

FLINDERS ATHLETICS CLUB RANKINGS 2015-16
As at 6th March 2016
Compiled by Paul Sutcliffe - Flinders AC Statistician

PERFORM	WIND	NAME	ASS	DOB	PLACE	VENUE	DATE	COMMENTS
MEN								
60 METRES								
7.55	+1.5	Moses Milsom	F	100999	5	Adelaide	09 Jan 16 Interclub 7A	U/18
8.14		Jakob Meyer	F	150201	10h2	Adelaide	06 Feb 16 Interclub 10A	
100 METRES								
11.13		nwi Luke Houlihan	F	171191	2	Adelaide	12 Mar 16 Club Day	Definitely li
11.83		Moses Milsom	F	100999	2h3	Adelaide	06 Feb 16 Interclub 10A	U/18
11.84		nwi Joshua Chigwidden	F	200502	1	Adelaide	14 Apr 16 SSSSA School Carnival - A2 (U/14)	U/14
12.09		nwi Ossi Tyler-Dowd	F	301199	1h1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/16
12.28	+0.5	Thomas Snyder	F	040494	3h2	Adelaide	05 Dec 15 ASA Club Day 2	
12.70		Jakob Meyer	F	150201	5h5	Adelaide	06 Feb 16 Interclub 10A	U/16
12.79		Jack Faulkner	F	040900	8h5	Adelaide	06 Feb 16 Interclub 10A	
13.09	+1.0	Adam Snyder	F	190303	1	Adelaide	14 Feb 16 State Championships	U/14
14.20		Lochie MacNab	C	040205	5	Adelaide	19 Mar 16 SALAA State Individual Championships	U/11
14.71		Mitchell Wyatt	C	120804		Adelaide	16 Jan 16 SALAA State Multi-Event Championships	U/12
14.78		Jye Lemmers	C	200205		Adelaide	16 Jan 16 SALAA State Multi-Event Championships	U/11
wind assisted								
11.64	+4.1	Moses Milsom	F	100999	7	Adelaide	09 Jan 16 Interclub 7A	U/18
12.20	+2.6	Ossi Tyler-Dowd	F	301199	8	Adelaide	23 Jan 16 Interclub 8B	U/18
200 METRES								
22.16	+1.5	Luke Houlihan	F	171191	3	Adelaide	23 Jan 16 Interclub 8B	18-34
23.52	-1.0	Moses Milsom	F	100999	5	Adelaide	14 Feb 16 State Championships	U/18
24.22		nwi Ossi Tyler-Dowd	F	301199	4	Adelaide	14 Apr 16 SSSSA School Carnival - A1 (Open)	
24.40	+0.8	Thomas Snyder	F	040494	2	Adelaide	05 Dec 15 ASA Club Day 2	Open
25.30		nwi Tom Lancaster	F	280597	19	Adelaide	23 Jan 16 Interclub 8B	18-34
25.56	+1.4	Joshua Chigwidden	F	200502	1	Adelaide	28 Nov 15 Interclub 5B	U/14
25.92	-0.8	Jakob Meyer	F	150201	10	Adelaide	30 Jan 16 Interclub 9C	U/16
26.25		Nicholas Dallimore	F	200300		Adelaide	16 Jan 16 SALAA State Multi-Event Championships	U/16
26.78	+0.7	Adam Snyder	F	190303	2	Adelaide	13 Feb 16 State Championships	U/14
29.37		Lochie MacNab	C	040205	1h2	Adelaide	19 Mar 16 SALAA State Individual Championships	U/11
29.64		Richard McMahon	F	080162	4r3	Adelaide	24 Feb 16 SAMA Program	
30.97		Jye Lemmers	C	200205	4h4	Adelaide	19 Mar 16 SALAA State Individual Championships	U/11
31.27		Mitchell Wyatt	F	120804		Adelaide	22 Sep 15 SAPSASA Metro State Day	
400 METRES								
53.52		Thomas Snyder	F	040494	5h1	Adelaide	05 Dec 15 ASA Club Day 2	Open
54.05		Ossi Tyler-Dowd	F	301199	9h2	Perth	13 Mar 16 National Junior Championships	U/18
