

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 9.04 30/01/2010 C.Kennedy, Quakers Hill			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Olivia Ferns		Rouse Hill Rams	10.01Q
1 Edwina Biermann		Rouse Hill Rams	10.01Q
3 Mikayla White		Rouse Hill Rams	10.25Q
4 Isla Berry		Hills District	10.43q
5 Seville Pace		Hills District	10.82q
6 Mackenzie Kitching		Riverstone	10.90
Heat 2 Heats			
1 Emily West		Hills District	9.63Q
2 Jayda Isherwood		Winston Hills	9.87Q
3 Kate Pendlebury		Hills District	10.57Q
4 Georgia Gillogly		Hills District	11.38
5 Rylee O'Connor		Winston Hills	12.09

Girls U 7 - 50 Metre Sprint

Zone: Z 9.04 30/01/2010 C.Kennedy, Quakers Hill			
Name	Age	Centre	Final
Section 1 Final			
1 Jayda Isherwood		Winston Hills	9.31
2 Emily West		Hills District	9.39
3 Edwina Biermann		Rouse Hill Rams	9.64
4 Olivia Ferns		Rouse Hill Rams	9.68
5 Mikayla White		Rouse Hill Rams	9.93
6 Kate Pendlebury		Hills District	10.10
7 Isla Berry		Hills District	10.19

Girls U 7 - 70 Metre Sprint

Zone: Z 11.40 1/01/1984 A.Davis, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jayda Isherwood		Winston Hills	13.37Q
2 Tahlia Chapman		Hawkesbury City	13.99Q
3 Mikayla White		Rouse Hill Rams	14.01Q
4 Kiara Haywood		Winston Hills	14.16q
5 Ella Greely		Hills District	14.30q
6 Ava Bell		Hills District	14.66
Heat 2 Heats			
1 Liliana Rainima		Hills District	13.31Q
2 Arianna Tandog		Hills District	13.89Q
3 Maycee Saunders		Kings Langley	14.90Q
4 Eva Delana		Hills District	15.29
5 Sara Haaf		Winston Hills	15.41

Girls U 7 - 70 Metre Sprint

Zone: Z 11.40 1/01/1984 A.Davis, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Jayda Isherwood		Winston Hills	13.11
2 Liliana Rainima		Hills District	13.24
3 Arianna Tandog		Hills District	13.53

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 7 - 70 Metre Sprint

4	Tahlia Chapman	Hawkesbury City	13.70
5	Mikayla White	Rouse Hill Rams	13.72
6	Ella Greely	Hills District	13.89
7	Kiara Haywood	Winston Hills	14.22
8	Maycee Saunders	Kings Langley	14.63

Girls U 8 - 70 Metre Sprint

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 Zone: Z 10.60 1/01/1986 D Kerr, Winston Hills
 Name Age Centre Heats
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Heat 1 Heats

1	Chelsea Chapman	Riverstone	12.57Q
2	Sienna Jackson	Hills District	13.29Q
3	Sanjana Iyer	Winston Hills	13.37Q
4	Hanna Russ	Kings Langley	13.40
5	Eliana Cunningham	Winston Hills	14.08
6	Ashleigh Fallins	Winston Hills	14.31
7	Matilda Smith	Kings Langley	14.52

Heat 2 Heats

1	Lucy Sherwood	Hills District	12.29Q
2	Zoe Lynch	Hills District	12.37Q
3	Ana Sue Delana	Hills District	12.46Q
4	Ella Catford	Hills District	12.86q
5	Stephanie Xu	Hills District	12.95q
6	Krystal Emme	Kings Langley	13.00
7	Annika Rajan	Winston Hills	13.06
8	Katty Naylor Eyles	Winston Hills	13.32

Girls U 8 - 70 Metre Sprint

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 Zone: Z 10.60 1/01/1986 D Kerr, Winston Hills
 Name Age Centre Final
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Section 1 Final

1	Chelsea Chapman	Riverstone	11.88
2	Ana Sue Delana	Hills District	12.09
3	Lucy Sherwood	Hills District	12.24
4	Zoe Lynch	Hills District	12.31
5	Stephanie Xu	Hills District	12.66
6	Sienna Jackson	Hills District	12.86
7	Sanjana Iyer	Winston Hills	12.93
8	Ella Catford	Hills District	13.16

Girls U 9 - 70 Metre Sprint

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 Zone: Z 10.69 13/12/2015 Tuliana Kabuyawa, Hills Distr
 Name Age Centre Final
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Section 1

1	Charlotte Scott-Rogers	Hills District	12.26
2	Emily Mitchell	Hills District	12.68
3	Marli-jae Waters	Hawkesbury City	13.02
4	Jade Tan	Hills District	13.25
5	Zoe Hobart	Hills District	13.27
6	Olivia Munro	Hills District	14.20
7	Mikaela Mcdonald	Riverstone	18.70

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 70 Metre Sprint**

Zone: Z 9.80 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Hanna Lewis		Rouse Hill Rams	11.67Q
2 Lia Firer		Hills District	11.84Q
3 Alicia Zhang		Rouse Hill Rams	11.99Q
Heat 2 Heats			
1 Annabelle Casey		Winston Hills	11.47Q
2 Evangeline Everson		Hills District	11.75Q
3 Sophie Saxon		Hills District	11.83Q
4 Emma Webster		Winston Hills	11.99q
5 Jorja Brodie		Hills District	12.19q
6 Abby Cotter		Hawkesbury City	14.37

Girls U 10 - 70 Metre Sprint

Zone: Z 9.80 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Annabelle Casey		Winston Hills	11.23
2 Hanna Lewis		Rouse Hill Rams	11.25
3 Evangeline Everson		Hills District	11.62
4 Sophie Saxon		Hills District	11.63
5 Lia Firer		Hills District	11.76
6 Emma Webster		Winston Hills	11.95
7 Jorja Brodie		Hills District	12.07
8 Alicia Zhang		Rouse Hill Rams	12.35

Girls U 7 - 100 Metre Sprint

Zone: Z 16.30 1/01/1985 D.Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jayda Isherwood		Winston Hills	18.16q
2 Olivia Ferns		Rouse Hill Rams	19.01q
3 Arianna Tandog		Hills District	19.09q
4 Lucy Polley		Winston Hills	19.64q
5 Bella Chapman		Riverstone	19.80q
6 Edwina Biermann		Rouse Hill Rams	19.82q
7 Mackenzie Kitching		Riverstone	21.12
8 Zahra Wickramage		Winston Hills	23.50
Heat 2 Heats			
1 Emily West		Hills District	18.99q
2 Kiara Haywood		Winston Hills	19.95q
3 Georgia Gillogly		Hills District	20.00
4 Isla Berry		Hills District	20.57
5 Ava Bell		Hills District	20.83
6 Maycee Saunders		Kings Langley	20.87
7 Ishita Geddi		Hills District	21.53
8 Sara Haaf		Winston Hills	22.30

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 100 Metre Sprint**

Zone: Z 16.30 1/01/1985 D.Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Emily West		Hills District	18.01
2 Jayda Isherwood		Winston Hills	18.14
3 Olivia Ferns		Rouse Hill Rams	19.09
4 Lucy Polley		Winston Hills	19.28
4 Edwina Biermann		Rouse Hill Rams	19.28
6 Arianna Tandog		Hills District	19.30
7 Bella Chapman		Riverstone	19.34
8 Kiara Haywood		Winston Hills	19.38

Girls U 8 - 100 Metre Sprint

Zone: Z 15.40 1/01/1980 A Parker, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Chelsea Chapman		Riverstone	16.92Q
2 Krystal Emme		Kings Langley	17.73Q
3 Annika Rajan		Winston Hills	17.76Q
4 Cassidy Southwood		Hills District	17.91q
5 Ella Catford		Hills District	18.14q
5 Sienna Jackson		Hills District	18.14q
7 Miranda Miller		Kings Langley	18.17
8 Eliana Cunningham		Winston Hills	19.25
9 Eva Tuyau		Winston Hills	19.51
10 Matilda Smith		Kings Langley	20.53
Heat 2 Heats			
1 Zoe Lynch		Hills District	17.17Q
2 Lucy Sherwood		Hills District	17.23Q
3 Stephanie Xu		Hills District	18.18Q
4 Katty Naylor Eyles		Winston Hills	18.80
5 Layne Swan		Rouse Hill Rams	19.04
6 Claire Ward		Hawkesbury City	19.59
7 Chloe Hopwood		Winston Hills	20.18
8 Ava Vengoa		Rouse Hill Rams	20.80
8 Aysha Ajaj		Winston Hills	20.80
10 Georgia Eyles		Kings Langley	25.75

Girls U 8 - 100 Metre Sprint

Zone: Z 15.40 1/01/1980 A Parker, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Chelsea Chapman		Riverstone	16.41
2 Zoe Lynch		Hills District	16.84
3 Lucy Sherwood		Hills District	16.85
4 Krystal Emme		Kings Langley	17.60
5 Annika Rajan		Winston Hills	18.10
6 Stephanie Xu		Hills District	18.15
7 Sienna Jackson		Hills District	18.58
8 Cassidy Southwood		Hills District	18.75
9 Ella Catford		Hills District	19.60

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - 100 Metre Sprint**

Zone: Z 14.30 1/01/1981 L Whiteside, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amelia Johnston		Winston Hills	16.57Q
2 Emelia Muccino		Winston Hills	17.15Q
3 Cheyenne Sinteur		Rouse Hill Rams	17.29Q
4 Amira Danine		Kings Langley	18.02q
5 Amber Haywood		Winston Hills	18.09
6 Tara Borg		Kings Langley	18.27
7 Madison Reynolds		Winston Hills	19.22
8 Aarya Patwardhan		Hills District	20.10
9 Shreya Patwardhan		Hills District	20.49
Heat 2 Heats			
1 Olivia Scott-Rogers		Hills District	15.63Q
2 Olivia Jones		Riverstone	16.71Q
3 Tara Roche		Hills District	16.85Q
4 Emily Mitchell		Hills District	17.57q
5 Zoe Hobart		Hills District	18.60
6 Violet Knight		Winston Hills	18.71
7 Emma Daniel		Winston Hills	21.27
8 Mikaela Mcdonald		Riverstone	27.94

Girls U 9 - 100 Metre Sprint

Zone: Z 14.30 1/01/1981 L Whiteside, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Olivia Scott-Rogers		Hills District	15.64
2 Emelia Muccino		Winston Hills	16.60
3 Olivia Jones		Riverstone	16.73
4 Amelia Johnston		Winston Hills	16.76
5 Cheyenne Sinteur		Rouse Hill Rams	16.80
6 Tara Roche		Hills District	16.93
7 Emily Mitchell		Hills District	17.55
8 Amira Danine		Kings Langley	18.12

Girls U 10 - 100 Metre Sprint

Zone: Z 13.70 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jordyn Deen		Hills District	15.95Q
2 Flynn Cowper		Rouse Hill Rams	16.12Q
3 Evangeline Everson		Hills District	16.57Q
4 Porsha Woodhouse		Hawkesbury City	17.31
5 Jorja Brodie		Hills District	17.35
6 Penelope Woodhouse		Hawkesbury City	17.47
Heat 2 Heats			
1 Hanna Lewis		Rouse Hill Rams	16.19Q
2 Annabelle Casey		Winston Hills	16.34Q
3 Sophie Saxon		Hills District	16.38Q
4 Charlie Gravina		Rouse Hill Rams	16.77q
5 Gabriela Ribeiro		Hills District	16.83q
6 Claire Kelly		Kings Langley	18.33

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 100 Metre Sprint**

Zone: Z 13.70 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Flynn Cowper		Rouse Hill Rams	15.58
2 Jordyn Deen		Hills District	15.60
3 Hanna Lewis		Rouse Hill Rams	15.77
4 Annabelle Casey		Winston Hills	15.94
5 Sophie Saxon		Hills District	16.38
6 Evangeline Everson		Hills District	16.69
7 Charlie Gravina		Rouse Hill Rams	16.70
8 Gabriela Ribeiro		Hills District	17.07

Girls U 11 - 100 Metre Sprint

Zone: Z 13.69 1/01/1987 B Page, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alyssa McKenzie		Hawkesbury City	14.92Q
2 Sophia Bonser		Hills District	15.15Q
3 Lily Caines		Rouse Hill Rams	15.25Q
4 Makee Samia		Hills District	16.34
5 Tana Godfrey		Winston Hills	16.64
6 Allyra Hill		Hawkesbury City	17.10
Heat 2 Heats			
1 Mikayla Muscat		Hills District	14.42Q
2 Jett Newman		Hawkesbury City	14.97Q
3 Siena Overton		Winston Hills	15.28Q
4 Marlee Deane		Rouse Hill Rams	15.37q
5 Adelaide Powell		Hills District	15.47q
6 Emma Ward		Hawkesbury City	16.84
7 Jessica White		Rouse Hill Rams	17.87

Girls U 11 - 100 Metre Sprint

Zone: Z 13.69 1/01/1987 B Page, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Mikayla Muscat		Hills District	14.65
2 Jett Newman		Hawkesbury City	14.83
3 Siena Overton		Winston Hills	15.07
4 Alyssa McKenzie		Hawkesbury City	15.41
5 Sophia Bonser		Hills District	15.45
6 Lily Caines		Rouse Hill Rams	15.67
7 Adelaide Powell		Hills District	15.72
8 Marlee Deane		Rouse Hill Rams	15.73

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 1/01/1986 A Coupland, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Joelle Tham		Hills District	14.13Q
2 Annissa Quee		Hills District	14.29Q
3 Madison Park		Hills District	14.81Q
4 Jenna Lean		Rouse Hill Rams	15.84

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - 100 Metre Sprint**

5 Emily Nolan	Rouse Hill Rams	17.19
6 Grace Nolan	Rouse Hill Rams	17.34
7 Eleanor Smith	Kings Langley	17.75
8 Alicia Henry	Rouse Hill Rams	18.47

Heat 2 Heats

1 Amber Trethowan	Hills District	13.95Q
2 Amelia Ho	Hills District	14.41Q
3 Jaedin Le Marseny	Hills District	14.44Q
3 Lillyann Wilson	Hawkesbury City	14.44Q
5 Monique Gordon	Riverstone	14.83q
6 Piper Robertson	Kings Langley	15.95
7 Mackenzie Clifford-Farre	Kings Langley	16.23

Girls U 12 - 100 Metre Sprint

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 Zone: Z 13.20 1/01/1986 A Coupland, Hills

Name Age Centre Final
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Section 1 Final

1 Amber Trethowan	Hills District	13.98
2 Joelle Tham	Hills District	14.18
3 Annissa Quee	Hills District	14.27
4 Jaedin Le Marseny	Hills District	14.42
5 Amelia Ho	Hills District	14.50
6 Lillyann Wilson	Hawkesbury City	14.55
7 Madison Park	Hills District	14.93

Girls U 13 - 100 Metre Sprint

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 Zone: Z 12.60 2/02/1991 D Kerr, Winston Hills

Name Age Centre Heats
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Heat 1 Heats

1 Avalene Tandog	Hills District	14.75Q
2 Jade Deen	Hills District	14.94Q
3 Tiarne Fox	Hills District	15.04Q
4 Keira Dickson	Kings Langley	15.34
5 Emma Geng	Winston Hills	16.40

Heat 2 Heats

1 Tuliana Kabuyawa	Hills District	13.37Q
2 Ainslie McNally	Hills District	13.92Q
3 Keya Ramaswamy	Hills District	13.94Q
4 Liviya Ho	Hills District	14.33q
5 Devni Kumarage	Hills District	15.04q
6 Aarya Kulkarni	Hills District	15.21
7 Farah Abawi	Hills District	15.93

Girls U 13 - 100 Metre Sprint

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 Zone: Z 12.60 2/02/1991 D Kerr, Winston Hills

Name Age Centre Final
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Section 1 Final

1 Tuliana Kabuyawa	Hills District	12.88
2 Keya Ramaswamy	Hills District	13.99
3 Ainslie McNally	Hills District	14.10
4 Liviya Ho	Hills District	14.40
5 Avalene Tandog	Hills District	15.00
6 Devni Kumarage	Hills District	15.19

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 13 - 100 Metre Sprint**

7	Tiarne Fox	Hills District	15.40
8	Jade Deen	Hills District	15.56

Girls U 14 - 100 Metre Sprint

Zone: Z 12.40 27/10/2003 A Kerr, Winston Hills

Name	Age	Centre	Final
Section 1			
1	Lauryn Kasozi	Hills District	13.32
2	Chloe Nolan	Hills District	13.81
3	Lana Page	Hills District	13.82
4	Amelia Polley	Winston Hills	13.92

Girls U 15 - 100 Metre Sprint

Zone: Z 12.50 6/02/1993 D Kerr, Winston Hills

Name	Age	Centre	Final
1	Jorja Wilson	Winston Hills	12.90
2	Chanelle Odendaal	Rouse Hill Rams	13.17
3	Tayla Homsy	Hawkesbury City	13.97
4	Motea Kabuyawa	Hills District	14.01
5	Annika Ward	Kings Langley	14.56
6	Kahlie Flynn	Hawkesbury City	14.89
7	Lauren Eagleton	Hills District	15.71

Girls U 17 - 100 Metre Sprint

Zone: Z 12.36 8/12/2012 Ashlee Tait, Kings Langley

Name	Age	Centre	Final
1	Erin Graham	Hawkesbury City	12.93
2	Alicia Fartek	Hills District	13.05
3	Emily Page	Hills District	13.19
4	Elizabeth Staples	Winston Hills	13.56
5	Ruby Brown	Hills District	14.17
6	Jessica Fartek	Hills District	14.20

Girls U 7 - 200 Metre Sprint

Zone: Z 33.70 30/01/2000 A.Ashton, Kings Langley

Name	Age	Centre	Heats
Heat 1 Heats			
1	Tahlia Chapman	Hawkesbury City	40.79Q
2	Emily West	Hills District	40.82Q
3	Olivia Ferns	Rouse Hill Rams	41.31Q
4	Mikayla White	Rouse Hill Rams	42.39q
5	Chloe Harkin	Hills District	43.78q
6	Bella Chapman	Riverstone	43.79
7	Stella Dobson	Hills District	44.93
8	Seville Pace	Hills District	45.61
Heat 2 Heats			
1	Lily Cassar	Hills District	43.07Q
2	Abbey Dempsey	Hills District	44.72Q
3	Edwina Biermann	Rouse Hill Rams	44.87Q
4	Kiara Haywood	Winston Hills	45.67
5	Maycee Saunders	Kings Langley	46.96

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 7 - 200 Metre Sprint**

6 Piper Andrews	Winston Hills	48.34
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Girls U 7 - 200 Metre Sprint

Zone: Z 33.70 30/01/2000 A.Ashton, Kings Langley

Name	Age Centre	Final
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Section 1 Final

1 Emily West	Hills District	39.23
2 Tahlia Chapman	Hawkesbury City	39.60
3 Mikayla White	Rouse Hill Rams	40.53
4 Olivia Ferns	Rouse Hill Rams	40.65
5 Lily Cassar	Hills District	42.12
6 Chloe Harkin	Hills District	42.37
7 Abbey Dempsey	Hills District	42.51
8 Edwina Biermann	Rouse Hill Rams	43.58

Girls U 8 - 200 Metre Sprint

Zone: Z 25.91 14/12/2014 Alannah Ellis, Hills District

Name	Age Centre	Heats
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Heat 1 Heats

1 Eva McKenzie	Hills District	35.45Q
2 Madison Harris	Hills District	36.68Q
3 Mia Spooner	Hills District	39.22q
4 Ella Caines	Rouse Hill Rams	39.57q
5 Somer Zapatero	Winston Hills	41.07
6 Kayleigh Baron	Winston Hills	43.78
7 Paige Jones	Riverstone	45.94

Heat 2 Heats

1 Lucy Sherwood	Hills District	36.16Q
2 Zoe Lynch	Hills District	37.34Q
3 Jacyrae Brown	Hawkesbury City	37.68q
4 Sienna Hinder	Hawkesbury City	39.71q
5 Ava Chapman Read	Hills District	40.51
6 Evelyn White	Rouse Hill Rams	42.05
7 Hanna Russ	Kings Langley	42.92

Girls U 8 - 200 Metre Sprint

Zone: Z 25.91 14/12/2014 Alannah Ellis, Hills District

Name	Age Centre	Final
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Section 1 Final

1 Eva McKenzie	Hills District	35.04
2 Lucy Sherwood	Hills District	35.46
3 Madison Harris	Hills District	36.44
4 Jacyrae Brown	Hawkesbury City	36.75
5 Sienna Hinder	Hawkesbury City	38.60
6 Zoe Lynch	Hills District	38.90
7 Ella Caines	Rouse Hill Rams	39.86
8 Mia Spooner	Hills District	39.90

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - 200 Metre Sprint**

Zone: Z 31.20 1/01/1987 D Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Breanna Pace		Hills District	34.29Q
2 Emelia Muccino		Winston Hills	35.48Q
3 Marli-jae Waters		Hawkesbury City	37.65Q
4 Caitlyn Ligertwood		Kings Langley	37.93
5 Emily Mitchell		Hills District	40.38
6 April Zdrilic		Hills District	43.21
Heat 2 Heats			
1 Summer Paki		Hills District	35.58Q
2 Olivia Jones		Riverstone	35.96Q
3 Charlotte Scott-Rogers		Hills District	36.92Q
4 Cheyenne Sinteur		Rouse Hill Rams	37.30q
5 Tabitha Broughton		Hawkesbury City	37.84q
6 Alannah Webber		Winston Hills	40.06
7 Olivia Munro		Hills District	44.72

Girls U 9 - 200 Metre Sprint

Zone: Z 31.20 1/01/1987 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Breanna Pace		Hills District	34.45
2 Summer Paki		Hills District	35.65
3 Emelia Muccino		Winston Hills	35.94
4 Olivia Jones		Riverstone	35.97
5 Charlotte Scott-Rogers		Hills District	37.38
6 Tabitha Broughton		Hawkesbury City	37.73
7 Marli-jae Waters		Hawkesbury City	38.16

Girls U 10 - 200 Metre Sprint

Zone: Z 29.50 1/01/1983 D Waltmann, Lalor Park			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ashlyn Kelly		Hills District	33.04Q
2 Hanna Lewis		Rouse Hill Rams	33.17Q
3 Isabella West		Hills District	34.28Q
4 Flynn Cowper		Rouse Hill Rams	34.51q
5 Emma Webster		Winston Hills	36.11
6 Marlee Gill		Riverstone	36.19
7 Jorja Brodie		Hills District	36.27
Heat 2 Heats			
1 Jordyn Deen		Hills District	31.90Q
2 Annabelle Casey		Winston Hills	34.00Q
3 Charlie Gravina		Rouse Hill Rams	34.35Q
4 Lia Firer		Hills District	34.64q
5 Jadey Hubbard		Riverstone	36.14
6 Penelope Woodhouse		Hawkesbury City	36.24
7 Alicia Zhang		Rouse Hill Rams	36.95

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 200 Metre Sprint**

Zone: Z 29.50 1/01/1983 D Waltmann, Lalor Park			
Name	Age	Centre	Final
Section 1 Final			
1 Jordyn Deen		Hills District	32.60
2 Ashlyn Kelly		Hills District	33.71
3 Flynn Cowper		Rouse Hill Rams	34.04
4 Annabelle Casey		Winston Hills	34.06
5 Lia Firer		Hills District	34.17
6 Isabella West		Hills District	34.25
7 Hanna Lewis		Rouse Hill Rams	35.39
8 Charlie Gravina		Rouse Hill Rams	36.41

Girls U 11 - 200 Metre Sprint

Zone: Z 28.74 10/12/2017 tuliana kabuyawa, Hills Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Siena Overton		Winston Hills	31.29Q
2 Sophia Bonser		Hills District	32.51Q
3 Makayla Allen		Riverstone	32.65Q
4 Andrea Plaatjes		Kings Langley	33.47q
5 Amelia Strbik		Hills District	33.90
6 Georgia Corner		Winston Hills	35.45
Heat 2 Heats			
1 Mikayla Muscat		Hills District	30.50Q
2 Jett Newman		Hawkesbury City	32.25Q
3 Marlee Deane		Rouse Hill Rams	32.63Q
4 Lily Caines		Rouse Hill Rams	33.21q
5 Makee Samia		Hills District	34.72
6 Tana Godfrey		Winston Hills	36.72
7 Amelia Brice		Hills District	38.61

