

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Women 400 Metre U/ 18**

Team	Finals
Section 1	
1 WESTERN DISTRICT - SA 'A'	51.36
1) 245 Kirsty Taylor	2) 786 Sophie Bonner
3) 829 Natassia Messent	4) 439 Scarlett Arnold-Oakes
2 PORT ADELAIDE - SA 'A'	51.38
1) 590 Brianna Heinjus	2) 213 Niamh Connelly
3) 351 Amelia Orchard	4) 145 Helena Schwerdt
3 SAINTS - SA 'A'	51.95
1) 336 Nikki Brennan	2) 484 Isabel Redemski
3) 434 Andrea Stefanopoulos	4) 185 Zoe Wilmshurst
4 NORTHERN DISTRICTS - SA 'A'	52.62
1) 218 Jade Walas	2) 382 Jacqueline Thring
3) 342 Taleala McCarthy	4) 325 Lauren Payne
5 WESTERN DISTRICT - SA 'B'	54.84
1) 334 Shiran Stirin	2) 341 Niamh Morgan
3) 487 Rosie Williamson	4) 240 Madeline Roos
6 PEMBROKE - SA 'A'	55.40
1) 211 Hannah Fidler	2) 393 Lucy Doney
3) 803 Madison Evans	4) 319 Zahli Clarke

**Women 800 Metre U/ 18**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	1:47.39
1) 245 Kirsty Taylor	2) 439 Scarlett Arnold-Oakes
3) 829 Natassia Messent	4) 786 Sophie Bonner
2 FLINDERS - SA 'A'	1:50.98
1) 258 Ruby Buchanan	2) 534 Caitlan Stallan
3) 535 Lakara Stallan	4) 533 Taylah Stallan
3 PEMBROKE - SA 'A'	1:51.52
1) 211 Hannah Fidler	2) 389 Hannah Brown
3) 319 Zahli Clarke	4) 393 Lucy Doney
4 SAINTS - SA 'A'	1:53.17
1) 336 Nikki Brennan	2) 194 Nat Brooks
3) 193 Abbey Matsen	4) 434 Andrea Stefanopoulos
5 HILLS DISTRICT - SA 'A'	1:58.88
1) 649 Demelza Metha	2) 782 Anna Cernev
3) 405 Brooke McGregor	4) 7 Jenna Kelley
6 WESTERN DISTRICT - SA 'B'	2:00.71
1) 334 Shiran Stirin	2) 487 Rosie Williamson
3) 639 Kelly Thatcher	4) 325 Charlotte Ruddenklau
7 NORTHERN DISTRICTS - SA 'A'	2:04.33
1) 432 Sophie Barr	2) 586 Nikita Catalano
3) 222 Ella Leggett	4) 865 Kendra Pring

**Women 1600 Metre U/ 18**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	4:18.45
1) 829 Natassia Messent	2) 786 Sophie Bonner
3) 439 Scarlett Arnold-Oakes	4) 334 Shiran Stirin

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****...Women 1600 Metre U/ 18**

2 HILLS DISTRICT - SA 'A'	4:39.08
1) 844 Gabriella Maxwell	2) 405 Brooke McGregor
3) 784 Olivia Buchanan	4) 601 Lulu Brumby

**Women 3200 Metre U/ 18**

Team	Finals
1 HILLS DISTRICT - SA 'A'	9:55.27
1) 411 Caitlin Slobedman	2) 601 Lulu Brumby
3) 405 Brooke McGregor	4) 7 Jenna Kelley

**Women 1000 Swedish Relay U/ 18**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	2:24.19
1) 245 Kirsty Taylor	2) 786 Sophie Bonner
3) 439 Scarlett Arnold-Oakes	4) 829 Natassia Messent
2 SAINTS - SA 'A'	2:25.54
1) 434 Andrea Stefanopoulos	2) 340 Tiara Hatchard
3) 579 Melarn Murphy	4) 484 Isabel Redemski
3 NORTHERN DISTRICTS - SA 'A'	2:27.82
1) 342 Taleala McCarthy	2) 382 Jacqueline Thring
3) 218 Jade Walas	4) 325 Lauren Payne
4 PEMBROKE - SA 'A'	2:57.09
1) 389 Hannah Brown	2) 670 Elina Sheeba Jose
3) 448 Bethany Cross	4) 67 Anna Cross

**Jumps Relay: #1 Women High Jump U/ 18**

Name	Year Team	Finals	Points
Flight 1			
1 2073 Port Adelaide U/18	PORT ADELAIDE - SA	1.50m	621 QUILLEN ECONOMOU
2 2163 Western Districts	WESTERN DIST	1.45m	566 SCARLETT A-O
2 Northern U/18	NORTHERN	1.45m	566 JADE WALAS

**Jumps Relay: #3 Women Long Jump U/ 18**

Name	Year Team	Finals	Wind	Points
1 2109 Westerns U/18 B	WESTERN DIST	4.93m	+0.0	540 KIRSTY TAYLOR
2 2073 Port Adelaide U/18	PORT ADELAIDE - SA	4.87m	0.1	524 NIAMH CONNELLY
3 Northern U/18	NORTHERN	4.70m	0.4	479 JACQUELINE THRING
4 2163 Western Districts	WESTERN DIST	4.00m	-0.3	308 NIAMH MORGAN

**Jumps Relay: #4 Women Triple Jump U/ 18**

Name	Year Team	Finals	Wind	Points
1 2163 Western Districts	WESTERN DIST	11.24m	0.7	584 NIAMH MORGAN
2 2109 Westerns U/18 B	WESTERN DIST	9.76m	-1.0	365 ROSIE WILLIAMSON
3 2073 Port Adelaide U/18	PORT ADELAIDE - SA	9.52m	+0.0	333 BRIANNA HEINJUS
4 Northern U/18	NORTHERN	8.24m	+0.0	176 TALEALA MCCARTHY-342

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Throws Relay: #3 Women Shot Put U/ 18**

Name	Year Team	Finals	Points
1 Northern U/18	NORTHERN	9.74m	512 TALEALA MCCARTHY-342
2 Northern U/18 B	NORTHERN	7.46m	365 LILLEE WAKEFIELD-114
3 2085 Saints U/18	SAINTS - SA	5.59m	245 KEELY HUTCHINS-439

**Throws Relay: #1 Women Discus Throw U/ 18**

Name	Year Team	Finals	Points
1 Northern U/18 B	NORTHERN	40.98m	673 NIKKI THOMPSON-144
2 Northern U/18	NORTHERN	34.50m	548 BRITTANY MAY-527

**Throws Relay: #2 Women Javelin Throw U/ 18**

Name	Year Team	Finals	Points
1 Northern U/18 B	NORTHERN	30.58m	488 EMILY RICHTER
2 2085 Saints U/18	SAINTS - SA	30.41m	484 ZOE WILMSHURST-185
3 Northern U/18	NORTHERN	24.67m	376 KENDRA PRING

**Women Jumps Relay U/ 18**

Name	Year Team	Finals
1 2073 Port Adelaide U/18	PORT ADELAIDE - SA	1478
2 2163 Western Districts	WESTERN DIST	1458
3 Northern U/18	NORTHERN	1221

**Women Throws Relay U/ 18**

Name	Year Team	Finals
1 Northern U/18 B	NORTHERN	1526
2 Northern U/18	NORTHERN	1436

**Women 400 Metre U/16**

Team	Finals
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## Section 1

1 SAINTS - SA 'A'	49.79
1) 395 Shylah Fosdike	2) 193 Abbey Matsen
3) 340 Tiara Hatchard	4) 579 Melarn Murphy
2 WESTERN DISTRICT - SA 'A'	51.83
1) 110 Lara Mullins	2) 697 Lily Mackereth
3) 485 Montana Clark	4) 242 Bridget McCullough
3 PORT ADELAIDE - SA 'A'	53.59
1) 345 Rebecca Doston	2) 550 Quillen Economou
3) 919 Chloe Schwarz	4) 902 Melita Suica
4 SAINTS - SA 'B'	53.69
1) 419 Kaylee Whitehead	2) 485 Tori Redemski
3) 185 Zoe Wilmshurst	4) 434 Andrea Stefanopoulos
5 WESTERN DISTRICT - SA 'B'	56.00

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Women 400 Metre U/16**

1) 504 Chloe Stewart	2) 270 Tara Edwards
3) 639 Kelly Thatcher	4) 297 Lucy Dickson
-- WESTERN DISTRICT - SA 'C'	DQ
1) 561 Lauren Ward	2) 325 Charlotte Ruddenklau
3) 229 Lucie Spurling	4) 478 Grace Appelbee