54.17		Nicholas Dallimore	F	200300	3	Adelaide	19 Mar 16 SALAA State Individual Championships	U/16
54.35		Tom Lancaster	F	280597	9	Adelaide	30 Jan 16 Interclub 9C	Open
54.86		Cameron Clohesy	F	190594	1	Adelaide	14 Apr 16 SSSSA School Carnival - A2 (Open)	
58.65		Jack Faulkner	F	040900	3	Adelaide	11 Apr 16 SSSSA School Carnival - D1 (U/16)	
58.84		Richard McMahon	F	080162	1	Adelaide	13 Feb 16 State Championships	O/50
59.11		Adam Snyder	F	190303	1	Adelaide	05 Mar 16 Interclub 11B	U/14
59.23		Isaac Fishlock	F	060798	7	Adelaide	09 Mar 16 Interclub 7A	U/20
59.72		Mitchell Bray	F	250601	2h5	Adelaide	12 Dec 15 Interclub 6C	
62.01		Luke Hocking	F	230400	11	Adelaide	30 Jan 16 Interclub 9C	U/18
64.39		Aidan Ross	F	090703	3	Adelaide	14 Feb 16 State Championships	U/14
64.73		Mitchell Wyatt	F	120804	1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/12
64.78		Lochie MacNab	C	040205	1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/11
800 METRES								
1.50.93		Jordan Hewitt	F	140297	5r3	Tempe, USA	25 Mar 16 PAC12 v BIG10	
1.57.92		Tom Lancaster	F	280597	6	Adelaide	12 Feb 16 State Championships	Open
1.58.17		Lachlan Bateman	F	140597	6	Adelaide	05 Mar 16 Interclub 11B	Open
1.59.19		Casey Buchanan	F	210201	1	Adelaide	23 Jan 16 Interclub 8B	14-15 (NQ)
2.01.37		Patrick Goodwin	F	031100	2	Adelaide	19 Mar 16 SALAA State Individual Championships	U/16
2.01.73		Nicholas Dallimore	F	200300	3	Adelaide	19 Mar 16 SALAA State Individual Championships	U/16
2.06.66		Thomas Snyder	F	040494	6	Adelaide	07 Nov 15 Interclub 2B	Open
2.07.09		Cameron Clohesy	F	150599	1	Adelaide	14 Apr 16 SSSSA School Carnival - A2 (Open)	
2.10.61		Isaac Fishlock	F	060798	4	Adelaide	25 Oct 15 ASA SA All Schools Championship	U/20
2.12.68		Richard McMahon	F	080162	1	Adelaide	12 Mar 16 Club Day	
2.12.92		Bailey Dyer	C	140100	2	Adelaide	14 Apr 16 SSSSA School Carnival - A2 (U/16)	
2.14.31		Aidan Ross	F	090703	4	Perth	12 Mar 16 National Junior Championships	U/14
2.17.73		Mitchell Bray	F	250601	11	Adelaide	24 Oct 15 ASA SA All Schools Championship	U/16
2.19.50		Jack Faulkner	F	040900	1	Adelaide	11 Apr 16 SSSSA School Carnival - D1 (U/16)	
2.19.88		Ossi Tyler-Dowd	F	301199		Adelaide	16 Jan 16 SALAA State Multi-Event Championships	U/16
2.21.53		Luke Hocking	F	230400	7	Adelaide	14 Feb 16 State Championships	U/17
2.22.00		Peter Brett	F	141162		Adelaide	25 Nov 15 SAMA Program C2 Handicap	
2.26.25		Mitchell Wyatt	F	120804	1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/12
2.26.42		Blake Higgins	F	210102	5	Adelaide	05 Mar 16 Interclub 11B	U/16
2.42.30		Lochie MacNab	C	040205		Adelaide	16 Jan 16 SALAA State Multi-Event Championships	U/11