Girls U 11 - 200 Metre Sprint

Zone: Z 28.74 10/12/2017 tuliana kabuyawa, Hills Distr			
Name	Age	Centre	Final
Section 1 Final			
1 Mikayla Muscat		Hills District	30.80
2 Siena Overton		Winston Hills	31.37
3 Jett Newman		Hawkesbury City	32.10
4 Sophia Bonser		Hills District	32.43
5 Makayla Allen		Riverstone	32.49
6 Lily Caines		Rouse Hill Rams	32.50
7 Marlee Deane		Rouse Hill Rams	33.49
8 Andrea Plaatjes		Kings Langley	34.40

Girls U 12 - 200 Metre Sprint

Zone: Z 27.10 30/01/1999 M Riley, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Joelle Tham		Hills District	29.64Q
2 Lillyann Wilson		Hawkesbury City	30.53Q
3 Monique Gordon		Riverstone	31.63Q
4 Leah Nixon		Winston Hills	34.83

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 12 - 200 Metre Sprint

5	Ashlynn Webber	Winston Hills	36.26
Heat 2 Heats			
1	Pyper Marchant	Hills District	29.23Q
2	Amber Trethowan	Hills District	29.60Q
3	Jaedin Le Marseny	Hills District	30.02Q
4	Antonia Baranowski	Hills District	31.07q
5	Madison Park	Hills District	32.31q
6	Jenna Lean	Rouse Hill Rams	33.87

Girls U 12 - 200 Metre Sprint

=====
 Zone: Z 27.10 30/01/1999 M Riley, Hills
 Name Age Centre Final
 =====

Section 1 Final

1	Pyper Marchant	Hills District	29.09
2	Joelle Tham	Hills District	29.61
3	Jaedin Le Marseny	Hills District	29.93
4	Amber Trethowan	Hills District	30.19
5	Lillyann Wilson	Hawkesbury City	30.95
6	Monique Gordon	Riverstone	31.92

Girls U 13 - 200 Metre Sprint

=====
 Zone: Z 26.80 30/01/2000 M Riley, Hills
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Keira Murphy	Hills District	29.98Q
2	Tiarne Fox	Hills District	30.97Q
3	Hayley Charlwood	Winston Hills	31.91Q
4	Aarya Kulkarni	Hills District	32.35
5	Jessica Astill	Hawkesbury City	32.77
6	Angelina Mclean	Hills District	33.08
7	Farah Abawi	Hills District	34.92

Heat 2 Heats

1	Tuliana Kabuyawa	Hills District	27.28Q
2	Talahn Paki	Hills District	28.29Q
3	Ainslie McNally	Hills District	29.02Q
4	Oge Daniels Obiokolie	Riverstone	30.20q
5	Avalene Tandog	Hills District	30.23q
6	Arabella Park	Hills District	30.89

Girls U 13 - 200 Metre Sprint

=====
 Zone: Z 26.80 30/01/2000 M Riley, Hills
 Name Age Centre Final
 =====

Section 1 Final

1	Tuliana Kabuyawa	Hills District	26.57Z
2	Talahn Paki	Hills District	27.78
3	Ainslie McNally	Hills District	28.84
4	Keira Murphy	Hills District	29.30
5	Avalene Tandog	Hills District	30.40
6	Tiarne Fox	Hills District	30.54
7	Hayley Charlwood	Winston Hills	32.03

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 200 Metre Sprint**

Zone: Z 25.90 30/01/1998 P Carey, Hills			
Name	Age	Centre	Final
Section 1			
1 Lauryn Kasozi		Hills District	27.62
2 Lana Page		Hills District	28.16
3 Chloe Nolan		Hills District	28.94
4 Ava Spooner		Hills District	31.19
5 Chelsey Torrens		Winston Hills	34.31

Girls U 15 - 200 Metre Sprint

Zone: Z 26.20 27/10/2003 M Riley, Hills			
Name	Age	Centre	Final
1 Jorja Wilson		Winston Hills	26.15Z
2 Motea Kabuyawa		Hills District	28.83
3 Tayla Homsy		Hawkesbury City	28.85
4 Annika Ward		Kings Langley	31.24

Girls U 17 - 200 Metre Sprint

Zone: Z 26.02 9/12/2012 Daisy Bryant, Hills District			
Name	Age	Centre	Final
1 Sidney Burrell		Hills District	26.64
2 Erin Graham		Hawkesbury City	26.65
3 Emily Page		Hills District	27.10
4 Alicia Fartek		Hills District	27.25
5 Elizabeth Staples		Winston Hills	28.08
6 Jessica Fartek		Hills District	29.21
7 Tiana Anderson		Winston Hills	29.90
8 Ruby Brown		Hills District	30.34

Girls U 8 - 400 Metre Sprint

Zone: Z 1:17.12 31/01/2004 M Souter, Winston Hills			
Name	Age	Centre	Final
1 Eva McKenzie		Hills District	1:25.55
2 Ella Caines		Rouse Hill Rams	1:33.57
3 Ella Paki		Hills District	1:35.35
4 Mia Spooner		Hills District	1:35.44
5 Katty Naylor Eyles		Winston Hills	1:47.17
Section 2			
1 Madison Harris		Hills District	1:24.54
2 Ella Catford		Hills District	1:32.03
3 Kayleigh Baron		Winston Hills	1:48.89
Section 3			
1 Chelsea Chapman		Riverstone	1:23.20
2 Zahra Calder		Riverstone	1:30.91
3 Sienna Hinder		Hawkesbury City	1:34.69
4 Cassidy Southwood		Hills District	1:34.95
5 Evelyn White		Rouse Hill Rams	1:39.24
6 Arabella Gunter		Hawkesbury City	2:11.37

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - 400 Metre Sprint**

Zone: Z 1:10.40 1/01/1980 N Stenberg, Hills			
Name	Age	Centre	Final
Section 1			
1 Emelia Muccino		Winston Hills	1:19.72
2 Olivia Jones		Riverstone	1:25.88
3 Isobel Deane		Rouse Hill Rams	1:31.30
4 Caitlyn Ligertwood		Kings Langley	1:35.75
5 Alannah Webber		Winston Hills	1:35.96
6 Maya Kaleta		Hills District	1:36.31
7 Sophia Gong		Hills District	1:37.47
Section 2			
1 Breanna Pace		Hills District	1:21.40
2 Amelia Hocroft		Kings Langley	1:26.16
3 Charlotte Scott-Rogers		Hills District	1:30.14
4 Lily Golding		Hills District	1:37.09
5 Ella Christie		Winston Hills	1:41.03
6 Madison Reynolds		Winston Hills	1:47.63

Girls U 10 - 400 Metre Sprint

Zone: Z 1:10.01 31/01/2009 S De Sliva, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Jordyn Deen		Hills District	1:17.69
2 Lily Hunter		Kings Langley	1:34.05
3 Ashlynn Hill		Hawkesbury City	1:37.18
Section 2			
1 Ashlyn Kelly		Hills District	1:15.18
2 Hanna Lewis		Rouse Hill Rams	1:17.98
3 Lia Firer		Hills District	1:20.19
4 Madeleine Nolan		Hills District	1:21.66
5 Isabella West		Hills District	1:22.78
6 Matilda Webb		Winston Hills	1:24.13
7 Sehejta Kaur		Hills District	1:26.02
8 Abigail Lord		Hawkesbury City	1:30.49

Girls U 11 - 400 Metre Sprint

Zone: Z 1:06.00 1/01/1982 N Stenberg, Hills			
Name	Age	Centre	Final
Section 1			
1 Lily Caines		Rouse Hill Rams	1:14.97
2 April Anderson		Hills District	1:15.63
3 Sophia Bonser		Hills District	1:16.98
4 Andrea Plaatjes		Kings Langley	1:18.27
5 Jocelin Martinez-Leeson		Hills District	1:22.21
6 Holly Gersbach		Winston Hills	1:45.36

Girls U 12 - 400 Metre Sprint

Zone: Z 1:04.90 1/01/1983 N Stenberg, Hills			
Name	Age	Centre	Final
1 Sophie Schultz		Hills District	1:10.14
2 Leah Nixon		Winston Hills	1:18.84
3 Abigail Cooper		Rouse Hill Rams	1:21.60

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - 400 Metre Sprint**

Section 2

1 Pyper Marchant	Hills District	1:08.71
2 Jaedin Le Marseny	Hills District	1:09.96
3 Antonia Baranowski	Hills District	1:14.21
4 Scarlett Sparkes	Hills District	1:16.79
5 Emanuella Johnson	Kings Langley	1:17.11
6 Jenna Lean	Rouse Hill Rams	1:22.09

Girls U 13 - 400 Metre Sprint

Zone: Z 1:02.04 30/01/2004 P Rom, Winston Hills

Name Age Centre Final

Section 1

1 Talahn Paki	Hills District	1:06.11
2 Hayley Schultz	Hills District	1:07.00
3 Marley McKenzie	Hills District	1:10.19
4 Esther Bonser	Hills District	1:11.78
5 Georgina Roper	Kings Langley	1:13.56
6 Farah Rahmati-Zaran	Hills District	1:16.08
7 Emma Geng	Winston Hills	1:21.99
8 Sophie Miller	Hills District	1:25.53
9 Caitlin Waugh	Hawkesbury City	1:29.73

Section 2

1 Keira Murphy	Hills District	1:05.78
2 Ella Munroe	Hills District	1:06.84
3 Ainslie McNally	Hills District	1:07.60
4 Avalene Tandog	Hills District	1:11.07
5 Chelsea Olbrich	Riverstone	1:12.43
6 Kailey Webber	Winston Hills	1:14.93
7 Jessica Astill	Hawkesbury City	1:19.01
8 Hayley Charlwood	Winston Hills	1:22.61

Girls U 14 - 400 Metre Sprint

Zone: Z 1:00.80 1/01/1989 K Clemens, Hills

Name Age Centre Final

Section 1

1 Lauryn Kasozi	Hills District	1:04.20
2 Lana Page	Hills District	1:04.62
3 Holly Dalrymple	Hawkesbury City	1:07.39
4 Catherine Richter	Hills District	1:09.69
5 Ava Spooner	Hills District	1:16.48

Girls U 17 - 400 Metre Sprint

Zone: Z 1:00.70 10/12/2016 Rowena Milliss, Winston Hil

Name Age Centre Final

1 Sidney Burrell	Hills District	1:03.58
2 Caitlin Robertson	Hills District	1:08.24
3 Tiana Anderson	Winston Hills	1:08.66
4 Jasmine Brown	Hawkesbury City	1:09.29

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 500 Metre Run Pack Start**

Zone: Z 1:37.80 1/01/1988 S Lapham, Hills			
Name	Age	Centre	Final
1 Emily West		Hills District	2:00.24
2 Tahlia Chapman		Hawkesbury City	2:02.91
3 Abbey Dempsey		Hills District	2:02.95
4 Olivia Ferns		Rouse Hill Rams	2:05.11
5 Chloe Harkin		Hills District	2:08.81
6 Bella Chapman		Riverstone	2:09.20
7 Emma Ostler		Hills District	2:10.03
8 Stella Dobson		Hills District	2:13.85
9 Kiara Haywood		Winston Hills	2:17.02
10 Piper Andrews		Winston Hills	2:28.23
11 Sophie Seymon		Kings Langley	2:33.58
12 Eliza Fletcher		Hills District	2:58.95

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:18.10 16/12/1991 K Drennan, Hills			
Name	Age	Centre	Final
1 Eva McKenzie		Hills District	2:36.77
2 Zahra Calder		Riverstone	2:39.99
3 Madison Harris		Hills District	2:41.79
4 Jacyrae Brown		Hawkesbury City	2:44.69
5 Ella Caines		Rouse Hill Rams	2:53.90
6 Ella Paki		Hills District	3:05.16
7 Mia Spooner		Hills District	3:07.16
8 Lily Zahra		Hills District	3:07.85
9 Emily Zhou		Winston Hills	3:09.02
10 Evelyn White		Rouse Hill Rams	3:10.19
11 Layne Swan		Rouse Hill Rams	3:17.87
12 Chloe McArtney		Hills District	3:23.18

Girls U 9 - 800 Metre Run

Zone: Z 2:41.00 1/01/1980 N Stenberg, Hills			
Name	Age	Centre	Final
1 Olivia Scott-Rogers		Hills District	2:57.21
2 Breanna Pace		Hills District	3:08.84
3 Amelia Hocroft		Kings Langley	3:12.95
4 Tabitha Broughton		Hawkesbury City	3:16.72
5 Emelia Muccino		Winston Hills	3:17.90
6 Isabelle Boys		Rouse Hill Rams	3:31.35
7 Amber Haywood		Winston Hills	3:38.16
8 Isobel Deane		Rouse Hill Rams	3:38.22
9 Lily Golding		Hills District	3:46.77
10 Ella Christie		Winston Hills	4:01.38
11 Emilia Rebaza		Winston Hills	4:11.98

Girls U 10 - 800 Metre Run

Zone: Z 2:40.40 1/01/1985 K Clemens, Lalor Park			
Name	Age	Centre	Final
1 Ashlyn Kelly		Hills District	2:56.12
2 Taylor Hills		Hills District	3:03.06
3 Madeleine Nolan		Hills District	3:10.02

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 10 - 800 Metre Run**

4 Lia Firer	Hills District	3:10.76
5 Matilda Webb	Winston Hills	3:14.12
6 Mia Robson	Kings Langley	3:26.82
7 Alicia Zhang	Rouse Hill Rams	3:27.77
8 Emma Webster	Winston Hills	3:28.15
9 Ashlynn Hill	Hawkesbury City	3:30.47
10 Abigail Lord	Hawkesbury City	3:31.10
11 Lily Hunter	Kings Langley	3:35.80
12 Tayla Dobson	Hills District	3:46.65

Girls U 11 - 800 Metre Run

=====
 Zone: Z 2:33.90 1/01/1981 C Hauser, Hills

Name	Age Centre	Final
1 April Anderson	Hills District	2:53.94
2 Holly Gersbach	Winston Hills	2:57.76
3 Georgia Corner	Winston Hills	2:59.39
4 Isla Mercer	Hills District	2:59.47
5 Sienna Clark	Rouse Hill Rams	3:00.33
6 Amelia Strbik	Hills District	3:03.20
7 Hayley Wallace	Winston Hills	3:08.50
8 Ella Mulry	Kings Langley	3:09.65
9 Andrea Plaatjes	Kings Langley	3:11.15
10 Isabella Henderson	Winston Hills	3:12.53
11 Emilie Chandran	Winston Hills	3:18.38
12 Amelia Brice	Hills District	3:19.13

Girls U 12 - 800 Metre Run

=====
 Zone: Z 2:26.00 1/01/1985 A Harrison, Hills

Name	Age Centre	Final
1 Sophie Schultz	Hills District	2:32.47
2 Olivia Bloem	Hills District	2:35.54
3 Antonia Baranowski	Hills District	2:44.46
4 Samantha Torrens	Winston Hills	2:56.17
5 Charlotte McClelland	Winston Hills	2:57.23
6 Scarlett Sparkes	Hills District	3:01.02
7 Abigail Cooper	Rouse Hill Rams	3:15.09
8 Ashlynn Webber	Winston Hills	3:17.13
9 Sienna Atkinson	Hills District	3:22.10
-- Sienna. Wotton	Kings Langley	DNF

Girls U 13 - 800 Metre Run

=====
 Zone: Z 2:22.60 1/01/1988 K Clemens, Hills

Name	Age Centre	Final
1 Ella Munroe	Hills District	2:36.34
2 Lucie Francis	Winston Hills	2:36.44
3 Keira Murphy	Hills District	2:37.10
4 Marley McKenzie	Hills District	2:41.77
5 Sarah Adam	Hills District	2:44.12
6 Aoife Collins	Hills District	2:44.86
7 Ella Robertson	Hills District	2:48.59
8 Chelsea Olbrich	Riverstone	2:49.16
9 Farah Rahmati-Zaran	Hills District	2:51.28
10 Tiarne Fox	Hills District	2:51.82

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 13 - 800 Metre Run**

11	Kailey Webber	Winston Hills	2:56.60
12	Natalie Chandran	Winston Hills	3:01.20
13	Sophie Miller	Hills District	3:02.07
14	Georgina Roper	Kings Langley	3:03.12
15	Jessica Astill	Hawkesbury City	3:12.17
16	Caitlin Waugh	Hawkesbury City	3:34.64

Girls U 14 - 800 Metre Run

Zone: Z 2:20.60 1/01/1989 K Clemens, Hills

Name	Age Centre	Final
1 Holly Dalrymple	Hawkesbury City	2:30.80
2 Catherine Richter	Hills District	2:35.84
3 Penny Graham	Hawkesbury City	2:57.80
4 Chelsey Torrens	Winston Hills	3:09.85

Girls U 17 - 800 Metre Run

Zone: Z 2:24.11 9/12/2012 Sarah Marvin, Winston Hills

Name	Age Centre	Final
1 Sidney Burrell	Hills District	2:28.46
2 Niamh Sanday	Kings Langley	2:30.98
3 Emalee Olbrich	Riverstone	2:37.84
4 Zara Munroe	Hills District	2:42.81
5 Tiana Anderson	Winston Hills	2:53.08
6 Jasmine Brown	Hawkesbury City	3:00.69
7 Brooke Dickson	Kings Langley	3:31.76

Girls U 11 - 1500 Metre Run

Zone: Z 5:16.70 1/01/1986 E Simpson, Winston Hills

Name	Age Centre	Final
1 Jocelin Martinez-Leeson	Hills District	5:56.15
2 April Anderson	Hills District	6:01.21
3 Summer Hupfeld	Rouse Hill Rams	6:06.24
4 Holly Gersbach	Winston Hills	6:10.12
5 Andrea Plaatjes	Kings Langley	6:18.75
6 Hannah Farrow	Hills District	6:27.47
7 Hayley Wallace	Winston Hills	6:44.55
8 Chloe Mineeff	Hills District	6:47.69
9 Selina Gong	Hills District	6:53.10
10 Dakshita Drall	Winston Hills	7:08.06

Girls U 12 - 1500 Metre Run

Zone: Z 4:59.00 1/01/1980 S Everitt, Hills

Name	Age Centre	Final
1 Olivia Bloem	Hills District	5:21.08
2 Sophie Schultz	Hills District	5:27.74
3 Antonia Baranowski	Hills District	5:41.03
4 Sarah Gong	Hills District	5:52.97
5 Charlotte McClelland	Winston Hills	6:12.26
6 Samantha Torrens	Winston Hills	6:17.39
7 Elana Raso	Hills District	6:25.54
8 Scarlett Sparkes	Hills District	6:27.92

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 12 - 1500 Metre Run**

9	Abigail Cooper	Rouse Hill Rams	6:29.77
10	Ashlynn Webber	Winston Hills	6:32.92
11	Sienna. Wotton	Kings Langley	7:05.41
--	Eleanor Smith	Kings Langley	DNF

Girls U 13 - 1500 Metre Run

=====			
Zone: Z 4:57.50 1/01/1986 A Harrison, Hills			
Name	Age	Centre	Final
=====			
1	Lucie Francis	Winston Hills	5:34.26
2	Ella Munroe	Hills District	5:34.51
3	Marley McKenzie	Hills District	5:35.11
4	Chelsea Olbrich	Riverstone	5:35.45
5	Aoife Collins	Hills District	5:35.92
6	Kailey Webber	Winston Hills	5:56.72
7	Jasmine Wong	Winston Hills	6:01.01
8	Farah Rahmati-Zaran	Hills District	6:10.70
9	Ella Robertson	Hills District	6:11.90
10	Tiarne Fox	Hills District	6:15.60
11	Sophie Miller	Hills District	6:30.46
12	Caitlin Waugh	Hawkesbury City	7:24.36

Girls U 14 - 1500 Metre Run

=====			
Zone: Z 4:52.70 14/12/2013 Leena Yang, Hills District			
Name	Age	Centre	Final
=====			
1	Catherine Richter	Hills District	5:14.95
2	Holly Dalrymple	Hawkesbury City	5:34.40
3	Sarah Crowley	Hills District	5:43.05
4	Penny Graham	Hawkesbury City	6:05.97
5	Chelsey Torrens	Winston Hills	6:16.06

Girls U 15 - 1500 Metre Run

=====			
Zone: Z 4:58.60 30/01/2009 S Bright, Hills			
Name	Age	Centre	Final
=====			
1	Kayla Wong	Winston Hills	5:57.60

Girls U 17 - 1500 Metre Run

=====			
Zone: Z 4:59.01 12/12/2015 Ali Thomson, Hills District			
Name	Age	Centre	Final
=====			
1	Niamh Sanday	Kings Langley	5:08.87
2	Sidney Burrell	Hills District	5:19.53
3	Emalee Olbrich	Riverstone	5:30.23
4	Zara Munroe	Hills District	5:37.00
5	Tiana Anderson	Winston Hills	6:07.42
6	Jasmine Brown	Hawkesbury City	6:22.64
7	Brooke Dickson	Kings Langley	7:32.34

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 3000 Metre Run**

Zone: Z 10:43.12 30/01/2010 S Marvin, Winston Hills			
Name	Age Centre		Final
1 Lucie Francis	Winston Hills		11:02.42
2 Ella Munroe	Hills District		12:36.50
3 Aoife Collins	Hills District		13:29.35
4 Kailey Webber	Winston Hills		13:42.80
5 Jasmine Wong	Winston Hills		13:50.36

Girls U 14 - 3000 Metre Run

Zone: Z 10:31.67 14/12/2013 Leena Yang, Hills District			
Name	Age Centre		Final
1 Catherine Richter	Hills District		12:36.49
2 Holly Dalrymple	Hawkesbury City		13:19.52

Girls U 15 - 3000 Metre Run

Zone: Z 10:32.90 28/01/2012 Sarah Marvin, Winston Hill			
Name	Age Centre		Final
1 Kayla Wong	Winston Hills		13:08.59

Girls U 17 - 3000 Metre Run

Zone: Z 10:47.03 8/12/2012 Sarah Marvin, Winston Hill			
Name	Age Centre		Final
1 Emalee Olbrich	Riverstone		12:05.65
2 Sarah Dickson	Hills District		12:23.89
3 Zara Munroe	Hills District		12:59.81
4 Tiana Anderson	Winston Hills		15:10.64
-- Niamh Sanday	Kings Langley		DNF

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 4/02/1995 A Kerr, Winston Hills			
Name	Age Centre		Heats
Heat 1 Heats			
1 Ana Sue Delana	Hills District		12.85Q
2 Annika Rajan	Winston Hills		13.97Q
3 Claire Ward	Hawkesbury City		14.33
4 Katty Naylor Eyles	Winston Hills		14.97
5 Arabella Gunter	Hawkesbury City		18.52
Heat 2 Heats			
1 Sienna Jackson	Hills District		13.32Q
2 Madison Harris	Hills District		13.44Q
3 Jacyrae Brown	Hawkesbury City		13.65
4 Layne Swan	Rouse Hill Rams		15.20
5 Sienna Hinder	Hawkesbury City		15.39
6 Lucy Sherwood	Hills District		15.56
Heat 3 Heats			
1 Miranda Miller	Kings Langley		12.98Q
2 Zoe Lynch	Hills District		13.15Q
3 Zahra Calder	Riverstone		13.31q
4 Chloe McArtney	Hills District		13.54q
5 Sanjana Iyer	Winston Hills		13.69

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 8 - 60 Metre Hurdles (45cm)**

6 Eva Tuyau	Winston Hills	14.71
7 Ashleigh Fallins	Winston Hills	14.84

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 4/02/1995 A Kerr, Winston Hills

Name	Age Centre	Final
------	------------	-------

Section 1 Final

1 Ana Sue Delana	Hills District	12.59
2 Miranda Miller	Kings Langley	12.65
3 Zahra Calder	Riverstone	12.77
4 Madison Harris	Hills District	13.06
5 Zoe Lynch	Hills District	13.10
6 Sienna Jackson	Hills District	13.16
7 Chloe McArtney	Hills District	13.36
8 Annika Rajan	Winston Hills	13.72

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.80 1/01/1997 S Starkey, Riverstone

Name	Age Centre	Heats
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Heat 1 Heats

1 Tara Roche	Hills District	11.92Q
2 Charlotte Scott-Rogers	Hills District	12.62Q
3 Marli-jae Waters	Hawkesbury City	13.59Q
4 Cheyenne Sinteur	Rouse Hill Rams	13.97
5 Olivia Harkin	Hills District	14.27
6 Olivia Munro	Hills District	14.89

