'Hara	13.6	20.8													11.42			2.35	4.12	
7B	1395	William Hodgson	13.8		44.2												8.50			2.55	5.50	
7G	1319	Lucy Doney	13.2		43.1												11.39	0.80			4.73	
8B	1202	Nicholas Blackman			42.3				13.0								10.70			2.46	4.61	
8B	1258	Cooper Silby	14.9		48.5				16.4									0.70		2.40		
8B	1345	Thomas Disney	12.6	17.2	38.7													0.85		3.08		
9B	1255	Ryan Lucas	13.9						13.3				4:54.4				14.31			2.61		
9B	1265	Sebastian Tucker			43.4				13.0				Disq				13.39					
9B	1342	Jack Myers		19.9	43.3								4:55.0							2.43	3.78	
9B	1394	Douglas Hodgson	12.8		40.5												Comp					
9G	1222	Jemimah Simpson			40.0		3:26.1		12.3													
9G	1225	Ainsleigh Howard	15.1		47.5								5:14.3				12.48				4.20	
9G	1310	Brooklyn Morgan			39.5		3:38.9		12.5								10.40			2.96		
9G	1317	Kirsty Krix	13.5	20.2					14.1													
9G	1349	Brooklyn Vonderwall					3:24.2										15.06			2.85	4.83	
9G	1376	Tamara Staunton															8.47			Comp	4.13	
10B	1223	Alex Hrycyk					4:09.3		16.8													5.43
10B	1231	Jack Gratton					3:05.0		13.4													7.11
10B	1325	Patrick Gayen					3:16.4		13.8								14.20				5.09	7.30
10B	1371	Matthew Thomas							14.8								8.82				4.22	
10G	1344	Rachael Disney	11.6	16.6	38.4													1.10		3.21		
11B	1267	Dean Pastrello			34.0				12.2								17.08		19.47			
11B	1388	David Linn					3:03.6											Comp		3.43		
11G	1227	Georgia Donnelly			35.7	1:24.8		6:51.7											14.04	3.57		6.78
11G	1309	Lauren Morgan		15.8	34.0				12.2										12.23	3.47		7.38
11G	1332	Rebecca O'Hara		17.2				6:52.4									11.91		13.03			6.57

## Personal Best Day 2010 - 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	
12B	1199	Steven Slimming					3:03.5	5:51.7															6.95
12B	1221	Harry Simpson			34.0		2:53.2																8.87
12B	1353	Chad Harris			33.4				12.3														8.08
12G	1408	Isabelle Tucker						6:24.9	13.9							9:22.6				2.88	5.28		
13B	1303	Rustem Safiullin																1.45		4.49			9.83
13G	1322	Christine Gayen			31.1	1:09.9				14.8									24.94	4.17			8.80
13G	1331	Stephanie O'Hara		14.5	31.1	1:09.2											19.77		20.68				
14B	1354	Jaxon Harris			27.8															4.59	7.83		
14G	1226	Kate Donnelly				1:10.9	2:55.3														3.69		
15B	1299	Huiung Lee		11.9	25.7								28.1								5.22	7.71	Comp
15B	1370	Samuel Thomas		12.0	26.0																4.55		
15G	1352	Catherine Clohesy					2:41.1	5:26.0									10.76						
15G	1387	Sophie Linn						5:05.7															
16B	8012	Petros Bakopoulos										19.8					24.70						10.01
16G	1324	Margaret Gayen		12.5	26.5								30.6								5.38		11.23
16G	1425	Kristina Millar											39.4								3.63		7.79
17G	1313	Alicia Caruso		14.0																	4.19		8.75

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7G	1319	Lucy Doney	178	Long Jump	2.66	Too many field events
9G	1222	Jemimah Simpson	177	70m	13.2	Too many track events
11G	1332	Rebecca O'Hara	244	Long Jump	3.30	Too many field events

## Personal Best Day 2010 - 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	2355	Connor Bell	15.0														9.49			2.03	4.51		
6B	2360	Liam Esposito																0.85					
6G	2343	Teagan Allan	16.1	23.5													5.12	0.60		2.07			
7B	2373	Hamish Eldred	15.1						16.2								12.83			2.23	4.42		
7G	2337	Katherine Heuer		18.2	38.8												5.75			1.76	3.03		
8B	2383	Benjamin Ford	15.9		52.0												3.14			1.88	2.67		
8G	2374	Leah Pearce	13.7	20.1					14.3											2.10	3.64		
8G	2377	Caitlin Cotter	14.8		46.2				15.1											1.95	3.26		
9B	2391	Tristin Case	16.6		58.1												5.93			1.84	3.62		
9G	2336	Elizabeth Heuer	15.3				3:31.3		15.0									1.00		2.66			
9G	2338	Shannen Lawrie		23.4	53.6				18.1								6.76			2.45			
10B	2331	Rhys Johannes	12.5						14.3								8.37						4.78
10B	2339	Aiden Lawrie	13.3	20.7					15.9								7.21			2.59			
10B	2349	Alix Harlington													8:28.9		14.35			3.56	4.43		
10B	2388	Declan Kennedy			38.9		3:04.4		13.9								13.55			3.10			
11B	2371	Andrew Reed				1:43.1		7:11.6	15.5								8.83		15.89		5.82		
11B	2390	Jarod Case			52.1														7.70	1.68	4.21		
11B	2398	James Oroish			35.7	1:28.3			12.0								11.50			2.84			6.11
11B	2406	Josh Warner			43.7				14.8								13.97				5.43	5.60	
11G	2368	Michaela Goodman		17.7	38.4										8:28.4		12.40		12.13		4.95		
11G	2375	Jessica Pearce			42.4	1:42.6			14.3								10.27			2.41	4.37		
11G	2380	Sarah Cotter			43.4	1:46.8			15.2								8.59			2.14	4.93		
12B	2367	John-Wayne Goodma		23.7	51.6	2:19.6											13.17		13.23		5.77		
12B	2369	Samuel Schaaf							14.3									1.05		3.12			6.60
12G	2344	Rhianna Allan			43.1	1:50.6			15.1										10.90	2.71	3.97		
12G	2354	Lucy Brumby		13.3	27.9	1:17.1														1.87			
14B	2353	Alex Brumby		16.8													11.34	1.25				6.05	
14B	2379	Alec Cotter			33.0		2:48.8				20.8									4.11			8.52
14B	2401	Liam Shaw			31.3	1:20.2					18.9						20.93		19.68				8.74
17B	2333	Adrian Janssen															21.00					9.49	
17B	2400	Beau Stone		12.9																4.44	10.17		
17G	2350	Helena Janssen		16.1							20.9						17.69			3.44	7.84		

## *Personal Best Day 2010 - Elizabeth*

<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>
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### *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>
6B	2360	Liam Esposito	38	60m Hurdles	12.9	Not a standard event for age group
14B	2353	Alex Brumby	114	Shot Put	8.67	Already competed in event
14B	2353	Alex Brumby	111	Discus	23.89	Already competed in event



## Personal Best Day 2010 - 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	976	Zac Gillard	14.1		43.5												9.63	0.65			3.91	
6B	988	Flynn Edwards			1:02.6												6.34				2.85	
6B	1003	Brock Ward																0.75		1.51	3.69	
6G	1027	Audrey Goulter			50.6													0.75		1.93		
7B	1036	Finlay Stark							17.0								7.67	0.80			2.99	
7B	1049	Tios Lekkas	13.4	19.1	44.7												11.93				5.17	
8B	978	Luis Lawrie-Lattanzio			40.0				12.6									1.03		3.18		
8B	1048	Ethan Lekkas	12.3	18.5													16.83	0.95			6.16	
8B	4297	Angus Crockford			42.6				14.0								13.01			2.48	5.01	
8G	3823	Winter Marshall							13.3									0.85				
8G	3824	Indigo Marshall							13.7									0.75				
9B	961	Arthur Blunt			38.6												14.42			2.98		
9B	977	John Kalyvas			40.7															Comp	4.41	
9B	1035	Cameron Stark							13.2								10.64	0.90			3.84	
11B	983	Alex Anderson		16.6					12.4								15.74	1.15			7.61	
11B	3649	Nicholas Jacka							12.7								17.18				8.35	
11B	4294	Jake Ledgard			43.7				14.3								9.35	1.00	11.10			
11G	1012	Evelyn Daly																		2.68	4.78	5.34
11G	1022	Kealy Squire							14.7									1.05				
12G	911	Olivia Mc Guinness		17.7	36.5													1.15	12.92			
12G	960	Katherine Blunt		17.7	39.8												10.21					
12G	982	Jade Anderson		14.6	31.7				12.3								17.81	1.30				
12G	985	Paige Selby		16.4		1:24.1			13.0								15.13			3.17	6.39	
13G	918	Cecilia Tizard																		3.43		
13G	950	Erin Lukas														12:22.5		1.25		3.15		7.31
13G	951	Chelsea Brown														10:37.4		1.15		Comp		6.77
13G	3836	Emma Baker		15.3	33.1																	8.02
14B	927	Jack White						8:02.1								12:18.7		1.00	9.51		4.20	
14G	926	Stephanie White			38.4											10:50.7	10.38		7.40	1.79		
16B	1020	Dhanya Giles		12.5	26.7								30.8									

