

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 7 - 50 Metre Sprint**

Zone: Z 9.04 30-Jan-10 C.Kennedy, Quakers Hill			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Chelsea Chapman		Riverstone	9.47Q
2 Sachi Singfield		Hills District	9.83Q
3 Chloe McArtney		Hills District	9.86Q
4 Sophia Gong		Hills District	10.63q
Heat 2 Heats			
1 Cassidy Southwood		Hills District	9.91Q
2 Mia Spooner		Hills District	10.16Q
3 Ava Chapman Read		Hills District	10.38Q
4 Sienna Hinder		Hawkesbury City	10.68q
5 Eliana Cunningham		Winston Hills	10.76
6 Sophie Whitehouse		Winston Hills	12.33

**Girls U 7 - 50 Metre Sprint**

Zone: Z 9.04 30-Jan-10 C.Kennedy, Quakers Hill			
Name	Age	Centre	Final
Section 1 Final			
1 Chelsea Chapman		Riverstone	9.32
2 Sachi Singfield		Hills District	9.51
3 Cassidy Southwood		Hills District	9.66
4 Chloe McArtney		Hills District	9.82
5 Mia Spooner		Hills District	9.86
6 Ava Chapman Read		Hills District	10.29
7 Sienna Hinder		Hawkesbury City	10.54
8 Sophia Gong		Hills District	10.57

**Girls U 7 - 70 Metre Sprint**

Zone: Z 11.40 01-Jan-84 A.Davis, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Madison Harris		Hills District	13.52Q
2 Ava Vengoa		Hills District	13.59Q
3 Sienna Hinder		Hawkesbury City	13.67Q
4 Megan Geldenhuys		Rouse Hill Rams	14.33
5 Matilda Smith		Kings Langley	14.44
6 Ava Chapman Read		Hills District	14.60
Heat 2 Heats			
1 Ruby Odbert		Hills District	12.98Q
2 Zoe Lynch		Hills District	13.24Q
3 Zoe Drake		Winston Hills	13.56Q
4 Jacyrae Brown		Hawkesbury City	13.58q
5 Chloe McArtney		Hills District	13.86q
6 Krystal Emme		Kings Langley	13.98
7 Eliana Cunningham		Winston Hills	14.51

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 7 - 70 Metre Sprint**

Zone: Z 11.40 01-Jan-84 A.Davis, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Ruby Odbert		Hills District	12.70
2 Zoe Lynch		Hills District	12.98
3 Madison Harris		Hills District	13.09
4 Ava Vengoa		Hills District	13.12
5 Zoe Drake		Winston Hills	13.29
6 Chloe McArtney		Hills District	13.45
7 Sienna Hinder		Hawkesbury City	13.48
8 Krystal Emme		Kings Langley	13.67

**Girls U 8 - 70 Metre Sprint**

Zone: Z 10.60 01-Jan-86 D Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlotte Scott-Rogers		Hills District	12.49Q
2 Tara Roche		Hills District	12.76Q
3 Annalise Becroft		Hills District	13.46Q
4 Tabitha Broughton		Hawkesbury City	13.70q
5 Tayla Dobson		Hills District	15.46
6 Mikaela Mcdonald		Riverstone	20.69
Heat 2 Heats			
1 Olivia Scott-Rogers		Hills District	11.74Q
2 Claire Vogelaar		Winston Hills	12.15Q
3 Emma Webster		Winston Hills	12.56Q
4 Tamara Davies		Hawkesbury City	12.82q
5 Michelle George		Hills District	15.10

**Girls U 8 - 70 Metre Sprint**

Zone: Z 10.60 01-Jan-86 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Olivia Scott-Rogers		Hills District	11.71
2 Claire Vogelaar		Winston Hills	12.14
3 Charlotte Scott-Rogers		Hills District	12.30
4 Emma Webster		Winston Hills	12.44
5 Tamara Davies		Hawkesbury City	12.51
6 Tara Roche		Hills District	12.61
7 Tabitha Broughton		Hawkesbury City	13.56
8 Annalise Becroft		Hills District	13.61

**Girls U 9 - 70 Metre Sprint**

Zone: Z 10.69 13-Dec-15 Tuliana Kabuyawa, Hills Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Adelaide Powell		Hills District	11.77Q
2 Evangeline Everson		Hills District	12.35Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 9 - 70 Metre Sprint**

3	Hanna Lewis	Rouse Hill Rams	12.44Q
4	Alicia Zhang	Rouse Hill Rams	12.54q
5	Sophie Saxon	Hills District	12.84q
6	Jossie Burns-eisma	Riverstone	14.70

Heat 2 Heats

1	Marlee Deane	Rouse Hill Rams	11.90Q
2	Annabelle Casey	Winston Hills	12.07Q
3	Charlie Gravina	Rouse Hill Rams	12.23Q
4	Asha Stephens	Hills District	13.57
5	Leila Odbert	Hills District	13.96
6	Suri Sethuram	Hills District	14.10
7	Cara-lee Flecknoe	Riverstone	14.47

**Girls U 9 - 70 Metre Sprint**

=====  
Zone: Z 10.69 13-Dec-15 Tuliana Kabuyawa, Hills Distr

Name Age Centre Final  
=====

Section 1 Final

1	Adelaide Powell	Hills District	11.51
2	Marlee Deane	Rouse Hill Rams	11.53
3	Annabelle Casey	Winston Hills	12.10
4	Charlie Gravina	Rouse Hill Rams	12.18
5	Evangeline Everson	Hills District	12.22
6	Hanna Lewis	Rouse Hill Rams	12.42
7	Sophie Saxon	Hills District	12.78
8	Alicia Zhang	Rouse Hill Rams	12.87

**Girls U 10 - 70 Metre Sprint**

=====  
Zone: Z 9.80 01-Feb-97 A Kerr, Winston Hills

Name Age Centre Heats  
=====

Heat 1 Heats

1	Madison Park	Hills District	10.82Q
2	Emily Knight	Hills District	11.10Q
3	Mikayla Muscat	Hills District	11.23q
4	Amber Newell	Winston Hills	11.45q
5	Mackenzie Clifford-farre	Kings Langley	12.03q
6	Georgia Dux	Kings Langley	12.17

Heat 2 Heats

1	Annissa Quee	Hills District	11.09Q
2	Jett Newman	Hawkesbury City	11.22Q
3	Siena Overton	Winston Hills	11.92q
4	anjali raman	Winston Hills	12.10
5	Makee Samia	Hills District	12.23
6	Makayla Norford	Kings Langley	12.26
7	Danielle Miller	Hills District	12.32
8	Caley McClure	Kings Langley	13.18