**Women 800 Metre U/16**

Team	Finals
1 SAINTS - SA 'A'	1:48.00
1) 395 Shylah Fosdike	2) 193 Abbey Matsen
3) 340 Tiara Hatchard	4) 419 Kaylee Whitehead
2 WESTERN DISTRICT - SA 'A'	1:54.12
1) 110 Lara Mullins	2) 697 Lily Mackereth
3) 242 Bridget McCullough	4) 485 Montana Clark
3 WESTERN DISTRICT - SA 'B'	2:02.21
1) 229 Lucie Spurling	2) 240 Madeline Roos
3) 464 Salumi Robberts	4) 504 Chloe Stewart
4 PEMBROKE - SA 'A'	2:07.89
1) 735 Olivia Sandery	2) 803 Madison Evans
3) 886 Laura Price	4) 895 Eloise Sandow
5 SOUTHERN - SA 'A'	2:10.00
1) 547 Webster Maddie	2) 654 Upton Chloe
3) 653 Upton Victoria	4) 655 Upton Kitarni

**Women 1600 Metre U/16**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	4:31.18
1) 325 Charlotte Ruddenklau	2) 242 Bridget McCullough
3) 110 Lara Mullins	4) 229 Lucie Spurling
2 PEMBROKE - SA 'A'	5:03.36
1) 583 Kiera Ross	2) 638 Aimee Hacquoil
3) 895 Eloise Sandow	4) 803 Madison Evans

**Women 3200 Metre U/16**

Team	Finals
1 SOUTHERN - SA 'A'	11:27.17
1) 547 Webster Maddie	2) 654 Upton Chloe
3) 653 Upton Victoria	4) 655 Upton Kitarni

**Women 1000 Swedish Relay U/16**

Team	Finals
1 SAINTS - SA 'A'	2:29.15
1) 185 Zoe Wilmshurst	2) 579 Melarn Murphy
3) 395 Shylah Fosdike	4) 193 Abbey Matsen
2 WESTERN DISTRICT - SA 'A'	2:36.11
1) 110 Lara Mullins	2) 697 Lily Mackereth
3) 690 Katelyn Young	4) 242 Bridget McCullough

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****...Women 1000 Swedish Relay U/16**

3 WESTERN DISTRICT - SA 'B'	2:45.15
1) 297 Lucy Dickson	2) 32 Ruby Sulicich
3) 325 Charlotte Ruddenklau	4) 229 Lucie Spurling
4 SOUTHERN - SA 'A'	3:00.97
1) 547 Webster Maddie	2) 654 Upton Chloe
3) 653 Upton Victoria	4) 655 Upton Kitarni

**Jumps Relay: #1 Women High Jump U/16**

Name	Year Team	Finals	Points
Flight 1			
1 2170 Western Districts	WESTERN DIST	1.60m	736 LILY MACKERETH

**Jumps Relay: #3 Women Long Jump U/16**

Name	Year Team	Finals	Wind	Points
1 2164 Western Districts	WESTERN DIST	4.08m	NWI	326 LUCY DICKSON
-- 2170 Western Districts	WESTERN DIST	ND	NWI	CHLOE STEWART

**Jumps Relay: #4 Women Triple Jump U/16**

Name	Year Team	Finals	Wind	Points
1 2164 Western Districts	WESTERN DIST	9.45m	+0.0	324 BRIDGET MCCULL
-- 2170 Western Districts	WESTERN DIST	ND	NWI	MADELINE ROOS

**Throws Relay: #3 Women Shot Put U/16**

Name	Year Team	Finals	Points
1 2164 Western Districts	WESTERN DIST	11.67m	639 SALUMI ROBERTS
2 2104 Northern U/16	NORTHERN	9.06m	468 SOPHIE BARR-432
3 2170 Western Districts	WESTERN DIST	8.69m	444 LILY MACKERETH
4 2080 Port Adelaide U/16	PORT ADELAIDE - SA	7.49m	366 MELITA SUICA

**Throws Relay: #1 Women Discus Throw U/16**

Name	Year Team	Finals	Points
1 2080 Port Adelaide U/16	PORT ADELAIDE - SA	33.99m	538 QUILLEN ECONOMOU
2 2164 Western Districts	WESTERN DIST	33.04m	520 LEXI PANAGIOTIDIS
-- 2104 Northern U/16	NORTHERN	ND	EMILY RICHTER-507

**Throws Relay: #2 Women Javelin Throw U/16**

Name	Year Team	Finals	Points
1 2080 Port Adelaide U/16	PORT ADELAIDE - SA	33.27m	539 ELLY READ
2 2170 Western Districts	WESTERN DIST	29.31m	464 SALUMI ROBERTS
-- 2164 Western Districts	WESTERN DIST	ND	LAUREN WARD
-- 2104 Northern U/16	NORTHERN	ND	AMELIE BORG-361

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Women Jumps Relay U/16**

Name	Year Team	Finals
1 2170 Western Districts	WESTERN DIST	736
2 2164 Western Districts	WESTERN DIST	650

**Women Throws Relay U/16**

Name	Year Team	Finals
1 2080 Port Adelaide U/16	PORT ADELAIDE - SA	1443
2 2164 Western Districts	WESTERN DIST	1159
3 2104 Northern U/16	NORTHERN	468

**Women 400 Metre U/14**

Team	Finals
Section 1	
1 PORT ADELAIDE - SA 'A'	54.40
1) 139 Ellie Whittingham	2) 1038 Belle Cleland
3) 296 Eliza Woolley	4) 106 Jordan McMillan
2 TEA TREE GULLY - SA 'A'	54.91
1) 416 Tamsyn Murdoch	2) 406 Sara Belkner
3) 569 Talisha Skein	4) 453 Aleisha Coolen
3 ENFIELD HARRIERS - SA 'A'	56.99
1) 666 Kalina Pusonjic	2) 189 Tali Cargin-Rowe
3) 708 Selina Veenvliet	4) 445 Leticia Scholz
4 WESTERN DISTRICT - SA 'A'	57.15
1) 114 Scarlett Miles	2) 348 Kelly Lipman
3) 484 Maddy Stephenson	4) 12 Lexi Panagiotidis
5 SAINTS - SA 'A'	57.54
1) 684 Tess Houtman	2) 485 Tori Redemski
3) 822 Noa Goddard	4) 687 Kalani Aston
6 NORTHERN DISTRICTS - SA 'A'	58.19
1) 432 Sophie Barr	2) 361 Amelie Borg
3) 222 Ella Leggett	4) 507 Emily Richter
7 PEMBROKE - SA 'A'	62.77
1) 895 Eloise Sandow	2) 228 Mia Wilks
3) 735 Olivia Sandery	4) 638 Aimee Hacquoil
-- WESTERN DISTRICT - SA 'B'	DQ
1) 252 Eloise Sulicich	2) 726 Scarlett Robinson
3) 455 Georgia Wyatt-Read	4) 478 Grace Appelbee

**Women 800 Metre U/14**

Team	Finals
1 PORT ADELAIDE - SA 'A'	1:54.19
1) 139 Ellie Whittingham	2) 468 Phoebe Dickeson
3) 919 Chloe Schwarz	4) 106 Jordan McMillan
2 TEA TREE GULLY - SA 'A'	1:55.82
1) 406 Sara Belkner	2) 569 Talisha Skein
3) 453 Aleisha Coolen	4) 416 Tamsyn Murdoch
3 ENFIELD HARRIERS - SA 'A'	2:03.79

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Women 800 Metre U/14**

1) 666 Kalina Pusonjic	2) 189 Tali Cargin-Rowe
3) 708 Selina Veenliet	4) 445 Leticia Scholz
4 WESTERN DISTRICT - SA 'A'	2:08.63
1) 114 Scarlett Miles	2) 348 Kelly Lipman
3) 484 Maddy Stephenson	4) 12 Lexi Panagiotidis

**Women 1000 Swedish Relay U/14**

Team	Finals
1 PORT ADELAIDE - SA 'A'	2:34.00
1) 1038 Belle Cleland	2) 468 Phoebe Dickeson
3) 106 Jordan McMillan	4) 626 Hailey Siebert
2 PORT ADELAIDE - SA 'B'	2:34.55
1) 902 Melita Suica	2) 174 Molly Cook
3) 139 Ellie Whittingham	4) 919 Chloe Schwarz
3 PEMBROKE - SA 'A'	2:48.87
1) 886 Laura Price	2) 735 Olivia Sandery
3) 638 Aimee Hacquoil	4) 583 Kiera Ross
4 WESTERN DISTRICT - SA 'A'	3:00.94
1) 114 Scarlett Miles	2) 484 Maddy Stephenson
3) 726 Scarlett Robinson	4) 348 Kelly Lipman