Heat 2 Heats

1 Summer Paki	Hills District	12.04Q
2 Amelia Johnston	Winston Hills	12.69Q
3 Isobel Deane	Rouse Hill Rams	13.04Q
4 Maya Kaleta	Hills District	13.44q
5 Violet Knight	Winston Hills	13.67q
6 Ella Christie	Winston Hills	16.82
7 Jasmine Redhi	Kings Langley	16.92

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.80 1/01/1997 S Starkey, Riverstone

Name	Age Centre	Final
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Section 1 Final

1 Summer Paki	Hills District	11.89
2 Tara Roche	Hills District	11.93
3 Amelia Johnston	Winston Hills	12.54
4 Charlotte Scott-Rogers	Hills District	12.56
5 Isobel Deane	Rouse Hill Rams	12.97
6 Maya Kaleta	Hills District	13.20
7 Marli-jae Waters	Hawkesbury City	13.65
8 Violet Knight	Winston Hills	13.96

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 9.60 1/01/1988 B Smith, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gabriela Ribeiro		Hills District	12.40Q
2 Mia Robson		Kings Langley	12.70Q
3 Caitlyn Martin		Winston Hills	13.11Q
4 Evangeline Everson		Hills District	13.19q
5 Ashlynn Hill		Hawkesbury City	13.55q
6 Abigail Lord		Hawkesbury City	14.42
7 Claire Kelly		Kings Langley	14.59
Heat 2 Heats			
1 Madison Gale		Winston Hills	13.52Q
2 Taylor Hills		Hills District	13.82Q
3 Porsha Woodhouse		Hawkesbury City	14.12Q
4 Penelope Woodhouse		Hawkesbury City	14.29
5 Lily Hunter		Kings Langley	14.42
6 Annabelle Moses		Hills District	15.26

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 9.60 1/01/1988 B Smith, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Mia Robson		Kings Langley	12.33
2 Gabriela Ribeiro		Hills District	12.51
3 Caitlyn Martin		Winston Hills	12.83
4 Evangeline Everson		Hills District	13.32
5 Taylor Hills		Hills District	13.42
6 Porsha Woodhouse		Hawkesbury City	13.52
7 Madison Gale		Winston Hills	13.63
8 Ashlynn Hill		Hawkesbury City	13.93

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.00 1/01/1994 J Pittman, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alyssa McKenzie		Hawkesbury City	12.01Q
2 Sienna Clark		Rouse Hill Rams	12.42Q
3 Adelaide Powell		Hills District	13.30Q
4 Amelia Strbik		Hills District	13.36q
5 Julia Kedzia		Hills District	13.39q
6 Hannah Farrow		Hills District	13.70
7 Makee Samia		Hills District	13.71
Heat 2 Heats			
1 Mikayla Muscat		Hills District	11.85Q
2 Summer Hupfeld		Rouse Hill Rams	12.96Q
3 Siena Overton		Winston Hills	12.98Q
4 Jessica White		Rouse Hill Rams	13.51
5 Emilie Chandran		Winston Hills	13.74
6 Allyra Hill		Hawkesbury City	13.79
7 Emma Ward		Hawkesbury City	13.80

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 10.00 1/01/1994 J Pittman, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Mikayla Muscat		Hills District	11.85
2 Alyssa McKenzie		Hawkesbury City	11.87
3 Sienna Clark		Rouse Hill Rams	12.55
4 Adelaide Powell		Hills District	12.99
5 Amelia Strbik		Hills District	13.13
6 Siena Overton		Winston Hills	13.21
7 Summer Hupfeld		Rouse Hill Rams	13.28
8 Julia Kedzia		Hills District	13.85

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.60 1/01/1990 B Smith, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Olivia Bloem		Hills District	10.87Q
2 Chloe Cheeseman		Winston Hills	12.62Q
3 Piper Robertson		Kings Langley	13.06
3 Jenna Lean		Rouse Hill Rams	13.06
5 Grace Nolan		Rouse Hill Rams	13.90
Heat 2 Heats			
1 Lillyann Wilson		Hawkesbury City	11.81Q
2 Billy-Rose Taliai		Hills District	12.18Q
3 Madison Park		Hills District	12.65q
4 Emily Nolan		Rouse Hill Rams	13.60
5 Anisha Anandh		Hills District	13.72
6 Ella Gillard		Winston Hills	14.31
7 Alicia Henry		Rouse Hill Rams	15.62
Heat 3 Heats			
1 Amber Trethowan		Hills District	11.46Q
2 Amelia Ho		Hills District	11.71Q
3 Jordan McPherson		Rouse Hill Rams	13.02q
4 Charlotte McClelland		Winston Hills	14.00
5 Mackenzie Clifford-Farre		Kings Langley	14.61
6 Charlotte Montgomery		Winston Hills	16.20

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.60 1/01/1990 B Smith, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Olivia Bloem		Hills District	10.91
2 Amber Trethowan		Hills District	11.32
3 Lillyann Wilson		Hawkesbury City	11.42
4 Amelia Ho		Hills District	11.48
5 Chloe Cheeseman		Winston Hills	11.97
6 Billy-Rose Taliai		Hills District	11.98
7 Madison Park		Hills District	12.47
8 Jordan McPherson		Rouse Hill Rams	12.98

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 13.50 5/02/1995 A Parry, Hawkesbury City			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lucy Fuccenecco		Hills District	15.10Q
2 Avalene Tandog		Hills District	16.23Q
3 Hayley Charlwood		Winston Hills	17.57Q
4 Arabella Park		Hills District	17.83q
5 Sophie Miller		Hills District	18.52
Heat 2 Heats			
1 Talahn Paki		Hills District	14.00Q
2 Vanessa Apel		Winston Hills	15.27Q
3 Alison Liew		Hills District	16.97Q
4 Sofia Nicholson		Hills District	17.86q
5 Farah Abawi		Hills District	19.22
6 Emma Geng		Winston Hills	19.32

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 13.50 5/02/1995 A Parry, Hawkesbury City			
Name	Age	Centre	Final
Section 1 Final			
1 Talahn Paki		Hills District	13.67
2 Lucy Fuccenecco		Hills District	15.08
3 Vanessa Apel		Winston Hills	15.09
4 Avalene Tandog		Hills District	16.02
5 Alison Liew		Hills District	16.23
6 Sofia Nicholson		Hills District	17.65
7 Hayley Charlwood		Winston Hills	17.73
8 Arabella Park		Hills District	17.92

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.53 15/12/2013 Tiana Death, Hills District			
Name	Age	Centre	Final
Section 1			
1 Seronique Taylor		Hills District	15.82
2 Zara Novkovic		Winston Hills	16.30

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.30 2/02/1997 A Luthy, Hawkesbury City			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	13.81
2 Emma Hansen		Winston Hills	15.10
3 Annika Ward		Kings Langley	18.90

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 15.22 30/01/2011 C Moore, Kings Langley			
Name	Age	Centre	Final
1 Alicia Fartek		Hills District	16.61
2 Rhiannon Ho		Hills District	18.19

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 29.70 1/01/1990 A Maguire, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lucy Fuccenecco		Hills District	32.71Q
2 Hayley Schultz		Hills District	33.96Q
3 Arabella Park		Hills District	34.66Q
4 Natalie Chandran		Winston Hills	35.21q
5 Esther Bonser		Hills District	36.45q
6 Alison Liew		Hills District	37.39
Heat 2 Heats			
1 Talahn Paki		Hills District	30.58Q
2 Audrey Nadaya-Harb		Winston Hills	33.38Q
3 Liviya Ho		Hills District	34.96Q
4 Hayley Charlwood		Winston Hills	37.70
5 Emma Geng		Winston Hills	38.10

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.70 1/01/1990 A Maguire, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Talahn Paki		Hills District	30.25
2 Liviya Ho		Hills District	32.19
3 Lucy Fuccenecco		Hills District	32.85
4 Arabella Park		Hills District	33.94
5 Natalie Chandran		Winston Hills	34.17
6 Hayley Schultz		Hills District	34.74
7 Esther Bonser		Hills District	37.96

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 29.10 1/01/1988 R Freeman, Hills			
Name	Age	Centre	Final
Section 1			
1 Lauryn Kasozi		Hills District	41.02

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 47.76 8/12/2016 Danielle Drinnan, Winston Hil			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	50.66
2 Emma Hansen		Winston Hills	54.96
3 Annika Ward		Kings Langley	58.41

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 48.80 9/12/2017 Alicia Fartek, Hills District			
Name	Age	Centre	Final
1 Kaiya Buchanan		Hills District	48.84
2 Alicia Fartek		Hills District	49.33
3 Jessica Fartek		Hills District	54.60
4 Jasmine Brown		Hawkesbury City	55.51

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9-12 4x100 Metre Relay (Jnr)**

=====			
Zone:	Z 57.47	13/12/2015	Hills District, Hills Distric
			T Kabuyawa, T Paki, J Du Preez, E Buchanan
Centre			Final
=====			

1	Hills District	59.96
2	Winston Hills	1:02.90
3	Riverstone	1:05.23
4	Rouse Hill Rams	1:07.09
5	Hawkesbury City	1:07.21
6	Kings Langley	1:08.72

Girls U 12-17 4x100 Metre Relay (Snr)

=====			
Zone:	Z 51.60	27/10/2003	Hills, Hills
Centre			Final
=====			

1	Hills District	51.26Z
2	Winston Hills	54.79
3	Hawkesbury City	55.16
4	Riverstone	58.18
5	Rouse Hill Rams	1:01.06

Girls U 9 - High Jump (S/H 0.80m)

=====			
Zone:	Z 1.14m	30/01/1999	L Denning, Hills
Name	Age	Centre	Final
=====			

Flight 1			
1	Olivia Scott-Rogers	Hills District	1.05m
2	Zoe Hobart	Hills District	0.94m
3	Olivia Harkin	Hills District	0.92m
3	Jade Tan	Hills District	0.92m
5	Tara Roche	Hills District	0.90m
6	Sophia Gong	Hills District	0.85m
7	Amber Haywood	Winston Hills	0.80m

Girls U 10 - High Jump (S/H 0.90m)

=====			
Zone:	Z 1.28m	28/01/2007	A Tait, Kings Langley
Name	Age	Centre	Final
=====			

1	Mia Robson	Kings Langley	1.20m
2	Penelope Woodhouse	Hawkesbury City	1.10m
2	Caitlyn Martin	Winston Hills	1.10m
4	Flynn Cowper	Rouse Hill Rams	1.05m
4	Porsha Woodhouse	Hawkesbury City	1.05m
4	Taylor Hills	Hills District	1.05m
7	Skye Bollinger	Hills District	1.00m
7	Gabriela Ribeiro	Hills District	1.00m
7	Annabelle Moses	Hills District	1.00m
10	Clarise Hayes	Hills District	0.95m
10	Lily Hunter	Kings Langley	0.95m
--	Madison Gale	Winston Hills	NH

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 11 - High Jump (S/H 1.00m)**

Zone: Z 1.39m 10/12/2016 Audrey Nadaya-Harb, Winston H			
Name	Age	Centre	Final
1 Marlee Deane		Rouse Hill Rams	1.26m
2 Sasha Fernandes		Hills District	1.14m
2 Molly Jovanovic		Hills District	1.14m
4 Tana Godfrey		Winston Hills	1.12m
4 Eden Hosking		Hills District	1.12m
6 Summer Hupfeld		Rouse Hill Rams	1.05m
6 Amelia Strbik		Hills District	1.05m
8 Makayla Norford		Kings Langley	1.00m
8 Sienna Clark		Rouse Hill Rams	1.00m
-- Gabrielle Keyes		Hills District	NH

Girls U 12 - High Jump (S/H 1.10m)

Zone: Z 1.48m 10/12/2017 Audrey Nadaya-Harb, Winston H			
Name	Age	Centre	Final
1 Amber Trethowan		Hills District	1.28m
1 Billy-Rose Taliai		Hills District	1.28m
3 Anisha Anandh		Hills District	1.22m
4 Leah Russell		Hills District	1.15m
5 Chloe Cheeseman		Winston Hills	1.10m
5 Tara Dempsey		Hills District	1.10m
-- Ella Gillard		Winston Hills	NH
-- Mackenzie Clifford-Farre		Kings Langley	NH

Girls U 13 - High Jump (S/H 1.15m)

Zone: Z 1.55m 25/01/2003 E South, Winston Hills			
Name	Age	Centre	Final
1 Vanessa Apel		Winston Hills	1.57mZ
2 Audrey Nadaya-Harb		Winston Hills	1.51m
3 Lucy Fuccenecco		Hills District	1.45m
4 Arabella Park		Hills District	1.30m
5 Jasmine Wong		Winston Hills	1.30m
5 Keira Dickson		Kings Langley	1.30m
5 Keira Murphy		Hills District	1.30m
8 Georgia Hansen		Winston Hills	1.25m
8 Hayley Charlwood		Winston Hills	1.25m
10 Devni Kumarage		Hills District	1.20m
11 Lara Anderson		Hills District	1.15m

Girls U 14 - High Jump (S/H 1.20m)

Zone: Z 1.57m 30/01/1998 K Noon, Hawkesbury City			
Name	Age	Centre	Final
1 Seronique Taylor		Hills District	1.35m

Girls U 15 - High Jump (S/H 1.20m)

Zone: Z 1.66m 5/02/1994 C Mortleman, Hills			
Name	Age	Centre	Final
1 Emma Hansen		Winston Hills	1.42m
2 Kayla Wong		Winston Hills	1.40m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 15 - High Jump (S/H 1.20m)**

3	Jorja Wilson	Winston Hills	1.30m
4	Annika Ward	Kings Langley	1.25m

Girls U 17 - High Jump (S/H 1.25m)

=====			
Zone: Z 1.60m 14/12/2013 Madeleine Jones, Hills Distri			
Name	Age	Centre	Final
=====			
1	Ashley Noorbergen	Hills District	1.42m
2	Jemma Bonnell	Hills District	1.35m
3	Heidi Bennett	Winston Hills	1.30m
4	Elizabeth Staples	Winston Hills	1.25m

Girls U 7 - Long Jump

=====			
Zone: Z 3.46m 1/01/1987 R.Crooks, Riverstone			
Name	Age	Centre	Final
=====			
1	Liliana Rainima	Hills District	2.84m
2	Ella Greely	Hills District	2.74m
3	Lucy Polley	Winston Hills	2.56m
4	Lily Cassar	Hills District	2.48m
5	Arianna Tandog	Hills District	2.33m
6	Emma Ostler	Hills District	2.26m
7	Jayda Isherwood	Winston Hills	2.15m
8	Tahlia Chapman	Hawkesbury City	2.10m
9	Piper Andrews	Winston Hills	1.98m
9	Sara Haaf	Winston Hills	1.98m
11	Zahra Wickramage	Winston Hills	1.78m
12	Sophie Seymon	Kings Langley	1.55m

Girls U 8 - Long Jump

=====			
Zone: Z 4.17m 1/01/1986 D Kerr, Winston Hills			
Name	Age	Centre	Final
=====			
1	Zahra Calder	Riverstone	3.20m
2	Ana Sue Delana	Hills District	3.08m
3	Claire Ward	Hawkesbury City	2.98m
4	Sienna Jackson	Hills District	2.90m
5	Evelyn White	Rouse Hill Rams	2.85m
6	Ava Chapman Read	Hills District	2.84m
7	Annika Rajan	Winston Hills	2.80m
8	Miranda Miller	Kings Langley	2.75m
9	Ashleigh Fallins	Winston Hills	2.70m
10	Somer Zapatero	Winston Hills	2.66m
11	Eva McKenzie	Hills District	2.61m
12	Stephanie Xu	Hills District	2.59m
13	Layne Swan	Rouse Hill Rams	2.51m
14	Aysha Ajaj	Winston Hills	2.34m
14	Sanjana Iyer	Winston Hills	2.34m
16	Paige Jones	Riverstone	2.15m
17	Harmony Waters	Hawkesbury City	2.13m
18	Kayleigh Baron	Winston Hills	2.11m
19	Arabella Gunter	Hawkesbury City	1.80m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - Long Jump**

Zone: Z 4.31m 1/01/1987 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Olivia Scott-Rogers		Hills District	3.90m
2 Summer Paki		Hills District	3.52m
3 Cheyenne Sinteur		Rouse Hill Rams	3.23m
4 Breanna Pace		Hills District	3.17m
5 Tabitha Broughton		Hawkesbury City	3.09m
6 Amelia Johnston		Winston Hills	3.07m
7 Amber Haywood		Winston Hills	2.93m
8 Madison Reynolds		Winston Hills	2.72m
9 Olivia Jones		Riverstone	2.71m
10 Emily Mitchell		Hills District	2.70m
10 Marli-jae Waters		Hawkesbury City	2.70m
12 Tara Borg		Kings Langley	2.66m
12 Amelia Hocroft		Kings Langley	2.66m
14 Maya Kaleta		Hills District	2.48m
15 April Zdrilic		Hills District	2.26m
16 Jasmine Redhi		Kings Langley	2.21m
17 Caitlyn Ligertwood		Kings Langley	2.16m
18 Mikaela Mcdonald		Riverstone	1.45m

Girls U 10 - Long Jump

Zone: Z 4.69m 1/01/1988 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Mia Robson		Kings Langley	3.87m
2 Caitlyn Martin		Winston Hills	3.83m
3 Gabriela Ribeiro		Hills District	3.72m
4 Taylor Hills		Hills District	3.59m
5 Evangeline Everson		Hills District	3.55m
6 Annabelle Casey		Winston Hills	3.43m
7 Ruby Scheepers		Hills District	3.41m
8 Jorja Brodie		Hills District	3.38m
9 Ashlyn Kelly		Hills District	3.26m
10 Jadey Hubbard		Riverstone	3.24m
11 Flynn Cowper		Rouse Hill Rams	3.16m
12 Marlee Gill		Riverstone	3.07m
13 Abigail Lord		Hawkesbury City	3.03m
14 Porsha Woodhouse		Hawkesbury City	2.92m
15 Ashlynn Hill		Hawkesbury City	2.91m
16 Abby Cotter		Hawkesbury City	2.39m

Girls U 11 - Long Jump

Zone: Z 4.83m 1/01/1989 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Siena Overton		Winston Hills	3.76m
2 Jett Newman		Hawkesbury City	3.74m
3 Alyssa McKenzie		Hawkesbury City	3.69m
4 Adelaide Baker		Kings Langley	3.49m
5 Makee Samia		Hills District	3.42m
6 Emma Ward		Hawkesbury City	3.38m
7 Ella Mulry		Kings Langley	3.30m
8 Isla Mercer		Hills District	3.29m
8 Lily Johnston		Winston Hills	3.29m
10 Emilie Chandran		Winston Hills	3.10m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 11 - Long Jump**

11	Hayley Escott	Hills District	2.98m
12	Sasha Fernandes	Hills District	2.86m
13	Salote Wolfgramm	Kings Langley	2.64m
--	Julia Kedzia	Hills District	FOUL

Girls U 12 - Long Jump

=====			
Zone: Z 5.07m 1/01/1982 K Barrett, Winston Hills			
Name	Age	Centre	Final
=====			
1	Emily Farrell	Hills District	3.98m
2	Amelia Ho	Hills District	3.93m
3	Matilda Tuyau	Winston Hills	3.69m
4	Mackenzie Clifford-Farre	Kings Langley	3.68m
5	Jordan McPherson	Rouse Hill Rams	3.65m
6	Madison Park	Hills District	3.62m
7	Lilly Calder	Riverstone	3.51m
7	Annissa Quee	Hills District	3.51m
9	Chloe Barnes	Hills District	3.17m
10	Kathryn Thomas	Winston Hills	2.88m
11	Charlotte McClelland	Winston Hills	2.85m
12	Eleanor Smith	Kings Langley	2.76m

Girls U 13 - Long Jump

=====			
Zone: Z 5.20m 10/12/2017 Jorja Wilson, Winston Hills			
Name	Age	Centre	Final
=====			
1	Tuliana Kabuyawa	Hills District	5.22mZ
2	Audrey Nadaya-Harb	Winston Hills	5.18m
3	Talahn Paki	Hills District	5.00m
4	Lucy Fuccenecco	Hills District	4.75m
5	Keya Ramaswamy	Hills District	4.62m
6	Liviya Ho	Hills District	4.45m
7	Aarya Kulkarni	Hills District	4.19m
8	Keira Murphy	Hills District	4.17m
9	Keira Dickson	Kings Langley	4.00m
10	Marley McKenzie	Hills District	3.96m
11	Avalene Tandog	Hills District	3.89m
12	Natalie Chandran	Winston Hills	3.83m
13	Hayley Charlwood	Winston Hills	3.82m
14	Jessica Astill	Hawkesbury City	3.61m
15	Georgia Hansen	Winston Hills	3.57m
16	Devni Kumarage	Hills District	3.54m
17	Alison Liew	Hills District	3.46m
18	Emma Geng	Winston Hills	3.39m
19	Farah Abawi	Hills District	3.12m

Girls U 14 - Long Jump

=====			
Zone: Z 5.39m 30/01/1998 P Carey, Hills			
Name	Age	Centre	Final
=====			
1	Lauryn Kasozi	Hills District	5.27m
2	Seronique Taylor	Hills District	4.36m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - Long Jump**

Zone: Z 5.49m 27/10/2003 M Riley, Hills			
Name	Age	Centre	Final
1 Jorja Wilson		Winston Hills	5.10m
2 Chanelle Odendaal		Rouse Hill Rams	4.84m
3 Tayla Homsy		Hawkesbury City	4.55m
4 Cassandra Borg		Rouse Hill Rams	4.16m
5 Veronica Fuccenecco		Hills District	4.11m
6 Annika Ward		Kings Langley	3.78m
7 Tori Jackson		Hills District	3.59m

Girls U 17 - Long Jump

Zone: Z 5.64m 10/12/2016 Caitlyn Hicks, Winston Hills			
Name	Age	Centre	Final
1 Erin Graham		Hawkesbury City	4.84m
2 Claire Lynch		Riverstone	4.66m
3 Tiana Anderson		Winston Hills	4.61m
4 Caitlin Robertson		Hills District	4.31m

Girls U 11 - Triple Jump

Zone: Z 9.70m 29/01/2011 T Jaber, Kings Langley			
Name	Age	Centre	Final
1 Alyssa McKenzie		Hawkesbury City	8.60m
2 Sophia Bonser		Hills District	8.07m
3 Marlee Deane		Rouse Hill Rams	7.22m
3 Isabella Henderson		Winston Hills	7.22m
5 Amelia Brice		Hills District	7.03m
6 Emma Ward		Hawkesbury City	6.87m
7 Adelayde Baker		Kings Langley	6.84m
8 Chloe Mineeff		Hills District	6.63m
9 Isla Mercer		Hills District	6.60m
10 Jessica Stuart		Riverstone	6.59m
11 Eden Hosking		Hills District	6.42m
12 Sienna Longhurst		Kings Langley	6.15m
13 Julia Kedzia		Hills District	6.14m
14 Jessica White		Rouse Hill Rams	5.81m
15 Makayla Norford		Kings Langley	5.69m

Girls U 12 - Triple Jump

Zone: Z 10.58m 8/12/1991 L Caruana, Prospect			
Name	Age	Centre	Final
1 Olivia Bloem		Hills District	9.47m
2 Lillyann Wilson		Hawkesbury City	9.25m
3 Tara Dempsey		Hills District	8.93m
4 Amelia Ho		Hills District	8.76m
5 Joelle Tham		Hills District	8.61m
6 Lilly Calder		Riverstone	8.23m
7 Anisha Anandh		Hills District	8.17m
8 Leah Nixon		Winston Hills	7.32m
9 Chloe Barnes		Hills District	6.72m
10 Eleanor Smith		Kings Langley	6.45m
11 Courtney Kitching		Riverstone	6.38m
12 Kathryn Thomas		Winston Hills	6.14m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - Triple Jump**

Zone: Z 11.02m 8/12/2012 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
1 Audrey Nadaya-Harb		Winston Hills	10.47m
2 Talahn Paki		Hills District	10.19m
3 Vanessa Apel		Winston Hills	9.86m
4 Keya Ramaswamy		Hills District	9.72m
5 Lucy Fuccenecco		Hills District	9.50m
6 Avalene Tandog		Hills District	9.09m
7 Keira Murphy		Hills District	8.99m
8 Aarya Kulkarni		Hills District	8.60m
9 Marley McKenzie		Hills District	8.55m
10 Devni Kumorage		Hills District	8.36m
11 Alison Liew		Hills District	7.93m
12 Kailey Webber		Winston Hills	7.89m
13 Keira Dickson		Kings Langley	7.68m
14 Emma Geng		Winston Hills	7.44m