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 10 - 70 Metre Sprint**

Zone: Z 9.80 01-Feb-97 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Madison Park		Hills District	10.75
2 Jett Newman		Hawkesbury City	10.84
3 Emily Knight		Hills District	11.00
4 Annissa Quee		Hills District	11.07
5 Mikayla Muscat		Hills District	11.48
6 Amber Newell		Winston Hills	11.76
7 Siena Overton		Winston Hills	12.28
8 Mackenzie Clifford-farre		Kings Langley	12.29

**Girls U 7 - 100 Metre Sprint**

Zone: Z 16.30 01-Jan-85 D.Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Summer Paki		Hills District	17.98Q
2 Ruby Odbert		Hills District	18.79Q
3 Jacyrae Brown		Hawkesbury City	19.35Q
4 Zoe Drake		Winston Hills	19.72q
5 Megan Geldenhuys		Rouse Hill Rams	20.05
6 Matilda Smith		Kings Langley	21.07
7 Ella Caines		Rouse Hill Rams	21.08
8 Sienna Hinder		Hawkesbury City	21.14
9 Arabella Gunter		Hawkesbury City	29.03
Heat 2 Heats			
1 Chelsea Chapman		Riverstone	18.36Q
2 Zoe Lynch		Hills District	19.04Q
3 Eva McKenzie		Hills District	19.11Q
4 Ava Vengoa		Hills District	19.35q
5 Madison Reynolds		Winston Hills	20.40
6 Annise Lee		Hills District	20.83
7 Eliana Cunningham		Winston Hills	21.17
8 Somer Zapatero		Winston Hills	21.28
9 Sophie Whitehouse		Winston Hills	24.50

**Girls U 7 - 100 Metre Sprint**

Zone: Z 16.30 01-Jan-85 D.Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Summer Paki		Hills District	17.69
2 Chelsea Chapman		Riverstone	17.84
3 Zoe Lynch		Hills District	18.63
4 Eva McKenzie		Hills District	18.77
5 Ava Vengoa		Hills District	18.85
6 Ruby Odbert		Hills District	18.97
7 Zoe Drake		Winston Hills	19.62
8 Jacyrae Brown		Hawkesbury City	20.07

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 8 - 100 Metre Sprint**

Zone: Z 15.40 01-Jan-80 A Parker, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Olivia Scott-Rogers		Hills District	16.41Q
2 Emma Webster		Winston Hills	17.45Q
3 Olivia Jones		Riverstone	17.93Q
4 Paloma Lopez		Hills District	18.08q
5 Grace Knight		Hills District	18.31q
6 Daniella Cirignano		Hills District	19.28
Heat 2 Heats			
1 Claire Vogelaar		Winston Hills	16.92Q
2 Charlotte Scott-Rogers		Hills District	18.02Q
3 Amelia Hocroft		Kings Langley	18.86Q
4 Sarah Dimech		Hawkesbury City	19.19
5 April Zdrilic		Hills District	20.46
6 Violet Knight		Winston Hills	20.50

**Girls U 8 - 100 Metre Sprint**

Zone: Z 15.40 01-Jan-80 A Parker, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Olivia Scott-Rogers		Hills District	16.38
2 Claire Vogelaar		Winston Hills	16.88
3 Charlotte Scott-Rogers		Hills District	17.44
4 Emma Webster		Winston Hills	17.45
5 Paloma Lopez		Hills District	17.70
6 Olivia Jones		Riverstone	18.06
7 Grace Knight		Hills District	18.28
8 Amelia Hocroft		Kings Langley	18.47

**Girls U 9 - 100 Metre Sprint**

Zone: Z 14.30 01-Jan-81 L Whiteside, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Adelaide Powell		Hills District	16.49Q
2 Caitlyn Martin		Winston Hills	17.10Q
3 Charlie Gravina		Rouse Hill Rams	17.42Q
4 Olivia Mackenzie		Hills District	17.97q
5 Carla Grimm		Hills District	18.34
6 Maeve Fisher		Winston Hills	18.48
7 Ashlynn Hill		Hawkesbury City	19.57
Heat 2 Heats			
1 Marlee Deane		Rouse Hill Rams	16.35Q
2 Annabelle Casey		Winston Hills	16.75Q
3 Evangeline Everson		Hills District	17.59Q
4 Sophie Saxon		Hills District	18.24q
5 Clarie Kelly		Kings Langley	19.20
6 Suri Sethuram		Hills District	19.53

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 9 - 100 Metre Sprint**

Zone: Z 14.30 01-Jan-81 L Whiteside, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Marlee Deane		Rouse Hill Rams	16.15
2 Adelaide Powell		Hills District	16.29
3 Annabelle Casey		Winston Hills	16.66
4 Caitlyn Martin		Winston Hills	16.80
5 Charlie Gravina		Rouse Hill Rams	17.42
6 Evangeline Everson		Hills District	17.48
7 Olivia Mackenzie		Hills District	17.69
8 Sophie Saxon		Hills District	17.93

**Girls U 10 - 100 Metre Sprint**

Zone: Z 13.70 01-Feb-97 A Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Madison Park		Hills District	15.57Q
2 Emily Knight		Hills District	15.96Q
3 Amber Newell		Winston Hills	16.62q
4 Alyssa McKenzie		Hawkesbury City	16.92
5 Georgia Dux		Kings Langley	17.61
6 anjali raman		Winston Hills	17.66
7 Bianca Singireddy		Winston Hills	18.68
8 Caley McClure		Kings Langley	19.03
9 Eleanor Smith		Kings Langley	19.32
Heat 2 Heats			
1 Jett Newman		Hawkesbury City	15.39Q
2 Charlotte Wiggins		Hills District	15.58Q
3 Mikayla Muscat		Hills District	15.79q
4 Annissa Quee		Hills District	16.00q
5 Lily Johnston		Winston Hills	16.26q
6 Hayley Escott		Hills District	17.40
7 Makayla Norford		Kings Langley	17.58
8 Allyra Hill		Hawkesbury City	19.36
9 Charlotte Dimech		Hawkesbury City	19.42