**Jumps Relay: #1 Women High Jump U/14**

Name	Year Team	Finals	Points
Flight 1			
1 2185 Western Districts	WESTERN DIST	1.50m	621 GEORGIA W-R
2 2087 Saints U/14	SAINTS - SA	1.40m	512 TESS HOUTMAN-684
3 2117 Westerns U/14	WESTERN DIST	1.35m	460 KELLY LIPMAN
4 2009 Enfield Harriers U	ENFIELD HARR	1.30m	409 ADRIENNE KONECNY
4 2172 Enfield Harriers U	ENFIELD HARR	1.30m	409 SELINA VEENVLIET

**Jumps Relay: #3 Women Long Jump U/14**

Name	Year Team	Finals	Wind	Points
1 2185 Western Districts	WESTERN DIST	4.18m	0.5	350 LEXI PANAGIOTIDIS
2 2117 Westerns U/14	WESTERN DIST	3.91m	0.7	287
3 2009 Enfield Harriers U	ENFIELD HARR	3.89m	-0.2	283 TALI CARGIN-ROWE
4 2172 Enfield Harriers U	ENFIELD HARR	3.85m	-0.8	274 KALINA PUSONJIC
5 2087 Saints U/14	SAINTS - SA	3.58m	+0.0	216 TORI REDEMSKI-485

**Jumps Relay: #4 Women Triple Jump U/14**

Name	Year Team	Finals	Wind	Points
1 2087 Saints U/14	SAINTS - SA	9.54m	0.2	336 KALANI ASTON-687
2 2009 Enfield Harriers U	ENFIELD HARR	9.36m	-1.3	312 LETICIA SCHOLZ
3 2172 Enfield Harriers U	ENFIELD HARR	9.22m	0.6	294 TIANA SCHOLZ
4 2117 Westerns U/14	WESTERN DIST	7.83m	0.9	132
-- 2185 Western Districts	WESTERN DIST	ND	NWI	SCARLETT MILES

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Throws Relay: #3 Women Shot Put U/14**

Name	Year Team	Finals	Points
1 2105 Northern U/14	NORTHERN	10.80m	582 AMALIE BORG-361
2 2009 Enfield Harriers U	ENFIELD HARR	10.26m	546 LAUREN SMITH
3 2063 Pembroke U/14	PEMBROKE - SA	8.30m	419 CHARLOTTE SELLERS539
4 2117 Westerns U/14	WESTERN DIST	5.73m	254 PIPPA STOLARSKI

**Throws Relay: #1 Women Discus Throw U/14**

Name	Year Team	Finals	Points
1 2105 Northern U/14	NORTHERN	36.06m	578 SOPHIE BARR-432
2 2009 Enfield Harriers U	ENFIELD HARR	27.36m	413 TIANA SCHOLZ
3 2063 Pembroke U/14	PEMBROKE - SA	14.82m	186 MIA WILKS-723
4 2117 Westerns U/14	WESTERN DIST	14.19m	175 KELLY LIPMAN

**Throws Relay: #2 Women Javelin Throw U/14**

Name	Year Team	Finals	Points
1 2009 Enfield Harriers U	ENFIELD HARR	29.93m	475 ADRIENNE KONECNY
2 2105 Northern U/14	NORTHERN	24.75m	378 EMILY RICHTER-507
3 2117 Westerns U/14	WESTERN DIST	22.13m	329 LEXI PANAGIOTIDIS
-- 2063 Pembroke U/14	PEMBROKE - SA	ND	OLIVIA SANDERY-735

**Women Jumps Relay U/14**

Name	Year Team	Finals
1 2087 Saints U/14	SAINTS - SA	1064
2 2009 Enfield Harriers U	ENFIELD HARR	1004
3 2172 Enfield Harriers U	ENFIELD HARR	977
4 2185 Western Districts	WESTERN DIST	971
5 2117 Westerns U/14	WESTERN DIST	879

**Women Throws Relay U/14**

Name	Year Team	Finals
1 2105 Northern U/14	NORTHERN	1538
2 2009 Enfield Harriers U	ENFIELD HARR	1434
3 2117 Westerns U/14	WESTERN DIST	758
4 2063 Pembroke U/14	PEMBROKE - SA	605

**Women 1000 Swedish Relay O/35**

Team	Finals
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## Section 1

1 MASTERS - SA 'A'	2:38.55
1) 813 Karen Long	2) 545 Sarah Chinner
3) 898 Jenni Cotter	4) 910 Vicky Caputo



**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Women 400 Metre OPEN**

Team	Finals
1 PEMBROKE - SA 'A'	50.89
1) 12 Margaret Gayen	2) 696 Christine Gayen
3) 720 Imogen Nobbs	4) 915 Emily Miller
2 SAINTS - SA 'A'	52.04
1) 706 Lucy Holland-Smith	2) 531 Gen Brooks
3) 885 Imogen Hardacre	4) 707 Casey Donehue
3 WESTERN DISTRICT - SA 'A'	53.75
1) 17 Holly Beecham	2)
3) 32 Ruby Sulicich	4) 270 Tara Edwards
4 NORTHERN DISTRICTS - SA 'A'	58.18
1) 476 Maya Lange	2) 722 Emma Pienaar
3) 586 Nikita Catalano	4) 865 Kendra Pring
5 HILLS DISTRICT - SA 'A'	58.88
1) 118 Alexandra Early	2) 577 Ameer Blair
3) 649 Demelza Metha	4) 883 Elise Pollard

**Women 800 Metre OPEN**

Team	Finals
1 NORTHERN DISTRICTS - SA 'A'	1:47.98
1) 218 Jade Walas	2) 325 Lauren Payne
3) 722 Emma Pienaar	4) 382 Jacqueline Thring
2 PEMBROKE - SA 'A'	1:48.94
1) 915 Emily Miller	2) 12 Margaret Gayen
3) 720 Imogen Nobbs	4) 696 Christine Gayen
3 SAINTS - SA 'A'	1:50.19
1) 706 Lucy Holland-Smith	2) 847 Jess Kemp
3) 885 Imogen Hardacre	4) 707 Casey Donehue
4 WESTERN DISTRICT - SA 'A'	1:54.56
1) 17 Holly Beecham	2)
3) 32 Ruby Sulicich	4) 270 Tara Edwards

**Women 1600 Metre OPEN**

Team	Finals
1 FLINDERS - SA 'A'	4:01.26
1) 760 Teagan Kustermann	2) 258 Ruby Buchanan
3) 787 Saraïd Kustermann	4) Lucy Buckley
2 SAINTS - SA 'A'	4:13.82
1) 847 Jess Kemp	2) 531 Gen Brooks
3) 890 Jana Sims	4) 484 Isabel Redemski
3 NORTHERN DISTRICTS - SA 'A'	4:19.26
1) 218 Jade Walas	2) 382 Jacqueline Thring
3) 722 Emma Pienaar	4) 325 Lauren Payne
4 PEMBROKE - SA 'A'	4:40.42
1) 388 Lucy Brown	2) 319 Zahli Clarke
3) 448 Bethany Cross	4) 67 Anna Cross
5 ENFIELD HARRIERS - SA 'A'	4:45.27
1) 909 Shae Greiger	2) 76 Elise Bennett
3) 870 Caitlin Abbott	4) 881 Tessa Coleman

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Women 3200 Metre OPEN**

Team	Finals
1 FLINDERS - SA 'A'	9:35.02
1) Lucy Buckley	2) 588 Keeley Kustermann
3) 760 Teagan Kustermann	4) 787 Saraid Kustermann
2 ENFIELD HARRIERS - SA 'A'	10:37.29
1) 909 Shae Greiger	2) 76 Elise Bennett
3) 870 Caitlin Abbott	4) 881 Tessa Coleman
3 FLINDERS - SA 'B'	10:51.80
1) 150 Alexis Gillham	2) 804 Chantel Peacock
3) 87 Fleur Wellings	4) 143 Vanessa Alvaro
4 HILLS DISTRICT - SA 'A'	11:01.86
1) 700 Nicole Buchanan	2) 844 Gabriella Maxwell
3) 33 Lisa Davis	4) 784 Olivia Buchanan

**Women Medley OPEN**

Team	Finals
1 PEMBROKE - SA 'A'	4:20.68
1) 720 Imogen Nobbs	2) 12 Margaret Gayen
3) 388 Lucy Brown	4) 319 Zahli Clarke
2 HILLS DISTRICT - SA 'A'	4:22.85
1) 118 Alexandra Early	2) 883 Elise Pollard
3) 7 Jenna Kelley	4) 643 Jessica Trengove
3 SAINTS - SA 'A'	4:30.33
1) 847 Jess Kemp	2) 531 Gen Brooks
3) 193 Abbey Matsen	4) 596 Georgia Garrell
4 SAINTS - SA 'B'	4:36.94
1) 340 Hardacre Imogen	2) 706 Lucy Holland-Smith
3) 707 Casey Donehue	4) 194 Natalie Brooks
5 MASTERS - SA 'A'	4:40.76
1) 813 Karen Long	2) 545 Sarah Chinner
3) 898 Jenni Cotter	4) 910 Vicky Caputo