2.50.80	Jye Lemmers	C	200205	8	Adelaide	22 Sep 15 SAPSASA Metro State Day	
1,000 METRES							
2.58.0	Peter Brett	F	141162	2	Adelaide	02 Dec 15 SAMA Program A1 Scratch	
3.04.0	Richard McMahon	F	080162		Adelaide	03 Feb 16 SAMA Program Scratch A1	
1,500 METRES							
3.47.60	Jordan Hewitt	F	140297	1s1	Los Angeles	15 Apr 16 Mount SAC Relays	Open
3.59.10	Jacob Cocks	F	190594	4	Adelaide	30 Jan 16 Interclub 9C	Open
4.01.31	Lachlan Scott	F	210296	5	Adelaide	14 Feb 16 State Championships	Open
4.05.94	Matthew Ferber	F	111286	5	Adelaide	28 Nov 15 Interclub 5B	Open
4.08.32	Tom Lancaster	F	280597	3	Adelaide	07 Nov 15 Interclub 2B	Open
4.08.46	Patrick Goodwin	F	031100	1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/16
4.14.18	Casey Buchanan	F	210201	1	Adelaide	28 Nov 15 Interclub 5B	U/16 (U/16)
4.21.00	James Ashby	C	050999	1	Adelaide	24 Oct 15 ASA SA All Schools Championship	U/18
4.23.00	Nicholas Dallimore	F	200300	2	Adelaide	23 Nov 15 Interclub 5B	U/16
4.30.63	Aidan Ross	F	090703	4	Adelaide	24 Apr 16 ALAA National Championships	U/13
4.41.64	Mitchell Bray	F	250601	5	Adelaide	14 Nov 15 Interclub 3C	U/16
4.45.78	Scott Goodwin	F	301001	3	Adelaide	13 Feb 16 State Championships	U/16
4.55.12	Blake Higgins	F	210102	4	Adelaide	13 Feb 16 State Championships	U/15
4.57.80	Mitchell Wyatt	F	120804	3	Adelaide	14 Feb 16 State Championships	U/14
4.58.79	Isaac Fishlock	F	060798	7	Adelaide	24 Oct 15 ASA SA All Schools Championship	U/20
5.07.25	Richard McMahon	F	080162	5	Adelaide	30 Jan 16 Interclub 9C	O/35
MILE							
4.05.61	Jordan Hewitt	F	140297	4r3	Ames, Iowa, USA	05 Jan 16 Iowa State Classic	Indoors
5.05.00	Peter Brett	C	141162	2	Adelaide	06 Jan 16 SAMA Program Modified Scratch	
2,000 METRES							
6.28.00	Peter Brett	F	141162	2	Adelaide	02 Dec 15 SAMA Program A1 Scratch	Open
3,000 METRES							
8.33.93	Jacob Cocks	F	190594	3	Adelaide	21 Jan 16 State 3000m Championship Open	Open
8.47.59	Lachlan Scott	F	210296	4	Adelaide	21 Jan 16 State 3000m Championship Open	Open
8.56.09	Matthew Ferber	F	121186	5	Adelaide	20 Nov 15 ASA Special Event	Open
9.15.36	Patrick Goodwin	F	031100	1	Adelaide	07 Nov 15 Interclub 2B	U/16 (U/16)
9.35.87	Steven Evanson	F	040294	7	Adelaide	21 Jan 16 State 3000m Championship Open	
9.37.56	Aidan Ross	F	090703	9	Perth	08 Mar 16 National Junior Championships	U/15
9.43.79	Nicholas Dallimore	F	200300	1	Adelaide	14 Nov 15 Interclub 3C	U/16
10.08.00	Peter Brett	F	141162	1	Adelaide	16 Dec 15 SAMA Program C1 Scratch	
10.09.59	Michael Cocks	F	200264	3	Adelaide	21 Jan 16 State 3000m Championship U/14	
10.51.69	Matt Rankine	F	200292	4	Adelaide	23 Jan 16 Interclub 8B	18-34
10.56.61	Emmanuel Irra	F	250394	7	Adelaide	23 Jan 16 Interclub 8B	18-34
11.01.13	Isaac Fishlock	F	060798	1	Adelaide	11 Apr 16 SSSSA School Carnival - D2 (Open)	
11.26.97	Blake Higgins	F	210102	1	Adelaide	07 Nov 15 Interclub 2B	U/14
5,000 METRES							
14.20.87	Riley Cocks	C	271295	12	Hobart	13 Feb 16 Briggs Athletic Classic	
14.44.57	Jacob Cocks	F	190594	1	Adelaide	02 Mar 16 State Championships 5000m Open	
15.55.42	Shane Thiele	F	140876	6	Adelaide	02 Mar 16 State Championships 5000m Open	
16.33.98	James Ashby	F	050999	1	Adelaide	02 Mar 16 State Championships 5000m U/18	
16.40.99	Steven Evanson	F	040294	9	Adelaide	02 Mar 16 State Championships 5000m Open	
17.13.45	Michael Cocks	F	200264	2	Adelaide	02 Mar 16 State Championships 5000m O/35	
17.43.00	Peter Brett	F	141162	2	Adelaide	04 Nov 15 SAMA Program C1 Scratch	
10,000 METRES							
35.22.92	Steven Evanson	F	040294	1	Adelaide	09 Mar 16 ASA State 10,000m Championship	
110 METRES HURDLES							
400 METRES HURDLES							
2,000 METRES STEEPLECHASE (0.762m)							
6.37.67	Nicholas Dallimore	F	200300	1	Adelaide	24 Oct 15 ASA SA All Schools Championship	
7.00.37	Mitchell Bray	F	250601	4	Adelaide	12 Feb 16 State Championships	U/16
2,000 METRES STEEPLECHASE (0.914m)							
5.50.00	Jacob Cocks	F	190594	1	Adelaide	09 Jan 16 Interclub 7A	
7.04.53	Bailey Dyer	C	140100	1	Adelaide	14 Apr 16 SSSSA School Carnival - A2 (U/16)	
3,000 METRES STEEPLECHASE							
9.01.44	Jacob Cocks	F	190594	2	Adelaide	20 Feb 16 Adelaide Track Classic	
4x100 METRES RELAY							
48.14	Flinders 'A' (Ossi Tyler-Dowd, Patrick Goodwin, Nicholas Dallimore, Moses Milsom)	F		3	Adelaide	27 Feb 16 State Relay Championships U/18	
48.39	Flinders (U/18) (Ossi Tyler-Dowd, Jakob Meyer, Nicholas Dallimore, Moses Milsom)	F		1	Adelaide	06 Feb 16	