**Girls U 10 - 100 Metre Sprint**

Zone: Z 13.70 01-Feb-97 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Madison Park		Hills District	15.27
2 Jett Newman		Hawkesbury City	15.32
3 Emily Knight		Hills District	15.45
4 Charlotte Wiggins		Hills District	15.50
5 Annissa Quee		Hills District	15.84
6 Mikayla Muscat		Hills District	15.94
7 Amber Newell		Winston Hills	16.26
8 Lily Johnston		Winston Hills	16.39

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 11 - 100 Metre Sprint**

Zone: Z 13.69 01-Jan-87 B Page, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amelia Ho		Hills District	15.19Q
2 jaedin Le Marseny		Hills District	15.39Q
3 Charlotte Flemming		Winston Hills	15.56Q
4 Keira Murphy		Hills District	15.98q
5 Gabriella Cirignano		Hills District	16.03q
6 Jordan McPherson		Rouse Hill Rams	16.70
Heat 2 Heats			
1 tuliana kabuyawa		Hills District	14.16Q
2 Joelle Tham		Hills District	15.57Q
3 Lillyann Wilson		Hawkesbury City	16.04Q
4 Theresa Kohl		Rouse Hill Rams	17.19
5 Jenna Lean		Rouse Hill Rams	17.36
6 Sindhu Senthil		Winston Hills	17.59

**Girls U 11 - 100 Metre Sprint**

Zone: Z 13.69 01-Jan-87 B Page, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 tuliana kabuyawa		Hills District	13.89
2 jaedin Le Marseny		Hills District	15.08
3 Amelia Ho		Hills District	15.18
4 Joelle Tham		Hills District	15.30
5 Charlotte Flemming		Winston Hills	15.37
6 Keira Murphy		Hills District	15.58
7 Lillyann Wilson		Hawkesbury City	15.64
8 Gabriella Cirignano		Hills District	15.97

**Girls U 12 - 100 Metre Sprint**

Zone: Z 13.20 01-Jan-86 A Coupland, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Audrey Nadaya-Harb		Winston Hills	14.36Q
2 Beth Abbott		Hills District	15.10Q
3 Sophie Powells		Winston Hills	15.18Q
4 Liviya Ho		Hills District	15.42q
5 Sofia Nicholson		Hills District	15.44q
6 Keya Ramaswamy		Hills District	15.50
7 Hayley Charlwood		Winston Hills	16.36
8 Victoria Henderson		Winston Hills	18.44
Heat 2 Heats			
1 Victoria Lopez		Rouse Hill Rams	14.60Q
2 Aarya Kulkarni		Hills District	14.95Q
3 Ainslie McNally		Winston Hills	15.16Q
4 Elle Brooks		Hawkesbury City	15.48
5 Devni Kumarage		Hills District	16.12
6 Summer Leahy		Winston Hills	16.22

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 12 - 100 Metre Sprint**

Zone: Z 13.20 01-Jan-86 A Coupland, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Audrey Nadaya-Harb		Winston Hills	14.35
2 Victoria Lopez		Rouse Hill Rams	14.56
3 Sophie Powells		Winston Hills	14.92
4 Beth Abbott		Hills District	14.93
5 Ainslie McNally		Winston Hills	14.99
6 Aarya Kulkarni		Hills District	15.13
7 Sofia Nicholson		Hills District	15.33
8 Liviya Ho		Hills District	15.47

**Girls U 13 - 100 Metre Sprint**

Zone: Z 12.60 02-Feb-91 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Lauryn Kasozi		Hills District	13.69
2 Jorja Wilson		Winston Hills	13.87
3 Angelina Bale		Rouse Hill Rams	14.29
4 Tayla Homsy		Hawkesbury City	14.72
5 Lana Page		Hills District	14.78
6 Chloe Nolan		Hills District	14.97
7 Zoe Linsen		Hills District	15.20
8 Vanessa Chapman		Hawkesbury City	18.40

**Girls U 14 - 100 Metre Sprint**

Zone: Z 12.40 27-Oct-03 A Kerr, Winston Hills			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	13.57
2 motea kabuyawa		Hills District	14.36
3 Jessica Rowe		Rouse Hill Rams	14.57
4 Ruby Nichols		Rouse Hill Rams	14.71
5 Cassandra Borg		Rouse Hill Rams	14.89
6 Lauren Eagleton		Hills District	15.15

**Girls U 15 - 100 Metre Sprint**

Zone: Z 12.50 06-Feb-93 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Sidney Burrell		Hills District	13.58
2 Jessica Fartek		Hills District	13.64
3 Erin Graham		Hawkesbury City	13.80
4 Rhiannon Ho		Hills District	14.32
5 Ruby Brown		Hills District	14.38



**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 17 - 100 Metre Sprint**

Zone: Z 12.36 08-Dec-12 Ashlee Tait, Kings Langley			
Name	Age	Centre	Final
1	Alicia Fartek	Hills District	13.40
2	Carla Goulooze	Hills District	13.71
3	Elizabeth Staples	Winston Hills	13.74
4	Madelyn Fartek	Hills District	13.89
5	Chloe Lavender	Winston Hills	14.59
6	Janaya Lee	Riverstone	14.67

**Girls U 7 - 200 Metre Sprint**

Zone: Z 33.70 30-Jan-00 A.Ashton, Kings Langley			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Summer Paki	Hills District	37.24Q
2	Eva McKenzie	Hills District	37.53Q
3	Ruby Odbert	Hills District	40.17Q
4	Jacyrae Brown	Hawkesbury City	40.26q
Heat 2 Heats			
1	Madison Harris	Hills District	39.38Q
2	Ava Vengoa	Hills District	40.78Q
3	Zoe Drake	Winston Hills	41.55Q
4	Cassidy Southwood	Hills District	43.68q
5	Ella Caines	Rouse Hill Rams	45.47
6	Eliana Cunningham	Winston Hills	48.65

**Girls U 7 - 200 Metre Sprint**

Zone: Z 33.70 30-Jan-00 A.Ashton, Kings Langley			
Name	Age	Centre	Final
Section 1 Final			
1	Summer Paki	Hills District	36.60
2	Eva McKenzie	Hills District	37.41
3	Zoe Drake	Winston Hills	38.66
4	Madison Harris	Hills District	38.79
5	Ruby Odbert	Hills District	40.05
6	Ava Vengoa	Hills District	40.43
7	Cassidy Southwood	Hills District	44.23
8	Jacyrae Brown	Hawkesbury City	44.52