**Jumps Relay: #1 Women High Jump OPEN**

Name	Year Team	Finals	Points
Flight 1			
1 2179 Northern Open	NORTHERN	1.55m	678 JACQUELINE THRING
2 2066 Pembroke Open	PEMBROKE - SA	1.40m	512 CHRISTINE GAYEN-696
3 2054 Hills Open	HILLS DISTRICT - SA	1.25m	359 CHERIE ROTHERY

**Jumps Relay: #3 Women Long Jump OPEN**

Name	Year Team	Finals	Wind	Points
1 2066 Pembroke Open	PEMBROKE - SA	5.88m	0.7	813 MARGARET GAYEN-12
2 2179 Northern Open	NORTHERN	4.65m	1.0	466 MAYA LANGE
3 2090 Saints Open	SAINTS - SA	4.57m	0.8	446 CASEY DONEHUE-707
4 2054 Hills Open	HILLS DISTRICT - SA	4.34m	0.6	388 AMEE BLAIR

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Jumps Relay: #4 Women Triple Jump OPEN**

Name	Year Team	Finals	Wind	Points
1 2090 Saints Open	SAINTS - SA	10.62m	-1.0	489 LUCY HOLLAND-706
2 2066 Pembroke Open	PEMBROKE - SA	10.36m	-0.1	450 IMOGEN NOBBS-720
3 2179 Northern Open	NORTHERN	9.79m	-0.3	370 JADE WALAS
4 2054 Hills Open	HILLS DISTRICT - SA	5.11m	-1.2	FELICITY ALEXANDER

**Throws Relay: #3 Women Shot Put OPEN**

Name	Year Team	Finals	Points
1 2179 Northern Open	NORTHERN	10.98m	594 NIKKI THOMPSON-144
2 2066 Pembroke Open	PEMBROKE - SA	10.51m	563 CHRITINE GAYEN-696
3 Northern Open B	NORTHERN	8.22m	414 MAYA LANGE-476
4 2059 Pembroke Open B	PEMBROKE - SA	5.33m	229 ANNABEL KITTO-474

**Throws Relay: #1 Women Discus Throw OPEN**

Name	Year Team	Finals	Points
1 2066 Pembroke Open	PEMBROKE - SA	45.63m	765 ALIFA DDJIBRIL-21
2 2179 Northern Open	NORTHERN	41.80m	689 JESS WEDD-34
3 Northern Open B	NORTHERN	32.44m	509 BRITTANY MAY-527
-- 2059 Pembroke Open B	PEMBROKE - SA	ND	IMOGEN NOBBS-720

**Throws Relay: #2 Women Javelin Throw OPEN**

Name	Year Team	Finals	Points
1 2179 Northern Open	NORTHERN	37.41m	618 MAYA LANGE-476
2 Northern Open B	NORTHERN	28.17m	442 JESS WEDD-34
3 2066 Pembroke Open	PEMBROKE - SA	24.94m	381 MARGARET GAYEN-12
4 2059 Pembroke Open B	PEMBROKE - SA	12.30m	147 RACHAEL DISNEY-656

**Women Jumps Relay OPEN**

Name	Year Team	Finals
1 2066 Pembroke Open	PEMBROKE - SA	1775
2 2179 Northern Open	NORTHERN	1514
3 2054 Hills Open	HILLS DISTRICT - SA	747

**Women Throws Relay OPEN**

Name	Year Team	Finals
1 2179 Northern Open	NORTHERN	1901
2 2066 Pembroke Open	PEMBROKE - SA	1709
3 Northern Open B	NORTHERN	1365
4 2059 Pembroke Open B	PEMBROKE - SA	376

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Men 400 Metre U/ 18**

Team	Finals
Section 1	
1 FLINDERS - SA 'A'	46.81
1) 103 Ossi Tyler-Dowd	2) 641 Austin Thannickan
3) 808 Cailen Hejka	4) 589 Moses Milsom
2 SAINTS - SA 'A'	47.62
1) 435 Alex Condello	2) 497 Samuel Barnfield
3) 186 Zac Wilmshurst	4) 495 Lachlan Randello
3 SOUTHERN - SA 'A'	47.88
1) 320 Moore Hayden	2) 494 Evans Harrison
3) 894 Van Ovelan Sam	4) 904 Tahir Haseeb
4 WESTERN DISTRICT - SA 'B'	47.93
1) 717 Markus Robberts	2) 437 chris Seal
3) 282 Jordan Checker	4) 39 Lachlan Burrows
5 SAINTS - SA 'B'	48.00
1) 617 Niko Pappas	2) 598 Sebastian Quaini
3) 752 Samuel Druce	4) 384 Chalton Gunn
-- WESTERN DISTRICT - SA 'A'	DQ
1) 15 Jack Stolarski	2) 354 Matt Lipman
3) 302 Jayden Elsworthy	4) 104 Dean Pastrello

**Men 800 Metre U/ 18**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	1:35.23
1) 15 Jack Stolarski	2) 354 Matt Lipman
3) 302 Jayden Elsworthy	4) 104 Dean Pastrello
2 SAINTS - SA 'A'	1:38.16
1) 799 William Sellars	2) 495 Lachlan Randello
3) 497 Samuel Barnfield	4) 435 Alex Condello
3 FLINDERS - SA 'A'	1:39.00
1) 103 Ossi Tyler-Dowd	2) 157 Nicholas Dallimore
3) 808 Cailen Hejka	4) 589 Moses Milsom
4 WESTERN DISTRICT - SA 'B'	1:40.26
1) 39 Lachlan Burrows	2) 437 chris Seal
3) 282 Jordan Checker	4) 717 Markus Robberts
5 SOUTHERN - SA 'A'	1:41.10
1) 320 Moore Hayden	2) 494 Evans Harrison
3) 894 Van Ovelan Sam	4) 904 Tahir Haseeb
6 SAINTS - SA 'B'	1:46.14
1) 186 Zac Wilmshurst	2) 617 Niko Pappas
3) 746 Alexander Liapis	4) 752 Samuel Druce
7 NORTHERN DISTRICTS - SA 'A'	1:47.99
1) 798 Liam Johns	2) 373 William Crayford
3) 845 Jack Hobbs	4) 381 Bradley Thring

**Men 1600 Metre U/ 18**

Team	Finals
1 SAINTS - SA 'A'	3:39.91
1) 661 Nick McGill	2) 799 William Sellars
3) 495 Lachlan Randello	4) 497 Samuel Barnfield

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****...Men 1600 Metre U/ 18**

2 FLINDERS - SA 'A'	3:41.25
1) 103 Ossi Tyler-Dowd	2) 589 Moses Milsom
3) 157 Nicholas Dallimore	4) 745 Cameron Clohesy
3 WESTERN DISTRICT - SA 'A'	3:42.63
1) 104 Dean Pastrello	2) 302 Jayden Elsworthy
3) 39 Lachlan Burrows	4) 280 Harrison Ruth
4 HILLS DISTRICT - SA 'A'	3:45.24
1) 141 Jack Hunter	2) 436 Damon Anning
3) 430 Maxwell Spurling	4) 730 Morgan Miller
-- NORTHERN DISTRICTS - SA 'A'	DQ
1) 798 Liam Johns	2) 337 Ryan Dorrian
3) 381 Bradley Thring	4) 572 Daniel Pring

**Men 3200 Metre U/ 18**

Team	Finals
1 HILLS DISTRICT - SA 'A'	8:27.99
1) 141 Jack Hunter	2) 436 Damon Anning
3) 430 Maxwell Spurling	4) 730 Morgan Miller
2 SAINTS - SA 'A'	8:46.25
1) 661 Nick McGill	2) 613 Ben McGill
3) 598 Sebastian Quaini	4) 746 Alexander Liapis
3 NORTHERN DISTRICTS - SA 'A'	10:08.05
1) 811 Jesse Allan	2) 845 Jack Hobbs
3) 210 Jaydn Goode	4) 373 William Crayford

**Men 1000 Swedish Relay U/ 18**

Team	Finals
1 SAINTS - SA 'A'	2:08.63
1) 435 Alex Condello	2) 497 Samuel Barnfield
3) 799 William Sellars	4) 661 Nick McGill
2 WESTERN DISTRICT - SA 'A'	2:10.60
1) 15 Jack Stolarski	2) 104 Dean Pastrello
3) 354 Matt Lipman	4) 503 Jadynd Elsworthy
3 FLINDERS - SA 'A'	2:11.86
1) 155 Neal Slabbert	2) 103 Ossi Tyler-Dowd
3) 808 Cailen Hejka	4) 157 Nicholas Dallimore
4 SOUTHERN - SA 'A'	2:14.70
1) 320 Moore Hayden	2) 494 Evans Harrison
3) 894 Van Ovelan Sam	4) 904 Tahir Haseeb
5 SAINTS - SA 'B'	2:22.29
1) 384 Chalton Gunn	2) 622 Jesse Garvin
3) 617 Niko Pappas	4) 498 Jasper Carter
6 NORTHERN DISTRICTS - SA 'A'	2:27.23
1) 373 William Crayford	2) 798 Liam Johns
3) 381 Bradley Thring	4) 845 Jack Hobbs