Girls U 14 - Triple Jump

Zone: Z 11.28m 8/12/1991 B Smith, Winston Hills			
Name	Age	Centre	Final
1 Lauryn Kasozi		Hills District	10.90m
2 Lana Page		Hills District	9.90m
3 Seronique Taylor		Hills District	9.24m
4 Catherine Richter		Hills District	8.86m
4 Holly Dalrymple		Hawkesbury City	8.86m
6 Zara Novkovic		Winston Hills	8.71m
7 Emily Ho		Hills District	8.34m
8 June Phillips		Riverstone	7.89m

Girls U 15 - Triple Jump

Zone: Z 11.47m 30/01/2010 N Apikotoa, Kings Langley			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	10.54m
2 Jorja Wilson		Winston Hills	10.43m
3 Emma Hansen		Winston Hills	9.50m
4 Tayla Homsy		Hawkesbury City	9.49m
5 Cassandra Borg		Rouse Hill Rams	9.28m
6 Lauren Eagleton		Hills District	7.75m
7 Tori Jackson		Hills District	7.15m

Girls U 17 - Triple Jump

Zone: Z 11.90m 30/01/2011 N Apikotoa, Kings Langley			
Name	Age	Centre	Final
1 Elizabeth Staples		Winston Hills	10.04m
2 Claire Lynch		Riverstone	10.01m
3 Erin Graham		Hawkesbury City	9.44m
4 Rhiannon Ho		Hills District	9.41m
5 Jemma Bonnell		Hills District	8.85m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 7.96m 1/01/1984 K.Leppanen, Winston Hills			
Name	Age	Centre	Final
1 Mikayla White		Rouse Hill Rams	4.83m
2 Liliana Rainima		Hills District	4.26m
3 Edwina Biermann		Rouse Hill Rams	4.25m
4 Eliza Timbs		Hills District	4.13m
5 Eva Delana		Hills District	3.75m
6 Mackenzie Kitching		Riverstone	3.47m
7 Chloe Harkin		Hills District	3.32m
8 Rylee O'Connor		Winston Hills	3.21m
9 Elizabeth Badaoui		Hills District	2.40m
9 Piper Andrews		Winston Hills	2.40m
11 Arabella Newman		Hills District	2.29m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 8.50m 1/02/2004 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Krystal Emme		Kings Langley	4.73m
2 Eva Tuyau		Winston Hills	4.10m
3 Eliana Cunningham		Winston Hills	4.03m
4 Belle Nethery		Hills District	4.01m
5 Sanjana Iyer		Winston Hills	3.91m
5 Jacyrae Brown		Hawkesbury City	3.91m
7 Ashleigh Fallins		Winston Hills	3.87m
8 Ava Chapman Read		Hills District	3.70m
9 Somer Zapatero		Winston Hills	3.60m
10 Paige Jones		Riverstone	3.57m
11 Ana Sue Delana		Hills District	3.46m
12 Matilda Smith		Kings Langley	3.38m
12 Minjone Strydom		Hills District	3.38m
14 Chelsea Chapman		Riverstone	3.26m
15 Chloe Hopwood		Winston Hills	3.24m
16 Chloe McArtney		Hills District	3.21m
17 Ivy Mclean		Hills District	3.18m
18 Harmony Waters		Hawkesbury City	2.93m
19 Georgia Eyles		Kings Langley	2.19m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 8.12m 25/01/2003 T Breeze-Brackers, Winston Hills			
Name	Age	Centre	Final
1 Violet Knight		Winston Hills	4.70m
2 Olivia Harkin		Hills District	4.33m
3 Tara Borg		Kings Langley	4.05m
4 April Zdrilic		Hills District	3.32m
5 Ashleigh Kriesel		Hills District	3.03m
6 Jade Tan		Hills District	3.01m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 10.92m 29/01/2006 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Isabella West		Hills District	6.43m
2 Caitlyn Martin		Winston Hills	6.06m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 10 - Shot Put (2.0 Kg)**

3	Isabella Bell	Hills District	5.52m
4	Ava Clegg	Winston Hills	5.21m
5	Abby Cotter	Hawkesbury City	4.88m
6	Charlie Gravina	Rouse Hill Rams	4.52m
7	Ella Dickson	Hills District	4.44m
8	Hannah King	Hills District	4.09m
9	Claire Kelly	Kings Langley	4.03m
10	Skye Bollinger	Hills District	3.98m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 12.65m 27/01/2007 T Sengul, Winston Hills

Name	Age Centre	Final
1	Salote Wolfgramm	Kings Langley 9.30m
2	Lily Johnston	Winston Hills 6.85m
3	Jessica Stuart	Riverstone 6.62m
4	Elizabeth Bello	Hills District 6.29m
5	Amelia Brice	Hills District 6.12m
6	Claire Giffney	Kings Langley 6.10m
7	Alexis Glasheen-Smith	Riverstone 6.09m
8	Micaela Moyano	Hills District 5.85m
9	Alice Barrett	Winston Hills 5.57m
9	Hayley Wallace	Winston Hills 5.57m
11	Tana Godfrey	Winston Hills 4.95m
12	Molly Jovanovic	Hills District 4.87m
13	Allyra Hill	Hawkesbury City 4.64m
14	Makayla Norford	Kings Langley 4.56m
15	Hayley Escott	Hills District 4.45m
16	Sienna Longhurst	Kings Langley 3.70m
17	Suraya Rahmati-Zaran	Hills District 3.25m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 15.76m 3/02/2008 T Sengul, Winston Hills

Name	Age Centre	Final
1	Pyper Marchant	Hills District 11.49m
2	Lilly Calder	Riverstone 8.19m
3	Billy-Rose Taliai	Hills District 8.00m
4	Sienna Wotton	Kings Langley 7.92m
5	Emily Farrell	Hills District 7.38m
6	Charlotte Montgomery	Winston Hills 7.22m
7	Amelia Odell	Rouse Hill Rams 7.03m
8	Courtney Kitching	Riverstone 6.79m
9	Leah Nixon	Winston Hills 6.37m
10	Alicia Henry	Rouse Hill Rams 6.22m
11	Sienna Atkinson	Hills District 4.42m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 14.57m 1/02/2009 T Sengul, Winston Hills

Name	Age Centre	Final
1	Clare Grubba	Winston Hills 9.42m
2	Vanessa Apel	Winston Hills 8.94m
3	Hayley Schultz	Hills District 7.68m
4	Lucy Fuccenecco	Hills District 7.65m
5	Matilda Odell	Rouse Hill Rams 6.52m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 13 - Shot Put (3.0 Kg)**

5	Keira Dickson	Kings Langley	6.52m
7	Jade Deen	Hills District	6.38m
8	Esther Bonser	Hills District	6.03m
9	Caragh Gleeson	Rouse Hill Rams	5.74m
10	Natalia Barone	Hills District	5.07m
11	Farah Abawi	Hills District	4.92m

Girls U 14 - Shot Put (3.0 Kg)

=====			
Zone: Z 15.42m 30/01/2010 T Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Amelia Polley	Winston Hills	8.08m
2	Zara Novkovic	Winston Hills	7.13m
3	Lauren Sivalingam	Hills District	6.50m
4	Lauren Peacock	Hills District	6.11m

Girls U 15 - Shot Put (3.0 Kg)

=====			
Zone: Z 14.86m 30/01/2011 T Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Georgie De Courcy	Hawkesbury City	11.05m
2	Kahlie Flynn	Hawkesbury City	10.79m
3	Jennifer Grubba	Winston Hills	9.51m
4	Veronica Fuccenecco	Hills District	9.13m
5	Breanna Stuart	Riverstone	8.51m

Girls U 17 - Shot Put (3.0 Kg)

=====			
Zone: Z 15.15m 9/12/2012 Taylah Sengal, Winston Hills			
Name	Age	Centre	Final
=====			
1	Sally Shokry	Hills District	13.98m
2	Tiana McIlwaine	Winston Hills	10.55m
3	Rhiannon Ho	Hills District	9.53m
4	Lily Carrington	Hills District	9.05m
5	Larissa Jago	Kings Langley	6.07m
6	Brooke Dickson	Kings Langley	5.67m

Girls U 7 - Discus (350 Gram)

=====			
Zone: Z 20.08m 25/01/2003 T.Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Liliana Rainima	Hills District	9.31m
2	Maycee Saunders	Kings Langley	7.91m
3	Eliza Timbs	Hills District	7.87m
4	Mackenzie Kitching	Riverstone	7.59m
5	Christina Abou Maroun	Hills District	6.42m
6	Ella Greely	Hills District	6.41m
7	Rylee O'Connor	Winston Hills	6.00m
8	Sara Haaf	Winston Hills	5.79m
9	Alannah McGlinchey	Hills District	5.12m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - Discus (500 Gram)**

Zone: Z 23.74m 31/01/2004 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Krystal Emme		Kings Langley	14.23m
2 Eva Tuyau		Winston Hills	13.69m
3 Somer Zapatero		Winston Hills	11.75m
4 Sienna Hinder		Hawkesbury City	11.48m
5 Claire Ward		Hawkesbury City	10.24m
6 Matilda Smith		Kings Langley	8.80m
7 Belle Nethery		Hills District	8.48m
8 Ava Chapman Read		Hills District	7.79m
9 Miranda Miller		Kings Langley	7.09m
10 Ivy Mclean		Hills District	6.57m
11 Lily Zahra		Hills District	6.32m
12 Lucy Jovanovic		Hills District	6.15m
13 Ella Catford		Hills District	5.89m
14 Arabella Gunter		Hawkesbury City	5.78m
15 Paige Jones		Riverstone	5.51m
16 Harmony Waters		Hawkesbury City	5.47m
17 Chloe Hopwood		Winston Hills	5.25m
18 Georgia Eyles		Kings Langley	4.97m

Girls U 9 - Discus (500 Gram)

Zone: Z 27.18m 30/01/2005 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Violet Knight		Winston Hills	15.24m
2 Emilia Rebaza		Winston Hills	11.25m
3 Amelia Johnston		Winston Hills	11.05m
4 Lily Golding		Hills District	10.74m
5 Madison Reynolds		Winston Hills	10.46m
6 Tabitha Broughton		Hawkesbury City	10.00m
7 Caitlyn Ligertwood		Kings Langley	8.01m
8 Ashleigh Kriesel		Hills District	7.13m
9 April Zdrilic		Hills District	6.43m
10 Mikaela Mcdonald		Riverstone	4.19m

Girls U 10 - Discus (500 Gram)

Zone: Z 36.17m 28/01/2006 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Jordyn Deen		Hills District	20.44m
2 Madison Gale		Winston Hills	20.35m
3 Isabella West		Hills District	19.16m
4 Charlie Gravina		Rouse Hill Rams	16.70m
5 Ava Clegg		Winston Hills	14.23m
6 Marlee Gill		Riverstone	14.13m
7 Ella Dickson		Hills District	12.82m
8 Zoe Lee		Winston Hills	11.64m
9 Claire Kelly		Kings Langley	10.75m
10 Isabella Bell		Hills District	10.47m
11 Abby Cotter		Hawkesbury City	10.38m
12 Rebecca Liew		Hills District	8.80m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 11 - Discus (500 Gram)**

Zone: Z 33.66m 28/01/2007 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Salote Wolfgramm		Kings Langley	31.96m
2 Claire Giffney		Kings Langley	22.90m
3 Molly Jovanovic		Hills District	20.60m
4 Elizabeth Bello		Hills District	15.52m
5 Isabella Henderson		Winston Hills	15.32m
6 Lily Johnston		Winston Hills	15.23m
7 Dakshita Drall		Winston Hills	14.93m
8 Allyra Hill		Hawkesbury City	13.09m
9 Alice Barrett		Winston Hills	12.33m
10 Melanie Tan		Hills District	11.75m
11 Alexis Glasheen-Smith		Riverstone	10.52m
12 Baaran Olime		Hills District	9.52m
-- Suraya Rahmati-Zaran		Hills District	ND

Girls U 12 - Discus (750 Gram)

Zone: Z 41.59m 2/02/2008 T Snegul, Winston Hills			
Name	Age	Centre	Final
1 Pyper Marchant		Hills District	33.91m
2 Matilda Tuyau		Winston Hills	24.61m
3 Chloe Cheeseman		Winston Hills	23.40m
4 Courtney Kitching		Riverstone	18.27m
5 Kathryn Thomas		Winston Hills	17.48m
6 Charlotte Montgomery		Winston Hills	15.61m
7 Billy-Rose Taliai		Hills District	15.04m
8 Alanah Vinci		Hills District	13.85m
9 Amelia Odell		Rouse Hill Rams	11.87m
10 Elana Raso		Hills District	11.52m
11 Olivia Regis		Winston Hills	10.41m
12 Alicia Henry		Rouse Hill Rams	9.73m

Girls U 13 - Discus (750 Gram)

Zone: Z 47.60m 31/01/2009 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Clare Grubba		Winston Hills	36.11m
2 Vanessa Apel		Winston Hills	25.40m
3 Keira Dickson		Kings Langley	19.67m
4 Jacinta Hilton		Hills District	18.65m
5 Jade Deen		Hills District	17.76m
6 Esther Bonser		Hills District	16.89m
7 Hayley Schultz		Hills District	16.72m
8 Caragh Gleeson		Rouse Hill Rams	16.29m
9 Angelina Mclean		Hills District	13.85m
10 Sophie Miller		Hills District	11.16m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 44.29m 31/01/2010 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Zara Novkovic		Winston Hills	21.65m
2 Mackenzie Brennan		Hills District	20.98m
3 Lauren Sivalingam		Hills District	17.42m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 14 - Discus (1.0 Kg)**

4 Srinidhi Durai	Winston Hills	17.38m
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Girls U 15 - Discus (1.0 Kg)

Zone: Z 44.63m 29/01/2011 T Sengul, Winston Hills

Name	Age Centre	Final
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1 Jennifer Grubba	Winston Hills	26.06m
2 Kahlie Flynn	Hawkesbury City	21.55m
3 Breanna Stuart	Riverstone	19.78m
4 Tori Jackson	Hills District	17.59m
5 Georgie De Courcy	Hawkesbury City	17.43m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 45.49m 8/12/2012 Taylah Sengal, Winston Hills

Name	Age Centre	Final
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1 Sally Shokry	Hills District	45.17m
2 Tiana McIlwaine	Winston Hills	25.87m
3 Lily Carrington	Hills District	23.36m
4 Jessica Fartek	Hills District	18.98m
5 Larissa Jago	Kings Langley	14.59m

Girls U 11 - Javelin (400 Gram)

Zone: Z 26.20m 11/12/2016 Rachel Bardney, Kings Langley

Name	Age Centre	Final
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1 Mikayla Muscat	Hills District	15.01m
2 Isabella Henderson	Winston Hills	14.76m
3 Micaela Moyano	Hills District	14.22m
4 Salote Wolfgramm	Kings Langley	13.92m
5 Molly Jovanovic	Hills District	13.30m
6 Sienna Clark	Rouse Hill Rams	12.72m
7 Jessica White	Rouse Hill Rams	11.95m
8 Claire Giffney	Kings Langley	11.70m
9 Adelayde Baker	Kings Langley	10.28m
10 Elizabeth Bello	Hills District	8.45m
11 Eden Hosking	Hills District	7.62m
12 Sienna Longhurst	Kings Langley	6.94m

Girls U 12 - Javelin (400 Gram)

Zone: Z 28.02m 9/12/2017 Rachel Bardney, Kings Langley

Name	Age Centre	Final
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1 Monique Gordon	Riverstone	20.51m
2 Joelle Tham	Hills District	17.96m
3 Alexandra Milton	Winston Hills	17.26m
4 Lilly Calder	Riverstone	15.15m
5 Emily Farrell	Hills District	14.49m
6 Jordan McPherson	Rouse Hill Rams	13.72m
7 Matilda Tuyau	Winston Hills	13.34m
8 Courtney Kitching	Riverstone	12.60m
9 Sienna. Wotton	Kings Langley	11.70m
10 Samantha Torrens	Winston Hills	10.75m
11 Charlotte Montgomery	Winston Hills	10.72m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - Javelin (400 Gram)**

Zone: Z 41.86m 28/01/2009 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Vanessa Apel		Winston Hills	31.93m
2 Hayley Schultz		Hills District	22.55m
3 Jade Deen		Hills District	22.16m
4 Ella Robertson		Hills District	20.99m
5 Matilda Odell		Rouse Hill Rams	16.38m
6 Sophie Miller		Hills District	11.12m

Girls U 14 - Javelin (400 Gram)

Zone: Z 37.18m 11/12/2015 Rebekah Rose, Kings Langley			
Name	Age	Centre	Final
1 Mackenzie Brennan		Hills District	23.73m
2 Caitlyn Muscat		Hills District	23.15m
3 Lauren Sivalingam		Hills District	19.51m
4 Seronique Taylor		Hills District	18.38m
5 Emily Ho		Hills District	15.43m

Girls U 15 - Javelin (500 Gram)

Zone: Z 31.70m 9/12/2016 Tahlia O'Connell, Kings Lang			
Name	Age	Centre	Final
1 Jennifer Grubba		Winston Hills	24.65m
2 Chanelle Odendaal		Rouse Hill Rams	22.64m
3 Veronica Fuccenecco		Hills District	19.10m
4 Jessica Rowe		Rouse Hill Rams	18.30m

Girls U 17 - Javelin (500 Gram)

Zone: Z 34.40m 11/12/2016 Samantha Jackson, Hills Dist			
Name	Age	Centre	Final
1 Tahlia O'Connell		Kings Langley	36.23mZ
2 Tiana McIlwaine		Winston Hills	33.92m
3 Ashley Noorbergen		Hills District	33.70m
4 Sally Shokry		Hills District	32.14m
5 Lily Carrington		Hills District	29.39m
6 Brooke Dickson		Kings Langley	8.83m

Girls U 9 - 700 Metre Walk

Zone: Z 3:31.00 1/02/1997 S Munday, Prospect			
Name	Age	Centre	Final
Section 1			
1 Tamara Davies		Hawkesbury City	4:34.19
2 Tara Roche		Hills District	4:36.33
3 Summer Paki		Hills District	4:40.09
4 Alannah Webber		Winston Hills	4:55.34
5 Zoe Hobart		Hills District	4:59.24
6 Olivia Harkin		Hills District	5:01.88
7 Tara Borg		Kings Langley	5:05.28
8 Katie Worrall		Hills District	6:23.23

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 1100 Metre Walk**

Zone: Z 6:17.40 23/01/2003 R Houston, Winston Hills			
Name	Age	Centre	Final
1 Matilda Webb		Winston Hills	6:23.83
2 Marlee Gill		Riverstone	6:53.53
3 Ella Dickson		Hills District	6:55.90
4 Skye Bollinger		Hills District	6:57.86
5 Claire Worrall		Hills District	7:15.07
6 Ruby Scheepers		Hills District	7:17.06
7 Sehejta Kaur		Hills District	7:26.21

Girls U 11 - 1100 Metre Walk

Zone: Z 5:39.96 9/12/2016 Ella Munroe, Hills District			
Name	Age	Centre	Final
1 Emilie Chandran		Winston Hills	6:40.55
2 Hannah Farrow		Hills District	6:42.50
3 Dakshita Drall		Winston Hills	6:53.13
4 Claire Giffney		Kings Langley	6:55.57
5 Adelayde Baker		Kings Langley	7:02.35
6 Hayley Escott		Hills District	7:18.69
7 Isla Mercer		Hills District	7:28.74
8 Leenah Mousa		Hills District	9:02.74

Girls U 12 - 1500 Metre Walk

Zone: Z 7:50.80 4/02/1994 C Bock, Winston Hills			
Name	Age	Centre	Final
1 Samantha Torrens		Winston Hills	7:51.13
2 Ella Gillard		Winston Hills	10:26.51
3 Ashlynn Webber		Winston Hills	10:26.56

Girls U 13 - 1500 Metre Walk

Zone: Z 7:46.10 30/01/2008 I Shina, Hills			
Name	Age	Centre	Final
1 Ella Munroe		Hills District	7:40.90Z
2 Kailey Webber		Winston Hills	8:23.07
3 Jasmine Wong		Winston Hills	8:30.30
4 Sofia Nicholson		Hills District	8:41.34
5 Chelsea Olbrich		Riverstone	8:49.76
6 Natalia Barone		Hills District	9:39.37

Girls U 14 - 1500 Metre Walk

Zone: Z 7:52.57 27/01/2005 B Melrose, Winston Hills			
Name	Age	Centre	Final
1 Chelsey Torrens		Winston Hills	8:09.66
2 Leila Dickson		Hills District	9:25.09
3 Penny Graham		Hawkesbury City	9:29.78
4 Chloe Nolan		Hills District	9:34.60
5 Catherine Richter		Hills District	10:41.08
6 Lauren Sivalingam		Hills District	10:42.36

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 1500 Metre Walk**

Zone: Z 7:15.46 25/01/2006 M Hayes, Kings Langley			
Name	Age	Centre	Final
1 Kayla Wong		Winston Hills	8:47.06

Girls U 17 - 1500 Metre Walk

Zone: Z 7:36.45 8/12/2017 Janaya Lee, Riverstone			
Name	Age	Centre	Final
1 Niamh Sanday		Kings Langley	8:19.10
2 Jemma Bonnell		Hills District	8:57.92
3 Larissa Jago		Kings Langley	11:53.78

Boys U 7 - 50 Metre Sprint

Zone: Z 8.46 12/12/2015 Saxon Ward, Hills District			
Name	Age	Centre	Heats

Heat 1 Heats

1 Mason Stopps		Hills District	9.21Q
2 Harpreet Singh		Hills District	9.52Q
3 Hayden Martin		Winston Hills	10.03Q
4 Oliver Lee		Winston Hills	10.45q
5 Oliver Stark		Hills District	10.48q
6 Zane Cowper		Rouse Hill Rams	11.16

Heat 2 Heats

1 Xavier Eason		Hills District	9.32Q
2 Jack Gale		Winston Hills	9.67Q
3 James Powell		Hills District	9.81Q
4 Jake Miller		Kings Langley	11.20

Boys U 7 - 50 Metre Sprint

Zone: Z 8.46 12/12/2015 Saxon Ward, Hills District			
Name	Age	Centre	Final

Section 1 Final

1 Xavier Eason		Hills District	9.11
2 Mason Stopps		Hills District	9.16
3 James Powell		Hills District	9.37
4 Harpreet Singh		Hills District	9.57
5 Jack Gale		Winston Hills	9.59
6 Oliver Stark		Hills District	9.71
7 Hayden Martin		Winston Hills	9.95
8 Oliver Lee		Winston Hills	10.45

Boys U 7 - 70 Metre Sprint

Zone: Z 11.00 1/01/1989 P. Morgan, Winston Hills			
Name	Age	Centre	Heats

Heat 1 Heats

1 Xavier Eason		Hills District	12.54q
2 Ruari Mercer		Hills District	12.66q
3 Benny Huang		Kings Langley	12.81q
4 Jack Gale		Winston Hills	13.19q
5 Aiden Harvey		Rouse Hill Rams	14.11
6 Zane Cowper		Rouse Hill Rams	15.89

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 7 - 70 Metre Sprint

Heat 2 Heats

1	Cameron Batey	Hills District	12.91q
2	James Powell	Hills District	12.97q
3	Mason Stopps	Hills District	13.03q
4	Charles Wheat	Hills District	13.06q
5	Hudson turnbull	Rouse Hill Rams	13.49
6	Andy Zhang	Rouse Hill Rams	14.19

Boys U 7 - 70 Metre Sprint

Zone: Z 11.00 1/01/1989 P. Morgan, Winston Hills

Name Age Centre Final

Section 1 Final

1	Xavier Eason	Hills District	12.58
2	Benny Huang	Kings Langley	12.68
3	Ruari Mercer	Hills District	12.70
4	Cameron Batey	Hills District	12.82
5	Mason Stopps	Hills District	12.92
6	James Powell	Hills District	12.96
7	Jack Gale	Winston Hills	13.09