**Girls U 8 - 200 Metre Sprint**

Zone: Z 25.91 14-Dec-14 Alannah Ellis, Hills District			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Isabella West	Hills District	36.88Q
2	Emma Webster	Winston Hills	38.73Q
3	Tabitha Broughton	Hawkesbury City	40.58Q
4	Annalise Becroft	Hills District	42.66
5	Sarah Dimech	Hawkesbury City	43.38
6	Tayla Dobson	Hills District	49.42

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 8 - 200 Metre Sprint**

Heat 2 Heats

1	Jordyn Deen	Hills District	33.10Q
2	Amelia Johnston	Winston Hills	37.49Q
3	Ruby Scheepers	Hills District	38.87Q
4	Olivia Jones	Riverstone	39.05q
5	Amelia Hocroft	Kings Langley	39.76q
6	Ruby Marshall	Hills District	40.40
7	Yovelle Jayasena	Rouse Hill Rams	41.94

**Girls U 8 - 200 Metre Sprint**

=====  
 Zone: Z 25.91 14-Dec-14 Alannah Ellis, Hills District  
 Name Age Centre Final  
 =====

Section 1 Final

1	Jordyn Deen	Hills District	33.78
2	Isabella West	Hills District	36.31
3	Emma Webster	Winston Hills	37.23
4	Amelia Johnston	Winston Hills	37.94
5	Ruby Scheepers	Hills District	38.85
6	Amelia Hocroft	Kings Langley	39.53
7	Tabitha Broughton	Hawkesbury City	40.01

**Girls U 9 - 200 Metre Sprint**

=====  
 Zone: Z 31.20 01-Jan-87 D Kerr, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Lily Caines	Rouse Hill Rams	34.91Q
2	Annabelle Casey	Winston Hills	35.75Q
3	Matilda Kearns	Hawkesbury City	37.00Q
4	Hanna Lewis	Rouse Hill Rams	38.69
5	Hannah Beedell	Hills District	38.99
6	Sienna Longhurst	Kings Langley	42.86
7	Skye Stephens	Hills District	44.65

Heat 2 Heats

1	Marlee Deane	Rouse Hill Rams	34.04Q
2	Adelaide Powell	Hills District	35.47Q
3	Ella Mulry	Kings Langley	36.13Q
4	Charlie Gravina	Rouse Hill Rams	36.68q
5	Sophie Saxon	Hills District	37.29q
6	Hannah King	Hills District	41.46
7	Asha Stephens	Hills District	43.46

**Girls U 9 - 200 Metre Sprint**

=====  
 Zone: Z 31.20 01-Jan-87 D Kerr, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Marlee Deane	Rouse Hill Rams	34.37
2	Lily Caines	Rouse Hill Rams	35.27
3	Annabelle Casey	Winston Hills	35.67
4	Ella Mulry	Kings Langley	35.73

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 9 - 200 Metre Sprint**

5	Sophie Saxon	Hills District	37.00
6	Adelaide Powell	Hills District	37.36
7	Charlie Gravina	Rouse Hill Rams	37.62
8	Matilda Kearns	Hawkesbury City	40.85

**Girls U 10 - 200 Metre Sprint**

=====

Zone: Z 29.50 01-Jan-83 D Waltmann, Lalor Park			
Name	Age	Centre	Heats

=====

Heat 1 Heats

1	Annissa Quee	Hills District	32.34Q
2	Alyssa McKenzie	Hawkesbury City	33.94Q
3	Georgia Corner	Winston Hills	34.06Q
4	Adelayde Baker	Kings Langley	35.75
5	Tana Godfrey	Winston Hills	38.48
6	anjali raman	Winston Hills	39.17
7	Eleanor Smith	Kings Langley	41.72

Heat 2 Heats

1	Jett Newman	Hawkesbury City	31.72Q
2	Emily Knight	Hills District	31.76Q
3	Darcie Prosser-Shaw	Hills District	31.85Q
4	Charlotte Wiggins	Hills District	32.05q
5	Sophia Bonser	Hills District	35.07q
6	nicole Mcquillan	Hills District	36.44
7	Adison Grinham	Rouse Hill Rams	38.97

**Girls U 10 - 200 Metre Sprint**

=====

Zone: Z 29.50 01-Jan-83 D Waltmann, Lalor Park			
Name	Age	Centre	Final

=====

Section 1 Final

1	Emily Knight	Hills District	31.85
2	Jett Newman	Hawkesbury City	32.09
3	Darcie Prosser-Shaw	Hills District	32.25
4	Charlotte Wiggins	Hills District	32.49
5	Annissa Quee	Hills District	33.17
6	Georgia Corner	Winston Hills	34.48
7	Alyssa McKenzie	Hawkesbury City	34.65
8	Sophia Bonser	Hills District	35.13

**Girls U 11 - 200 Metre Sprint**

=====

Zone: Z 28.90 01-Jan-80 L Sheridan, Winston Hills			
Name	Age	Centre	Heats

=====

Heat 1 Heats

1	jaedin Le Marseny	Hills District	30.92Q
2	Joelle Tham	Hills District	31.25Q
3	Pyper Marchant	Hills District	31.79q
4	Theresa Kohl	Rouse Hill Rams	36.68q
5	Leah Nixon	Winston Hills	37.86

Heat 2 Heats

1	tuliana kabuyawa	Hills District	Z 28.74Q
---	------------------	----------------	----------

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 11 - 200 Metre Sprint**

2 Lillyann Wilson	Hawkesbury City	32.39Q
3 Jade Deen	Hills District	32.94q
4 Gabriella Cirignano	Hills District	33.81q
5 Sindhu Senthil	Winston Hills	37.60
6 Charlotte Montgomery	Winston Hills	37.87

**Girls U 11 - 200 Metre Sprint**

=====  
 Zone: Z 28.90 01-Jan-80 L Sheridan, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1 tuliana kabuyawa	Hills District	29.28
2 jaedin Le Marseny	Hills District	31.16
3 Joelle Tham	Hills District	31.61
4 Pyper Marchant	Hills District	32.19
5 Lillyann Wilson	Hawkesbury City	32.76
6 Gabriella Cirignano	Hills District	34.67
7 Jade Deen	Hills District	35.63
8 Leah Nixon	Winston Hills	38.16

**Girls U 12 - 200 Metre Sprint**

=====  
 Zone: Z 27.10 30-Jan-99 M Riley, Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1 Arabella Park	Hills District	30.10Q
2 Ainslie McNally	Winston Hills	30.25Q
3 Victoria Lopez	Rouse Hill Rams	30.33Q
4 Elle Brooks	Hawkesbury City	30.59q
5 Liviya Ho	Hills District	31.29
6 Hayley Charlwood	Winston Hills	32.79