## *Personal Best Day 2010 - 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>
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### *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>
6B	1003	Brock Ward	67	Discus	7.26	Too many field events
11B	983	Alex Anderson	110	Long Jump	3.28	Too many field events

## Personal Best Day 2010 - Flinders

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
7B	2449	Connor Norbury		19.3	42.9				14.1									0.85			5.87	
7B	2515	Jake Pariz-Amato	14.3	21.2	48.5												9.20			2.13		
7B	2563	Luke Chapman	16.8	26.2																	3.23	
7B	2567	Oliver Dyer		19.5	44.9				14.5									0.80		2.52		
7G	2513	Zoe Venning			52.6												6.10			1.84	2.99	
7G	2561	Shelby Johnson	15.8		49.1				14.6											2.28	2.82	
8B	2514	Zac Venning			41.9				14.2								11.10			2.61	4.99	
8G	2451	Chloe Laycock	13.7		43.7				13.9											2.52		
8G	2535	Lucy Cook	13.8	19.7	42.8													Comp		2.49		
9B	2494	Lachlan Burrows			36.9		3:10.5		12.3										1.10	3.20		
9B	2505	Jaime Kennedy					3:09.1															
9G	2546	Ava Johns		18.3																	2.85	
10B	2459	Wiaan Grobler	13.6						15.1								10.60					
10B	2482	Josh Lesiw	15.7	23.9													11.08			2.15	3.88	
10B	2534	Harrison Cook	13.0		43.2				13.4									0.90		3.40		
10B	2547	Alek Henschke		15.9					12.2									1.15		3.53	5.64	
10G	2450	Bethany Laycock	11.6				3:11.0		13.4												5.10	
10G	2480	Ellice Lowe	13.7	19.6													11.51	0.95			4.02	
10G	2562	Madison Chapman	13.2			1:27.4	3:24.8														2.34	
11B	2448	Daecy Norbury		14.8			3:00.9		11.1												7.69	8.92
11B	2481	Alex Lesiw		20.6	47.1				15.3								11.00	1.05		2.48		
11B	2536	Lewis Cockram			37.2	1:22.1	3:20.9													Comp	2.97	
11B	2566	Joshua Dyer		18.2		1:23.4			12.7								12.30		7.95	3.17		
11G	2476	Tia Nankivell		17.5													8.74			3.22	5.06	
11G	2510	Chantelle Nicolaides					3:45.7		16.0								12.40		11.95	2.57		
11G	2539	Luana Kidney		19.6		1:44.0			13.2								19.02		10.69	2.83		
11G	2545	Brittney Johns			37.1	1:31.2			13.6									1.05		2.75		
12B	2475	Murray Nankivell		16.6	36.1		3:24.7										12.94			3.12	5.68	
12B	2511	Michael Nicolaides				1:36.5			13.8								12.04		11.21		3.63	
12B	2533	Austin Cook				1:16.8	2:52.9											Comp		3.45		
12G	2576	Charlotte Tito-O'Rielly		16.4	34.5	1:24.0													9.34	3.11		6.10
13B	2447	Aidan Norbury		14.9	31.4			5:37.2												3.61		
13B	2479	Aaron Lowe			33.7	1:22.1				16.2							12.93	1.50				8.18

## Personal Best Day 2010 - Flinders

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
13B	2497	Ryan Coleman					3:29.7			17.0									11.78	3.75		8.75
14B	2478	Thomas Lowe															16.35		25.06		5.85	
14G	2458	Dene Grobler															17.50		15.55		8.01	

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9B	2494	Lachlan Burrows	255	100m	16.9	Too many track events
9B	2494	Lachlan Burrows	196	70m	11.7	Too many track events
10B	2534	Harrison Cook	264	400m	1:34.2	Too many track events
11B	2566	Joshua Dyer	298	800m	Comp	Too many track events
11G	2510	Chantelle Nicolaides	85	1500m Walk	Disq	Not a standard event for age group
12B	2511	Michael Nicolaides	48	1100m Walk	8:18.4	Not a standard event for age group

## Personal Best Day 2010 - Gawler

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
5B	4274	James Preedy	15.4	25.6	59.4															1.88	2.70	
5B	5136	Jordan Leo																0.55		1.51		
5G	4275	Georgia Preedy	16.7	25.1	57.1															1.51	1.85	
5G	5149	Brooke Leo																0.50		1.58		
6B	5045	Tyson Pope	15.8	24.3	54.3												5.84			1.84		
6B	5102	Jonathon Meza	17.3	27.0																		
6G	5014	Hannah Scanlon	21.9	32.3	1:09.1												4.97			1.61		
6G	5099	Alexis Wright	18.0	27.6	56.8													0.55		1.69		
7G	5021	Jessica Bayly	19.2	28.4													5.18			1.40	2.90	
8B	4273	Thomas Preedy	12.7	18.7	51.6															2.52	4.12	
8B	5018	Jack Roennfeldt	16.1	24.5					15.3										0.75	1.82		
8B	5044	Cameron Pope		20.5	45.6				14.5								6.98			2.65		
8B	5091	Oliver Matthews		19.9	43.7				14.9									0.75		2.30		
8G	5017	Kate Roennfeldt	16.5	23.7					19.3									0.70		2.20		
9G	5042	Abbey Supple	11.2	16.3									5:33.6				17.64				5.09	
10B	5020	Bradley Thring			43.7	1:49.5			16.0								12.29					5.04
10G	5019	Rebekka Bayly		21.3										9:25.8			13.02			2.19	4.02	
10G	5022	Jacqueline Thring			38.6	1:30.3			16.1								11.09					5.38
11G	5031	Brittney Newman					3:50.8								9:02.6						3.45	4.52
11G	5090	Pheobe Matthews			34.2	1:19.1	2:53.6										13.06			3.22		7.24
12B	5043	Dylan Pope		15.0	33.3				11.4								17.39		18.57			7.75
12G	5036	Emma Dunlevey			34.6	1:14.1	2:52.5															
13B	5075	Ned Staehr				1:18.0	3:09.4			17.7							13.38	1.45	15.74			
13G	5068	Ashlee Koske		15.4	34.0	1:20.5											16.65				6.09	
13G	5076	Jade Byers		16.1		1:17.5														3.19		6.96
15B	5089	Alex Haydon				1:04.4						20.6					16.43	1.40		3.89		
17B	5088	David Haydon		11.7	25.1								27.4				25.31				9.65	
17G	5059	Jessica Dennis		16.0							19.5		39.1						11.02	3.48	5.68	
17G	5087	Kimberley Thomson		14.8							17.1		37.2						22.48	3.15		8.21

### Invalid Results

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

## Personal Best Day 2010 - 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	1509	Cooper Wegener	14.0		45.0												8.19			2.16		
5G	1615	Amelie Borg		21.5																		
6B	1523	Harrison Mills	15.4		50.1												7.61	0.65		1.41		
6B	1580	Kane Horskin	15.4		47.8												9.40			2.15	4.65	
6G	1513	Lauren Smith	19.3	27.7													5.12			1.10	2.93	
6G	1589	Sophie Kostrzewa	14.0	21.0	47.9												4.86				2.81	
7B	1478	Benjamin Povey			42.8				14.3											2.20		
7B	1499	Keegan Barnett	18.4						18.1								7.27	Comp			3.24	
7B	1520	Luke Thompson		23.3													8.48			1.44	3.68	
7B	1541	Jack Gillingham			49.3				14.8								9.11			2.28	4.62	
7B	1608	Jordan Ouston	16.8		56.1												8.97			1.49	3.48	
8B	1472	Thomas Sahb	13.9	19.7	44.6												16.22			1.95		
8B	1519	Joel Thompson		22.4													9.16			1.74	4.69	
8B	1590	Harrison Kostrzewa	12.0	17.8	38.7												11.80				4.52	
8G	1508	Mackenzie Wegener	13.5		46.0				13.9								5.51			2.38		
8G	1573	Kiara Woods							14.5								11.58			2.16	3.74	
8G	1628	Gemma Greenwood	15.4		49.7				16.0								8.40			2.12		
9B	1486	Jamie West	11.8	17.5	37.2													1.02		3.05		
9B	1544	Jayden Goode			37.0		2:59.9							4:52.0			14.92	0.95				
9B	1571	Luke Rothery	12.2														12.47	0.85			4.75	
9B	1614	Lachlan Borg	12.1	16.1	35.8												20.03				6.42	
9B	1630	Lachlan Ball	12.8						12.1									1.00		3.02	4.49	
9B	4001	Izaak Allard					3:05.9		12.1					Disq								
9G	1522	Jessica Mills			39.1				12.9								12.46	0.90		2.70		
9G	1584	Becky Magro		16.6	36.2												13.94	1.15		3.21		
9G	1594	Naomi Allotey		17.8	39.4				12.4									1.05		2.84		
10B	1446	Connor Campbell		15.6			3:05.7		13.0											3.49	6.06	
10B	1536	Joshua Spence					3:16.0		13.9								15.38	0.95			5.70	
10B	1546	Benjamin Ridley	11.6	16.6	36.7													Comp				6.03
10B	1572	Nathan Spence	15.1												9:00.1		15.26			2.25	5.57	
10B	1623	Tyson Paul	14.2	21.2	47.0												11.20	Comp				
10B	4003	Callum Whittingham			38.9				14.7								9.85	Comp		2.86		
10G	1490	Rhylee Tonkin	12.1						13.1								15.11	1.05				