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Jumps Relay: #1 Men High Jump U/ 18**

Name	Year Team	Finals	Points
Flight 1			
1 2101 Northern U/18 B	NORTHERN	1.75m	585 RYAN DORRIAN
2 2110 Westerns U/18	WESTERN DIST	1.70m	544 LACHLAN BURROWS
2 2097 Northern U/18	NORTHERN	1.70m	544 JAYDN GOODE
4 2169 Western Districts	WESTERN DIST	1.65m	504 DEAN PASTRELLO
5 3004 Saints U/18	SAINTS - SA	1.60m	464 622

**Jumps Relay: #3 Men Long Jump U/ 18**

Name	Year Team	Finals	Wind	Points
1 2110 Westerns U/18	WESTERN DIST	6.74m	0.2	753 MATT LIPMAN
2 2169 Western Districts	WESTERN DIST	5.96m	1.0	578 JACK STOLARSKI
3 2097 Northern U/18	NORTHERN	5.64m	0.7	510 RYAN DORRIAN
4 3004 Saints U/18	SAINTS - SA	5.25m	0.6	431 186
5 2101 Northern U/18 B	NORTHERN	4.81m	+0.0	346 BEN LARSSON

**Jumps Relay: #4 Men Triple Jump U/ 18**

Name	Year Team	Finals	Wind	Points
1 2169 Western Districts	WESTERN DIST	15.45m	-1.7	900 JACK STOLARSKI
2 2110 Westerns U/18	WESTERN DIST	12.49m	+0.0	517 MATT LIPMAN
3 3004 Saints U/18	SAINTS - SA	11.27m	-0.3	378 497
4 2101 Northern U/18 B	NORTHERN	10.56m	-0.2	303 JAYDN GOODE
5 2097 Northern U/18	NORTHERN	9.64m	-1.1	213 JESSE ALLAN

**Throws Relay: #3 Men Shot Put U/ 18**

Name	Year Team	Finals	Points
1 3004 Saints U/18	SAINTS - SA	13.08m	672 598
2 2169 Western Districts	WESTERN DIST	13.02m	668 MATT LIPMAN
3 2097 Northern U/18	NORTHERN	9.09m	431 CHRISTIAN THIRY
-- 2110 Westerns U/18	WESTERN DIST	ND	GEORGE PANGIOTIDIS

**Throws Relay: #1 Men Discus Throw U/ 18**

Name	Year Team	Finals	Points
1 2097 Northern U/18	NORTHERN	36.93m	602 RYAN DORRIAN
2 2110 Westerns U/18	WESTERN DIST	31.03m	485 LACHLAN BURROWS
3 3004 Saints U/18	SAINTS - SA	18.67m	247 384

**Throws Relay: #2 Men Javelin Throw U/ 18**

Name	Year Team	Finals	Points
1 2110 Westerns U/18	WESTERN DIST	52.24m	622 MARKUS ROBERTS
2 2169 Western Districts	WESTERN DIST	47.81m	556 JORDAN CHECKER
3 3004 Saints U/18	SAINTS - SA	35.03m	371 921
4 2097 Northern U/18	NORTHERN	30.35m	304 KURT HURTZENBERG

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Men Jumps Relay U/ 18**

Name	Year Team	Finals
1 2169 Western Districts	WESTERN DIST	1982
2 2110 Westerns U/18	WESTERN DIST	1814
3 3004 Saints U/18	SAINTS - SA	1273
4 2097 Northern U/18	NORTHERN	1267
5 2101 Northern U/18 B	NORTHERN	1234

**Men Throws Relay U/ 18**

Name	Year Team	Finals
1 2097 Northern U/18	NORTHERN	1337
2 3004 Saints U/18	SAINTS - SA	1290
3 2110 Westerns U/18	WESTERN DIST	1107

**Men 400 Metre U/16**

Team	Finals
Section 1	
1 WESTERN DISTRICT - SA 'A'	46.57
1) 298 Blake Jones	2) 243 William Hargreaves
3) 64 Max Hagicostas	4) 6 Kyle Waters
2 PEMBROKE - SA 'A'	47.31
1) 204 Toby Cook	2) 138 Alexander Allum-Henson
3) 130 Andy Xing	4) 869 Blake Favretto
3 ENFIELD HARRIERS - SA 'A'	47.77
1) 679 Thomas Cusack	2) 148 Lahie Amat
3) 709 Tyson Veenvliet	4) 84 Riley Konecny
4 SAINTS - SA 'A'	49.23
1) 560 Jordan Tran	2) 530 Denzel Brooks
3) 610 Adam Slimming	4) 594 Jacob Armitage
5 NORTHERN DISTRICTS - SA 'A'	49.92
1) 669 Kurt Hartzenberg	2) 431 Lachlan Barr
3) 451 Christian Thiry	4) Ben Larsson
6 PORT ADELAIDE - SA 'A'	50.13
1) 466 Jay Watson	2) 897 Kian Bird
3) 307 Anthony De Ruvo	4) 694 Noah LeSage Kneightly
7 UNITED COLLEGIANS - SA 'A'	51.12
1) 146 Cameron Stark	2) 584 Eddie Debenham
3) 176 Quinn Carmody	4) 2069 Elliott Murada
8 WESTERN DISTRICT - SA 'B'	51.43
1) 434 Thomas Steiner	2) 231 tyler moore
3) 8 Anton Scott	4) 40 Ernie Brown
9 SAINTS - SA 'B'	53.82
1) 628 Tom Disney	2) 820 Amith Paranavithana
3) 618 Conor Dwyer	4) 500 Douglas Westover

**Men 800 Metre U/16**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	1:38.09

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men 800 Metre U/16**

1) 298 Blake Jones	2) 243 William Hargreaves
3) 8 Anton Scott	4) 6 Kyle Waters
2 PEMBROKE - SA 'A'	1:41.41
1) 204 Toby Cook	2) 138 Alexander Allum-Henson
3) 130 Andy Xing	4) 869 Blake Favretto
3 ENFIELD HARRIERS - SA 'A'	1:41.91
1) 679 Thomas Cusack	2) 148 Lahie Amat
3) 709 Tyson Veenvliet	4) 84 Riley Konecny
4 SAINTS - SA 'A'	1:43.22
1) 560 Jordan Tran	2) 530 Denzel Brooks
3) 610 Adam Slimming	4) 594 Jacob Armitage
5 NORTHERN DISTRICTS - SA 'A'	1:45.08
1) 811 Jesse Allan	2) 669 Kurt Hartzenberg
3) 431 Lachlan Barr	4) Ben Larsson
6 UNITED COLLEGIANS - SA 'A'	1:46.54
1) 146 Cameron Stark	2) 584 Eddie Debenham
3) 176 Quinn Carmody	4) 2069 Elliott Murada
7 WESTERN DISTRICT - SA 'B'	1:46.72
1) 434 Thomas Steiner	2) 231 tyler moore
3) 289 James Simpson	4) 40 Ernie Brown
8 SOUTHERN - SA 'A'	1:53.18
1) 446 Bruniges Mathew	2) 329 Proepster Dane
3) 712 Holmes Silas	4) 447 Bruniges Bradley
-- SAINTS - SA 'B'	DQ
1) 628 Tom Disney	2) 634 Lachlan Bellifemine
3) 820 Amith Parनाविथाना	4) 500 Douglas Westover

**Men 1600 Metre U/16**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	3:51.01
1) 298 Blake Jones	2) 243 William Hargreaves
3) 289 James Simpson	4) 6 Kyle Waters
2 PEMBROKE - SA 'A'	3:54.37
1) 328 Archie Richardson	2) 738 Ethan Schwerdt
3) 204 Toby Cook	4) 301 Jack Atherton
3 UNITED COLLEGIANS - SA 'A'	3:57.50
1) 593 James Sexton	2) 584 Eddie Debenham
3) 176 Quinn Carmody	4) 2069 Elliott Murada
4 HILLS DISTRICT - SA 'A'	4:04.76
1) 137 Bradley Hilton	2) 175 Marco Els
3) 315 Kodi Parkinson	4) 365 Mitchell Bray
5 SAINTS - SA 'A'	4:11.46
1) 560 Jordan Tran	2) 610 Adam Slimming
3) 628 Tom Disney	4) 621 Jack Randello
6 WESTERN DISTRICT - SA 'B'	4:16.46
1) 434 Thomas Steiner	2) 231 tyler moore
3) 8 Anton Scott	4) 40 Ernie Brown
7 FLINDERS - SA 'A'	4:21.48
1) 595 Aidan Ross	2) 155 Neil Slabbert
3) 672 Liam Markham	4) 884 Blake Higgins