Heat 2 Heats

1 Talahn Paki	Hills District	29.38Q
2 Beth Abbott	Hills District	30.40Q
3 Sophie Powells	Winston Hills	30.70Q
4 Aarya Kulkarni	Hills District	30.76q
5 Lauren McQuaid	Hills District	31.37
6 Sophie-Rose Chapman	Hawkesbury City	36.60

**Girls U 12 - 200 Metre Sprint**

=====  
 Zone: Z 27.10 30-Jan-99 M Riley, Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1 Talahn Paki	Hills District	28.87
2 Victoria Lopez	Rouse Hill Rams	30.21
3 Ainslie McNally	Winston Hills	30.22
4 Arabella Park	Hills District	30.44
5 Sophie Powells	Winston Hills	30.60
6 Beth Abbott	Hills District	31.12
7 Aarya Kulkarni	Hills District	31.31
8 Elle Brooks	Hawkesbury City	31.34

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Girls U 13 - 200 Metre Sprint**

Zone: Z 26.80 30-Jan-00 M Riley, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jorja Wilson		Winston Hills	28.21Q
2 Tayla Homsey		Hawkesbury City	30.14Q
3 Chloe Nolan		Hills District	30.41Q
4 Alyssa Norton		Hills District	32.26q
Heat 2 Heats			
1 Lana Page		Hills District	29.53Q
2 Zoe Linsen		Hills District	30.03Q
3 Simarpreet Kaur Gill		Hills District	31.40Q
4 Lauren Sivalingam		Kings Langley	32.64q
5 Maisie Stone		Kings Langley	38.96

**Girls U 13 - 200 Metre Sprint**

Zone: Z 26.80 30-Jan-00 M Riley, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Jorja Wilson		Winston Hills	28.25
2 Lana Page		Hills District	29.20
3 Tayla Homsey		Hawkesbury City	29.75
4 Zoe Linsen		Hills District	29.80
5 Chloe Nolan		Hills District	30.30
6 Simarpreet Kaur Gill		Hills District	31.38
7 Lauren Sivalingam		Kings Langley	32.57

**Girls U 14 - 200 Metre Sprint**

Zone: Z 25.90 30-Jan-98 P Carey, Hills			
Name	Age	Centre	Final
Section 1			
1 Ella Buchanan		Hills District	28.68
2 motea kabuyawa		Hills District	29.66
3 Jessica Rowe		Rouse Hill Rams	30.07
4 Alannah Gattini		Hills District	30.33
5 Ruby Nichols		Rouse Hill Rams	31.23

**Girls U 15 - 200 Metre Sprint**

Zone: Z 26.20 27-Oct-03 M Riley, Hills			
Name	Age	Centre	Final
1 Emily Page		Hills District	26.47
2 Sidney Burrell		Hills District	26.71
3 Jessica Fartek		Hills District	28.40
4 Erin Graham		Hawkesbury City	28.98
5 Ruby Brown		Hills District	29.92

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Girls U 17 - 200 Metre Sprint**

Zone: Z 26.02 09-Dec-12 Daisy Bryant, Hills District			
Name	Age	Centre	Final
1 Alicia Fartek		Hills District	27.02
2 Danielle Drinnan		Winston Hills	27.25
3 Carla Goulooze		Hills District	28.70
4 Madelyn Fartek		Hills District	28.96
5 Janaya Lee		Riverstone	29.91
6 Chloe Lavender		Winston Hills	29.93
7 Tiana Anderson		Winston Hills	30.13
8 Tia Berg		Hawkesbury City	30.70

**Girls U 8 - 400 Metre Sprint**

Zone: Z 1:17.12 31-Jan-04 M Souter, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jordyn Deen		Hills District	1:21.44Q
2 Isabella West		Hills District	1:25.42Q
3 Amelia Hocroft		Kings Langley	1:32.90Q
4 Ella Mujcinovic		Winston Hills	1:40.19
5 Tayla Dobson		Hills District	1:53.77
Heat 2 Heats			
1 Tara Roche		Hills District	1:28.51Q
2 Emma Webster		Winston Hills	1:29.50Q
3 Paloma Lopez		Hills District	1:30.99Q
4 Alexandra Waring		Hills District	1:32.77q
5 Olivia Jones		Riverstone	1:35.64q
6 Yovelle Jayasena		Rouse Hill Rams	1:40.23

**Girls U 8 - 400 Metre Sprint**

Zone: Z 1:17.12 31-Jan-04 M Souter, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Jordyn Deen		Hills District	1:21.79
2 Isabella West		Hills District	1:25.80
3 Emma Webster		Winston Hills	1:29.30
4 Amelia Hocroft		Kings Langley	1:30.37
5 Paloma Lopez		Hills District	1:30.71
6 Tara Roche		Hills District	1:31.91
7 Ella Mujcinovic		Winston Hills	1:48.26
8 Olivia Jones		Riverstone	1:48.43

**Girls U 9 - 400 Metre Sprint**

Zone: Z 1:10.40 01-Jan-80 N Stenberg, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Taylor Hills		Hills District	1:21.77Q
2 Maeve Fisher		Winston Hills	1:32.32Q
3 Matilda Kearns		Hawkesbury City	1:34.53Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 9 - 400 Metre Sprint**

4	Asha Stephens	Hills District	1:35.86q
5	Sienna Longhurst	Kings Langley	1:48.09
6	Lily Hunter	Kings Langley	1:54.32

Heat 2 Heats

1	Ashlyn Kelly	Hills District	1:21.10Q
2	Lily Caines	Rouse Hill Rams	1:23.29Q
3	Sehejta Kaur	Winston Hills	1:27.10Q
4	Ella Mulry	Kings Langley	1:29.44q
5	Selina Gong	Hills District	1:38.14
6	Jossie Burns-eisma	Riverstone	1:41.41

**Girls U 9 - 400 Metre Sprint**

=====  
 Zone: Z 1:10.40 01-Jan-80 N Stenberg, Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Ashlyn Kelly	Hills District	1:21.35
2	Taylor Hills	Hills District	1:22.15
3	Lily Caines	Rouse Hill Rams	1:22.88
4	Ella Mulry	Kings Langley	1:24.13
5	Sehejta Kaur	Winston Hills	1:31.54
6	Maeve Fisher	Winston Hills	1:36.95
7	Asha Stephens	Hills District	1:38.43
8	Matilda Kearns	Hawkesbury City	1:41.06