Boys U 8 - 70 Metre Sprint

Zone: Z 10.50 1/01/1982 N Stephens, Winston Hills

Name Age Centre Heats

Heat 1 Heats

1	Luke Yanz	Hills District	12.14Q
2	Finn Sweeney	Hills District	12.23Q
3	Roman Iori	Riverstone	12.53Q
4	Toby Mcdermid	Riverstone	12.56q
5	Bailey Bush	Hawkesbury City	12.65q
6	Ben Charlwood	Winston Hills	12.82
7	Harry Lewis	Rouse Hill Rams	13.26
8	Lucas Chandran	Winston Hills	14.69

Heat 2 Heats

1	Xavier Scheepers	Hills District	12.29Q
2	Tristan Quee	Hills District	12.71Q
3	Sebastian Martignago	Winston Hills	12.73Q
4	Dominic Tyler	Hills District	12.75
5	Noah Klish	Kings Langley	13.10
6	Mackenzie Willis	Kings Langley	13.34
7	Brian Jack	Kings Langley	13.71

Boys U 8 - 70 Metre Sprint

Zone: Z 10.50 1/01/1982 N Stephens, Winston Hills

Name Age Centre Final

Section 1 Final

1	Xavier Scheepers	Hills District	12.00
2	Finn Sweeney	Hills District	12.15
3	Luke Yanz	Hills District	12.42
4	Toby Mcdermid	Riverstone	12.47
5	Sebastian Martignago	Winston Hills	12.53
6	Bailey Bush	Hawkesbury City	12.67
7	Roman Iori	Riverstone	12.68
8	Tristan Quee	Hills District	12.92

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 70 Metre Sprint**

Zone: Z 10.54 11/12/2016 Rhys Webster, Winston Hills			
Name	Age	Centre	Heats

Heat 1 Heats

1	Charlie Andrews	Winston Hills	11.74Q
2	Preston Peckham	Kings Langley	12.13Q
3	Knox Harper	Hawkesbury City	12.23Q
4	Max Miller	Hills District	12.87
5	Matthew Marzouk	Hills District	13.37
6	Tom Lean	Rouse Hill Rams	14.22

Heat 2 Heats

1	Lachlan Albert	Hills District	11.11Q
2	Lachlan Probin	Hills District	11.38Q
3	Tyler Hawkett	Rouse Hill Rams	11.75Q
4	Owen Grinham	Rouse Hill Rams	11.90q
5	Alex Jack	Kings Langley	11.92q
6	Mitchell Klomp	Winston Hills	11.98
7	Andreas Morrison	Rouse Hill Rams	12.17
8	Zachary Brook	Hills District	12.98

Boys U 9 - 70 Metre Sprint

Zone: Z 10.54 11/12/2016 Rhys Webster, Winston Hills			
Name	Age	Centre	Final

Section 1 Final

1	Lachlan Albert	Hills District	11.27
2	Tyler Hawkett	Rouse Hill Rams	11.28
3	Lachlan Probin	Hills District	11.33
4	Charlie Andrews	Winston Hills	11.62
5	Owen Grinham	Rouse Hill Rams	11.89
6	Alex Jack	Kings Langley	11.99
7	Preston Peckham	Kings Langley	12.00
8	Knox Harper	Hawkesbury City	12.09

Boys U 10 - 70 Metre Sprint

Zone: Z 10.00 1/02/1997 D Wright, Winston Hills			
Name	Age	Centre	Final

Section 1

1	Yusuf Tajudeen	Hills District	10.81
2	Alexander Eason	Hills District	10.88
3	Nicholas McNally	Hills District	10.92
4	William Dorahy	Hills District	11.07
5	Riley Paki	Hills District	11.57
6	Joel O'Brien	Winston Hills	11.59
7	Jaiden Geng	Winston Hills	13.56

Boys U 7 - 100 Metre Sprint

Zone: Z 15.90 8/12/2012 Nathaniel Idehen, Hills Distr			
Name	Age	Centre	Heats

Heat 1 Heats

1	Xavier Eason	Hills District	17.46Q
2	Emmett Parsons	Winston Hills	17.78Q
3	Cameron Batey	Hills District	17.84Q
4	Charles Wheat	Hills District	18.36q

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 7 - 100 Metre Sprint

5	Oliver Sharman	Winston Hills	18.43q
6	Aiden Harvey	Rouse Hill Rams	20.42
7	Rovin Redhi	Kings Langley	23.87
8	Nate Zevaka	Winston Hills	33.97

Heat 2 Heats

1	Ruari Mercer	Hills District	17.86Q
2	James Powell	Hills District	17.95Q
3	Benny Huang	Kings Langley	18.64Q
4	Mason Stopps	Hills District	18.87
5	Daniel Harragon	Winston Hills	19.63
6	Jonah Sharman	Winston Hills	19.70
7	Peiu Viko	Winston Hills	20.52
8	Jake Miller	Kings Langley	21.48

Boys U 7 - 100 Metre Sprint

Zone: Z 15.90 8/12/2012 Nathaniel Idehen, Hills Distr

Name Age Centre Final

Section 1 Final

1	Xavier Eason	Hills District	17.31
2	Ruari Mercer	Hills District	17.39
3	Emmett Parsons	Winston Hills	17.67
4	James Powell	Hills District	17.70
5	Cameron Batey	Hills District	17.74
6	Benny Huang	Kings Langley	18.21
7	Charles Wheat	Hills District	18.29
8	Oliver Sharman	Winston Hills	18.53

Boys U 8 - 100 Metre Sprint

Zone: Z 14.80 1/01/1983 A Polley, Winston Hills

Name Age Centre Heats

Heat 1 Heats

1	Andy Riot	Hills District	16.12Q
2	Jamie Cheeseman	Winston Hills	16.86Q
3	Liam Escott	Hills District	17.05Q
4	Kaeden Hochstetter	Hills District	17.31q
5	Finn Sweeney	Hills District	17.37
6	Toby Mcdermid	Riverstone	17.87
7	Bailey Bush	Hawkesbury City	18.05
8	Luke Yanz	Hills District	18.10
9	Kieren Petersen	Kings Langley	19.02

Heat 2 Heats

1	Ryan Haaf	Winston Hills	16.70Q
2	Blake Spencer	Rouse Hill Rams	16.91Q
3	Roman Iori	Riverstone	16.94Q
4	Sebastian Martignago	Winston Hills	17.35q
5	Dominic Tyler	Hills District	17.36
6	Beau Saunders	Kings Langley	17.53
7	Harry Lewis	Rouse Hill Rams	18.11
8	Ethan Odell	Rouse Hill Rams	23.49

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 8 - 100 Metre Sprint**

Zone: Z 14.80 1/01/1983 A Polley, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Andy Riot		Hills District	15.82
2 Jamie Cheeseman		Winston Hills	16.52
3 Ryan Haaf		Winston Hills	16.72
4 Liam Escott		Hills District	16.76
5 Roman Iori		Riverstone	16.95
6 Kaeden Hochstetter		Hills District	17.04
7 Sebastian Martignago		Winston Hills	17.05

Boys U 9 - 100 Metre Sprint

Zone: Z 14.30 2/02/1991 P Mogan, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlie Andrews		Winston Hills	16.42Q
2 Mitchell Klomp		Winston Hills	16.47Q
3 Hunter Gravina		Rouse Hill Rams	17.45
4 Banjo Pelusi		Winston Hills	17.91
5 Max Miller		Hills District	18.00
6 Matthew Marzouk		Hills District	18.62
Heat 2 Heats			
1 Tyler Hawkett		Rouse Hill Rams	15.85Q
2 Noah Kemp		Hawkesbury City	16.41Q
3 Andreas Morrison		Rouse Hill Rams	16.80
4 Owen Grinham		Rouse Hill Rams	16.82
5 Levi Randell		Hills District	17.09
6 Akash Dey		Winston Hills	18.50
7 Tom Lean		Rouse Hill Rams	21.92
Heat 3 Heats			
1 Lachlan Probin		Hills District	15.53Q
2 Lachlan Albert		Hills District	15.55Q
3 Preston Peckham		Kings Langley	16.49q
4 Knox Harper		Hawkesbury City	16.53q
5 Alex Jack		Kings Langley	16.55
6 William Harvey		Rouse Hill Rams	17.69
7 Tommy Reekie		Hills District	19.26

Boys U 9 - 100 Metre Sprint

Zone: Z 14.30 2/02/1991 P Mogan, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Tyler Hawkett		Rouse Hill Rams	15.22
2 Lachlan Probin		Hills District	15.28
3 Lachlan Albert		Hills District	15.29
4 Preston Peckham		Kings Langley	16.12
5 Charlie Andrews		Winston Hills	16.19
6 Noah Kemp		Hawkesbury City	16.32
7 Mitchell Klomp		Winston Hills	16.42
8 Knox Harper		Hawkesbury City	16.51

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 10 - 100 Metre Sprint**

Zone: Z 13.90 1/02/1997 D Wright, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Yusuf Tajudeen		Hills District	15.26Q
2 Nicholas McNally		Hills District	15.37Q
3 Julian Freeland		Hills District	15.64Q
3 Baldip Singh		Hills District	15.64Q
5 Cooper Nurscher		Winston Hills	16.39
6 Joel O'Brien		Winston Hills	16.41
7 Brosnan Leahy		Rouse Hill Rams	16.43
Heat 2 Heats			
1 Alexander Eason		Hills District	15.31Q
2 Noah Sharman		Winston Hills	15.36Q
3 William Dorahy		Hills District	15.79Q
4 Kingsley Askew		Winston Hills	16.07q
5 Marcus Prideaux		Winston Hills	16.16
6 Callum Garbers		Rouse Hill Rams	16.56
7 Joseph Eyles		Kings Langley	18.17
8 Kira Sharman		Winston Hills	20.83

Boys U 10 - 100 Metre Sprint

Zone: Z 13.90 1/02/1997 D Wright, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Alexander Eason		Hills District	14.98
2 Yusuf Tajudeen		Hills District	14.99
3 Nicholas McNally		Hills District	15.11
4 William Dorahy		Hills District	15.26
5 Noah Sharman		Winston Hills	15.32
6 Julian Freeland		Hills District	15.53
7 Baldip Singh		Hills District	15.85
8 Kingsley Askew		Winston Hills	15.97

Boys U 11 - 100 Metre Sprint

Zone: Z 12.90 1/01/1980 C Cassidy, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Samuel Polley		Winston Hills	14.55Q
2 Liam Hayes		Hills District	14.60Q
3 Cooper Thorpe		Hills District	14.89Q
4 Yulin Li		Winston Hills	15.07q
5 Jonathan du Preez		Rouse Hill Rams	15.18q
6 Zak Gillogly		Hills District	15.32
7 Leonardo Macorig		Winston Hills	15.53
Heat 2 Heats			
1 Rhys Webster		Winston Hills	13.95Q
2 Darcy Feltham		Winston Hills	14.19Q
3 Luca de Burnay Thompson		Hawkesbury City	14.40Q
4 Elias Macri		Rouse Hill Rams	15.62
5 Lochlan Vinci		Hills District	15.75
6 Harrison Le-Surf		Hills District	17.01
7 Jackson Carter		Winston Hills	18.59

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - 100 Metre Sprint**

Zone: Z 12.90 1/01/1980 C Cassidy, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Rhys Webster		Winston Hills	13.56
2 Darcy Feltham		Winston Hills	13.72
3 Luca de Burnay Thompson		Hawkesbury City	14.05
4 Samuel Polley		Winston Hills	14.10
5 Liam Hayes		Hills District	14.47
6 Cooper Thorpe		Hills District	14.63
7 Yulin Li		Winston Hills	14.69
8 Jonathan du Preez		Rouse Hill Rams	15.28

Boys U 12 - 100 Metre Sprint

Zone: Z 12.60 1/01/1981 C Cassidy, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Aaron Moors		Hills District	14.04Q
2 Thomas Daniel		Winston Hills	14.09Q
3 Zach Redwood		Winston Hills	14.38Q
4 Ryan Green		Kings Langley	14.91q
5 Riley Albert		Hills District	15.09
6 Alexander Saxon		Hills District	15.68
7 Harry Reekie		Hills District	15.96
Heat 2 Heats			
1 Brock Prideaux		Winston Hills	13.71Q
2 Lawson Cunningham		Winston Hills	14.01Q
3 Benjamin Hyde		Hills District	14.24Q
4 Brett Cockayne		Hawkesbury City	14.79q
5 Cody Smith		Hawkesbury City	15.59
6 Samuel Foster		Hills District	17.33

Boys U 12 - 100 Metre Sprint

Zone: Z 12.60 1/01/1981 C Cassidy, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Brock Prideaux		Winston Hills	13.66
2 Thomas Daniel		Winston Hills	13.95
3 Aaron Moors		Hills District	14.01
4 Lawson Cunningham		Winston Hills	14.06
5 Zach Redwood		Winston Hills	14.55
6 Benjamin Hyde		Hills District	14.65
7 Brett Cockayne		Hawkesbury City	14.99
8 Ryan Green		Kings Langley	15.47

Boys U 13 - 100 Metre Sprint

Zone: Z 12.09 8/12/2012 Timothy Simmons, Hills Distri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sadheel Kumar		Hills District	12.89Q
2 Joshua Pozzolungo		Rouse Hill Rams	13.21Q
3 Joshua Springett		Hawkesbury City	13.87Q
4 Lachlan Powell		Hills District	13.91q

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 13 - 100 Metre Sprint

5	Harvey Barrett	Winston Hills	13.92q
6	Liam Roche	Hills District	14.38
7	Kevin Twigge	Rouse Hill Rams	14.39
8	William Casey	Winston Hills	14.42

Heat 2 Heats

1	Lukas McNeil	Hills District	13.05Q
2	Clayton Peacock	Hawkesbury City	13.37Q
3	Lachlan Ward	Hawkesbury City	13.94Q
4	Cameron Davies	Hawkesbury City	13.96
5	Mitchell Borg	Kings Langley	14.64
6	Josaia Delana	Hills District	14.70
7	Lucas Hosking	Hills District	15.14

Boys U 13 - 100 Metre Sprint

Zone: Z 12.09 8/12/2012 Timothy Simmons, Hills Distri

Name Age Centre Final

Section 1 Final

1	Sadheel Kumar	Hills District	12.85
2	Lukas McNeil	Hills District	13.00
3	Joshua Pozzolungo	Rouse Hill Rams	13.26
4	Clayton Peacock	Hawkesbury City	13.36
5	Lachlan Ward	Hawkesbury City	13.66
6	Joshua Springett	Hawkesbury City	13.81
7	Harvey Barrett	Winston Hills	14.06

Boys U 14 - 100 Metre Sprint

Zone: Z 11.90 5/02/1994 M Adams, Hills

Name Age Centre Final

Section 1

1	Samuel McKenzie	Hawkesbury City	12.38
2	Jake Christie	Winston Hills	12.70
3	William Bello	Hills District	12.91
4	Spencer Brown	Hills District	13.00
5	Zachary Porter	Winston Hills	13.07
6	Mubarak Tajudeen	Hills District	13.08
7	William Potts	Hawkesbury City	13.24
8	Sandip Srini	Kings Langley	13.87
9	Joshua Adams	Winston Hills	13.89

Boys U 15 - 100 Metre Sprint

Zone: Z 11.20 31/01/2009 N Hough, Hills

Name Age Centre Final

1	Liam Preston	Hills District	12.31
2	Cameron Ward	Kings Langley	13.14
3	Mika Selzer	Hills District	13.43
4	Thomas. Jackson	Winston Hills	13.71
5	Reubens Tandog	Hills District	13.91
6	Elijah Seruvatu	Winston Hills	14.00
7	Matthew Adam	Hills District	14.89

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - 100 Metre Sprint**

Zone: Z 11.30 10/12/2016 Walther Wegmann, Kings Langle			
Name	Age	Centre	Final
1 Omar Nadaya-Harb		Winston Hills	12.14
2 Griffin Sainsbury		Hills District	12.19
3 Jay Patil		Winston Hills	12.30
4 Zac Collison		Winston Hills	12.35
5 Nathan Stevens		Hills District	12.37
6 Conor Siney		Hills District	12.95
7 thomas colcomb		Rouse Hill Rams	13.00
8 Corey Flynn		Hawkesbury City	14.29
9 Benjamin Wickenden		Hawkesbury City	14.81

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1/01/1980 M.Canning, Winston Hills			
Zone: Z 33.90 30/01/1983 J Adolphe, Hills District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ruari Mercer		Hills District	36.74Q
2 Cameron Batey		Hills District	38.01Q
3 Peiu Viko		Winston Hills	41.60Q
4 Oscar Armitage		Hills District	42.60
5 Aiden Harvey		Rouse Hill Rams	43.89
Heat 2 Heats			
1 Emmett Parsons		Winston Hills	37.65Q
2 James Powell		Hills District	38.91Q
3 Heath Broughton		Hawkesbury City	39.05Q
4 Harpreet Singh		Hills District	39.28q
5 Charles Wheat		Hills District	39.44q
6 Isaac Portelli		Rouse Hill Rams	40.12
7 Andy Zhang		Rouse Hill Rams	44.55

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1/01/1980 M.Canning, Winston Hills			
Zone: Z 33.90 30/01/1983 J Adolphe, Hills District			
Name	Age	Centre	Final
Section 1 Final			
1 Ruari Mercer		Hills District	36.78
2 Emmett Parsons		Winston Hills	36.95
3 Cameron Batey		Hills District	37.01
4 James Powell		Hills District	38.47
5 Charles Wheat		Hills District	38.92
6 Harpreet Singh		Hills District	39.32
7 Heath Broughton		Hawkesbury City	39.61
8 Peiu Viko		Winston Hills	40.94

Boys U 8 - 200 Metre Sprint

Zone: Z 30.70 1/01/1983 A Polley, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ryan Haaf		Winston Hills	35.32Q
2 Jamie Cheeseman		Winston Hills	36.38Q
3 Connor Martin		Winston Hills	36.59Q

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 8 - 200 Metre Sprint

4	Liam Escott	Hills District	36.63q
5	Lachlan Marshall	Hills District	37.18q
6	Brian Jack	Kings Langley	40.56
7	Ben Charlwood	Winston Hills	42.10

Heat 2 Heats

1	Lachlan Dorahy	Hills District	34.17Q
2	Kaeden Hochstetter	Hills District	36.05Q
3	Tristan Quee	Hills District	36.99Q
4	Finnegan Brook	Hills District	38.00
5	Beau Saunders	Kings Langley	38.56
6	Sebastian Martignago	Winston Hills	38.82
7	Bailey Bush	Hawkesbury City	39.17
8	Spencer Carruthers	Winston Hills	39.56

Boys U 8 - 200 Metre Sprint

Zone: Z 30.70 1/01/1983 A Polley, Winston Hills

Name	Age	Centre	Final
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Section 1 Final

1	Lachlan Dorahy	Hills District	33.59
2	Ryan Haaf	Winston Hills	35.03
3	Kaeden Hochstetter	Hills District	35.39
4	Jamie Cheeseman	Winston Hills	35.65
5	Liam Escott	Hills District	35.82
6	Connor Martin	Winston Hills	36.47

Boys U 9 - 200 Metre Sprint

Zone: Z 29.80 4/02/1996 J De Silva, Winston Hills

Name	Age	Centre	Heats
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Heat 1 Heats

1	Lachlan Albert	Hills District	33.12Q
2	Tyler Hawkett	Rouse Hill Rams	33.20Q
3	Joseph Saba	Hills District	33.80Q
4	Alex Jack	Kings Langley	34.27q
5	Xavier Parsons	Winston Hills	34.93q
6	Mitchell Klomp	Winston Hills	35.16
7	Noah Kemp	Hawkesbury City	36.03
8	William Harvey	Rouse Hill Rams	36.78

Heat 2 Heats

1	Lachlan Probin	Hills District	33.28Q
2	Keir Mercer	Hills District	35.12Q
3	Benjamin Hand	Winston Hills	35.69Q
4	Cooper Thompson	Kings Langley	36.55
5	Noah Scerri	Winston Hills	38.49
6	Sebastian Le-Surf	Hills District	40.45

Boys U 9 - 200 Metre Sprint

Zone: Z 29.80 4/02/1996 J De Silva, Winston Hills

Name	Age	Centre	Final
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Section 1 Final

1	Lachlan Probin	Hills District	32.92
2	Tyler Hawkett	Rouse Hill Rams	33.40
3	Keir Mercer	Hills District	33.82
4	Alex Jack	Kings Langley	33.83

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - 200 Metre Sprint**

5	Joseph Saba	Hills District	34.18
6	Benjamin Hand	Winston Hills	35.81
7	Xavier Parsons	Winston Hills	36.33
8	Lachlan Albert	Hills District	37.45

Boys U 10 - 200 Metre Sprint

=====			
	Zone: Z 28.80	1/01/1985	T Henry, Winston Hills
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Nicholas McNally	Hills District	31.49Q
2	Alexander Eason	Hills District	31.67Q
3	Harrison Ferns	Rouse Hill Rams	32.39q
4	William Dorahy	Hills District	33.72
5	Ethan Tait	Rouse Hill Rams	35.66
6	Lennox Woodhouse	Hawkesbury City	38.61
Heat 2 Heats			
1	Baldip Singh	Hills District	31.73Q
2	Marcus Prideaux	Winston Hills	33.77Q
3	Joel O'Brien	Winston Hills	34.31
4	Joseph Eyles	Kings Langley	36.76
5	Harry Charlwood	Winston Hills	37.28
Heat 3 Heats			
1	Ashwin Ramaswamy	Hills District	30.38Q
2	Damon Jones	Riverstone	31.18Q
3	Julian Freeland	Hills District	32.35q
4	Brosnan Leahy	Rouse Hill Rams	35.84
5	Zacary Green	Rouse Hill Rams	36.90
6	Tristan Roper	Kings Langley	38.33
7	Benjamin Woodward	Rouse Hill Rams	38.70

Boys U 10 - 200 Metre Sprint

=====			
	Zone: Z 28.80	1/01/1985	T Henry, Winston Hills
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Ashwin Ramaswamy	Hills District	30.38
2	Nicholas McNally	Hills District	31.46
3	Baldip Singh	Hills District	31.57
4	Alexander Eason	Hills District	31.61
5	Julian Freeland	Hills District	31.80
6	Damon Jones	Riverstone	32.11
7	Marcus Prideaux	Winston Hills	33.16
8	Harrison Ferns	Rouse Hill Rams	33.98

Boys U 11 - 200 Metre Sprint

=====			
	Zone: Z 27.60	1/01/1980	C Cassidy, Hills
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Darcy Feltham	Winston Hills	29.31Q
2	Joshua Hand	Winston Hills	30.14Q
3	Liam Hayes	Hills District	30.26q
4	Cooper Thorpe	Hills District	31.31q
5	Callum Spooner	Hills District	31.68
Heat 2 Heats			

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 11 - 200 Metre Sprint

1 Luca de Burnay Thompson	Hawkesbury City	29.73Q
2 Liam Piggott	Hills District	32.06Q
3 Morgan Brown	Hills District	32.17

Heat 3 Heats

1 Rhys Webster	Winston Hills	29.67Q
2 Yulin Li	Winston Hills	31.56Q
3 Zak Gillogly	Hills District	32.35
4 Jett Harper	Hawkesbury City	35.03
5 Joshua Auld	Winston Hills	36.62

Boys U 11 - 200 Metre Sprint

Zone: Z 27.60 1/01/1980 C Cassidy, Hills

Name Age Centre Final

Section 1 Final

1 Rhys Webster	Winston Hills	28.27
2 Darcy Feltham	Winston Hills	28.29
3 Luca de Burnay Thompson	Hawkesbury City	28.89
4 Liam Hayes	Hills District	29.62
5 Joshua Hand	Winston Hills	30.35
6 Yulin Li	Winston Hills	31.33
7 Cooper Thorpe	Hills District	31.83
8 Liam Piggott	Hills District	32.26

Boys U 12 - 200 Metre Sprint

Zone: Z 26.42 29/01/2012 Timothy Simmons, Quakers Hill

Name Age Centre Heats

Heat 1 Heats

1 Brock Prideaux	Winston Hills	28.21Q
2 Aaron Moors	Hills District	29.29Q
3 Zach Redwood	Winston Hills	29.73Q
4 Harrison Habib	Hills District	32.01
5 Lucas Neal	Winston Hills	32.66
6 Tyron Schultz	Hawkesbury City	33.87

Heat 2 Heats

1 Nate Gill	Riverstone	29.31Q
2 Lawson Cunningham	Winston Hills	29.95Q
3 Brett Cockayne	Hawkesbury City	30.38Q
4 Alexander Balmer	Winston Hills	31.54q
5 Daniel Kasozi	Hills District	31.84q
6 Cameron McArtney	Hills District	36.60