## Personal Best Day 2010 - 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
10G	1551	Breanna Davison							13.4											3.16		6.89
10G	1581	Amy Horskin	13.0		41.0												11.85			2.83	3.93	
10G	1604	Kaylie Pleic			40.5				14.0											2.67		5.71
11B	1498	Kyle Barnett							13.9									1.10	16.73			6.77
11B	1570	Matthew Rothery			37.7													1.10				
11B	1629	Cameron Ball			37.8				12.4									1.25		3.00	6.65	
11G	1449	Rachel Dewing			37.3		3:36.9													3.04		6.37
11G	1485	Eva Thompson			53.9				16.9								7.55	0.80				5.25
12B	1532	Ben Lennon			35.4				12.3									1.10		3.57		7.69
12B	1627	Thomas Greenwood			38.9		3:51.3		15.1										7.53	2.90		
13B	1482	Cameron Dollman								15.5							16.48	1.30		4.22		
13B	1586	Dylan Samson								17.2								1.20		3.63		7.61
13B	1593	Billy Allotey		13.5						14.6										4.38		10.05
13G	1616	Victoria Clarke														10:06.5						
14G	1448	Naomi Dewing			33.4		3:05.9													3.38		8.03
14G	1533	Liana Wesselingh		14.1														1.25			8.44	10.02
14G	1537	Casey Herrick								14.9												
14G	1555	Hayley Sayers		13.8	31.7												22.19		14.75		6.39	
15B	1481	Aaron Dollman										15.0					35.23	1.86		5.27		
15G	1534	Amie Lennon			32.7						17.6							1.40		3.66		8.83
16B	1455	Nicholas Jones			28.6	1:07.0											18.29			4.05		
16B	1579	Joel Horskin			30.5	1:09.4						19.4					18.13	1.35		3.97		

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9B	1544	Jayden Goode	178	Long Jump	3.23	Too many events
16B	1579	Joel Horskin	299	1500m	5:43.3	Too many track events
16B	1579	Joel Horskin	298	800m	2:37.4	Too many track events

## Personal Best Day 2010 - 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
6G	2946	Megan Robertson	17.5		54.0												5.14			1.85	2.88	
6G	2956	Holly Ireson	16.6		59.4												5.42			1.76	2.34	
6G	3003	Samantha Arnold	18.2		1:05.4													0.65		2.33	1.68	
6G	3020	Georgia Read	16.6															Comp				
7B	2959	Samuel Heaver	14.6		45.4				17.1								11.32			2.03		
7G	3022	Georgia Firth	13.8		45.1												6.21			2.17	3.10	
8B	2971	Corey-Jay Eyndhoven	12.2		37.4												18.30			2.94	7.12	
8B	3005	Jack Downey	11.6						11.4									1.04		3.26	5.27	
8G	2987	Alia Thomas															6.09			2.00	3.24	
8G	2996	Christine Chowles	12.6															0.90				
8G	2998	Tamsyn Morris	13.7		44.4												12.21			2.57	3.53	
8G	3002	Ainsley Arnold	13.4		42.8				16.9									0.80		2.13		
9B	3019	Connor Read			42.6		3:46.8		14.6									0.60				
10B	2942	Daniel Carlin		18.7			3:24.3		15.5								13.93	1.00				
10B	2972	Isazah Eyndhoven	12.7						13.4								Comp	1.10			5.44	
10B	2977	Sam Stockton	12.9	18.6					16.9								11.59	0.85				
10B	2997	Luke Chowles			40.7													1.05				
10B	3004	Thomas Downey	12.2	17.8					12.8									1.05				6.24
10G	2958	Megan Heaver		18.0	39.6				13.9								13.40					
10G	2970	Abbee Eyndhoven	12.8	18.5													15.54	0.90			4.97	
10G	3023	Brittany Cutts	14.4	22.7	46.8																3.75	
13B	2964	Sean Hall		15.5	35.2	1:21.2											19.85		16.85		6.85	
13G	2941	Melanie Carlin		18.1	41.2		3:23.1										12.53		15.30			6.01
14B	2989	Adam Hartley		12.9		1:06.7													22.62			7.91
15B	2943	Dean Adair		12.6	25.8							15.0					37.80			Comp		
15G	2957	Rhiannon Gray															12.59				6.10	4.22

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
6G	3020	Georgia Read	13	60m Hurdles	29.9	Not a standard event for age group
8B	2971	Corey-Jay Eyndhoven	276	100m	17.2	Too many events
8G	2987	Alia Thomas	159	High Jump	0.82	Too many field events
10B	2972	Isazah Eyndhoven	276	100m	18.0	Too many events



## Personal Best Day 2010 - 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
6B	165	Bailey Durant	14.5															0.65		2.19	4.16	
6B	176	Tom Siggs	16.6	29.8													4.85				3.73	
6B	183	Owen Chalmers	14.5															0.60		1.90		
6B	316	Samuel Mccormack	15.1															0.70			4.27	
6B	500	Nathan Marshall	15.0		46.9												9.26	0.65		2.60		
6G	464	Lauren Hoffman	13.7	20.4														0.75		2.34	4.19	
7G	370	Kelly Lipman	14.5		50.9												4.89	Comp		2.00		
8B	163	Curtis Groves	13.0		43.2				14.2									0.95		2.65		
8B	164	Jackson Durant			49.9												10.45				3.99	
8B	175	Benjamin Siggs	13.6	20.0													13.64	0.85			4.79	
8B	247	Nikolai Dobrovlski	13.9	20.0													9.78	0.85			5.02	
8B	502	Cooper Condelli	11.6	17.0	38.7												9.60			1.82		
8G	182	Bethany Chalmers	12.9		41.0				14.0									0.85		2.42		
8G	197	Nicole Brogan	12.7															1.04		2.90	4.38	
8G	470	Georgina Sterenberg																0.80				
8G	499	Lauren Marshall	14.1	20.6													7.62			2.48	4.01	
9B	356	Brandon Lepore					3:21.6		13.6								13.27	0.95			5.01	
9B	404	Aidan Lock	12.4	16.8														0.95		3.00	5.80	
9G	162	Abbey Bennett					3:24.9		14.8									1.00				
9G	250	Lauren Cavanagh	12.9		37.4															2.88	4.75	
10B	199	Jordan Checker							13.8								19.13	1.10				5.93
10B	315	Thomas Mccormack	11.6				3:02.8		11.9													Comp
10B	369	Mathew Lipman			38.5				14.1								13.82	1.00				Comp
10B	503	Jake Condelli	11.9	16.8	38.5																4.46	5.76
10G	180	Janeth Golding			35.8												10.68			3.49		
10G	463	Ella Hoffman	11.6	16.5														1.10		3.24	4.67	
10G	494	Jasmine Dallimore				1:21.4	3:23.1											1.00		2.75		
11B	170	Zac Wilmshurst													Disq		19.10			3.22		7.10
11B	482	Conor Pascoe							13.4								15.33			3.32	6.08	
11G	161	Renae Bennett					7:01.1		13.4								9.50		9.10			
12B	368	Christopher Lipman			31.2													1.30		4.31		9.09
12B	426	Joshua Beagley		14.0	29.6	1:06.4												1.25		4.24	6.06	
12G	287	Emma Jager															18.65		18.63		8.65	

## Personal Best Day 2010 - 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
13B	160	Kane Bennett						5:29.6									15.61		21.48			
13B	419	Jordan Carrocci								17.2												
13B	517	Sebastian Baird		12.2	24.8																	
14B	213	Adam Coles																1.60				10.79
14G	198	Emma Checker								14.8							23.74		31.78	4.40		
15G	322	Rachel Fisk			30.6													1.50	18.47		7.19	
15G	353	Nikita Trewartha									17.5						14.62			3.76		8.87
15G	376	Ellie Meich									17.0						16.59				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
6G	464	Lauren Hoffman	260	Discus	6.39	Too many field events
8B	163	Curtis Groves	253	100m	19.1	Too many track events
8G	197	Nicole Brogan	249	Discus	10.50	Too many field events
9B	404	Aidan Lock	260	Discus	14.05	Too many field events
10G	463	Ella Hoffman	260	Discus	10.78	Too many field events
11B	170	Zac Wilmshurst	194	Shot Put	6.49	Too many field events