4x200 METRES RELAY

1.39.32	Flinders 'A'	F	3	Adelaide	27 Feb 16 State Relay Championships U/18
	(Ossi Tyler-Dowd, Patrick Goodwin, Nicholas Dallimore, Moses Milsom)				

4x400 METRES RELAY

3.38.15	Flinders 'A'	F	3	Adelaide	27 Feb 16 State Relay Championships Open
	(Luke Houlihan, Lachlan Bateman, Tom Lancaster, James Ashby)				
3.42.86	Flinders 'A'	F	2	Adelaide	27 Feb 16 State Relay Championships U/18
	(Nicholas Dallimore , Patrick Goodwin, Cameron Clohesy, Casey Buchanan)				

4x800 METRES RELAY

7.57.67	Flinders 'A'	F	1	Adelaide	27 Feb 16 State Relay Championships Open
	(Lachlan Bateman, Jacob Cocks, Lachlan Scott, Tom Lancaster)				
8.29.50	Flinders 'A'	F	1	Adelaide	27 Feb 16 State Relay Championships U/18
	(Patrick Goodwin, Nicholas Dallimore, James Ashby, Casey Buchanan)				
9.35.64	Flinders 'A'	F	1	Adelaide	27 Feb 16 State Relay Championships O/50
	(Richard McMahon, Peter Brett, Michael Cocks, Paul Sutcliffe)				

DISTANCE MEDLEY RELAY**SPRINT MEDLEY RELAY**

2.10.06	Flinders 'A'	F	4	Adelaide	27 Feb 16 State Relay Championships U/18
	(Moses Milsom, Nicholas Dallimore, Ossi Tyler-Dowd, Cameron Clohesy)				

1,000 METRES WALK**1,500 METRES WALK****2,000 METRES WALK****3,000 METRES WALK****5,000 METRES WALK****10,000 METRES WALK****HIGH JUMP**