**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Men 3200 Metre U/16**

Team	Finals
1 PEMBROKE - SA 'A'	8:54.98
1) 204 Toby Cook	2) 738 Ethan Schwerdt
3) 449 Joe Cross	4) 301 Jack Atherton
2 FLINDERS - SA 'A'	9:38.52
1) 595 Aidan Ross	2) 110 Mitchell Wyatt
3) 672 Liam Markham	4) 884 Blake Higgins
3 HILLS DISTRICT - SA 'A'	9:45.11
1) 315 Kodi Parkinson	2) 175 Marco Els
3) 779 Will Ravenscroft	4) 137 Bradley Hilton
4 SOUTHERN - SA 'A'	10:06.10
1) 446 Bruniges Mathew	2) 329 Proepster Dane
3) 712 Holmes Silas	4) 447 Bruniges Bradley
5 SAINTS - SA 'A'	10:23.65
1) 621 Jack Randello	2) 560 Jordan Tran
3) 618 Conor Dwyer	4) 628 Tom Disney

**Men 1000 Swedish Relay U/16**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	2:10.97
1) 8 Anton Scott	2) 6 Kyle Waters
3) 243 William Hargreaves	4) 298 Blake Jones
2 ENFIELD HARRIERS - SA 'A'	2:12.92
1) 679 Thomas Cusack	2) 148 Lahie Amat
3) 709 Tyson Veenvliet	4) 84 Riley Konecny
3 SAINTS - SA 'A'	2:17.25
1) 560 Jordan Tran	2) 594 Jacob Armitage
3) 530 Denzel Brooks	4) 628 Tom Disney
4 UNITED COLLEGIANS - SA 'A'	2:19.72
1) 176 Quinn Carmody	2) 584 Eddie Debenham
3) 593 James Sexton	4) 2069 Elliott Murada
5 PEMBROKE - SA 'A'	2:19.88
1) 204 Toby Cook	2) 138 Alexander Allum-Henson
3) 449 Joe Cross	4) 738 Ethan Schwerdt
6 SOUTHERN - SA 'A'	2:28.82
1) 446 Bruniges Mathew	2) 329 Proepster Dane
3) 712 Holmes Silas	4) 447 Bruniges Bradley
7 WESTERN DISTRICT - SA 'B'	2:29.90
1) 434 Tomas Steiner	2) 415 Mitchell Wood
3) 289 James Simpson	4) 40 Ernie Brown
-- SAINTS - SA 'B'	2:30.97
1) 610 Adam Slimming	2) 618 Conor Dwyer
3) 634 Lachlan Bellifemine	4) 621 Jack Randello

**Jumps Relay: #1 Men High Jump U/16**

Name	Year Team	Finals	Points
Flight 1			
1 2147 United Collegians	UNITED COLLE	1.60m	464 JAMES SEXTON
2 3002 Saints U/16	SAINTS - SA	1.55m	426 616
2 2008 Enfield Harriers U	ENFIELD HARR	1.55m	426 RILEY KONECNY

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Jumps Relay: #1 Men High Jump U/16**

-- 2025 Westerns U/16 WESTERN DIST NH ANTON SCOTT

**Jumps Relay: #3 Men Long Jump U/16**

Name	Year Team	Finals	Wind	Points	
1 2008 Enfield Harriers U	ENFIELD HARR	5.75m	1.4	533	THOMAS CUSACK
2 3002 Saints U/16	SAINTS - SA	5.71m	+0.0	525	594
3 3003 Saints U/16 B	SAINTS - SA	5.09m	1.1	400	820
4 2147 United Collegians	UNITED COLLE	4.76m	+0.0	337	EDDIE DEBENHAM

**Jumps Relay: #4 Men Triple Jump U/16**

Name	Year Team	Finals	Wind	Points	
1 2008 Enfield Harriers U	ENFIELD HARR	12.01m	-0.4	460	LAHIE AMAT
2 2147 United Collegians	UNITED COLLE	11.74m	-0.7	430	CAMERON STARK
3 2025 Westerns U/16	WESTERN DIST	10.88m	+0.0	336	TYLER MOORE
4 3002 Saints U/16	SAINTS - SA	10.24m	-0.9	271	610
5 3003 Saints U/16 B	SAINTS - SA	9.71m	2.7	220	628

**Throws Relay: #3 Men Shot Put U/16**

Name	Year Team	Finals	Points	
1 3002 Saints U/16	SAINTS - SA	12.75m	652	607
2 2183 Northern U/16 A	NORTHERN	11.93m	602	CHRISTIAN THIRY-451
3 2177 Northern U/16 B	NORTHERN	11.56m	580	BEN LARSSON-452
4 2062 Pembroke U/16	PEMBROKE - SA	10.19m	497	ALEX ALLUM-HENSON138

**Throws Relay: #1 Men Discus Throw U/16**

Name	Year Team	Finals	Points	
1 2183 Northern U/16 A	NORTHERN	59.01m	1060	BEN LARSSON-452
2 2062 Pembroke U/16	PEMBROKE - SA	40.92m	683	OSCAR HOLMAN-671
3 2177 Northern U/16 B	NORTHERN	39.76m	660	LACHLAN BARR-431
4 3002 Saints U/16	SAINTS - SA	20.92m	289	634

**Throws Relay: #2 Men Javelin Throw U/16**

Name	Year Team	Finals	Points	
1 2183 Northern U/16 A	NORTHERN	41.34m	462	LACHLAN BARR-431
2 2177 Northern U/16 B	NORTHERN	40.29m	446	CHRISTIAN THIRY-451
3 3002 Saints U/16	SAINTS - SA	35.18m	373	616
4 2062 Pembroke U/16	PEMBROKE - SA	20.86m	173	BLAKE FAVRETTO-869

**Men Jumps Relay U/16**

Name	Year Team	Finals
1 2008 Enfield Harriers U	ENFIELD HARR	1419
2 2147 United Collegians	UNITED COLLE	1231

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men Jumps Relay U/16**

3	3002 Saints U/16	SAINTS - SA	1222
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**Men Throws Relay U/16**

Name	Year Team	Finals
1 2183 Northern U/16 A	NORTHERN	2124
2 2177 Northern U/16 B	NORTHERN	1686
3 2062 Pembroke U/16	PEMBROKE - SA	1353
4 3002 Saints U/16	SAINTS - SA	1314

**Men 400 Metre U/14**

Team	Finals
Section 1	
1 WESTERN DISTRICT - SA 'A'	52.91
1) 578 Lucas Sambrook	2) 21 Alex Menzel
3) 115 Aiden Shannahan	4) 561 Max Coorey
2 PEMBROKE - SA 'A'	54.01
1) 314 Henry Braithwaite	2) 216 Angus Winter
3) 217 Patrick Winter	4) 671 Oscar Holman
3 ENFIELD HARRIERS - SA 'A'	54.74
1) 849 Will Abbott	2) 488 Dylan Rowe
3) 775 Fetu Mapu	4) 837 Prabhnoor Singh
4 SAINTS - SA 'A'	55.17
1) 152 Hudson Jones	2) 578 Aidan Murphy
3) 580 Will Brumby	4) 165 Darcy Miller

**Men 800 Metre U/14**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	1:49.52
1) 578 Lucas Sambrook	2) 21 Alex Menzel
3) 115 Aiden Shannahan	4) 561 Max Coorey
2 SAINTS - SA 'A'	1:52.20
1) 578 Aidan Murphy	2) 629 Keshav Shrestha
3) 152 Hudson Jones	4) 165 Darcy Miller
3 PEMBROKE - SA 'A'	1:54.38
1) 675 Jack Tidemann	2) 216 Angus Winter
3) 217 Patrick Winter	4) 671 Oscar Holman
4 ENFIELD HARRIERS - SA 'A'	1:55.60
1) 849 Will Abbott	2) 488 Dylan Rowe
3) 775 Fetu Mapu	4) 837 Prabhnoor Singh

**Men 1000 Swedish Relay U/14**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	2:22.43
1) 578 Lucas Sambrook	2) 21 Alex Menzel
3) 115 Aiden Shannahan	4) 561 Max Coorey
2 SAINTS - SA 'A'	2:30.29
1) 152 Hudson Jones	2) 165 Darcy Miller

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men 1000 Swedish Relay U/14**