Boys U 12 - 200 Metre Sprint

Zone: Z 26.42 29/01/2012 Timothy Simmons, Quakers Hill

Name Age Centre Final

Section 1 Final

1 Brock Prideaux	Winston Hills	27.63
2 Aaron Moors	Hills District	28.83
3 Lawson Cunningham	Winston Hills	28.84
4 Nate Gill	Riverstone	28.93
5 Zach Redwood	Winston Hills	29.43
6 Brett Cockayne	Hawkesbury City	30.08
7 Alexander Balmer	Winston Hills	31.07
8 Daniel Kasozi	Hills District	31.66

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 200 Metre Sprint**

Zone: Z 24.88 28/01/2007 N Hough, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lukas McNeil		Hills District	27.15Q
2 Harvey Barrett		Winston Hills	28.22Q
3 Cameron Davies		Hawkesbury City	28.24Q
4 Lachlan Ward		Hawkesbury City	29.10q
5 William Casey		Winston Hills	30.44
6 Mitchell Borg		Kings Langley	30.53
Heat 2 Heats			
1 Sadheel Kumar		Hills District	26.49Q
2 Joshua Pozzolungo		Rouse Hill Rams	27.53Q
3 Joshua Springett		Hawkesbury City	28.49Q
4 Lachlan Powell		Hills District	29.40q

Boys U 13 - 200 Metre Sprint

Zone: Z 24.88 28/01/2007 N Hough, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Sadheel Kumar		Hills District	26.11
2 Lukas McNeil		Hills District	27.29
3 Joshua Pozzolungo		Rouse Hill Rams	27.80
4 Harvey Barrett		Winston Hills	27.86
5 Lachlan Ward		Hawkesbury City	28.12
6 Cameron Davies		Hawkesbury City	28.17
7 Lachlan Powell		Hills District	28.19

Boys U 14 - 200 Metre Sprint

Zone: Z 23.98 3/02/2008 N Hough, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jake Christie		Winston Hills	25.99Q
2 Zachary Porter		Winston Hills	26.25Q
3 Travis Hargrave		Hawkesbury City	26.88Q
Heat 2 Heats			
1 Samuel McKenzie		Hawkesbury City	25.25Q
2 Spencer Brown		Hills District	26.95Q
3 Ilankumaran Murugappan		Kings Langley	27.26Q
4 Benjamin Waring		Hills District	27.62q
5 Mubarak Tajudeen		Hills District	27.63q
6 Sandip Srinii		Kings Langley	28.03

Boys U 14 - 200 Metre Sprint

Zone: Z 23.98 3/02/2008 N Hough, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Samuel McKenzie		Hawkesbury City	25.49
2 Jake Christie		Winston Hills	25.91
3 Zachary Porter		Winston Hills	26.15
4 Spencer Brown		Hills District	26.89
5 Ilankumaran Murugappan		Kings Langley	27.45
6 Benjamin Waring		Hills District	27.69

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - 200 Metre Sprint**

7 Travis Hargrave	Hawkesbury City	28.33
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Boys U 15 - 200 Metre Sprint

Zone: Z 22.87 1/02/2009 N Hough, Hills

Name	Age Centre	Heats
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Heat 1 Heats

1 Blake Metcalfe	Kings Langley	27.48Q
2 Reubens Tandog	Hills District	28.76Q
3 Matthew Adam	Hills District	34.71Q

Heat 2 Heats

1 Liam Preston	Hills District	24.98Q
2 Jake Baptiste	Kings Langley	27.03Q
3 Mika Selzer	Hills District	27.33Q
4 Zac Bloem	Hills District	27.90q
5 Elijah Seruvatu	Winston Hills	29.22q

Boys U 15 - 200 Metre Sprint

Zone: Z 22.87 1/02/2009 N Hough, Hills

Name	Age Centre	Final
------	------------	-------

Section 1 Final

1 Liam Preston	Hills District	24.90
2 Blake Metcalfe	Kings Langley	25.59
3 Jake Baptiste	Kings Langley	26.77
4 Mika Selzer	Hills District	27.27
5 Zac Bloem	Hills District	27.59
6 Reubens Tandog	Hills District	28.81
7 Elijah Seruvatu	Winston Hills	28.89
8 Matthew Adam	Hills District	31.55

Boys U 17 - 200 Metre Sprint

Zone: Z 22.56 11/12/2016 Keegan Bell, Hills District

Name	Age Centre	Final
------	------------	-------

Section 1

1 Griffin Sainsbury	Hills District	24.45
2 Blake Archer	Rouse Hill Rams	25.06
3 Jay Patil	Winston Hills	25.22
4 Nicholas Long	Winston Hills	26.48
5 Luke Nixon	Winston Hills	28.77

Boys U 8 - 400 Metre Sprint

Zone: Z 1:13.70 1/01/1987 P Wallington, Hills

Name	Age Centre	Final
------	------------	-------

1 Connor Martin	Winston Hills	1:24.35
2 Beau Saunders	Kings Langley	1:29.42
3 Tristan Quee	Hills District	1:31.06
4 Archie Mak	Hills District	1:32.49
5 Brian Jack	Kings Langley	1:41.01

Section 2

1 Andy Riot	Hills District	1:17.68
2 Ryan Haaf	Winston Hills	1:25.01
3 Lachlan Marshall	Hills District	1:26.91

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 8 - 400 Metre Sprint**

4 Flynn Wilson	Hills District	1:27.98
5 Jayden Calder	Riverstone	1:28.03
-- Donovan O'Connor	Winston Hills	DNF

Boys U 9 - 400 Metre Sprint

=====			
Zone: Z 1:09.20 1/01/1984 A Polley, Winston Hills			
Name	Age Centre		Final
=====			
Section 1			
1 Xavier Parsons	Winston Hills		1:19.21
2 Benjamin Hand	Winston Hills		1:21.35
3 Zachary Brook	Hills District		1:32.20
4 Casey Gambrill	Hills District		1:34.82
5 Matthew Marzouk	Hills District		1:38.44
Section 2			
1 Keir Mercer	Hills District		1:17.63
2 William Harvey	Rouse Hill Rams		1:22.77
3 Franklin Gaitanidis	Winston Hills		1:23.94
4 Preston Peckham	Kings Langley		1:25.06
5 Hunter Gravina	Rouse Hill Rams		1:40.42
6 Zachary Wilkinson	Hawkesbury City		1:41.03

Boys U 10 - 400 Metre Sprint

=====			
Zone: Z 1:07.70 1/01/1983 M Canning, Winston Hills			
Name	Age Centre		Final
=====			
Section 1			
1 Ashwin Ramaswamy	Hills District		1:09.11
2 Nicholas McNally	Hills District		1:11.49
3 Damon Jones	Riverstone		1:13.03
4 Baldip Singh	Hills District		1:15.98
5 Harrison Ferns	Rouse Hill Rams		1:19.10
6 Aidan Siney	Hills District		1:24.32
7 Ethan Tait	Rouse Hill Rams		1:26.46
8 Tristan Roper	Kings Langley		1:27.25
Section 2			
1 Brayden Thompson	Hills District		1:11.55
2 Alexander Eason	Hills District		1:17.26
3 Marcus Prideaux	Winston Hills		1:19.98
4 Zacary Green	Rouse Hill Rams		1:28.74
5 Brosnan Leahy	Rouse Hill Rams		1:29.01
6 Matthew Cooper	Winston Hills		1:34.41

Boys U 11 - 400 Metre Sprint

=====			
Zone: Z 1:04.20 1/01/1980 C Cassidy, Hills			
Name	Age Centre		Final
=====			
Section 1			
1 Lachlan Metcalfe	Kings Langley		1:15.49
2 Liam Piggott	Hills District		1:16.15
3 Declan Abela	Winston Hills		1:16.63
4 Oliver Golding	Hills District		1:20.45
5 Riley Duncum	Kings Langley		1:21.48
6 Kane Robson	Hills District		1:21.83
7 Cooper Gravina	Rouse Hill Rams		1:24.52
Section 2			

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - 400 Metre Sprint**

1	Jacob Astill	Hawkesbury City	1:08.69
2	Joshua Hand	Winston Hills	1:12.24
3	Morgan Brown	Hills District	1:12.91
4	Harrison Mauger	Winston Hills	1:13.28
5	Cillian Miller	Hills District	1:24.34
6	Jace Rowley	Hills District	1:25.16
7	Joshua Auld	Winston Hills	1:27.51
8	Jackson Carter	Winston Hills	1:33.65

Boys U 12 - 400 Metre Sprint

Zone: Z 1:00.66 10/12/2016 Lachlan Wood, Winston Hills

Name Age Centre Final

Section 1

1	Riley Nolan	Hills District	1:07.71
2	Brock Prideaux	Winston Hills	1:11.65
3	Zach Redwood	Winston Hills	1:12.63
4	James McNally	Hills District	1:13.72
5	Kai Stewart	Hills District	1:16.95

Section 2

1	Billy Mulvihill	Hills District	1:09.00
2	Alexander Balmer	Winston Hills	1:10.97
3	Harry Reekie	Hills District	1:15.00
4	Noah Ribeiro	Hills District	1:17.98
5	Ben Hunter	Kings Langley	1:21.56
6	Zacheriah Ajaj	Winston Hills	1:25.93
7	Aidan Pospischil	Winston Hills	1:27.56

Boys U 13 - 400 Metre Sprint

Zone: Z 56.74 9/12/2017 Lachlan Wood, Winston Hills

Name Age Centre Final

Section 1

1	Ethan Smit	Hills District	1:04.09
2	Lachlan Powell	Hills District	1:06.61
3	Ben Haaf	Winston Hills	1:07.38
4	Lochlan Duncum	Kings Langley	1:09.77
5	Jacob Goss	Hills District	1:12.72
6	Maxx Rowley	Hills District	1:14.15
7	William Casey	Winston Hills	1:19.68

Boys U 14 - 400 Metre Sprint

Zone: Z 54.80 5/02/1994 M Adams, Hills

Name Age Centre Final

1	Jake Christie	Winston Hills	58.97
2	Benjamin Waring	Hills District	1:00.73
3	Travis Hargrave	Hawkesbury City	1:01.49
4	Zachary Porter	Winston Hills	1:02.12
5	Spencer Brown	Hills District	1:05.40
6	Sandip Srini	Kings Langley	1:05.72
7	Joseph McEnearney	Hills District	1:18.09

Section 2

1	Luke Juhart	Winston Hills	1:06.65
2	Christian Borg	Rouse Hill Rams	1:11.73
3	Max Spackman	Winston Hills	1:14.52

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - 400 Metre Sprint**

4 Riley Cotter	Hawkesbury City	1:15.22
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Boys U 15 - 400 Metre Sprint

Zone: Z 53.46 12/12/2015 Keegan Bell, Hills District

Name	Age Centre	Final
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Section 1

1 Blake Metcalfe	Kings Langley	56.83
2 Liam Preston	Hills District	1:00.36
3 Gautham Karthikeyan	Winston Hills	1:00.77
4 Oliver Reedy	Winston Hills	1:04.36
5 Mika Selzer	Hills District	1:06.37
6 Ryan Town	Rouse Hill Rams	1:09.59
7 Reubens Tandog	Hills District	1:11.47
8 Elijah Seruvatu	Winston Hills	1:15.74

Boys U 17 - 400 Metre Sprint

Zone: Z 52.44 8/12/2012 Matthew Hoy, Hills District

Name	Age Centre	Final
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1 Griffin Sainsbury	Hills District	54.81
2 Blake Archer	Rouse Hill Rams	55.33
3 Zac Collison	Winston Hills	57.86
4 Nicholas Long	Winston Hills	59.56
5 Kayden Anderson	Winston Hills	1:01.52
6 Jayden Duncum	Kings Langley	1:04.14
7 Luke Nixon	Winston Hills	1:07.98

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:29.50 30/01/2008 J Green, Hills

Name	Age Centre	Final
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1 Ruari Mercer	Hills District	1:49.01
2 Michael Giffney	Kings Langley	1:52.48
3 Emmett Parsons	Winston Hills	1:56.74
4 Heath Broughton	Hawkesbury City	1:58.60
5 Hudson turnbull	Rouse Hill Rams	2:02.95
6 Isaac Portelli	Rouse Hill Rams	2:03.50
7 Harpreet Singh	Hills District	2:04.77
8 Jonah Sharman	Winston Hills	2:08.17
9 Lucas Liu	Hills District	2:08.75
10 Oliver Sharman	Winston Hills	2:11.28
11 Andy Zhang	Rouse Hill Rams	2:15.05
12 Luke Wilkinson	Hawkesbury City	2:25.78
13 Oscar Armitage	Hills District	2:33.79
14 Rovin Redhi	Kings Langley	2:42.15

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:05.30 28/01/2009 H Green, Hills

Name	Age Centre	Final
------	------------	-------

1 Lachlan Dorahy	Hills District	2:32.02
2 Taine Katalinic	Winston Hills	2:36.29
3 Lachlan Marshall	Hills District	2:41.29
4 Flynn Wilson	Hills District	2:42.91

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 8 - 700 Metre Run Pack Start**

5	Jayden Calder	Riverstone	2:47.52
6	Connor Martin	Winston Hills	2:51.21
7	Finnegan Brook	Hills District	2:52.62
8	Beau Saunders	Kings Langley	2:56.46
9	Liam Escott	Hills District	2:58.36
10	Kye Liaropoulos	Hills District	2:58.52
11	Ned Francis	Winston Hills	3:00.58
12	Zachariah Kimpton	Winston Hills	3:12.54
13	Patrick Waddington	Winston Hills	3:13.85
14	Samuel Macri	Rouse Hill Rams	3:17.81
15	Lucas Chandran	Winston Hills	3:21.15

Boys U 9 - 800 Metre Run

Zone: Z 2:35.50 1/01/1984 A Polley, Winston Hills

Name	Age Centre	Final	
1	Oscar Turnbull	Rouse Hill Rams	2:50.33
2	Knox Harper	Hawkesbury City	2:50.81
3	Xavier Parsons	Winston Hills	2:51.39
4	Keir Mercer	Hills District	2:59.48
5	Franklin Gaitanidis	Winston Hills	3:12.99
6	Viliami Wolfgramm	Kings Langley	3:18.85
7	Casey Gambrill	Hills District	3:20.30
8	Kai Hall	Hills District	3:22.73
9	Cooper Shand	Hills District	3:31.30
10	Zachary Wilkinson	Hawkesbury City	3:47.40
11	Akash Dey	Winston Hills	3:52.79
12	Levi Zevaka	Winston Hills	4:00.83

Boys U 10 - 800 Metre Run

Zone: Z 2:34.30 1/01/1985 A Polley, Winston Hills

Name	Age Centre	Final	
1	Brayden Thompson	Hills District	2:37.83
2	Cameron Bloem	Hills District	2:39.69
3	Harrison Ferns	Rouse Hill Rams	2:46.16
4	Marcus Prideaux	Winston Hills	2:49.67
5	Keegan Free	Hills District	2:50.35
6	Alex Bayliss	Winston Hills	2:51.78
7	Callum Garbers	Rouse Hill Rams	3:03.75
8	Zacary Green	Rouse Hill Rams	3:05.20
9	Riley Payne	Winston Hills	3:05.22
10	Mitchell Salonga	Hills District	3:08.76
11	Matthew Timbs	Hills District	3:16.49
12	Dexter Lloyd	Rouse Hill Rams	3:18.55
13	Tristan Roper	Kings Langley	3:20.26
14	Joseph Eyles	Kings Langley	3:39.70
15	Jaiden Geng	Winston Hills	3:45.53

Boys U 11 - 800 Metre Run

Zone: Z 2:27.20 1/01/1982 P Stellino, Hills

Name	Age Centre	Final	
1	Jacob Astill	Hawkesbury City	2:34.56
2	Harrison Mauger	Winston Hills	2:49.39
3	Oliver Golding	Hills District	2:52.63

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - 800 Metre Run**

4	Xavier Saffy	Winston Hills	2:53.17
5	Cillian Miller	Hills District	2:53.87
6	Owen Bellomo	Hills District	2:54.48
7	Elias Macri	Rouse Hill Rams	2:58.78
8	Jett Harper	Hawkesbury City	2:58.95
9	Jace Rowley	Hills District	3:02.29
10	Finn Clinton	Hills District	3:02.87
11	Kane Robson	Hills District	3:03.26
12	Declan Abela	Winston Hills	3:04.33
13	Joshua Kimpton	Winston Hills	3:12.64

Boys U 12 - 800 Metre Run

Zone: Z 2:16.80 1/01/1983 N Stellino, Hills			
Name	Age	Centre	Final
1	Billy Mulvihill	Hills District	2:27.07
2	Nate Gill	Riverstone	2:35.70
3	Alexander Balmer	Winston Hills	2:46.34
4	Riley Christie	Winston Hills	2:47.83
5	Noah Ribeiro	Hills District	2:48.89
6	James McNally	Hills District	2:53.72
7	Lucas Neal	Winston Hills	2:56.50
8	Kai Stewart	Hills District	2:57.11
9	Hayden Spackman	Winston Hills	3:02.15
10	Aidan Pospischil	Winston Hills	3:03.31
11	Rafael Rebaza	Winston Hills	3:03.68
--	Bailey Gambrill	Hills District	DNF

Boys U 13 - 800 Metre Run

Zone: Z 2:18.03 10/12/2017 Lachlan Wood, Winston Hills			
Name	Age	Centre	Final
1	Josaia Delana	Hills District	2:29.91
2	Ethan Kelly	Hills District	2:33.73
3	Ethan Smit	Hills District	2:35.07
4	Lochlan Duncum	Kings Langley	2:35.23
5	Lachlan Powell	Hills District	2:35.27
6	Lachlan Ward	Hawkesbury City	2:40.71
7	Brodie Payne	Winston Hills	2:47.52
8	Peyton Grinham	Rouse Hill Rams	3:00.81
9	Connor Mauger	Winston Hills	3:17.61

Boys U 14 - 800 Metre Run

Zone: Z 2:08.41 11/12/2016 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1	Jack Lyneham	Hills District	2:19.10
2	Jake Christie	Winston Hills	2:25.81
3	Kynan Arbuckle	Kings Langley	2:33.80
4	Travis Hargrave	Hawkesbury City	2:36.01
5	Sandip Srini	Kings Langley	2:36.88
6	Riley Cotter	Hawkesbury City	2:41.42
7	Matthew Harragon	Winston Hills	2:43.06
8	Jack Robson	Hills District	2:53.96
9	Joseph McEneaney	Hills District	2:59.75

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - 800 Metre Run**

Zone: Z 2:04.73 10/12/2017 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Saxon Orsini		Hills District	2:20.91
2 Zac Bloem		Hills District	2:22.70
3 Hunter Hosking		Hills District	2:25.29
4 Elijah Shipley		Kings Langley	2:27.99
5 Rory Martin		Winston Hills	2:30.02
6 Liam Ramsay		Hills District	2:33.10
7 Ryan Town		Rouse Hill Rams	2:42.25
8 Matthew Adam		Hills District	2:45.99
9 Zaylan Schultz		Hawkesbury City	2:51.33

Boys U 17 - 800 Metre Run

Zone: Z 2:02.08 15/12/2013 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Griffin Sainsbury		Hills District	2:14.00
2 Jayden Duncum		Kings Langley	2:34.64
3 Kayden Anderson		Winston Hills	2:39.96

Boys U 11 - 1500 Metre Run

Zone: Z 4:59.30 1/01/1982 P Stellino, Hills			
Name	Age	Centre	Final
1 Jacob Astill		Hawkesbury City	5:21.25
2 Cillian Miller		Hills District	5:40.99
3 Oliver Golding		Hills District	5:46.21
4 Xavier Saffy		Winston Hills	5:47.48
5 Owen Bellomo		Hills District	5:53.73
6 Jett Harper		Hawkesbury City	5:55.48
7 Jace Rowley		Hills District	6:16.32
8 William Robson		Hills District	6:24.15
9 Joshua Kimpton		Winston Hills	6:35.09
10 Thomas Spencer		Rouse Hill Rams	6:42.57

Boys U 12 - 1500 Metre Run

Zone: Z 4:38.50 1/01/1983 N Stellino, Hills			
Name	Age	Centre	Final
1 Billy Mulvihill		Hills District	4:59.26
2 Micah Brook		Rouse Hill Rams	5:45.72
3 Riley Christie		Winston Hills	5:51.05
4 Noah Ribeiro		Hills District	5:52.69
5 Riley Brkich		Hawkesbury City	5:53.20
6 Alexander Saxon		Hills District	5:58.88
7 Lucas Saunders		Hills District	6:06.16
8 Aidan Pospischil		Winston Hills	6:19.33
9 Lachlan Brackenreg		Winston Hills	6:33.11

Boys U 13 - 1500 Metre Run

Zone: Z 4:39.80 12/12/2015 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Josaiia Delana		Hills District	5:07.29

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 13 - 1500 Metre Run**

2	Ethan Kelly	Hills District	5:26.51
3	Brodie Payne	Winston Hills	5:30.46
4	Lochlan Duncum	Kings Langley	5:33.82
5	Lukas Nicholls	Hills District	5:48.54

Boys U 14 - 1500 Metre Run

=====			
Zone: Z 4:32.16 28/01/2012 Benjamin Thomson, Hills Dis			
Name	Age	Centre	Final
=====			
1	Jack Lyneham	Hills District	4:48.97
2	Rhys Mallia	Hills District	5:10.16
3	Kynan Arbuckle	Kings Langley	5:21.28
4	Joseph McEnearney	Hills District	5:36.18
5	Matthew Harragon	Winston Hills	5:39.54
6	Riley Cotter	Hawkesbury City	5:39.83
7	Jack Robson	Hills District	5:55.60

Boys U 15 - 1500 Metre Run

=====			
Zone: Z 4:20.45 29/01/2005 J Kaan, Hills			
Name	Age	Centre	Final
=====			
1	Saxon Orsini	Hills District	5:09.64
2	Rory Martin	Winston Hills	5:11.01
3	Jonathan Hills	Hills District	5:19.53

Boys U 17 - 1500 Metre Run

=====			
Zone: Z 4:18.70 14/12/2013 Ben Thomson, Hills District			
Name	Age	Centre	Final
=====			
1	James Smit	Hills District	5:08.55
2	Kayden Anderson	Winston Hills	5:49.46

Boys U 13 - 3000 Metre Run

=====			
Zone: Z 10:04.22 29/01/2011 B Thomson, Hills			
Name	Age	Centre	Final
=====			
1	Ethan Kelly	Hills District	12:04.85
2	Lachlan Ward	Hawkesbury City	12:44.32
3	Ben Haaf	Winston Hills	13:04.80
4	Lachlan Powell	Hills District	13:48.17

Boys U 14 - 3000 Metre Run

=====			
Zone: Z 9:50.38 28/01/2012 Benjamin Thomson, Hills Dis			
Name	Age	Centre	Final
=====			
1	Rhys Mallia	Hills District	11:13.33
2	Travis Hargrave	Hawkesbury City	13:39.57
3	Joseph McEnearney	Hills District	14:04.04
4	Riley Cotter	Hawkesbury City	14:05.33

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - 3000 Metre Run**

Zone: Z 9:34.19 8/12/2012 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Thomas Dorahy		Hills District	10:46.85
2 Zac Bloem		Hills District	10:48.11
3 Jonathan Hills		Hills District	11:34.96

Boys U 17 - 3000 Metre Run

Zone: Z 9:18.51 14/12/2013 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 James Smit		Hills District	11:47.04
2 Kayden Anderson		Winston Hills	12:15.22

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 10/12/2016 Saxon Ward, Hills District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Andy Riot		Hills District	11.38Q
2 Lachlan Dorahy		Hills District	12.61Q
3 Blake Spencer		Rouse Hill Rams	12.72
4 Connor Martin		Winston Hills	13.39
5 Jamie Cheeseman		Winston Hills	13.80
6 Eli Saffy		Winston Hills	14.09
Heat 2 Heats			
1 Taine Katalinic		Winston Hills	12.00Q
2 Ben Charlwood		Winston Hills	13.12Q
3 Donovan O'Connor		Winston Hills	13.47
4 Kieren Petersen		Kings Langley	13.56
5 Jayden Calder		Riverstone	13.82
6 Callum Hayes		Hills District	13.97
7 Toby Mcdermid		Riverstone	13.99
Heat 3 Heats			
1 Roman Iori		Riverstone	12.27Q
2 Finn Sweeney		Hills District	12.56Q
3 Lachlan Marshall		Hills District	12.64q
4 Kaeden Hochstetter		Hills District	12.71q
5 Bailey Bush		Hawkesbury City	13.66