**Girls U 10 - 400 Metre Sprint**

=====  
 Zone: Z 1:10.01 31-Jan-09 S De Sliva, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Georgia Corner	Winston Hills	1:19.74Q
2	Adison Grinham	Rouse Hill Rams	1:32.10Q
3	Scarlett Sultana	Hills District	1:33.07q
4	Tammie Liew	Hills District	1:42.25

Heat 2 Heats

1	Darcie Prosser-Shaw	Hills District	1:15.21Q
2	Sophia Bonser	Hills District	1:20.43Q
3	Holly Gersbach	Winston Hills	1:22.45q
4	Eviey Aquilina	Kings Langley	1:23.57q
5	Hayley Escott	Hills District	1:27.67q

**Girls U 10 - 400 Metre Sprint**

=====  
 Zone: Z 1:10.01 31-Jan-09 S De Sliva, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Darcie Prosser-Shaw	Hills District	1:14.49
2	Sophia Bonser	Hills District	1:20.75
3	Georgia Corner	Winston Hills	1:23.97
4	Holly Gersbach	Winston Hills	1:24.83
5	Hayley Escott	Hills District	1:32.83
6	Adison Grinham	Rouse Hill Rams	1:37.03

**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 10 - 400 Metre Sprint**

7 Tammie Liew	Hills District	1:47.26
---------------	----------------	---------

**Girls U 11 - 400 Metre Sprint**

Zone: Z 1:06.00 01-Jan-82 N Stenberg, Hills

Name	Age Centre	Heats
------	------------	-------

## Heat 1 Heats

1 Amelia Ho	Hills District	1:14.17Q
2 Marley McKenzie	Hills District	1:14.85Q
3 Riley Lynch	Hills District	1:17.47Q
4 Leah Nixon	Winston Hills	1:25.22q
5 Sahana Srini	Kings Langley	1:26.75

## Heat 2 Heats

1 Sophie Schultz	Hills District	1:13.04Q
2 Keira Murphy	Hills District	1:14.55Q
3 Emanuella Johnson	Kings Langley	1:19.67Q
4 Charlotte Ward	Hawkesbury City	1:24.78q
5 Jenna Lean	Rouse Hill Rams	1:27.05
6 Samantha Torrens	Winston Hills	1:30.92
7 Sindhu Senthil	Winston Hills	1:32.66

**Girls U 11 - 400 Metre Sprint**

Zone: Z 1:06.00 01-Jan-82 N Stenberg, Hills

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

## Section 1 Final

1 Sophie Schultz	Hills District	1:09.23
2 Keira Murphy	Hills District	1:09.24
3 Marley McKenzie	Hills District	1:14.07
4 Riley Lynch	Hills District	1:16.33
5 Amelia Ho	Hills District	1:17.30
6 Emanuella Johnson	Kings Langley	1:21.26
7 Charlotte Ward	Hawkesbury City	1:22.65
8 Leah Nixon	Winston Hills	1:30.22

**Girls U 12 - 400 Metre Sprint**

Zone: Z 1:04.90 01-Jan-83 N Stenberg, Hills

Name	Age Centre	Heats
------	------------	-------

## Heat 1 Heats

1 Hayley Schultz	Hills District	1:11.58Q
2 Sarah Adam	Hills District	1:13.00Q
3 Ainslie McNally	Winston Hills	1:13.20Q
4 Ella Robertson	Hills District	1:13.99q
5 Chelsea Olbrich	Riverstone	1:14.09
6 Chelsey Torrens	Winston Hills	1:19.20
7 Jessica Astill	Hawkesbury City	1:30.05

## Heat 2 Heats

1 Talahn Paki	Hills District	1:07.81Q
2 Ella Munroe	Hills District	1:09.32Q
3 Arabella Park	Hills District	1:10.15Q
4 Lucie Francis	Winston Hills	1:14.08q





**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 17 - 400 Metre Sprint**

Zone: Z 1:00.70 10-Dec-16 Rowena Milliss, Winston Hil			
Name	Age	Centre	Final
1 Danielle Drinnan		Winston Hills	1:01.53
2 Brooke Bonnell		Hills District	1:04.32
3 Kelly Dixon		Hills District	1:04.99
4 Janaya Lee		Riverstone	1:05.74
5 Breanna Ivankovic		Hills District	1:06.13
6 Tiana Anderson		Winston Hills	1:06.50

**Girls U 7 - 500 Metre Run Pack Start**

Zone: Z 1:37.80 01-Jan-88 S Lapham, Hills			
Name	Age	Centre	Final
1 Eva McKenzie		Hills District	1:53.40
2 Madison Harris		Hills District	1:59.79
3 Chelsea Chapman		Riverstone	2:01.26
4 Jacyrae Brown		Hawkesbury City	2:07.83
5 Zoe Drake		Winston Hills	2:11.25
6 Annise Lee		Hills District	2:11.97
7 Ella Caines		Rouse Hill Rams	2:14.81
8 Somer Zapatero		Winston Hills	2:16.96
9 Sophia Gong		Hills District	2:17.45
10 Jasmine Redhi		Kings Langley	2:29.94
11 Ava Vengoa		Hills District	4:25.00
-- Cassidy Southwood		Hills District	DNF

**Girls U 8 - 700 Metre Run Pack Start**

Zone: Z 2:18.10 16-Dec-91 K Drennan, Hills			
Name	Age	Centre	Final
1 Olivia Scott-Rogers		Hills District	2:41.18
2 Jordyn Deen		Hills District	2:41.31
3 Tamara Davies		Hawkesbury City	2:44.09
4 Grace Knight		Hills District	2:52.24
5 Ruby Scheepers		Hills District	2:53.65
6 Tabitha Broughton		Hawkesbury City	2:59.87
7 Ella Christie		Winston Hills	3:16.08
8 Ella Mujcinovic		Winston Hills	3:16.11
9 Jade Tan		Hills District	3:16.20

**Girls U 9 - 800 Metre Run**

Zone: Z 2:41.00 01-Jan-80 N Stenberg, Hills			
Name	Age	Centre	Final
1 Ashlyn Kelly		Hills District	2:57.00
2 Taylor Hills		Hills District	3:10.65
3 Lily Caines		Rouse Hill Rams	3:12.29
4 Ella Mulry		Kings Langley	3:13.81
5 Madeleine Nolan		Hills District	3:16.27
6 Emilie Chandran		Winston Hills	3:18.51
7 Matilda Kearns		Hawkesbury City	3:19.82