3) 578 Aidan Murphy	4) 580 Will Brumby
3 PEMBROKE - SA 'A'	2:35.12
1) 675 Jack Tidemann	2) 216 Angus Winter
3) 217 Patrick Winter	4) 314 Henry Braithwaite

**Jumps Relay: #1 Men High Jump U/14**

Name	Year Team	Finals	Points
Flight 1			
1 2159 Western Districts	WESTERN DIST	1.65m	504 ALEX MENZEL
2 2173 Enfield Harriers U	ENFIELD HARR	1.40m	317 FETU MAPU
-- 3001 Saints U/14	SAINTS - SA	NH	

**Jumps Relay: #3 Men Long Jump U/14**

Name	Year Team	Finals	Wind	Points
1 2173 Enfield Harriers U	ENFIELD HARR	4.21m	+0.0	240 DYLAN ROWE

**Jumps Relay: #4 Men Triple Jump U/14**

Name	Year Team	Finals	Wind	Points
1 2159 Western Districts	WESTERN DIST	10.11m	1.2	258 MAX COOREY
2 2173 Enfield Harriers U	ENFIELD HARR	9.92m	+0.0	240 SAM PETER

**Throws Relay: #3 Men Shot Put U/14**

Name	Year Team	Finals	Points
-- 3001 Saints U/14	SAINTS - SA	ND	165

**Throws Relay: #1 Men Discus Throw U/14**

Name	Year Team	Finals	Points
1 3001 Saints U/14	SAINTS - SA	19.68m	266 152

**Men Jumps Relay U/14**

Name	Year Team	Finals
1 2173 Enfield Harriers U	ENFIELD HARR	797

**Men 400 Metre O/35**

Team	Finals
Section 1	

1 PORT ADELAIDE - SA 'A'	63.40
1) 153 Chris Leikas	2) 777 Karl Schwarz
3) 776 Greg Anderson	4) 104 Andrew Schatz

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Jumps Relay: #1 Men High Jump O/35**

Name	Year	Team	Finals	Points
Flight 1				
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	1.40m 317 ANDREW SCHATZ

**Jumps Relay: #3 Men Long Jump O/35**

Name	Year	Team	Finals	Wind	Points
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	4.19m +0.0	237 CHRIS LEIKAS

**Jumps Relay: #4 Men Triple Jump O/35**

Name	Year	Team	Finals	Wind	Points
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	9.05m 0.9	161 GREG ANDERSON

**Throws Relay: #3 Men Shot Put O/35**

Name	Year	Team	Finals	Points
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	10.47m 514 KARL SCHARZ

**Throws Relay: #1 Men Discus Throw O/35**

Name	Year	Team	Finals	Points
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	14.84m 177 GREG ANDERSON

**Throws Relay: #2 Men Javelin Throw O/35**

Name	Year	Team	Finals	Points
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA	47.89m 557 ANDREW SCHATZ

**Men Jumps Relay O/35**

Name	Year	Team	Finals
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA 715

**Men Throws Relay O/35**

Name	Year	Team	Finals
1	2082	Port Adelaide O/35	PORT ADELAIDE - SA 1248

**Men 400 Metre OPEN**

Team	Finals
1 WESTERN DISTRICT - SA 'A'	42.88

## Section 1

1) 824 Wallace Long-Scafidi	2) 16 Oliver Callahan
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**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men 400 Metre OPEN**

3) 558 Tomas Semmler	4) 908 Jack Pannucio	
2 PORT ADELAIDE - SA 'A'		43.17
1) 903 Lachlan Sheffield	2) 891 Ryan Atkins	
3) 901 Lyall Weir	4) 359 James Cibich	
3 PEMBROKE - SA 'A'		43.84
1) 695 Liam Moss	2) 914 Jake Jervis-Bardy	
3) 718 Sam Thomas	4) 905 Matt Rowe	
4 NORTHERN DISTRICTS - SA 'A'		45.67
1) 337 Ryan Dorrian	2) 551 Harrison Hunt	
3) 35 Cam Rudge	4) 555 Tyler Ford	
5 HILLS DISTRICT - SA 'A'		45.94
1) 544 Benjamin Ridley	2) 911 Adam Smyth	
3) 879 James Lee	4) 859 Brett Fisk	
6 SAINTS - SA 'A'		47.34
1) 63 Alexander Chan	2) 24 Michael Brusnahan	
3) 360 Frankie Schinella	4) 773 Henry Vandenberg	
7 TEA TREE GULLY - SA 'A'		47.76
1) 587 Eden Snaith	2) 714 Joel Simunsen	
3) 662 Shane Grimwade	4) 469 Tomas Liivamagi	
Section 2		
1 WESTERN DISTRICT - SA 'B'		44.09
1) 570 Chris Lipman	2) 2 Kurtis Marschall	
3) 392 John Dongas	4) 562 Calern Adams	
2 SAINTS - SA 'B'		45.28
1) 71 Joshua Love	2) 566 Cale Hocking	
3) 546 Aaron Williams	4) 529 Michael Yunupingu	
3 WESTERN DISTRICT - SA 'C'		49.67
1) 49 Nathan Woods	2) 541 Emrys Hackett	
3) 816 Davis Henry	4) 721 Maurice Schievenin	
4 NORTHERN DISTRICTS - SA 'B'		49.89
1) 756 Daniel Nguyen	2) 811 Jesse Allan	
3) 715 Luke Hall	4) Sanders Liam	

**Men 800 Metre OPEN**

Team		Finals
Section 1		
1 WESTERN DISTRICT - SA 'A'		1:31.35
1) 908 Jack Pannucio	2) 2 Kurtis Marschall	
3) 16 Oli Callahan	4) 558 Tomas Semmler	
2 PEMBROKE - SA 'A'		1:32.33
1) 695 Liam Moss	2) 826 Dan Jervis-Bardy	
3) 914 Jake Jervis-Bardy	4) 718 Sam Thomas	
3 SAINTS - SA 'A'		1:34.99
1) 63 Alexander Chan	2) 529 Michael Yunupingu	
3) 24 Michael Brusnahan	4) 360 Frankie Schinella	
4 NORTHERN DISTRICTS - SA 'A'		1:35.01
1) 555 Tyler Ford	2) 35 Cam Rudge	
3) 337 Lachlan Dorrian	4) 551 Harrison Hunt	
5 WESTERN DISTRICT - SA 'C'		1:36.76
1) 570 Chris Lipman	2) 562 Calern Adams	
3) 908 Jack Pannucio	4) 392 John Dongas	
6 TEA TREE GULLY - SA 'A'		1:41.74
1) 587 Eden Snaith	2) 714 Joel Simunsen	

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men 800 Metre OPEN**

3) 492 Nathan Visciglio	4) 469 Tomas Liivamagi	
7 WESTERN DISTRICT - SA 'B'		1:44.95
1) 49 Nathan Woods	2) 541 Emrys Hackett	
3) 816 Henry Davis	4) 721 Maurice Schievenin	
8 NORTHERN DISTRICTS - SA 'B'		1:47.39
1) 756 Daniel Nguyen	2) 425 Liam Sanders	
3) 210 Jaydn Goode	4) 572 Daniel Pring	

**Men 1600 Metre OPEN**

Team	Finals
1 NORTHERN DISTRICTS - SA 'A'	3:24.06
1) 14 Sam Russell	2) 35 Cam Rudge
3) 555 Tyler Ford	4) 551 Harrison Hunt
2 SAINTS - SA 'B'	3:24.99
1) 360 Frankie Schinella	2) 529 Michael Yunupingu
3) 867 Andrew Giam	4) 817 Michael Nitschke
3 SAINTS - SA 'A'	3:25.28
1) 1 Dylan Stenson	2) 846 Michael Heron
3) 566 Cale Hocking	4) 841 Corey Watkins
4 WESTERN DISTRICT - SA 'A'	3:32.07
1) 673 Harry May	2) 562 Calern Adams
3) 310 Nicklaus Blum	4) 570 Chris Lipman
5 SAINTS - SA 'C'	3:56.41
1) 221 Mostyn Kemp	2) 546 Aaron Williams
3) 504 Nikolaos Flabouris	4) 906 Hamish Litt
6 HILLS DISTRICT - SA 'A'	4:06.26
1) 45 Brayden Davidson T36	2) 86 Kieren Shepherdson
3) 774 Bennett Maxwell	4) 404 Shane McGregor
-- WESTERN DISTRICT - SA 'B'	DNF
1) 49 Nathan Woods	2) 816 Henry Davis
3) 541 Emrys Hackett	4) 721 Maurice Schievenin