1.65	Ossi Tyler-Dowd	F	301199	Adelaide	16 Jan 16 SALAA State Multi-Event Championships U/16
1.59	Nicholas Dallimore	F	200300	Adelaide	16 Jan 16 SALAA State Multi-Event Championships U/16
1.20	Jye Lemmers	C	200205	Adelaide	22 Sep 15 SAPSASA Metro State Day

POLE VAULT**LONG JUMP**

5.46	Ossi Tyler-Dowd	F	301199	8	Adelaide	19 Mar 16 SALAA State Individual Championships U/16
5.00	Nicholas Dallimore	F	200300		Adelaide	16 Jan 16 SALAA State Multi-Event Championships
4.39	Lochie MacNab	C	040205	4	Adelaide	19 Mar 16 SALAA State Individual Championships U/11
3.96	Mitchell Wyatt	F	120804		Adelaide	16 Jan 16 SALAA State Multi-Event Championships U/12
3.85	Jye Lemmers	C	200205		Adelaide	16 Jan 16 SALAA State Multi-Event Championships U/11

TRIPLE JUMP

8.58	Lochie MacNab	C	040205	7	Adelaide	19 Mar 16 SALAA State Individual Championships U/11
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SHOT PUT**DISCUS THROW****HAMMER THROW****JAVELIN THROW****DECATHLON****WOMEN****100 METRES**

12.37	+0.9	Amie Mittiga	F	120492	3	Adelaide	14 Feb 16 State Championships	Open (NQ)
13.26	+0.7	Ruby Buchanan	F	100100	6	Adelaide	13 Feb 16 State Championships	U/17
14.55		Imogen Schubert	F	151001	14	Adelaide	07 Nov 15 Interclub 2B	U/16

200 METRES

25.06	+1.4	Amie Mittiga	F	120492	1	Adelaide	30 Jan 16 Interclub 9C	Open (NQ)
26.71		Saraid Kustermann	F	130697	2	Adelaide	23 Feb 16 Interclub 8B	18-34
27.03	-0.2	Tegan Kustermann	F	080396	2h2	Adelaide	13 Feb 16 State Championships	Open
27.24	-0.5	Ruby Buchanan	F	100100	7	Adelaide	14 Feb 16 State Championships	U/17
30.38		Keeley Kustermann	C	170404	4h2	Adelaide	19 Mar 16 SALAA State Individual Championships	U/12
30.49	+1.1	Imogen Schubert	F	151001	13	Adelaide	30 Jan 16 Interclub 9C	U/16

400 METRES

58.30	Saraid Kustermann	F	130697	3	Adelaide	14 Feb 16 State Championships	Open (NQ)
59.16	Lucy Buckley	F	071186	5	Adelaide	14 Feb 16 State Championships	Open
61.02	Teagan Kustermann	F	080396	3	Adelaide	05 Mar 16 Interclub 11B	Open
61.33	Ruby Buchanan	F	100100	3	Adelaide	13 Feb 16 State Championships	U/17
68.21	Keeley Kustermann	C	170404	2h1	Adelaide	19 Mar 16 SALAA State Individual Championships	U/12

800 METRES

2.11.99	Lucy Buckley	F	071186	1	Adelaide	13 Feb 16 State Championships	Open
2.15.15	Saraid Kustermann	F	130697	3	Adelaide	13 Feb 16 State Championships	Open
2.15.65	Gemma Plummer	F	100498	4	Adelaide	13 Feb 16 State Championships	Open
2.20.69	Fern Davies	F	120399	6	Adelaide	06 Feb 16 Interclub 10A	
2.35.44	Keeley Kustermann	C	170404	3	Adelaide	22 Sep 15 SAPSASA Metro State Day	
3.01.74	Lara Higgins	C	210206	6	Adelaide	19 Mar 16 SALAA State Individual Championships	U/10
3.10.89	Ashlee Wyatt	Club	070606	9	Adelaide	19 Mar 16 SALAA State Individual Championships	U/10