## Personal Best Day 2010 - 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	3369	Jamie Smigielski	19.6	28.6													2.89				2.22		
6B	3456	Sirak Gehling	13.9		45.1												14.91	0.75					
7B	3788	Charlie Fryer	13.2		44.2												9.00			2.41	5.55		
8B	3415	Joel Stapleton		20.6	47.1				14.4									0.75			4.05		
8B	3449	Will Turner	12.5	18.1	40.5												9.75			2.49			
8B	3450	Patrick Singleton	13.2	18.8	40.4													0.90					
8G	3356	Chelsea Thomas	14.7						14.4								5.36			2.22	2.84		
8G	3430	Miranda Shoubridge	15.0	21.7	47.0												6.93			2.22			
8G	3787	Zoe Fryer	13.9		45.8															2.31	4.80		
9B	3437	Keenan O'Malley												4:54.7			9.23					5.68	
9B	3451	Tom Singleton		17.3	37.1		3:17.4											0.95				4.33	
9B	3759	Dante Afnan	13.1		44.1												9.11			2.73	4.23		
9G	3379	Elsie Potezny												5:04.6			6.53			2.45			
9G	3410	Eden Conroy	12.1	17.4														0.98		2.78			
9G	3416	Tayah Stapleton		17.0			3:16.2		13.7									1.00		2.75			
10B	3349	Mitchell Connolly	12.2	17.3		1:45.9												1.00					
10B	3390	Stefan Mundy		16.4	37.0																		
10B	3448	Jack Turner	12.5	18.2													10.84			2.62	4.90		
10B	3457	Dion McLaren-Fels	11.5	16.2		1:28.7												1.05		3.34			
10G	3409	Sintra Cowlam				1:31.7			13.0									1.20		3.73	6.11		
11B	3371	Daniel Smigielski		18.4															6.76		6.31	5.78	
11B	3417	Riley Stapleton		16.0	33.5	1:15.3														3.30	6.13		
11G	3431	Claire Shoubridge			38.6	1:37.1			14.7											3.05		5.99	
12B	3357	Mitchell Thomas			35.5		3:03.9		12.5										12.17	2.94		7.05	
12B	3421	James Cartwright			34.9		2:49.9	6:01.8									15.84	1.10				7.35	
12B	3423	Sam Bode			34.5		2:51.5										14.53	1.15				6.82	
12B	3782	Lars Voorhoeve			39.0		3:12.4		14.3										14.21	2.40	4.57		
12G	3380	Julia Potezny			36.0											9:52.1			Comp	3.45			
13B	3350	Travis Connolly		14.8	31.7	1:13.1											15.55	1.30					
13B	3458	Kym McLaren-Fels			33.1	1:13.1											14.84	1.25					
14G	3381	Jemma Potezny														7:44.0	13.29		17.24				
14G	3418	Sheydin Stapleton		16.4	35.4			6:13.5													5.55	6.90	
15B	3422	Ben Cartwright					2:40.8	5:31.6										1.30					7.87

## Personal Best Day 2010 - Hills

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
15B	3424	Dylan Bode				1:08.9	2:35.7											1.45				8.83
15B	3427	Jess Parker			26.7																	
15G	3460	Demi Axford			30.2	1:08.2	2:48.1															
16B	3398	Hal Hayward		12.8	27.9							16.7								4.76		10.27
16G	3378	Tessa Potezny			33.7			4:56.6									12.58		9.25			

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
9B	3759	Dante Afnan	164	High Jump	0.90	Too many field events

## Personal Best Day 2010 - 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	1674	Paddy Blute			56.5																	
6G	1664	Taylor Mead																0.65		1.49	3.71	
6G	1703	Alicia Botten			52.1													0.70		1.78	3.47	
7B	1647	Jason Harding			49.2				15.7										Comp	2.13	3.57	
7B	1684	Cameron Trevaskis			47.1				17.1										Comp	1.95		
7G	3742	Emma Potts			55.9												5.26			1.71	2.26	
8B	1675	Riley Hart			48.3				14.4													
9B	1660	Samyak Jain	13.4				3:46.5										15.53	1.00		3.15		
9B	1695	Jack Garwood	14.0		44.1		3:56.4													2.46	5.03	
9G	1680	Sarah Fraser	15.0														11.44			1.89	4.46	
9G	1716	Ashliegh Jelcic					4:14.3		13.4											2.61	3.40	
9G	3741	Nicole Overall							12.5													
9G	3744	Amber Phillips	12.6	17.9														0.90		2.32		
10B	1646	Benjamin Harding			46.4		3:45.0										14.40	1.00		2.72		
10B	1685	Brody Trevaskis			36.0				13.5										1.05	3.43		
10G	1661	Nikki Thompson				1:37.5			13.1										1.15	3.33		7.05
10G	1701	Khiara Wilkey		18.4	41.5														1.00		5.09	6.02
10G	3736	Sophie Ireland							28.4						10:30.7		12.37			1.64	4.18	
11B	1662	Ryan Dorrian						5:43.5	13.4								23.82	1.20	14.71			
11G	1715	Caitlin Jelcic					4:12.9													2.70	3.95	
12B	1649	Ian Bear					3:47.2	7:28.2	18.4								8.14			2.39	2.75	
12G	1696	Chloe Ireland			42.1				15.6								23.63	1.15			7.58	
13G	1653	Adelena Sanders		16.5	36.2											10:12.3	8.34			2.82	4.96	
14B	1663	Lachlan Dorrian						5:37.0			20.8						18.70	1.45	15.45			
14B	1700	Jake Wilkey		13.3	28.7												31.56	1.40			9.02	
15B	1652	Liam Sanders			29.7	1:11.2						22.2								3.50	6.59	7.66

## Personal Best Day 2010 - 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
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### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
4B	1665	Jaidyn Mead	62	Shot Put	2.48	Not a standard event for age group
4B	1665	Jaidyn Mead	65	Discus	5.76	Not a standard event for age group
4B	1665	Jaidyn Mead	1	Long Jump	1.32	Not a standard event for age group
4B	1665	Jaidyn Mead	19	High Jump	0.60	Not a standard event for age group
6G	1664	Taylor Mead	65	Discus	6.44	Too many field events
12G	1696	Chloe Ireland	117	Javelin	16.24	Too many field events
14B	1663	Lachlan Dorrian	114	Shot Put	6.23	Too many field events

## Personal Best Day 2010 - Magill

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
7B	3096	Joe Cross		19.1	43.0				13.7											2.72	4.06	
7B	3139	Riley Hateley							16.7								11.11			2.30	4.27	
7B	3152	Jack Sammells	16.3		54.9				18.0											1.88	3.02	
7B	3153	Tyson Sammells	16.1		55.0				16.2											2.23	2.83	
7B	3158	Jamie Taylor			44.8				14.8								10.31	0.75		2.88		
8B	3082	Alex Azlum-Henson		19.5	42.0				13.2								9.86	0.95				
8B	3103	Daniel Fairbrother		22.0	48.9				14.1								11.13	0.80				
8G	3086	Jessica Signoriello	12.4		39.4				13.9													
9B	3064	Aiden Griffin	13.9						14.7					5:19.6			9.37				4.25	
9B	3138	Jackson Hateley					3:05.6		13.4								20.42			3.27		
9G	3095	Bethany Cross					3:45.3		14.4					5:27.5						2.70	4.03	
10B	3070	Jak Goudman-Glasson		17.2			3:12.9		12.5										1.05			6.37
10B	3072	Adam Binks	12.2				3:14.3												1.05	2.92	5.48	
10B	3073	Daniel Binks		17.8			3:06.6								6:52.1				1.10		5.69	
10B	3081	Isaac Azlum-Henson		16.4	36.0				13.0											3.02	5.88	
10B	3151	Kyle Sammells	13.0		40.5				14.7								11.60					5.13
10B	3679	Oliver Pride	10.7	15.2	33.6													1.15		3.44		
10G	3085	Grace Signoriello	12.2						13.0											3.00		
10G	3680	Alice Taylor							15.0								10.52	0.90		2.69		
11B	3102	Michael Fairbrother				1:35.9			12.7								11.65				5.96	6.70
11B	3112	Nicholas Bradman		15.4		1:14.0														3.23		
11G	3094	Anna Cross				1:27.3		6:57.4	14.1								13.20				4.64	6.19
13B	3655	Pelle Biancardi		13.0	27.1					14.6							19.80	1.50			8.75	
14B	3063	Alistair Griffin					2:52.1				20.2						16.98			3.72		8.01
14G	3136	Jack Rumbelow					2:43.1	5:28.8							9:14.9							
16B	3116	Daniel Crouch															24.43		22.70		8.52	
17B	3061	Samuel Ennis																		6.04		