**Men 3200 Metre OPEN**

Team	Finals
1 SAINTS - SA 'A'	7:41.61
1) 1 Dylan Stenson	2) 846 Michael Heron
3) 600 Bryce Watkins	4) 495 Lachlan Randello
2 HILLS DISTRICT - SA 'A'	8:05.35
1) 86 Kieren Shepherdson	2) 69 Matthew Gluyas
3) 44 Max Stevens	4) 859 Brett Fisk
3 FLINDERS - SA 'A'	8:05.92
1) 745 Cameron Clohesy	2) 157 Nicholas Dallimore
3) 85 Tom Lancaster	4) 9 Jacob Cocks
4 SAINTS - SA 'B'	8:08.40
1) 841 Corey Watkins	2) 757 Kostya Khudoshin
3) 417 Miles Weder	4) 817 Michael Nitschke
5 NORTHERN DISTRICTS - SA 'A'	8:52.35
1) 14 Sam Russell	2) 572 Daniel Pring
3) 555 Tyler Ford	4) 381 Bradley Thring
6 FLINDERS - SA 'B'	9:05.94
1) 892 Nicholas Brooke-Anderson	2) 838 Bailey Dyer

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Men 3200 Metre OPEN**

3)	4) 155 Neal Slabbert
7 HILLS DISTRICT - SA 'B'	9:14.94
1) 774 Bennett Maxwell	2) 404 Shane McGregor
3) 365 Mitchell Bray	4) 37 Timon Sideris T/F20

**Men Medley OPEN**

Team	Finals
1 HILLS DISTRICT - SA 'A'	3:39.85
1) 911 Adam Smyth	2) 69 Matthew Gluyas
3) 859 Brett Fisk	4) 44 Max Stevens
2 PEMBROKE - SA 'A'	3:44.83
1) 718 Sam Thomas	2) 914 Jake Jervis-Bardy
3) 826 Dan Jervis-Bardy	4) 905 Matt Rowe
3 SAINTS - SA 'A'	3:54.33
1) 63 Alexander Chan	2) 817 Michael Nitschke
3) 566 Cale Hocking	4) 867 Andrew Giam
4 NORTHERN DISTRICTS - SA 'A'	4:08.30
1) 572 Daniel Pring	2) 35 Cam Rudge
3) 756 Daniel Nguyen	4) 551 Harrison Hunt
5 WESTERN DISTRICT - SA 'B'	4:14.04
1) 49 Nathan Woods T20	2) 816 Henry Davis
3) 541 Emrys Hackett	4) 721 Maurice Schievenin
6 SAINTS - SA 'B'	4:17.33
1) 906 Hamish Litt	2) 504 Nikolaos Flabouris
3) 546 Aaron Williams	4) 221 Mostyn Kemp

**Jumps Relay: #1 Men High Jump OPEN**

Name	Year Team	Finals	Points
Flight 1			
1 2051 Hills Open	HILLS DISTRICT - SA	2.00m	803 JAMES LICCIARDI
2 2156 Western Districts	WESTERN DIST	1.80m	627 JAYDEN ELSWORTHY
3 2186 Western Districts	WESTERN DIST	1.75m	585 CHRIS LIPMAN
3 2096 Northern Open	NORTHERN	1.75m	585 CAM RUDGE
5 2181 Northern Open B	NORTHERN	1.70m	544 TYLER FORD
5 2095 Saints Open	SAINTS - SA	1.70m	544 AARON WILLIAMS-546

**Jumps Relay: #3 Men Long Jump OPEN**

Name	Year Team	Finals	Wind	Points
1 2156 Western Districts	WESTERN DIST	6.36m	-0.1	666 CHRIS LIPMAN
2 2095 Saints Open	SAINTS - SA	6.28m	-1.0	648 ALEXANDER CHAN-63
3 2096 Northern Open	NORTHERN	5.68m	2.6	519 TYLER FORD
4 2051 Hills Open	HILLS DISTRICT - SA	5.15m	1.8	411 JAMES LEE
5 2181 Northern Open B	NORTHERN	4.96m	+0.0	375 DANIEL NGUYEN

**Jumps Relay: #4 Men Triple Jump OPEN**

Name	Year Team	Finals	Wind	Points
1 2186 Western Districts	WESTERN DIST	13.21m	2.1	604 CALERN ADAMS



**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****....Jumps Relay: #4 Men Triple Jump OPEN**

2	2156	Western Districts	WESTERN DIST	12.69m	-0.5	541	JOHN DONGAS
3	2096	Northern Open	NORTHERN	12.66m	-1.5	537	WILLIAM RAYFORD
4	2051	Hills Open	HILLS DISTRICT - SA	12.09m	+0.0	470	BEN RIDLEY
5	2095	Saints Open	SAINTS - SA	11.60m	-1.5	414	JOSH LOVE-71
6	2181	Northern Open B	NORTHERN	9.23m	-1.9	176	CAM RUDGE

**Throws Relay: #3 Men Shot Put OPEN**

Name	Year	Team	Finals	Points		
1	2096	Northern Open	NORTHERN	14.67m	769	LACHLAN PAGE-60
2	2156	Western Districts	WESTERN DIST	10.49m	515	JACK STOLARSKI
3	2120	Southern Open	SOUTHERN - SA	9.53m	457	JASON STEVENS-???
4	2051	Hills Open	HILLS DISTRICT - SA	9.11m	432	ADAM SMYTH
5	2064	Pembroke Open	PEMBROKE - SA	8.18m	377	BAILLIE SMALLWOOD-57
6	2181	Northern Open B	NORTHERN	7.76m	352	LUKE HALL-715
7	2095	Saints Open	SAINTS - SA	7.32m	326	ANGUS BROCK-828

**Throws Relay: #1 Men Discus Throw OPEN**

Name	Year	Team	Finals	Points		
1	2181	Northern Open B	NORTHERN	45.94m	786	LACHLAN PAGE 60
2	2120	Southern Open	SOUTHERN - SA	31.58m	496	MARK SECOMB-428
3	2156	Western Districts	WESTERN DIST	31.43m	493	GEORGE PANAGIOTIDIS
4	2096	Northern Open	NORTHERN	28.69m	439	LUKE HALL-715
5	2095	Saints Open	SAINTS - SA	28.13m	428	NIKOLAOS FLABOURI504
6	2051	Hills Open	HILLS DISTRICT - SA	24.52m	358	SAM PAECH
7	2064	Pembroke Open	PEMBROKE - SA	21.84m	307	ISAAC CHRYSIDIS-505

**Throws Relay: #2 Men Javelin Throw OPEN**

Name	Year	Team	Finals	Points		
1	2156	Western Districts	WESTERN DIST	47.51m	552	DEAN PASTRELLO
2	2095	Saints Open	SAINTS - SA	44.64m	510	JOSH LOVE-71
3	2051	Hills Open	HILLS DISTRICT - SA	43.81m	498	JAMES LEE
4	2181	Northern Open B	NORTHERN	42.37m	477	RYAN DORRIAN-337
5	2096	Northern Open	NORTHERN	40.94m	456	CAM RUDGE-35
6	2064	Pembroke Open	PEMBROKE - SA	36.34m	389	RYAN SMALLWOOD -36
7	2120	Southern Open	SOUTHERN - SA	28.33m	276	MATT LOVELL-402

**Men Jumps Relay OPEN**

Name	Year	Team	Finals	
1	2156	Western Districts	WESTERN DIST	1834
2	2051	Hills Open	HILLS DISTRICT - SA	1684
3	2096	Northern Open	NORTHERN	1641
4	2095	Saints Open	SAINTS - SA	1606
5	2181	Northern Open B	NORTHERN	1095

**ASA State Relay Championships 2016-17 - 17/12/2016 to 31/12/2016****SA Athletics Stadium, Mile End, SA****Results****Men Throws Relay OPEN**

Name	Year Team	Finals
1 2096 Northern Open	NORTHERN	1664
2 2181 Northern Open B	NORTHERN	1615
3 2156 Western Districts	WESTERN DIST	1560
4 2051 Hills Open	HILLS DISTRICT - SA	1288
5 2095 Saints Open	SAINTS - SA	1264
6 2120 Southern Open	SOUTHERN - SA	1229
7 2064 Pembroke Open	PEMBROKE - SA	1073

**Men 3200 Metre O/50**

Team	Finals
Section 1	
1 FLINDERS - SA 'A'	10:30.65
1) 464 Mike McAuliffe	2) 806 Richard McMahon
3) 900 Colin Wellings	4) 131 Paul Sutcliffe

**Men 400 Metre PARA**

Team	Finals
-- HILLS DISTRICT - SA 'A'	DNF
1) 481 Jack Netting T/F38	2) 565 cameron mcleod
3) 51 Sam Paech T/F37	4) 45 Brayden Davidson T36

**Men 1000 Swedish Relay PARA**

Team	Finals
1 HILLS DISTRICT - SA 'A'	2:39.76
1) 565 cameron mcleod	2) 45 Brayden Davidson T36
3) 51 Sam Paech T/F37	4) 37 Timon Sideris T/F20