1,500 METRES

4.36.11	Gemma Plummer	F	100498	2	Adelaide	30 Jan 16 Interclub 9C	U/20 (NQ)
4.39.28	Charlotte Derbyshire	F	140101	1	Adelaide	13 Feb 16 State Championships	U/16
4.54.86	Fern Davies	F	120399	1	Adelaide	13 Feb 16 State Championships	U/18
5.18.76	Keeley Kustermann	C	170404	3	Adelaide	19 Mar 16 SALAA State Individual Championships	U/12

3,000 METRES

9.49.81	Charlotte Derbyshire	F	140101	2	Perth	08 Mar 16 National Junior Championships	U/16
10.29.09	Fern Davies	F	120399	1	Adelaide	21 Jan 16 State 3000m Championship	U/18

5,000 METRES

18.11.52	Fern Davies	F	120399	1	Adelaide	02 Mar 16 State Championships 5000m	U/18
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10,000 METRES**100 METRES HURDLES (76cm)**

22.90	0.6 Luana Kidney	F	091098	4	Adelaide	09 Jan 16 Interclub 7A	U/18
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100 METRES HURDLES (84cm)

23.01	+1.3 Luana Kidney	F	091098	2	Adelaide	13 Feb 16 State Championships	U/20
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400 METRES HURDLES**2,000 METRES STEEPLECHASE****3,000 METRES STEEPLECHASE****4x100 METRES RELAY****4x200 METRES RELAY**

1.50.99	Flinders 'A' (Tegan Kustermann, Ruby Buchanan, Charlotte Derbyshire, Lucy Buckley)	F		4	Adelaide	27 Feb 16 State Relay Championships	Open
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4x400 METRES RELAY

4.06.91	Flinders 'A' (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley)	F		1	Adelaide	27 Feb 16 State Relay Championships	Open
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4x800 METRES RELAY**DISTANCE MEDLEY RELAY**

4.17.45	Flinders 'A' (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley)	F		3	Adelaide	27 Feb 16 State Relay Championships	Open
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800 METRES WALK

4.24.0	Gloria Holliday	F	021160		Adelaide	24 Feb 16 SAMA Program A2 Handicap	
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1,000 METRES WALK

5.25.0	Gloria Holliday	F	021160	4	Adelaide	02 Mar 16 SAMA Program ... Scratch	
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1,500 METRES WALK

8.40	Gloria Holliday	F	021160	1	Adelaide	09 Mar 16 SAMA State Championships	W55
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2,000 METRES WALK

12.00.0	Gloria Holliday	F	021160	4	Adelaide	02 Mar 16 SAMA Program ... Scratch	
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3,000 METRES WALK

18.11	Gloria Holliday	F	021160		Adelaide	17 Feb 16 SAMA Program C1 Scratch	
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5,000 METRES WALK

21.44.82	Tanya Holliday	F	210988	2	Melbourne	05 Mar 16 IAAF Melbourne World Challenge	
30.52.00	Gloria Holliday	F	021160		Adelaide	03 Feb 16 SAMA Program A1 Scratch	O/35

10,000 METRES WALK

44.33.80	Tanya Holliday	F	210988	2	Sydney	01 Apr 16 Australian T&F Championships	New SA St
1.07.00.96	Gloria Holliday	F	021160	1	Adelaide	29 Nov 15 ASA State 10km Walking Championship	

20km WALK (Road)

1.32.15	Tanya Holliday	F	210988	1	Adelaide	21 Feb 16 Oceania Race Walking Championships	
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HIGH JUMP**POLE VAULT****LONG JUMP**

3.88	Luana Kidney	F	091098	4	Adelaide	19 Mar 16 SALAA State Individual Championships	U/17
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TRIPLE JUMP**SHOT PUT (3kg)**

8.97	Luana Kidney	F	091098	4	Adelaide	19 Mar 16 SALAA State Individual Championships	U/17
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SHOT PUT (4kg)

7.50	Luana Kidney	F	091098	4	Adelaide	13 Feb 16 State Championships	U/20
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DISCUS THROW (1kg)

27.56	Luana Kidney	F	091098	2	Adelaide	09 Jan 16 Interclub 7A	U/18
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HAMMER THROW**JAVELIN THROW****HEPTATHLON**