### Invalid Results

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

## *Personal Best Day 2010 - Mildura & 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>
10B	5353	Shaun Jackson	11.8	17.4					13.7									0.90		3.31		
12B	5352	Brodie Jackson		14.8	34.1				12.6								19.81	1.15		3.99		
13B	5420	Dylan Christian																	Comp			
13G	5449	Emily Peterson		15.5						16.7								1.20		3.65		7.81

### *Invalid Results*

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



## Personal Best Day 2010 - Mount 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	5663	Isaac Warhurst	18.4		57.8													0.55		1.72	3.32	
6G	5675	Karli Roberts	15.7														2.96	0.65			1.70	
7B	5672	Tristan Ziersch	16.0		54.4				16.0									Comp		2.08		
8B	5599	James Baraglia			40.9													0.85			5.37	
8B	5613	Riley Karayiannis	13.5	20.8	42.0												12.02	0.85				
8B	5652	Mitchell Richards	14.1																			
8B	5662	Lachlan Warhurst			42.7				13.5								10.22	0.90				
8B	5674	Thomas Roberts	14.7															0.85			2.49	
9B	5671	Jesse Ziersch			42.4		3:08.0							4:56.5						2.71	3.79	
9B	5688	Zachariah Edwards			42.0				12.7									0.95		2.77	Comp	
10B	5598	Michael Baraglia															12.59			2.76	4.41	
11B	5692	Jordan Marshall			32.1	1:22.5			11.5								11.82	1.10		3.50		
11G	5687	Alexandra Edwards		15.8					12.6								13.07			3.10		6.85
12B	5597	Hayden Baraglia		16.1															Comp	3.22	6.51	
16B	5621	James Lee										16.3	30.7				36.36	1.65				10.24

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
16B	5621	James Lee	221	High Jump	1.65	Already competed in event

## *Personal Best Day 2010 - 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>
9B	5777	Casey Buchanan	11.4	15.9										Disq				1.05		3.28		
9G	5767	Adelaide Arnold-Oakes	12.8	18.6					14.2									0.90		2.39		
10G	5776	Ruby Buchanan				1:24.4									Disq			1.05		3.11		6.34
11G	5766	Scarlett Arnold-Oakes		15.8	35.4				12.1											3.27	6.45	7.25

### *Invalid Results*

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

## Personal Best Day 2010 - 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
6B	698	Kurt Mawer	15.3		50.9													0.75		2.13	4.21	
6B	732	Sean Hembury	15.9	25.9	1:03.2												5.65				2.45	
6B	761	Jay Page	17.8														5.12			1.54	3.33	
7G	695	Angel Lee	14.9	21.0					15.7								4.74				2.97	
8B	701	Tyson Wood		19.7	43.3				14.4								9.74			2.76		
8B	714	Liam Peake	14.5	20.9					15.2								8.37				4.14	
9B	694	Billy Lee	12.0	16.8			3:05.7										12.65				4.37	
9G	718	Tiana Haddon											5:39.7				8.74			2.51		
10G	689	Olivia Leedham	14.4		48.7				15.2								6.81			2.33		
11B	710	Daniel Pring			38.6	1:26.3			13.9								8.77		5.65	2.67		
11G	700	Rachel Wood		18.6	40.8				15.0								8.25	0.95				6.10
11G	709	Kendra Pring		18.5					15.5						9:24.7		7.25			2.76	3.11	
12B	712	Kyle Peake			50.2	2:07.1			18.0								12.06	1.10		3.89		
12B	717	Matthew Haddon			29.6				11.2											4.14		8.21
12G	699	Hope Mawer			47.4	2:04.9			20.4								6.10	0.85		2.19		
12G	725	Olivia Graf					3:14.7		15.0								10.19			2.71	5.70	
12G	731	Toni Hembury		16.0	35.7				12.9										10.98		6.50	7.03
13G	708	Nikita Pring		23.3	46.3	1:47.2											6.95		7.05	2.19		
14G	693	Natasha Lee		18.4	40.0	1:55.3											8.72			2.44	4.62	
14G	711	Failee Peake		16.1	35.0	1:35.3											15.61	1.15		3.03		
14G	719	Rebecca Cole			34.9	1:25.1		6:57.6									12.23			2.78		7.22
14G	720	Danielle Walsh				1:21.0	2:55.1			17.7								1.30		3.51		7.64
16B	702	Anthony Smitham			33.2	1:24.3											21.97			3.94		8.49
16G	740	Lianca Way																	14.76			
17B	690	Bradley Gurr															43.18	1.75			12.44	

### Invalid Results

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

## Personal Best Day 2010 - 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	
6G	9999	Alex Cameron	16.8		54.4															1.78			
7B	5918	Dylan Mccauley	13.3		44.5				14.2								8.94			2.70			
8G	5917	Zara Mccauley	13.4		39.4				14.6								8.46			2.61			
10G	5961	Kymberley Knitschke		18.9	41.7													0.90		Comp	3.20		
12B	5957	Jarrad Burat							11.2											20.71		5.81	8.82
12B	5960	Reece Knitschke		15.7	36.3				13.2								17.42		15.17		6.23		
13G	5956	Rebecca Burat								15.5						9:39.0	18.50			4.14		9.19	
14B	5924	Bradley Wegener		14.4	31.5						18.5						17.11			4.20		7.73	

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
10G	5961	Kymberley Knitschke	178	Long Jump	2.51	Already competed in event

## Personal Best Day 2010 - Noarlunga

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	3497	Declan Campbell															5.40			1.38	2.85	
6B	3518	Sebastian Payne	18.3		1:08.6												4.76	0.55		1.61		
6G	3470	Aleesha Vidler	17.0														2.92			1.38	1.58	
6G	4043	Carli Perryman			57.3												5.27			1.63	3.42	
7B	3472	Benjamin Askew							15.9									0.80		2.21	3.84	
7G	3573	Liana Webb							14.6									0.75		2.67		
7G	3580	Holly Irvine	18.0	25.5					21.3											1.62	2.30	
8B	3514	Ethan Jeffries			45.7				15.8									0.75				
8B	3534	Jack Mitton			40.7				13.3									0.90			4.06	
8B	3557	Tom Daniels															10.06			2.55	2.85	
8B	4038	Cody Swingler	14.5		47.1												9.16			2.42	4.50	
8G	3482	Jasmin Klaasen-Thom	14.6	21.5													8.41			2.14	3.15	
8G	3504	Madeleine Webster	14.2		43.0				13.7											2.37	3.78	
8G	3626	Natasha Robertson	14.1						17.3								6.82			1.99		
9B	3466	Jackson Pole			36.8		3:29.9										14.00			2.87	4.81	
9B	3468	Tyson Riddle					3:59.4		13.5								13.17	0.90		2.48		
9B	4042	James Perryman	14.1		49.6				14.8									0.90		2.28		
9G	3559	Abbey Bartle	12.5	18.1			3:33.2											0.95		2.77		
10B	3469	Jake Vidler	12.3	20.2											8:44.6			1.00			4.81	
10B	3500	Harrison Evans					3:11.8		15.0								13.21	1.10				6.30
10B	3582	Ethan Hately			57.5				17.7								9.75			2.10	4.06	
10B	3587	Raphael Mubake	10.8	15.5	33.5															3.44		6.50
10B	3625	Joshua Robertson			34.7		2:58.4										10.44	1.10		2.81		
10G	3471	Shae Mcdonald	12.4		43.1				14.7								7.73			2.87		
10G	3474	Ava-Rose Askew							15.5									0.85		2.53		5.40
10G	3564	Matilda Silvestri							16.8								5.74			2.35		
11B	3515	Ryan Jeffries						DNF	13.7								9.95					
11B	3541	Jackson Daniels							11.7								15.04			3.31		7.73
11B	4037	Bailey Swingler			34.0	1:22.5														3.42	6.23	6.89
11B	4041	Adam Perryman				1:34.9		6:24.2	14.1								10.09	1.00		2.72		
11G	3525	Natasha Stacey							12.7													
11G	3579	Vanessa Irvine		17.6					14.2								11.75			2.80	4.81	
11G	4030	Harmony Stevens		16.5	37.5	1:27.2																

## Personal Best Day 2010 - Noarlunga

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
12B	3568	Liam Mcmillan		14.2	31.2			6:12.6										1.05		2.26		5.93
12B	3630	Aiden Baker		15.2		1:11.7	2:47.6											1.25		4.02		7.70
12G	3553	Poppy Grice		20.0															9.61			
12G	3565	Bryanne Silvestri						7:18.0									9.73			2.35		5.17
13B	3586	Armel Mubake		15.1	32.7	1:12.8											12.43			3.77		7.91
13G	4029	Crystal Caine								22.7							11.08			2.75		5.90
14B	3517	Shaun West			28.5	1:11.2					16.5								18.54	4.60		7.61
14B	4036	Jaiden Swingler			27.7	1:01.0													27.24	4.29		9.62
14G	3535	Kizzy Grice		15.8						18.8						10:00.9	16.47		19.30			8.02
15G	3480	Casey Driver		14.0	30.2													1.15				
15G	3555	Erin Randall		15.7		1:09.0											17.53	1.10				
15G	4040	Lilli Willoughby			31.1	1:15.2					16.9							1.35				8.91
17G	3533	Emily Hutchesson			38.9	1:48.6							44.6				15.40				7.09	7.12