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 10/12/2016 Saxon Ward, Hills District			
Name	Age	Centre	Final
Section 1 Final			
1 Taine Katalinic		Winston Hills	11.43
2 Andy Riot		Hills District	11.51
3 Lachlan Dorahy		Hills District	11.86
4 Kaeden Hochstetter		Hills District	12.44
5 Finn Sweeney		Hills District	12.60
6 Lachlan Marshall		Hills District	12.61
7 Ben Charlwood		Winston Hills	12.73
8 Roman Iori		Riverstone	14.92

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.10 4/02/1995 C Nielson, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlie Andrews		Winston Hills	11.19Q
2 Lucas Ward		Kings Langley	12.51Q
3 Keir Mercer		Hills District	12.87Q
4 Banjo Pelusi		Winston Hills	13.04q
5 Elijah Morrison		Rouse Hill Rams	13.50
6 Hunter Gravina		Rouse Hill Rams	13.74
7 Sebastian Le-Surf		Hills District	13.79
8 Akash Dey		Winston Hills	14.02
Heat 2 Heats			
1 William Harvey		Rouse Hill Rams	12.35Q
2 Alex Jack		Kings Langley	12.60Q
3 Aaron Chevalier		Winston Hills	12.68Q
4 Andreas Morrison		Rouse Hill Rams	13.48q
5 Zachary Brook		Hills District	13.53
6 Levi Zevaka		Winston Hills	14.05
7 Tom Lean		Rouse Hill Rams	14.48

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.10 4/02/1995 C Nielson, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Charlie Andrews		Winston Hills	11.14
2 Andreas Morrison		Rouse Hill Rams	11.34
3 William Harvey		Rouse Hill Rams	11.97
4 Lucas Ward		Kings Langley	12.24
5 Aaron Chevalier		Winston Hills	12.28
6 Alex Jack		Kings Langley	12.31
7 Banjo Pelusi		Winston Hills	12.66
8 Keir Mercer		Hills District	12.77

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 9.60 7/12/1991 G O'Donnell, Richmond			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cameron Bloem		Hills District	12.16Q
2 Julian Freeland		Hills District	12.30Q
3 Aidan Siney		Hills District	13.50Q
4 Matthew Cooper		Winston Hills	13.57
5 Ethan Tait		Rouse Hill Rams	13.60
6 Harry Charlwood		Winston Hills	13.97
Heat 2 Heats			
1 Hayden Bell		Hills District	11.75Q
2 Yusuf Tajudeen		Hills District	12.10Q
3 Aarush Anandh		Hills District	12.86Q
4 Benjamin Woodward		Rouse Hill Rams	13.04q
5 Riley Payne		Winston Hills	13.12q
6 Brosnan Leahy		Rouse Hill Rams	13.36

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 9.60 7/12/1991 G O'Donnell, Richmond			
Name	Age	Centre	Final
Section 1 Final			
1 Hayden Bell		Hills District	11.60
2 Yusuf Tajudeen		Hills District	11.92
3 Cameron Bloem		Hills District	11.99
4 Julian Freeland		Hills District	12.08
5 Aarush Anandh		Hills District	12.74
6 Benjamin Woodward		Rouse Hill Rams	13.07
7 Riley Payne		Winston Hills	13.11
8 Aidan Siney		Hills District	13.96

Boys U 11 - 60 Metre Hurdles (60cm)

Zone: Z 9.70 6/02/1993 G O'Donell, Richmond			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Rhys Webster		Winston Hills	10.61Q
2 Darcy Feltham		Winston Hills	10.86Q
3 Jacob Astill		Hawkesbury City	11.40q
4 Alex Margiotta		Rouse Hill Rams	11.59q
5 Owen Bellomo		Hills District	12.33
Heat 2 Heats			
1 Samuel Polley		Winston Hills	10.97Q
2 Leonardo Macorig		Winston Hills	11.92Q
3 Tory Emme		Kings Langley	14.07
4 Jackson Carter		Winston Hills	14.10
Heat 3 Heats			
1 Liam Hayes		Hills District	10.94Q
2 Luke Williams		Hills District	11.98Q
3 Jesse Brodick		Winston Hills	12.12
4 Morgan Brown		Hills District	12.55
5 Lochlan Vinci		Hills District	13.25

Boys U 11 - 60 Metre Hurdles (60cm)

Zone: Z 9.70 6/02/1993 G O'Donell, Richmond			
Name	Age	Centre	Final
Section 1 Final			
1 Rhys Webster		Winston Hills	10.55
2 Samuel Polley		Winston Hills	10.67
3 Darcy Feltham		Winston Hills	10.86
4 Liam Hayes		Hills District	10.96
5 Alex Margiotta		Rouse Hill Rams	11.07
6 Jacob Astill		Hawkesbury City	11.25
7 Luke Williams		Hills District	11.64
8 Leonardo Macorig		Winston Hills	11.89

Boys U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.40 3/02/1996 A Abou-Mahmound, Winston Hill			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jasper Deane		Hills District	11.34Q
2 Benjamin Hyde		Hills District	11.60Q

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - 60 Metre Hurdles (68cm)**

3 Brock Prideaux	Winston Hills	11.67Q
4 Ben Hunter	Kings Langley	12.22q
5 Cody Smith	Hawkesbury City	12.60q
Heat 2 Heats		
1 Thomas Daniel	Winston Hills	10.84Q
2 Noah Ribeiro	Hills District	11.08Q
3 Ryan Green	Kings Langley	11.94Q
4 Zacheriah Ajaj	Winston Hills	12.92
5 Malakai Crawhall	Hills District	13.25
6 Hayden Spackman	Winston Hills	13.91
7 Lachlan Brackenreg	Winston Hills	13.98
8 Liam Stanbridge	Hills District	15.18

Boys U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.40 3/02/1996 A Abou-Mahmound, Winston Hill

Name Age Centre Final

Section 1 Final

1 Thomas Daniel	Winston Hills	10.67
2 Noah Ribeiro	Hills District	11.16
3 Jasper Deane	Hills District	11.54
4 Brock Prideaux	Winston Hills	11.67
5 Benjamin Hyde	Hills District	11.96
6 Ryan Green	Kings Langley	11.98
7 Cody Smith	Hawkesbury City	12.23
8 Ben Hunter	Kings Langley	12.37

Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.10 2/02/1997 A Abou-Mahmoud, Winston Hills

Name Age Centre Final

Section 1

1 Cameron Davies	Hawkesbury City	14.28
2 Liam Roche	Hills District	14.62
3 Lucas Hosking	Hills District	14.98
4 Kevin Twigge	Rouse Hill Rams	15.04
5 Joshua Springett	Hawkesbury City	15.56
6 William Casey	Winston Hills	17.32
7 Faris Khan	Hills District	17.51

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 12.55 3/02/2008 N Hough, Hills

Name Age Centre Final

1 Ryan Salloman	Winston Hills	14.91
2 Mubarak Tajudeen	Hills District	15.17
3 Jake Christie	Winston Hills	17.53
4 Christian Borg	Rouse Hill Rams	17.75
5 Max Spackman	Winston Hills	17.87

Boys U 15 - 100 Metre Hurdles (76cm)

Zone: Z 14.49 30/01/2005 C Burns, Hawkesbury City

Name Age Centre Final

1 Jake Baptiste	Kings Langley	15.47
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NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 15 - 100 Metre Hurdles (76cm)**

2	Cameron Ward	Kings Langley	16.61
3	Hunter Hosking	Hills District	17.02
4	Oliver Reedy	Winston Hills	17.14

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 15.05 15/12/2013 Todd Owen, Kings Langley

Name	Age	Centre	Final
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1	Omar Nadaya-Harb	Winston Hills	16.10
2	Nathan Stevens	Hills District	20.30
3	Conor Siney	Hills District	20.91
4	Luke Nixon	Winston Hills	21.18

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.30 1/01/1985 L Liaubon, Winston Hills

Name	Age	Centre	Final
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1	Lukas McNeil	Hills District	30.90
2	Ethan Smit	Hills District	31.80
3	Kevin Twigge	Rouse Hill Rams	32.18
4	Lucas Hosking	Hills District	32.92
5	Lucas Scerri	Winston Hills	33.53
6	Lukas Nicholls	Hills District	33.57
7	Taine Cassar	Hills District	33.97
8	William Casey	Winston Hills	35.45

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 25.41 2/02/2008 N Hough, Hills

Name	Age	Centre	Final
------	-----	--------	-------

1	Mubarak Tajudeen	Hills District	30.27
2	Luke Juhart	Winston Hills	30.41
3	Benjamin Waring	Hills District	30.85
4	Jake Christie	Winston Hills	32.02
5	Christian Borg	Rouse Hill Rams	32.03
6	Max Spackman	Winston Hills	34.47

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 46.84 8/12/2016 Nicholas Long, Winston Hills

Name	Age	Centre	Final
------	-----	--------	-------

1	Jake Baptiste	Kings Langley	45.75Z
2	Liam Preston	Hills District	47.40
3	Thomas. Jackson	Winston Hills	54.06
4	Blake Metcalfe	Kings Langley	57.65
5	Benjamin Smith	Kings Langley	1:05.26

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 44.46 12/2016 Sebastian Sicuro, Hills Distr

Name	Age	Centre	Final
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1	Nicholas Long	Winston Hills	45.77
2	Zac Collison	Winston Hills	48.13
3	Erick Rajan	Winston Hills	49.07

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - 300 Metre Hurdles (76cm)**

4 Jackson Deane	Hills District	49.29
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Boys U 9-10 800 Metre Multi Class Run

Name	Age Centre	Final
1 Levi Douglass	Hawkesbury City	4:47.16

Boys U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 56.91	10/12/2017	Hills District, Hills Distric
Centre		Final

1 Hills District	57.67
2 Winston Hills	58.31
3 Rouse Hill Rams	1:01.79
4 Riverstone	1:03.17
5 Hawkesbury City	1:03.47
6 Kings Langley	1:07.15

Boys U 12-17 4x100 Metre Relay (Snr)

Zone: Z 47.68	10/12/2017	Hills District, Hills Distric
Centre		Final

1 Hills District	49.34
2 Winston Hills	49.97
3 Hawkesbury City	51.97
4 Kings Langley	53.57
5 Rouse Hill Rams	54.64

Boys U 9 - High Jump (S/H 0.85m)

Zone: Z 1.40m	10/12/2016	Joshua Hand, Winston Hills
Name	Age Centre	Final

Flight 1

1 Cooper Thompson	Kings Langley	1.06m
2 Oscar Harding	Hills District	1.04m
3 Cory Mardling	Winston Hills	1.00m
4 Lachlan Probin	Hills District	0.95m
5 Kai Hall	Hills District	0.95m
5 Benjamin Hand	Winston Hills	0.95m
5 Andreas Morrison	Rouse Hill Rams	0.95m
5 Aaron Chevalier	Winston Hills	0.95m
9 Owen Grinham	Rouse Hill Rams	0.85m

Boys U 10 - High Jump (S/H 0.95m)

Zone: Z 1.41m	1/01/1980	D Harris, P Town
Name	Age Centre	Final

1 Alex Bayliss	Winston Hills	1.19m
2 Benjamin Russell	Hills District	1.13m
3 Aarush Anandh	Hills District	1.07m
3 Ethan Tait	Rouse Hill Rams	1.07m
5 Julian Freeland	Hills District	1.00m
6 Aidan Siney	Hills District	0.95m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - High Jump (S/H 0.95m)**

6	Callum Garbers	Rouse Hill Rams	0.95m
6	Dexter Lloyd	Rouse Hill Rams	0.95m
6	Tom Brackenreg	Winston Hills	0.95m
6	Harry Charlwood	Winston Hills	0.95m
--	Joseph Eyles	Kings Langley	FAIL

Boys U 11 - High Jump (S/H 1.05m)

=====			
Zone: Z 1.50m 28/01/2006 J Edwards, Winston Hills			
Name	Age	Centre	Final
=====			
1	Alex Margiotta	Rouse Hill Rams	1.25m
2	Marcus Rajan	Winston Hills	1.23m
3	Luke Williams	Hills District	1.10m
3	Kane Robson	Hills District	1.10m
3	Yulin Li	Winston Hills	1.10m
--	Tobias Comito	Hills District	NH
--	Brandon Viko	Winston Hills	NH

Boys U 12 - High Jump (S/H 1.15m)

=====			
Zone: Z 1.52m 1/01/1988 N Wallington, Hills			
Name	Age	Centre	Final
=====			
1	Jasper Deane	Hills District	1.28m
1	Harrison Auld	Winston Hills	1.28m
3	Nate Gill	Riverstone	1.24m
4	Riley Albert	Hills District	1.15m
4	Aaron Moors	Hills District	1.15m
4	Isaac Chevalier	Winston Hills	1.15m
4	Tyron Schultz	Hawkesbury City	1.15m

Boys U 13 - High Jump (S/H 1.20m)

=====			
Zone: Z 1.78m 2/02/1991 P Jackson, Richmond			
Name	Age	Centre	Final
=====			
1	Taine Cassar	Hills District	1.45m
2	Ben Haaf	Winston Hills	1.41m
3	Harvey Barrett	Winston Hills	1.37m
4	Mitchell Borg	Kings Langley	1.35m
5	Andrew Hagggar	Hills District	1.30m
5	Kevin Twigge	Rouse Hill Rams	1.30m
5	Lucas Scerri	Winston Hills	1.30m
8	Faris Khan	Hills District	1.25m
8	Liam Roche	Hills District	1.25m
10	Peyton Grinham	Rouse Hill Rams	1.20m
10	Lucas Hosking	Hills District	1.20m
10	Cameron Davies	Hawkesbury City	1.20m

Boys U 14 - High Jump (S/H 1.25m)

=====			
Zone: Z 1.72m 27/10/2003 M Claridge, Hills			
Name	Age	Centre	Final
=====			
1	Ryan Salloman	Winston Hills	1.49m
1	William Bello	Hills District	1.49m
3	Luke Juhart	Winston Hills	1.47m
3	Zachary Porter	Winston Hills	1.47m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - High Jump (S/H 1.25m)**

5 William Potts	Hawkesbury City	1.35m
6 Riley Cotter	Hawkesbury City	1.30m

Boys U 15 - High Jump (S/H 1.25m)

Zone: Z 1.85m 29/01/2005 R Webster, Winston Hills

Name	Age Centre	Final
1 Cameron Ward	Kings Langley	1.55m
2 Hunter Hosking	Hills District	1.53m
3 Joel Davis	Hills District	1.49m
4 Jake Baptiste	Kings Langley	1.47m
5 Liam Ramsay	Hills District	1.45m
5 Rory Martin	Winston Hills	1.45m
7 Ryan Town	Rouse Hill Rams	1.40m
8 Elijah Shipley	Kings Langley	1.35m
8 Isaac Comito	Hills District	1.35m

Boys U 17 - High Jump (S/H 1.30m)

Zone: Z 1.83m 10/12/2016 Sebastian Sicuro, Hills Distr

Name	Age Centre	Final
1 Omar Nadaya-Harb	Winston Hills	1.84mZ
2 Erick Rajan	Winston Hills	1.74m
3 Blake Archer	Rouse Hill Rams	1.70m
4 Brayden Wilson (Norford)	Kings Langley	1.65m
4 Jay De Courcy	Hawkesbury City	1.65m
6 Nathan Stevens	Hills District	1.60m
7 thomas colcomb	Rouse Hill Rams	1.55m
8 Conor Siney	Hills District	1.35m

Boys U 7 - Long Jump

Zone: Z 3.59m 1/01/1988 G.Wells, Winston Hills

Name	Age Centre	Final
1 Xavier Eason	Hills District	3.08m
2 Mason Stopps	Hills District	3.03m
3 Cameron Batey	Hills District	2.98m
4 Emmett Parsons	Winston Hills	2.88m
5 Lachlan Kassab	Hills District	2.85m
6 Charles Wheat	Hills District	2.82m
7 Benny Huang	Kings Langley	2.81m
8 Hayden Martin	Winston Hills	2.69m
9 Michael Giffney	Kings Langley	2.55m
10 Hudson turnbull	Rouse Hill Rams	2.53m
11 Isaac Portelli	Rouse Hill Rams	2.46m
11 Oliver Sharman	Winston Hills	2.46m
13 Jonah Sharman	Winston Hills	2.30m
14 Rovin Redhi	Kings Langley	2.18m
15 Zane Cowper	Rouse Hill Rams	2.11m
16 Zachary Gambrill	Hills District	2.02m
17 Luke Wilkinson	Hawkesbury City	1.89m
18 Nate Zevaka	Winston Hills	1.07m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 8 - Long Jump**

Zone: Z 3.95m 1/01/1985 C Pound, Winston Hills			
Name	Age	Centre	Final
1 Andy Riot		Hills District	3.91m
2 Taine Katalinic		Winston Hills	3.55m
3 Lachlan Dorahy		Hills District	3.44m
4 Kaeden Hochstetter		Hills District	3.19m
5 Finn Sweeney		Hills District	3.06m
6 Ben Charlwood		Winston Hills	3.02m
7 Kieren Petersen		Kings Langley	2.95m
7 Eli Saffy		Winston Hills	2.95m
9 Kye Liaropoulos		Hills District	2.77m
10 Jayden Calder		Riverstone	2.74m
11 Ned Francis		Winston Hills	2.67m
12 Donovan O'Connor		Winston Hills	2.57m
13 Ryan Haaf		Winston Hills	2.53m
14 Samuel Macri		Rouse Hill Rams	2.24m

Boys U 9 - Long Jump

Zone: Z 4.27m 1/01/1988 P Wallington, Winston Hills			
Name	Age	Centre	Final
1 Tyler Hawkett		Rouse Hill Rams	3.72m
2 Lachlan Albert		Hills District	3.60m
3 Aaron Chevalier		Winston Hills	3.51m
4 Oscar Turnbull		Rouse Hill Rams	3.46m
5 Mitchell Klomp		Winston Hills	3.27m
6 Charlie Andrews		Winston Hills	3.24m
7 Kai Hall		Hills District	3.19m
8 Noah Kemp		Hawkesbury City	3.15m
9 Noah Scerri		Winston Hills	3.12m
9 Cooper Thompson		Kings Langley	3.12m
11 Levi Randell		Hills District	3.09m
11 Cory Mardling		Winston Hills	3.09m
13 Lucas Ward		Kings Langley	3.07m
14 Viliami Wolfgramm		Kings Langley	3.02m
15 Max Miller		Hills District	2.96m
16 Xavier Parsons		Winston Hills	2.87m
17 Owen Grinham		Rouse Hill Rams	2.82m
18 Hunter Gravina		Rouse Hill Rams	2.71m
19 Matthew Marzouk		Hills District	2.45m
20 Sebastian Le-Surf		Hills District	2.07m
21 Tom Lean		Rouse Hill Rams	1.94m
22 Levi Bale		Rouse Hill Rams	1.61m

Boys U 10 - Long Jump

Zone: Z 4.53m 1/01/1984 B Courtney, Hills			
Name	Age	Centre	Final
1 William Dorahy		Hills District	4.04m
2 Brayden Thompson		Hills District	3.92m
3 Harrison Ferns		Rouse Hill Rams	3.86m
4 Cameron Bloem		Hills District	3.84m
5 Noah Sharman		Winston Hills	3.78m
6 Hayden Bell		Hills District	3.73m
7 Riley Payne		Winston Hills	3.43m
8 Dexter Lloyd		Rouse Hill Rams	3.42m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Boys U 10 - Long Jump**

9	Damon Jones	Riverstone	3.40m
10	Aarush Anandh	Hills District	3.29m
11	Koby Bell	Hills District	3.25m
12	Joel O'Brien	Winston Hills	3.20m
13	Callum Garbers	Rouse Hill Rams	3.19m
14	Benjamin Woodward	Rouse Hill Rams	2.99m
14	Harry Charlwood	Winston Hills	2.99m
16	Lennox Woodhouse	Hawkesbury City	2.79m
17	Kira Sharman	Winston Hills	2.22m
18	Jaiden Geng	Winston Hills	2.02m

Boys U 11 - Long Jump

=====			
Zone: Z 5.06m 1/01/1986 T Henry, Winston Hills			
Name	Age	Centre	Final
=====			
1	Darcy Feltham	Winston Hills	4.55m
2	Marcus Rajan	Winston Hills	4.34m
3	Luca de Burnay Thompson	Hawkesbury City	4.27m
4	Liam Hayes	Hills District	4.11m
5	Yulin Li	Winston Hills	4.07m
6	Zak Gillogly	Hills District	3.90m
7	Beau Binns	Hills District	3.87m
8	Alex Margiotta	Rouse Hill Rams	3.77m
9	Liam Piggott	Hills District	3.61m
10	Jonathan du Preez	Rouse Hill Rams	3.55m
11	Joshua Auld	Winston Hills	3.48m
12	Elias Macri	Rouse Hill Rams	3.12m
13	Finn Clinton	Hills District	2.91m
14	Owen Bellomo	Hills District	2.87m
15	Tory Emme	Kings Langley	2.84m
16	Brandon Viko	Winston Hills	2.43m

Boys U 12 - Long Jump

=====			
Zone: Z 5.10m 1/01/1986 B Courtney, Hills			
Name	Age	Centre	Final
=====			
1	Nate Gill	Riverstone	4.79m
2	Aaron Moors	Hills District	4.52m
3	Harrison Auld	Winston Hills	4.45m
4	Benjamin Hyde	Hills District	4.41m
5	Thomas Daniel	Winston Hills	4.37m
6	Riley Nolan	Hills District	4.32m
7	Zach Redwood	Winston Hills	4.31m
8	Jasper Deane	Hills District	4.30m
9	Brett Cockayne	Hawkesbury City	3.99m
10	Lawson Cunningham	Winston Hills	3.84m
11	Ryan Green	Kings Langley	3.80m
12	Ben Hunter	Kings Langley	3.75m
13	Benjamin Kasozi	Hills District	3.65m
14	Gabriel Cuenca	Hills District	3.64m
15	Zacheriah Ajaj	Winston Hills	3.56m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - Long Jump**

Zone: Z 5.37m 11/12/2016 Patrick Spence, Winston Hills			
Name	Age	Centre	Final
1	Joshua Pozzolongo	Rouse Hill Rams	5.05m
2	Lukas McNeil	Hills District	5.04m
2	Andrew Hagggar	Hills District	5.04m
4	Jayeola Sunmola	Hills District	4.83m
5	Lachlan Ward	Hawkesbury City	4.71m
6	Lucas Scerri	Winston Hills	4.64m
6	Kevin Twigge	Rouse Hill Rams	4.64m
8	Clayton Peacock	Hawkesbury City	4.56m
9	Joshua Springett	Hawkesbury City	4.43m
10	Taine Cassar	Hills District	4.26m
11	Josaia Delana	Hills District	4.18m
12	Cameron Davies	Hawkesbury City	4.17m
13	Mitchell Borg	Kings Langley	4.08m
14	Lucas Hosking	Hills District	4.03m

Boys U 14 - Long Jump

Zone: Z 5.90m 10/12/2017 Sylvester Amon, Rouse Hill			
Name	Age	Centre	Final
1	William Bello	Hills District	5.37m
2	Luke Juhart	Winston Hills	5.18m
3	Samuel McKenzie	Hawkesbury City	5.08m
4	Mubarak Tajudeen	Hills District	4.89m
5	Ryan Salloman	Winston Hills	4.77m
6	Ilankumaran Murugappan	Kings Langley	4.56m
7	Sandip Srinii	Kings Langley	4.53m
8	Jy Windle	Winston Hills	4.44m
9	William Potts	Hawkesbury City	4.36m
--	Riley Wilson	Winston Hills	FOUL

Boys U 15 - Long Jump

Zone: Z 6.00m 27/10/2003 A Semple, Winston Hills			
Name	Age	Centre	Final
1	Connor Fornari	Winston Hills	5.67m
2	Joel Davis	Hills District	5.60m
3	Jake Baptiste	Kings Langley	5.41m
4	Oliver Reedy	Winston Hills	5.09m
5	Ryan Town	Rouse Hill Rams	4.97m
6	Liam Ramsay	Hills District	4.87m
7	Liam Preston	Hills District	4.78m
8	Cameron Ward	Kings Langley	4.71m
9	Elijah Shipley	Kings Langley	4.56m
10	Elijah Seruvatu	Winston Hills	4.30m
11	Benjamin Smith	Kings Langley	3.45m