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**...Girls U 9 - 800 Metre Run**

8	Katie Denham	Riverstone	3:21.01
9	Hanna Lewis	Rouse Hill Rams	3:21.83
10	Mia Robson	Kings Langley	3:25.32
11	Dakshita Drall	Winston Hills	3:28.58
12	Sehejta Kaur	Winston Hills	3:29.69
13	Selina Gong	Hills District	3:32.60
14	Alicia Zhang	Rouse Hill Rams	3:41.74
15	Asha Stephens	Hills District	3:49.76
16	Skye Stephens	Hills District	3:52.00

**Girls U 10 - 800 Metre Run**

=====  
 Zone: Z 2:40.40 01-Jan-85 K Clemens, Lalor Park  
 Name Age Centre Final  
 =====

1	Darcie Prosser-Shaw	Hills District	2:48.77
2	Lilly Calder	Riverstone	2:51.11
3	Jocelin Martinez-Leeson	Hills District	3:00.20
4	Bree Rawlings	Hawkesbury City	3:00.93
5	Georgia Corner	Winston Hills	3:04.72
6	Florence Hepworth fin	Hills District	3:05.59
7	April Anderson	Hills District	3:06.88
8	Holly Gersbach	Winston Hills	3:10.06
9	Sophia Bonser	Hills District	3:13.37
10	Gabriella McBrien	Hills District	3:18.34
11	Hayley Wallace	Winston Hills	3:20.04
12	Adelayde Baker	Kings Langley	3:20.94
13	Lara Mujcinovic	Winston Hills	3:22.37
14	Adison Grinham	Rouse Hill Rams	3:40.42
15	Claire Giffney	Kings Langley	3:55.67

**Girls U 11 - 800 Metre Run**

=====  
 Zone: Z 2:33.90 01-Jan-81 C Hauser, Hills  
 Name Age Centre Final  
 =====

1	Sophie Schultz	Hills District	2:37.58
2	Olivia Bloem	Hills District	2:39.71
3	Keira Murphy	Hills District	2:46.01
4	Marley McKenzie	Hills District	2:50.65
5	Jasmine Wong	Winston Hills	2:51.49
6	Amelie Prosser-Shaw	Hills District	2:56.67
7	Pyper Marchant	Hills District	3:01.90
8	Natalie Chandran	Winston Hills	3:01.97
9	Charlotte McClelland	Winston Hills	3:07.55
10	Charlotte Ward	Hawkesbury City	3:07.56
11	Matilda Tuyau	Winston Hills	3:11.04
12	Amber Luchtmeijer	Winston Hills	3:12.71
13	Sahana Srini	Kings Langley	3:13.98
14	Kathryn Thomas	Winston Hills	3:19.36
15	Theresa Kohl	Rouse Hill Rams	3:19.92
16	Ashlynn Webber	Winston Hills	3:20.26

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 12 - 800 Metre Run**

Zone: Z 2:26.00 01-Jan-85 A Harrison, Hills			
Name	Age	Centre	Final
1 Ella Munroe		Hills District	2:37.66
2 Lucie Francis		Winston Hills	2:40.93
3 Sarah Adam		Hills District	2:44.38
4 Chelsea Olbrich		Riverstone	2:45.81
5 Sarah Crowley		Hills District	2:48.15
6 Ella Robertson		Hills District	2:48.41
7 Aoife Collins		Hills District	2:49.82
8 Kailey Webber		Winston Hills	2:52.99
9 Sophie Powells		Winston Hills	3:08.55

**Girls U 13 - 800 Metre Run**

Zone: Z 2:22.60 01-Jan-88 K Clemens, Hills			
Name	Age	Centre	Final
1 Holly Dalrymple		Hawkesbury City	2:41.13
2 Catherine Richter		Hills District	2:41.93
3 Lana Page		Hills District	2:48.49
4 Penny Graham		Hawkesbury City	2:49.17
5 Aleshia Atkinson		Hills District	2:57.29
6 Simarpreet Kaur Gill		Hills District	2:59.44
7 Brooke Napoli		Hills District	3:00.60
8 Chloe Nolan		Hills District	3:07.14
9 Maisie Stone		Kings Langley	3:19.33

**Girls U 14 - 800 Metre Run**

Zone: Z 2:20.60 01-Jan-89 K Clemens, Hills			
Name	Age	Centre	Final
1 Emalee Olbrich		Riverstone	2:34.83
2 Paige Lee		Riverstone	3:15.64
3 Tori Jackson		Hills District	3:34.68

**Girls U 15 - 800 Metre Run**

Zone: Z 2:18.30 01-Jan-96 S Lapham, Hills			
Name	Age	Centre	Final
1 Sidney Burrell		Hills District	2:32.88
2 Madeline Arnold		Hills District	2:34.02
3 Jasmine Brown		Hawkesbury City	2:48.05
4 Sarah Michell		Hills District	2:53.84
5 Zara Munroe		Hills District	2:55.36

**Girls U 17 - 800 Metre Run**

Zone: Z 2:24.11 09-Dec-12 Sarah Marvin, Winston Hills			
Name	Age	Centre	Final
1 Danielle Drinnan		Winston Hills	2:27.47
2 Kelly Dixon		Hills District	2:30.59

**North West Met Zone Championships****AH Whaling Reserve****Results****...Girls U 17 - 800 Metre Run**

3 Brooke Bonnell	Hills District	2:33.19
4 Breanna Ivankovic	Hills District	2:34.92
5 Niamh Sanday	Kings Langley	2:38.93
6 Tiana Anderson	Winston Hills	2:51.51

**Girls U 10 - 1500 Metre Run**

Zone: Z 5:29.20 01-Jan-85 E Simpson, Winston Hills		
Name	Age Centre	Final
1 Jocelin Martinez-Leeson	Hills District	6:06.16
2 Florence hepworth fin	Hills District	6:15.77
3 Bree Rawlings	Hawkesbury City	6:23.11
4 Eviey Aquilina	Kings Langley	6:26.59
5 April Anderson	Hills District	6:29.66
6 Holly Gersbach	Winston Hills	6:34.12
7 Hayley Wallace	Winston Hills	6:43.36
8 Lara Mujcinovic	Winston Hills	6:46.66
9 Lucy Rutledge	Kings Langley	6:47.98
10 Adelayde Baker	Kings Langley	6:48.81
11 Gabriella McBrien	Hills District	6:52.50
12 Isobel Clarke	Hills District	6:53.25