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
10B	3625	Joshua Robertson	199	70m	11.5	Too many events
11B	3541	Jackson Daniels	153	Shot Put	7.82	Too many field events

## *Personal Best Day 2010 - Plympton*

<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>
16G	1072	Kathryn Sara				1:07.3											13.34				7.16	
16G	1073	Rebecca Sara				1:10.2											21.97				7.35	

### *Invalid Results*

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

## *Personal Best Day 2010 - 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>	
8B	6281	Alex Sard			41.3													0.80					
10B	6280	Zane Sard					3:09.0											0.95					

### *Invalid Results*

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



## Personal Best Day 2010 - 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	
5B	3222	Hayden Duke	20.3	30.2														0.60		1.50			
6G	3268	Jessie Venus			51.8												Comp			1.91			
7B	3233	Lachlan Wilson	14.2	22.3					15.5								9.75			2.70			
7B	3235	Oscar Canning	16.0		50.6												6.03			1.84	3.46		
9B	3189	Tyler Oliver			41.3		3:47.8		13.5								21.46	1.05					
9B	3213	Harry Marshall	14.5											5:03.2				0.85		2.43	3.92		
10B	3254	Gabriel Bayliss							14.7						Disq		9.88	1.00		2.89			
10G	3193	Alexandra Philis					3:02.0		11.7											3.65	4.98	7.80	
11B	3204	Hayden Findlay				1:23.1		6:17.9	12.4									1.15			6.81	6.78	
11B	3261	Ryan Bennett							13.9									0.95		3.00	5.55		
11G	3185	Nicole Chamberlain				1:29.4			13.0													Comp	
11G	3243	Olivia Griffiths			33.5				11.7											15.31		7.64	7.69
12B	3223	Michael Hirschausen		15.7	37.1				13.1											14.88	3.70		8.12
12G	3182	Ashleigh Fox		17.8	40.6				14.4								14.85			3.36			7.01
12G	3187	Kayla Higgins				1:17.4		5:54.3	13.7											19.42		6.57	7.58
12G	3195	Morgan Blackwell			35.9	1:18.4	3:01.8										13.45	1.20		3.62			
12G	3250	Rebecca Kite			33.8	1:14.4	3:06.6											1.20					7.76
12G	3251	Victoris Kite			35.7				12.9												3.47	4.79	6.73
12G	3267	Melissa Venus					3:27.1									10:52.6							
12G	3274	Victoria Giannopoulos		20.9	47.4				16.0								7.35				2.51	4.39	
13B	3209	Kurtis Marschall				1:08.6	2:42.0			14.3							21.67				4.54		9.47
13B	3214	Jamie Miller		14.5	31.6													1.25		3.88			
13B	3310	Brett Holland		14.6	32.9		3:22.5										14.78				3.96		8.82
13G	3188	Amy Higgins		16.3	34.8		3:12.1										14.70		12.16				7.07
13G	3192	Tayla Philis															17.11					6.94	
13G	3203	Samantha Findlay						7:01.6								Comp				10.95		3.96	
13G	3232	Keah Wilson														10:23.4	17.52			13.92	3.59		
13G	3266	Rebecca Venus					2:51.8	5:37.6															
13G	3273	Yianna Giannopoulos															10.19			8.41		3.54	
14B	3181	Sam Fox			28.6	1:05.6	2:32.1													25.61	4.46	9.39	
14B	3186	Joshua Hutton		16.4		1:15.9	2:50.2										16.46	1.35					8.09
14B	3212	Patrick Marshall			27.4	1:05.2	2:31.9										29.27				4.63	9.63	
14B	3231	Darian Wilson		14.3	29.2	1:19.0														27.88	4.66		9.58

## *Personal Best Day 2010 - Reynella East*

<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>
14B	3301	Liam Paterson		14.2	30.4		2:43.1													3.69		7.91
15B	3288	Shannon Chiappini															Comp			5.15	10.41	
15G	3183	Kimberley Chamberlai		14.6			3:20.4										19.06	1.25		4.13		
15G	3225	Kristy Hirschausen		13.3			2:53.5				16.1						16.11	1.40			6.79	
15G	3228	Brooke Turner		14.2																Comp		
16B	3211	Jake Marshall			27.0	1:02.1										9:28.3	29.42			4.73	9.37	

### *Invalid Results*

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

## Personal Best Day 2010 - Salisbury

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
6B	1738	Liam Palumbo			55.6															2.22	3.13	
6B	1796	Ethan Alagich	14.9	21.7	49.3													0.65		1.91		
6G	1733	Zara Gidman	16.2	24.5	52.3												7.13			1.83		
7B	1725	Dylan Matthews							18.3								10.05			1.95	3.64	
7G	1726	Shanaya Matthews							17.6								6.23			1.88	3.07	
7G	1734	Zoe Gidman	14.1	20.3													7.88	0.80		2.35		
8B	1721	Tyler Wakelin			47.3				16.9								9.89	0.80		2.39		
8B	1729	Andy Wakefield	18.0	26.1	58.0												8.57				3.77	
8B	1755	Blake Stevens			40.0				12.6								14.47	0.85			6.13	
8B	1779	Remmie Schliwa	13.1		41.7				13.8								11.02				4.08	
8B	1785	Jaxson Bullen			42.1				13.1									0.95		2.57	6.05	
8B	1792	Brodie Wagner	12.3	17.4	37.2													0.95		2.90		
8B	1818	Brandon Mcbride			43.9													0.85		2.71	4.81	
8G	1774	Mikayla Statham	13.7		46.4				15.4											2.19	3.25	
9B	1765	Jordan Dunlop		19.7			3:40.0		14.4								9.87	0.85				
9B	1781	Ethan Martland					3:43.2		14.1								18.74	0.85			5.08	
10B	1775	Brodie Statham					4:04.6								9:16.0					2.69	4.77	5.32
10G	1724	Cheyenne Matthews					4:31.3								9:35.9		11.20			DNF		4.40
10G	1735	Jaqualin Gidman	15.5	23.0													8.98	0.90		2.42		
10G	1750	Ruby Hollitt			45.5		3:57.3		17.8								8.53				4.61	
10G	1757	Brittany May			43.0				15.0								15.35			2.77	5.48	
10G	1800	Hannah Garnish													9:45.3		9.14			2.36	3.93	
11B	1762	Benjamin Hubbert		15.9	36.7	1:29.4											11.54		16.63		5.16	
11B	1803	Jacob Russo		15.5	35.5				11.6								21.36	1.30				8.53
11G	1730	Lillee Wakefield		24.8	1:15.0										10:27.9		7.91		7.20		3.69	
11G	1746	Rachel O'Shea		17.6					14.2						8:38.6				8.88	2.77	4.73	
11G	1764	Heather Dunlop				1:21.9		6:24.5	14.7									0.95	5.37		4.52	
11G	1799	Schlindalee Boothby		16.4					13.8						7:02.6				9.72	3.55	5.16	
12B	1759	Lachlan Britain						DNF	17.7								14.04		7.10		3.97	
12B	1782	Thomas Martland					3:23.1		13.4							Disq	16.62	1.00	15.61			
12B	1797	Connor Garnish															15.05		12.58		6.49	
12G	1737	Cassandra Palumbo					3:33.8										9.39		8.44		5.15	
12G	1761	Kathleen Hubbert		19.4	41.7				15.3								13.96		11.11		6.51	

## Personal Best Day 2010 - Salisbury

AgeG	Reg	Athlete	70m	100m	200m	400m	800m	1500m	60mH	80mH	90mH	100H	200H	700W	1100W	1500W	Discus	High	Javeli	Long	Shot	Triple
12G	1778	Isabel Schliwa			46.3	1:42.2		7:38.0									7.94		4.21		4.16	
13G	1728	Danielle Slaughter		14.9				DNF		15.2							24.34	1.30			8.71	
13G	1763	Brooke Dunlop			33.9	1:20.8		6:38.6											8.66	3.65		7.63
14B	1723	Joshua Russo		13.6	28.6						14.9						37.52	1.55		DNC		
14B	1756	Daniel Weetra		14.4	30.1						15.4							1.50			7.97	9.75
14B	1758	Owen Hvalica			32.8		2:54.4				17.4									4.46	6.19	9.42
14G	1766	Charlee Boxall				1:07.5		5:35.1		17.2							16.13			3.94		8.25
14G	1776	Amy Schliwa			37.7	1:28.9		7:10.9											8.13		3.99	5.75
14G	1780	Alisha Martland						6:44.9		19.3									9.72		3.99	
15B	1798	Peter Huckstepp		13.4	28.0	1:05.3														4.91	9.27	
15G	1760	Tiffany Hubbert		17.3	39.0						24.2						13.91		17.36		6.80	
15G	1783	Simone Martland														10:52.2	13.51		12.73		4.59	
16B	1804	Keith Slaughter		14.6	32.3		2:37.7											1.30		4.25	6.51	