Boys U 17 - Long Jump

Zone: Z 6.55m 14/12/2013 Jordan Coleman, Hills Distric			
Name	Age	Centre	Final
1	Omar Nadaya-Harb	Winston Hills	5.77m
2	Blake Archer	Rouse Hill Rams	5.69m
3	Jay De Courcy	Hawkesbury City	5.54m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - Long Jump**

4	Nicholas Long	Winston Hills	5.35m
5	Nathan Stevens	Hills District	5.35m
6	James Smit	Hills District	4.63m
7	Benjamin Wickenden	Hawkesbury City	3.86m

Boys U 11 - Triple Jump

Zone: Z 10.12m 29/01/2005 N Hough, Hills

Name	Age	Centre	Final
1	Rhys Webster	Winston Hills	9.09m
2	Marcus Rajan	Winston Hills	9.05m
3	Samuel Polley	Winston Hills	8.85m
4	Joshua Auld	Winston Hills	8.41m
5	Zak Gillogly	Hills District	8.23m
6	Jonathan du Preez	Rouse Hill Rams	7.94m
7	Liam Piggott	Hills District	7.86m
8	Joshua Hand	Winston Hills	7.68m
9	Beau Binns	Hills District	7.39m
10	Cooper Thorpe	Hills District	7.36m
11	Joshua Kimpton	Winston Hills	7.29m
12	Luke Williams	Hills District	7.26m
13	Tory Emme	Kings Langley	6.95m
14	Cillian Miller	Hills District	5.69m

Boys U 12 - Triple Jump

Zone: Z 10.77m 30/01/2011 F Adutwum, Quakers Hill

Name	Age	Centre	Final
1	Harrison Auld	Winston Hills	9.72m
2	James McNally	Hills District	9.32m
3	Riley Nolan	Hills District	9.22m
4	Billy Mulvihill	Hills District	9.04m
5	Jasper Deane	Hills District	9.02m
6	Ben Hunter	Kings Langley	8.57m
7	Benjamin Kasozi	Hills District	8.55m
8	Isaac Chevalier	Winston Hills	8.50m
9	Alexander Saxon	Hills District	8.05m
10	Riley Christie	Winston Hills	7.94m

Boys U 13 - Triple Jump

Zone: Z 11.76m 27/01/2007 N Hough, Hills

Name	Age	Centre	Final
1	Lukas McNeil	Hills District	10.45m
2	Lachlan Ward	Hawkesbury City	10.10m
2	Andrew Haggar	Hills District	10.10m
4	Jayeola Sunmola	Hills District	10.07m
5	Kevin Twigge	Rouse Hill Rams	9.86m
6	Lucas Scerri	Winston Hills	9.56m
7	Cameron Davies	Hawkesbury City	9.49m
8	Mitchell Borg	Kings Langley	9.01m
9	Faris Khan	Hills District	8.80m
10	Ethan Kelly	Hills District	8.78m
11	Josaia Delana	Hills District	8.76m
12	Joshua Springett	Hawkesbury City	8.02m
13	Ben Haaf	Winston Hills	7.89m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 14 - Triple Jump**

Zone: Z 12.27m 9/12/2017 Sylvester Amon, Rouse Hill			
Name	Age	Centre	Final
1 Samuel McKenzie		Hawkesbury City	11.14m
2 Luke Juhart		Winston Hills	11.06m
3 William Bello		Hills District	10.90m
4 Ilankumaran Murugappan		Kings Langley	10.64m
5 Mubarak Tajudeen		Hills District	10.54m
6 Ryan Salloman		Winston Hills	10.30m
7 Benjamin Waring		Hills District	10.19m
8 Daniel de Sacadura		Hills District	9.74m
9 Sandip Srini		Kings Langley	9.61m
10 William Potts		Hawkesbury City	8.84m

Boys U 15 - Triple Jump

Zone: Z 12.37m 27/10/2003 A Semple, Winston Hills			
Name	Age	Centre	Final
1 Connor Fornari		Winston Hills	12.17m
2 Jake Baptiste		Kings Langley	11.46m
3 Elijah Shipley		Kings Langley	10.92m
4 Hunter Hosking		Hills District	10.91m
5 Cameron Ward		Kings Langley	10.31m
6 Liam Preston		Hills District	10.02m
7 Elijah Seruvatu		Winston Hills	8.87m

Boys U 17 - Triple Jump

Zone: Z 12.40m 9/12/2016 Bret Owen, Kings Langley			
Name	Age	Centre	Final
1 Omar Nadaya-Harb		Winston Hills	13.12mZ
2 Jay De Courcy		Hawkesbury City	11.92m
3 Nathan Stevens		Hills District	11.72m
4 Erick Rajan		Winston Hills	10.89m
5 James Smit		Hills District	10.49m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 9.50m 13/12/2014 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 Lincoln McIlvride		Hills District	7.07m
2 Heath Broughton		Hawkesbury City	5.61m
3 Hayden Martin		Winston Hills	4.90m
4 Jack Gale		Winston Hills	4.87m
5 Michael Giffney		Kings Langley	4.67m
6 Benny Huang		Kings Langley	4.51m
7 Harry Golding		Hills District	4.44m
8 Michael Mitchell		Hills District	4.41m
9 Luke Wilkinson		Hawkesbury City	3.90m
10 Peiu Viko		Winston Hills	3.82m
11 Oliver Stark		Hills District	3.45m
12 Lachlan Kassab		Hills District	3.27m
13 Zane Cowper		Rouse Hill Rams	3.01m
14 Jake Miller		Kings Langley	2.63m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 8 - Shot Put (1.5 Kg)**

Zone: Z 9.04m 12/12/2015 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 Taine Katalinic		Winston Hills	6.06m
2 Jamie Cheeseman		Winston Hills	5.65m
3 Hayden Free		Hills District	5.40m
4 Spencer Carruthers		Winston Hills	5.29m
5 Harry Lewis		Rouse Hill Rams	5.15m
6 Eli Saffy		Winston Hills	5.13m
7 Gabriel Plummer		Hills District	4.98m
8 Dominic Tyler		Hills District	4.72m
9 Blake Spencer		Rouse Hill Rams	4.69m
10 Finnegan Brook		Hills District	4.66m
11 Sebastian Martignago		Winston Hills	4.60m
12 Tristan Quee		Hills District	4.51m
13 Patrick Waddington		Winston Hills	3.43m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 9.70m 29/01/2005 T Moerea, Winston Hills			
Name	Age	Centre	Final
1 Thomas Jackson		Winston Hills	7.16m
2 Oscar Harding		Hills District	6.06m
3 Lucas Ward		Kings Langley	5.79m
4 Oscar Turnbull		Rouse Hill Rams	5.69m
5 Zachary Wilkinson		Hawkesbury City	5.50m
6 Elijah Morrison		Rouse Hill Rams	5.45m
7 Sebastian Regis		Winston Hills	4.90m
8 Levi Randell		Hills District	4.87m
9 Tommy Reekie		Hills District	4.03m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 11.25m 26/01/2003 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Yusuf Tajudeen		Hills District	7.03m
2 Hayden Bell		Hills District	6.90m
3 Tom Brackenreg		Winston Hills	6.44m
4 Lennox Woodhouse		Hawkesbury City	5.57m
5 Benjamin Woodward		Rouse Hill Rams	5.40m
6 Spencer Robson		Hills District	5.27m
7 Dexter Lloyd		Rouse Hill Rams	5.09m
8 Riley Paki		Hills District	4.82m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 13.22m 31/01/2004 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Lachlan Metcalfe		Kings Langley	11.71m
2 Xavier Saffy		Winston Hills	9.15m
3 Riley Duncum		Kings Langley	8.26m
4 Luke Williams		Hills District	8.16m
5 Tobias Comito		Hills District	7.28m
6 Alex Margiotta		Rouse Hill Rams	7.12m
7 Brandon Viko		Winston Hills	6.63m
8 Jett Harper		Hawkesbury City	6.42m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - Shot Put (2.0 Kg)**

9 William Robson	Hills District	6.21m
10 Phoenix Bale	Rouse Hill Rams	6.00m
11 Callum Spooner	Hills District	5.54m
12 Thomas Spencer	Rouse Hill Rams	5.13m

Boys U 12 - Shot Put (2.0 Kg)

=====			
Zone: Z 12.87m 30/01/2005 M Teina, Winston Hills			
Name	Age Centre		Final
=====			
1 Benjamin Kasozi	Hills District		13.12mZ
2 Daniel Kasozi	Hills District		12.26m
3 Max Jackson	Winston Hills		10.29m
4 Roden Dew	Winston Hills		8.85m
5 Harry Coy	Hills District		8.41m
6 Lawson Cunningham	Winston Hills		6.82m
7 Marquez Tandog	Hills District		6.59m
8 Max Suttie	Hills District		5.96m

Boys U 13 - Shot Put (3.0 Kg)

=====			
Zone: Z 16.34m 5/02/1994 S Novkovic, Winston Hills			
Name	Age Centre		Final
=====			
1 Harvey Barrett	Winston Hills		8.34m
2 Ethan Smit	Hills District		7.41m
3 Connor Mauger	Winston Hills		6.90m
4 Jamie Preston	Hills District		6.83m
5 Jamie King	Hills District		6.71m

Boys U 14 - Shot Put (3.0 Kg)

=====			
Zone: Z 16.16m 13/12/2014 Jandamurra Stewart, Winston			
Name	Age Centre		Final
=====			
1 Ilankumaran Murugappan	Kings Langley		12.83m
2 Daniel de Sacadura	Hills District		11.54m
3 Caleb Knight	Winston Hills		11.17m
4 William Bello	Hills District		10.86m
5 William Potts	Hawkesbury City		10.13m
6 Zachary Porter	Winston Hills		9.44m
7 Luke Juhart	Winston Hills		8.32m
8 Riley Wilson	Winston Hills		8.02m

Boys U 15 - Shot Put (4.0 Kg)

=====			
Zone: Z 17.34m 30/01/1988 M Sowden, Riverstone			
Name	Age Centre		Final
=====			
1 Blake Metcalfe	Kings Langley		14.02m
2 Joel Davis	Hills District		12.85m
3 Thomas Jackson	Winston Hills		11.71m
4 Zachary Glasheen-Smith	Riverstone		10.76m
5 Cameron Ward	Kings Langley		6.41m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - Shot Put (5.0 Kg)**

Zone: Z 15.34m 31/01/2009 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Corey Flynn		Hawkesbury City	13.00m
2 Blake Archer		Rouse Hill Rams	12.46m
3 Jayden Duncum		Kings Langley	10.84m
4 thomas colcomb		Rouse Hill Rams	10.67m
5 Nathan Stevens		Hills District	10.61m
6 Jay De Courcy		Hawkesbury City	10.45m
7 Matthew Brice		Hills District	10.39m
8 Conor Siney		Hills District	9.60m
9 Brett Horton		Winston Hills	9.20m
10 Benjamin Wickenden		Hawkesbury City	8.50m

Boys U 7 - Discus (350 Gram)

Zone: Z 27.67m 14/12/2014 Lachlan Metcalfe, Kings Lang			
Name	Age	Centre	Final
1 Lincoln McIlvride		Hills District	16.04m
2 Michael Giffney		Kings Langley	13.65m
3 Jack Gale		Winston Hills	12.45m
4 Hayden Martin		Winston Hills	11.15m
5 Isaac Portelli		Rouse Hill Rams	10.65m
6 Hudson turnbull		Rouse Hill Rams	9.91m
7 Luke Wilkinson		Hawkesbury City	9.53m
8 Cooper Shaw		Hills District	9.25m
9 Oscar Armitage		Hills District	8.53m
10 Aiden Harvey		Rouse Hill Rams	8.27m
11 Lucas Strbik		Hills District	7.56m
12 Oliver Lee		Winston Hills	5.77m
-- Heath Broughton		Hawkesbury City	FOUL

Boys U 8 - Discus (500 Gram)

Zone: Z 27.86m 30/01/2000 S Dhaliwal, Quakers Hill			
Name	Age	Centre	Final
1 Eli Saffy		Winston Hills	19.52m
2 Hayden Free		Hills District	13.69m
3 Roman Iori		Riverstone	13.39m
4 Donovan O'Connor		Winston Hills	12.84m
5 Harry Lewis		Rouse Hill Rams	12.06m
6 Gabriel Plummer		Hills District	11.05m
7 Finnegan Brook		Hills District	10.50m
8 Liam Escott		Hills District	10.42m
9 Toby Mcdermid		Riverstone	9.88m
10 Kieren Petersen		Kings Langley	9.86m
11 Patrick Waddington		Winston Hills	9.00m
12 Brian Jack		Kings Langley	8.81m
13 Flynn Wilson		Hills District	8.56m
14 Lucas Chandran		Winston Hills	7.84m
-- Archie Mak		Hills District	FOUL

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - Discus (500 Gram)**

Zone: Z 30.83m 30/01/2005 T Moerea, Winston Hills			
Name	Age	Centre	Final
1 Thomas Jackson		Winston Hills	25.02m
2 Aaron Chevalier		Winston Hills	24.47m
3 Kai Hall		Hills District	18.46m
4 Noah Scerri		Winston Hills	17.55m
5 Viliami Wolfgramm		Kings Langley	16.65m
6 Oscar Harding		Hills District	15.58m
7 Lucas Ward		Kings Langley	15.56m
8 Knox Harper		Hawkesbury City	14.89m
9 Zachary Wilkinson		Hawkesbury City	13.45m
10 Oscar Turnbull		Rouse Hill Rams	12.92m
11 Noah Kemp		Hawkesbury City	12.76m
12 Akash Dey		Winston Hills	12.67m
13 Banjo Pelusi		Winston Hills	11.90m
14 Cooper Shand		Hills District	11.78m
15 Elijah Morrison		Rouse Hill Rams	10.87m
16 Levi Randell		Hills District	10.71m
17 Sebastian Le-Surf		Hills District	8.30m
18 Max Miller		Hills District	5.60m

Boys U 10 - Discus (500 Gram)

Zone: Z 35.40m 31/01/2009 J Baker, Winston Hills			
Name	Age	Centre	Final
1 Brayden Thompson		Hills District	25.61m
2 Zachary Weiley		Hills District	18.58m
3 Lennox Woodhouse		Hawkesbury City	16.70m
4 Tom Brackenreg		Winston Hills	15.32m
5 Ishan Geddi		Hills District	14.34m
6 Mitchell Salonga		Hills District	13.32m
7 Kira Sharman		Winston Hills	11.31m
8 Spencer Robson		Hills District	10.78m
9 Matthew Cooper		Winston Hills	10.74m
10 Liam Reed		Hills District	10.00m

Boys U 11 - Discus 500 Gram)

Zone: Z 35.64m 9/12/2012 Alexander Murdocca, Rouse Hi			
Name	Age	Centre	Final
1 Lachlan Metcalfe		Kings Langley	35.16m
2 Xavier Saffy		Winston Hills	32.31m
3 Riley Duncum		Kings Langley	27.20m
4 Declan Abela		Winston Hills	24.62m
5 Tobias Comito		Hills District	22.12m
6 Beau Binns		Hills District	21.50m
7 Tory Emme		Kings Langley	19.10m
8 Blake Haggard		Hills District	18.71m
9 Jace Rowley		Hills District	13.71m
10 Cooper Gravina		Rouse Hill Rams	13.40m
11 Harrison Le-Surf		Hills District	12.82m
12 Phoenix Bale		Rouse Hill Rams	11.62m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 12 - Discus (750 Gram)**

Zone: Z 47.02m 14/12/2013 Alexander Murdocca, Rouse Hi			
Name	Age	Centre	Final
1 Benjamin Kasozi		Hills District	31.93m
2 Daniel Kasozi		Hills District	27.66m
3 Isaac Chevalier		Winston Hills	27.06m
4 Roden Dew		Winston Hills	25.51m
5 Ryan Green		Kings Langley	25.28m
6 Rafael Rebaza		Winston Hills	23.53m
7 Brett Cockayne		Hawkesbury City	22.14m
8 Harry Coy		Hills District	21.36m
9 Max Jackson		Winston Hills	15.71m
10 Marquez Tandog		Hills District	15.61m
11 Lachlan Munro		Hills District	14.97m
12 Max Suttie		Hills District	14.48m

Boys U 13 - Discus (750 Gram)

Zone: Z 48.00m 13/12/2014 Alexander Murdocca, Rouse Hi			
Name	Age	Centre	Final
1 Maxx Rowley		Hills District	27.28m
2 Lucas Scerri		Winston Hills	25.75m
3 Lochlan Duncum		Kings Langley	24.80m
4 Ethan Smit		Hills District	23.87m
5 Jamie Preston		Hills District	21.40m
6 Josaia Delana		Hills District	21.32m
7 Clayton Peacock		Hawkesbury City	21.25m
8 Jamie King		Hills District	20.28m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 53.70m 5/02/1995 S Novkovic, Winston Hills			
Name	Age	Centre	Final
1 Daniel de Sacadura		Hills District	39.28m
2 Ilankumaran Murugappan		Kings Langley	32.80m
3 Caleb Knight		Winston Hills	29.38m
4 William Bello		Hills District	27.14m
5 Zachary Porter		Winston Hills	24.28m
6 Riley Wilson		Winston Hills	22.73m
7 Travis Hargrave		Hawkesbury City	22.18m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 55.88m 30/01/1999 A Walker, Hills			
Name	Age	Centre	Final
1 Thomas. Jackson		Winston Hills	39.83m
2 Blake Metcalfe		Kings Langley	39.20m
3 Isaac Comito		Hills District	26.68m
4 Benjamin Smith		Kings Langley	12.73m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 44.91m 10/12/2017 Alexander Murdocca, Rouse Hi			
Name	Age	Centre	Final
1 Blake Archer		Rouse Hill Rams	40.22m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - Discus (1.5 Kg)**

2	thomas colcomb	Rouse Hill Rams	37.48m
3	Jayden Duncum	Kings Langley	35.56m
4	Matthew Brice	Hills District	30.72m
5	Jay De Courcy	Hawkesbury City	26.05m
6	Brett Horton	Winston Hills	22.69m
7	Conor Siney	Hills District	22.21m
8	Benjamin Wickenden	Hawkesbury City	22.09m

Boys U 9-10 Multi Class Discus

Name	Age Centre	Final
1 Levi Douglass	Hawkesbury City	8.00m

Boys U 11 - Javelin (400 Gram)

Name	Age Centre	Final
Zone: Z 26.18m 12/12/2015 Aaron Byrne, Winston Hills		
1 Lachlan Metcalfe	Kings Langley	25.05m
2 Declan Abela	Winston Hills	21.18m
3 Riley Duncum	Kings Langley	19.48m
4 Jonathan du Preez	Rouse Hill Rams	18.20m
5 Tobias Comito	Hills District	16.97m
6 Blake Haggard	Hills District	16.44m
7 Oliver Golding	Hills District	14.24m
8 Morgan Brown	Hills District	11.65m
9 Callum Spooner	Hills District	9.30m

Boys U 12 - Javelin (400 Gram)

Name	Age Centre	Final
Zone: Z 33.62m 12/12/2015 Blake Archer, Rouse Hill		
1 Isaac Chevalier	Winston Hills	26.01m
2 Lucas Archer	Rouse Hill Rams	24.60m
3 Daniel Kasozi	Hills District	23.88m
4 Harry Coy	Hills District	19.90m
5 Lachlan Munro	Hills District	18.88m
6 Malakai Crawhall	Hills District	18.48m
7 Roden Dew	Winston Hills	17.88m
8 Max Suttie	Hills District	17.10m
9 Harrison Habib	Hills District	14.96m

Boys U 13 - Javelin (600 Gram)

Name	Age Centre	Final
Zone: Z 39.67m 29/01/2004 A Luzi		
1 Lochlan Duncum	Kings Langley	20.42m
2 Jamie Preston	Hills District	19.32m
3 Jamie King	Hills District	19.17m
4 Connor Mauger	Winston Hills	11.69m

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 14 - Javelin (600 Gram)**

Zone: Z 35.91m 8/12/2017 thomas colcomb, Rouse Hill			
Name	Age	Centre	Final
1 Ilankumaran Murugappan		Kings Langley	42.08mZ
2 Daniel de Sacadura		Hills District	33.90m
3 Aaron Byrne		Winston Hills	26.41m
4 Spencer Brown		Hills District	19.80m
5 Riley Wilson		Winston Hills	19.14m
6 Travis Hargrave		Hawkesbury City	18.60m

Boys U 15 - Javelin (700 Gram)

Zone: Z 38.34m 12/12/2014 Ben Tait, Kings Langley			
Name	Age	Centre	Final
1 Blake Metcalfe		Kings Langley	35.31m
2 Elijah Shipley		Kings Langley	31.13m
3 George Gaitanidis		Winston Hills	28.85m
4 Benjamin Smith		Kings Langley	16.49m

Boys U 17 - Javelin (700 Gram)

Zone: Z 44.59m 28/01/2011 B McNaughton, Winston Hills			
Name	Age	Centre	Final
1 Conor Siney		Hills District	39.15m
2 thomas colcomb		Rouse Hill Rams	37.54m
3 Jayden Duncum		Kings Langley	37.28m
4 Jay De Courcy		Hawkesbury City	32.95m
5 James Smit		Hills District	29.58m
6 Benjamin Wickenden		Hawkesbury City	15.71m

Boys U 9-10 Multi Class Long Jump

Name	Age	Centre	Final
1 Levi Douglass		Hawkesbury City	1.61m

Boys U 9 - 700 Metre Walk

Zone: Z 3:51.60 30/01/1998 S Johnstone, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Benjamin Hand		Winston Hills	3:56.73
2 Casey Gambrill		Hills District	3:56.88
3 Levi Zevaka		Winston Hills	5:49.12

Boys U 10 - 1100 Metre Walk

Zone: Z 6:06.36 27/01/2010 L McGrath, Hills			
Name	Age	Centre	Final
1 Keegan Free		Hills District	6:20.72
2 Riley Payne		Winston Hills	6:20.85
3 Damon Jones		Riverstone	6:49.85
4 Harry Sherwood		Hills District	6:51.37
-- Rhys Wilson		Hills District	DQ

NWMet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - 1100 Metre Walk**

Zone: Z 5:59.87 27/01/2010 J Glover, Hills			
Name	Age	Centre	Final
1 Joshua Hand		Winston Hills	6:02.36
2 Harrison Mauger		Winston Hills	6:02.66
3 Kane Robson		Hills District	6:34.26
4 Cooper Thorpe		Hills District	6:36.29
5 Jesse Brodick		Winston Hills	6:41.37
6 Joshua Kimpton		Winston Hills	7:10.70
-- Harrison Le-Surf		Hills District	DQ

Boys U 12 - 1500 Metre Walk

Zone: Z 7:25.90 1/01/1983 C Arkins, Hills			
Name	Age	Centre	Final
1 Aidan Pospischil		Winston Hills	9:09.87
2 Gabriel Cuenca		Hills District	9:35.12
3 Kai Stewart		Hills District	10:37.61

Boys U 13 - 1500 Metre Walk

Zone: Z 7:37.80 4/02/1994 B Murray, Winston Hills			
Name	Age	Centre	Final
1 Brodie Payne		Winston Hills	7:23.28Z
2 Liam Roche		Hills District	9:38.20
3 Connor Mauger		Winston Hills	9:38.76
4 Mitchell Borg		Kings Langley	10:37.29

Boys U 14 - 1500 Metre Walk

Zone: Z 7:44.20 5/02/1993 D Rushworth, Prospect			
Name	Age	Centre	Final
1 Jack Robson		Hills District	8:09.74
2 Riley Cotter		Hawkesbury City	10:58.14

Boys U 15 - 1500 Metre Walk

Zone: Z 7:17.50 5/02/1993 A Midgley, Prospect			
Name	Age	Centre	Final
1 Adam Dickson		Hills District	8:39.60
2 Isaac Comito		Hills District	10:59.09

Boys U 17 - 1500 Metre Walk

Zone: Z 6:50.42 11/12/2015 Jordan Glover, Hills Distri			
Name	Age	Centre	Final
1 Jackson Deane		Hills District	8:17.04
2 James Smit		Hills District	8:40.39