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7G	1726	Shanaya Matthews	12	60m Hurdles	13.4	Already competed in event
9B	1781	Ethan Martland	165	200m	44.8	Too many events
10G	1735	Jaqualin Gidman	285	200m	55.1	Too many events
14B	1723	Joshua Russo	115	Shot Put	10.94	Too many field events

## Personal Best Day 2010 - 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	6	Callum Byford	17.8		1:04.3												6.91	Comp		1.62		
6B	39	Ewan Fraser	17.7	25.8													6.41			1.35	2.83	
6B	52	Oliver Lane	16.2	25.1	58.1												1.92			1.22		
6B	60	Shaun Reed	17.5		57.8												5.85	0.60		1.84		
6B	73	Joshua Wilson	17.6	24.9													6.83			1.46	2.30	
6B	93	Darcy Dawber	15.1	22.2	48.4													0.80			3.13	
6G	78	Eryna Guthrie	18.0	26.5	58.8												4.17				2.04	
6G	125	Charlotte Hannaford	18.0	27.2													3.01			1.39	1.92	
6G	132	Abbey Hastings	16.1	24.5														0.60		1.43	3.17	
7B	51	Samuel Lane	14.4	20.8	51.6												6.69			2.20		
7G	12	Emma Cotgrove	15.3	22.3													7.54			2.27	3.36	
8B	50	Liam Opitz															10.79	0.90		2.65		
8G	70	Britten Warnest	16.9						16.6											1.86	3.56	
8G	124	Emogen Hannaford	14.4	20.9					15.8											2.19	3.55	
9B	15	Reily Ashenden	11.6	16.5	35.9												18.01			3.06		
9G	3	Rhiannon Lovegrove					4:09.2		16.1				5:02.2				7.50			2.25		
9G	16	Ruth Hall	15.9				4:48.6		16.7								6.61			2.24		
9G	72	Jessica Wilson	14.7										6:20.0				9.01	0.80			4.27	
9G	123	Kailah Hannaford	12.8						13.3								14.47			2.88	4.14	
10B	13	Jarrold Cotgrove	11.5	15.9	34.5														1.10	3.42		
10B	18	Ryan Bland			39.6				14.2						8:28.7				1.10		4.66	
10B	49	Josiah Wyten		18.2			3:38.2												1.05	2.84		
10B	79	Owen Guthrie	13.5												9:16.3		14.33			2.35	3.90	
10G	8	Kelsey Lynch	13.4						16.1						8:51.5						3.83	5.95
10G	58	Paris Fleming	12.0						13.5								16.87			2.86	5.43	
10G	69	Kheili Warnest	12.4						14.0								12.30	1.05		3.01		
10G	92	Chelsie Dawber			35.0	1:20.5	2:56.5											1.05				6.33
11B	74	Jesse Fabian							13.5											3.26		6.97
11G	41	Maighan Hern			41.3				14.3									1.00		3.10		6.28
11G	98	Tansy Kember			35.4		3:20.7		13.2									1.05		2.99		6.82
11G	99	Courtney Graham			42.2		3:45.5		14.4								11.40			2.75		5.79
12B	5	Jesse Quinn		14.9					10.3									1.35			7.17	8.78
12G	27	Gracie Scarman		14.6					11.0									1.30		3.82		8.66

## Personal Best Day 2010 - 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	
12G	137	Simone Wyten														11:55.1	12.94				8.20		
13B	56	Tyler Ford		15.4			3:04.5			17.8								1.35		3.60	7.52		
13B	149	Matthew Dawber			34.9			5:47.0												3.72		7.95	
13G	7	Zoe Lynch						6:21.5		18.3						10:48.0		1.15				7.29	
13G	63	Rachael Howse			39.2					21.9											4.24	6.31	
14B	17	Luke Hall						5:59.4			20.2						21.26				7.30	8.73	
14B	48	Leroy Wyten									17.2								25.75	4.34		9.56	
14B	71	Samuel Ratsch		14.1		1:08.2					16.8						24.91		25.98		7.86		
14G	19	Jessica Stephens						6:07.8								8:48.7			14.75	3.26		7.97	
15B	59	Mathew Hansell		13.6								19.7	33.2				27.56		Comp		8.83		
16B	42	Craig Ratsch		12.2	25.5								31.5								5.00	9.95	10.52
17B	47	Jairus Wyten																	41.82		9.88	11.08	

### Invalid Results

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AgeG	Reg	Athlete	EvNo	Event	Result	Reason
12B	5	Jesse Quinn	107	Discus	17.17	Too many field events

## *Personal Best Day 2010 - 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>
11G	6565	Jessica Kuss					3:17.6		11.8								8.25					6.55
13B	6564	Matthew Kuss		14.0		1:07.4														4.18		

### *Invalid Results*

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

## Personal Best Day 2010 - 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
7B	2002	Cooper Beecken	13.7	19.5	42.3												8.80	0.90				
7B	2010	Kane Viska	12.8	18.4	41.3													0.70		2.59		
7B	2232	Jarman Sigal	13.2		45.8												10.59	0.80		2.40		
8G	2076	Lauren Ward	12.8	19.0													12.23			2.76	5.52	
9B	2009	Luke Viska		16.7	36.6		3:20.7											1.05		3.29		
9B	2158	Ryan Moss					3:08.2											0.90				
9G	2048	Riona Tyler-Dowd	13.2						14.4					6:15.1						2.72	2.91	
9G	2168	Micaela Walker	13.4	19.5													8.99	0.80		2.41		
10B	2001	Mackenzie Beecken		17.2					13.3								15.27	1.05		3.16		
10B	2028	Nicholas Dallimore		17.3		1:20.8	2:52.4										14.26			3.10		
10B	2051	Ossian Tyler-Dowd		16.9					13.2						Disq			Comp		DNF		
10G	2228	Emma Richardson	14.1						16.6								DNC				3.12	5.41
10G	3955	Leah Burleigh	11.3	17.1	36.8															3.56		
11B	2161	Samuel Paynter			37.7				13.1										15.44	3.46		
12G	2027	Erin Dallimore					3:06.2	6:06.7								8:42.4	11.14		11.44	3.21		
13B	2102	Lewis Warland		13.3	30.9		2:58.4										14.40			4.02		
13B	2160	Joshua Paynter		14.0	31.4					13.8									Comp			8.38
14B	2017	Connor Verrall		12.5	25.1															5.39		11.26
14B	2050	Lachlan Tyler-Dowd		14.0			2:43.1									8:38.5	20.65	1.40			7.04	
14G	2033	Laura Isaac								13.0							19.16	1.30			8.52	
14G	2083	Chloe Taylor		14.4						14.7							16.10				7.72	
15B	2019	Connor Mcivor					6:06.3														4.94	
15G	2047	Keely Tyler-Dowd		14.1									34.6			9:33.7	11.95			4.27	6.61	

### Invalid Results

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



## Personal Best Day 2010 - 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
9B	2753	James Gluyas	12.8		41.0												9.39			2.55	Comp	
9G	2746	Emma Miller					3:56.6		14.7					5:51.0								
9G	2802	Alana Thompson	13.1		41.4												13.25				3.73	
9G	2832	Ashleigh Stain			43.1				13.0								9.75			2.73	3.16	
10B	2750	Nathan Claridge	11.7	17.3																3.01	6.25	5.91
10G	2763	Hiromi Hill	12.3	17.1					12.6								10.75					7.03
11B	2777	Camryn Procter							13.9								9.60			2.83	5.19	
11B	2778	Adair Procter							12.0								14.60			3.38	7.21	
11G	2894	Imogen Hiser															9.80	1.05		3.17		
12B	2752	Matthew Gluyas			35.2		2:55.0	5:55.2									13.78		11.00			6.89
12B	2791	Riley White															15.74	1.35			5.71	
12B	2797	Bradley Samarcq														10:59.7	14.18			2.96	4.75	
12G	2800	Erin Simister		14.5	33.9				11.2									1.25			7.28	9.31
12G	2803	Georgia Thompson			38.4		3:27.3		14.1								12.66				5.74	7.83
13B	2762	William Hill			33.8	1:16.2	3:00.3										16.70			3.86		7.68
14B	2749	Daniel Claridge		14.3													19.79		30.56		6.34	
14B	2794	Robert Jefferies									13.6									4.82		
14B	2795	Josh Bennier		13.1	28.4																	
15B	2744	Aiden Miller						4:37.7														
15B	2889	Ryan Simister			28.5																	
16B	2793	Stuart Jefferies										17.6	30.9									

### Invalid Results

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

## *Personal Best Day 2010 - Tasmania*

<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	8011	Jessica Upton-Greer	14.1		42.3				13.9												2.57	3.99	

### *Invalid Results*

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

## Personal Best Day 2010 - 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
5G	1994	Lara Ellis	15.2	24.1													3.96			1.78		
6B	1921	Cameron Robinson	15.1	21.7	48.1													0.80		2.11		
6B	1940	Jacob Bos	20.6		1:02.8												7.17			1.51	3.03	
6B	1981	Jaidyn Croucher	16.8	24.9													4.91			1.68	2.29	
6B	1987	Aidan Tuckwell			46.8													0.75		1.89		
6G	1832	Lily Hams	17.5	24.5													3.35			1.55	1.93	
6G	1865	Kiara Skene			1:05.4													0.60		1.69		
6G	1889	Tianah Vanderlinden	14.5	20.6													4.61			1.78		
6G	1965	Imogen Smith			54.4													0.55		1.42	2.29	
6G	9998	Brooke Henderson																0.60		1.32		
7B	1845	Nicholas Logan			41.8				13.9								17.20	0.85		2.89		
7B	1848	Cameron Minuzzo	14.4		1:17.1				17.2								6.27			2.22		
7B	1968	Aidan Sturtzel			56.5				19.8								7.53			1.55	3.13	
7B	1992	Orson Strawiariski															7.30			2.26	Comp	
7B	1998	Dylan Marshall			42.1				13.6									0.85		2.73		
7G	1877	Jessica Nihill			45.7				15.0											2.06		
7G	1891	Caitlin Watson	15.0		48.7				15.5								5.00					
8B	1827	Eden Bossenschutt	12.8		42.9				15.0								8.78			2.30		
8B	1980	Harrison Croucher	17.2	24.4													6.86			1.75	3.19	
8G	1824	Sarah Gill.	14.3	20.4	43.7													0.80		2.09		
8G	1829	Kyla Stear							13.5								11.56	0.95		2.81		
8G	1831	Charli Hams	13.9	19.4	40.4												11.00			2.65		
8G	1837	Alana Armstrong	13.9	20.0	41.8												8.07	Comp				
8G	1995	Emilaya Ellis	11.9	17.3	37.9													0.90		3.00		
9B	1844	Zachary Logan			35.7				12.4									1.00		3.30		
9B	1847	Brandon Minuzzo	14.0		45.4				14.4											2.57	3.60	
9B	1979	Finley Allen	10.9	16.0			3:20.5										Comp			3.59		
9B	2000	Ryan Marshall	12.2						12.1									1.10		3.36		
9G	1825	Rachel Gill.	11.4	15.7	34.7													1.10		3.23		
9G	1915	Mackenzie Hunt			36.8				12.5					4:44.2						2.90	4.34	
9G	1990	Ivy-Rose Hughes	13.0	18.4	40.2												10.16	0.90				
9G	1993	Savannah Strawiariski												4:43.8						2.87	3.41	
10B	1830	Thomas Hams	11.6	16.5													21.69				7.69	7.40

## Personal Best Day 2010 - 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
10B	1890	Jayden Watson			39.5				13.8								20.73	1.10			6.52	
10B	1997	Thomas Norbury				1:26.9	3:08.8		13.2								16.36					7.38
11B	1826	Liam Gill.		15.2	32.1	1:18.9												Comp		3.75		8.22
11B	1852	Aidan Gibbs		15.1	32.3	1:14.1												1.15		3.66	8.17	
11B	1858	Jake Adey							12.3								24.05		21.19	4.04		
11B	1876	Haydn Nihill						5:52.1												3.25		6.50
11B	1888	Brandon Vanderlinden		15.0													15.76			3.89	8.24	
11B	1904	Liam Lawlor			34.3	1:15.8	2:48.1											1.10				
11B	1905	Connor Lawlor		16.5	35.6				12.5									1.15		3.46		
11B	1999	Nicholas Marshall			33.0				10.8											3.84		8.93
11G	1854	Maya Lange		15.5	32.5												8.68			3.82	6.88	
11G	1857	Ashleigh Wilkey			37.0		DNF	6:37.5													2.95	
12B	1840	Jamie Simpson					3:00.9											1.20		4.19		7.92
12G	1882	Kristie Goudas					3:17.8															6.04
13B	1913	Henry Fairfield		15.3														1.30		3.89		7.78
13G	1839	Annie Simpson				1:14.4													15.83	3.57		
13G	1856	Amy Mclatchie		14.2	30.6														13.70			
13G	1870	Piper Douglas						6:04.7							7:40.1	23.23						
13G	1900	Charlotte Howell			33.3															3.93	6.75	
14B	1860	Cam Rudge		14.4	28.9	1:02.6												1.60				
14B	1875	Rhys Nihill						7:06.8												3.00		6.50
14B	1910	Hamish Hunt		16.0	36.6												20.13		23.50		6.78	
15B	1887	Roger Vanderlinden		12.5	26.5												42.24			5.46		
16B	1945	Brandon Pattison		12.2	24.4												26.74					
17B	1859	Nathan Rudge		14.3	31.6											11:24.3	21.62					6.95

## *Personal Best Day 2010 - Tea Tree Gully*

<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>
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### *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	1965	Imogen Smith	67	Discus	4.91	Too many field events
9B	1979	Finley Allen	249	Discus	12.33	Already competed in event
10B	1830	Thomas Hams	244	Long Jump	3.53	Too many field events
11B	1888	Brandon Vanderlinden	296	High Jump	1.10	Too many field events
13B	1913	Henry Fairfield	237	Discus	Comp	Too many field events
13B	1913	Henry Fairfield	234	Shot Put	6.96	Too many field events

## *Personal Best Day 2010 - Waikerie*

<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>
8B	6768	Cooper Mackereth	13.7						13.7								10.93	0.90		2.47		
10B	6751	James Smith	11.4						14.6									1.10		3.31	4.48	
10B	6772	Luke Roberts	12.5	16.4	37.8												11.45			3.19		
10G	4330	Erin Chidlow	13.9	19.9													10.44			2.50	3.93	
11G	4329	Lisa Redemski				1:33.3			14.1								11.55			2.61	4.73	
12B	4331	Alex Chidlow		14.3	32.3															3.78	4.53	6.71
17B	4328	Jason Redemski		12.9	26.9								29.4					1.65			11.04	10.20

### *Invalid Results*

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

## Personal Best Day 2010 - 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
7B	2662	Kye Beeken	14.5		50.5				15.0											1.93	3.81	
7G	2635	Hawi Anderson	13.2	18.3	40.6													0.80				
8G	2663	Niamu Saunders							14.2								4.72			2.34		
9B	2631	Luke Beeken			38.8		3:15.7		13.1								13.73	0.95				
9B	2633	Samuel Chambers	12.8	18.7			3:14.3										16.39				5.65	
9B	2651	Mitchell Fairall	13.3		42.5				12.5								11.56					
9B	2692	Dylan Darley		17.0	36.0		3:03.4											1.19		3.25		
10G	2612	Kate Jager	13.1						15.3								11.88	1.10			4.54	
10G	2619	Briana Heinjus					3:17.9		15.3								9.78	1.05			3.88	
10G	2634	Soveti Anderson	11.6		38.5				14.3								16.27				6.84	
11B	2650	Lachlan Fairall						5:52.7										1.10	14.58		6.33	
11G	2632	Rebecca Chambers			42.6		3:31.0		16.1								Comp				5.18	6.04
11G	2636	Lauren Beck		19.4		1:45.1	4:40.8										14.85	0.95			6.25	
11G	2664	Sinead Saunders							12.4										10.33	2.57		
12B	2671	Zac Beeken				1:12.6		6:41.6									16.40			3.84	6.10	
12G	2618	Caitlin Heinjus		16.9	37.6				13.7								12.29			2.99	5.82	

### Invalid Results

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

AgeG	Reg	Athlete	EvNo	Event	Result	Reason
7B	2662	Kye Beeken	229	100m	21.4	Too many track events
9B	2631	Luke Beeken	229	100m	18.8	Too many track events
9B	2692	Dylan Darley	298	800m	3:04.0	Already competed in event
11G	2632	Rebecca Chambers	192	Javelin	9.17	Too many field events

## *Personal Best Day 2010 - Woodville*

<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>
6B	825	Cameron Fraser			1:00.2												8.94			1.55	4.00	
8B	769	Leo Koch		19.3	42.8				13.6									0.75		2.83		
8B	834	Ben Warren			44.5				13.2									Comp				
8G	766	Lauren Arscott	17.0	23.6	54.5												4.36			1.87		
11B	768	Coen Koch		15.5	33.6	1:20.5													14.91	3.69		7.45
13B	786	Ryan Russell								16.7							19.03	1.35		3.91		
14G	801	Monique Gibbons					3:22.7			21.6							11.60		19.14		5.22	
15G	843	Ellen Storey			30.6												17.98				7.26	

### *Invalid Results*

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