**Girls U 11 - 1500 Metre Run**

Zone: Z 5:16.70 01-Jan-86 E Simpson, Winston Hills		
Name	Age Centre	Final
1 Sophie Schultz	Hills District	5:23.10
2 Olivia Bloem	Hills District	5:38.31
3 Marley McKenzie	Hills District	5:54.47
4 Riley Lynch	Hills District	6:03.44
5 Amber Luchtmeijer	Winston Hills	6:08.90
6 Charlotte Ward	Hawkesbury City	6:12.15
7 Sarah Gong	Hills District	6:18.22
8 Charlotte McClelland	Winston Hills	6:23.69
9 Natalie Chandran	Winston Hills	6:28.02
10 Kathryn Thomas	Winston Hills	6:41.88
11 Matilda Tuyau	Winston Hills	6:45.14
12 Sahana Srin	Kings Langley	6:47.32
13 Rhiana Lum	Hills District	6:49.63
14 Ashlynn Webber	Winston Hills	6:52.63
15 Samantha Torrens	Winston Hills	7:00.82

**Girls U 12 - 1500 Metre Run**

Zone: Z 4:59.00 01-Jan-80 S Everitt, Hills		
Name	Age Centre	Final
1 Ella Munroe	Hills District	5:21.61
2 Lucie Francis	Winston Hills	5:30.87
3 Sarah Crowley	Hills District	5:31.59
4 Chelsea Olbrich	Riverstone	5:36.25
5 Sarah Adam	Hills District	5:43.38
6 Maggie Hepworth	Hills District	5:54.54

**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 12 - 1500 Metre Run**

7	Aoife Collins	Hills District	5:58.79
8	Kailey Webber	Winston Hills	5:59.69
9	Chelsey Torrens	Winston Hills	6:18.91
10	Gabriella Liaropoulos	Hills District	6:23.58
11	Molly Martin	Winston Hills	6:29.50
12	Jessica Astill	Hawkesbury City	7:26.59

**Girls U 13 - 1500 Metre Run**

=====			
Zone: Z 4:57.50 01-Jan-86 A Harrison, Hills			
Name	Age	Centre	Final
=====			
1	Catherine Richter	Hills District	5:23.43
2	Holly Dalrymple	Hawkesbury City	5:45.61
3	Penny Graham	Hawkesbury City	6:05.73
4	seronique taylor	Rouse Hill Rams	6:17.92
5	Caitlyn Thatcher	Hills District	6:19.23
6	Brooke Napoli	Hills District	6:24.40
7	Lauren Sivalingam	Kings Langley	6:31.68
8	Chelsea Lum	Hills District	6:38.19
9	Maisie Stone	Kings Langley	6:55.91

**Girls U 14 - 1500 Metre Run**

=====			
Zone: Z 4:52.70 14-Dec-13 Leena Yang, Hills District			
Name	Age	Centre	Final
=====			
1	Emalee Olbrich	Riverstone	5:17.93
2	Demi Birch	Hills District	5:25.91
3	Kayla Wong	Winston Hills	6:01.06
4	Nicole Crowley	Hills District	6:40.71
5	Tori Jackson	Hills District	7:06.36

**Girls U 15 - 1500 Metre Run**

=====			
Zone: Z 4:58.60 30-Jan-09 S Bright, Hills			
Name	Age	Centre	Final
=====			
1	Madeline Arnold	Hills District	5:35.23
2	Zara Munroe	Hills District	5:37.15
3	Jasmine Brown	Hawkesbury City	6:08.39
4	Jemma Bonnell	Hills District	6:30.94

**Girls U 17 - 1500 Metre Run**

=====			
Zone: Z 4:59.01 12-Dec-15 Ali Thomson, Hills District			
Name	Age	Centre	Final
=====			
1	Danielle Drinnan	Winston Hills	5:17.62
2	Kelly Dixon	Hills District	5:20.01
3	Niamh Sanday	Kings Langley	5:30.26
4	Tiana Anderson	Winston Hills	5:57.16
5	Devindee Ranatunga	Rouse Hill Rams	6:03.43

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 13 - 3000 Metre Run**

Zone: Z 10:43.12 30-Jan-10 S Marvin, Winston Hills			
Name	Age	Centre	Final
1 Catherine Richter		Hills District	11:51.50
2 Holly Dalrymple		Hawkesbury City	13:44.92
3 Maisie Stone		Kings Langley	14:45.67

**Girls U 14 - 3000 Metre Run**

Zone: Z 10:31.67 14-Dec-13 Leena Yang, Hills District			
Name	Age	Centre	Final
1 Emalee Olbrich		Riverstone	11:46.20
2 Kayla Wong		Winston Hills	13:20.28
3 Tori Jackson		Hills District	15:03.60

**Girls U 15 - 3000 Metre Run**

Zone: Z 10:32.90 28-Jan-12 Sarah Marvin, Winston Hill			
Name	Age	Centre	Final
1 Zara Munroe		Hills District	12:40.58
2 Niamh Cassar		Hills District	13:51.17
3 Jasmine Brown		Hawkesbury City	14:09.60

**Girls U 17 - 3000 Metre Run**

Zone: Z 10:47.03 08-Dec-12 Sarah Marvin, Winston Hill			
Name	Age	Centre	Final
1 Niamh Sanday		Kings Langley	11:54.77
2 Sarah Dickson		Hills District	13:22.35
3 Tiana Anderson		Winston Hills	14:24.72
4 Lauren DeBerardinis		Rouse Hill Rams	17:08.24

**Girls U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.70 04-Feb-95 A Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Tara Roche		Hills District	12.66Q
2 Charlotte Scott-Rogers		Hills District	12.86Q
3 Amelia Johnston		Winston Hills	13.31q
4 Ruby Scheepers		Hills District	13.37q
5 Yovelle Jayasena		Rouse Hill Rams	14.13
6 Mikaela McDonald		Riverstone	14.31
Heat 2 Heats			
1 Claire Vogelaar		Winston Hills	12.03Q
2 Tamara Davies		Hawkesbury City	12.62Q
3 Isabella West		Hills District	13.20q
4 Grace Knight		Hills District	13.45q
5 April Zdrilic		Hills District	14.91
6 Violet Knight		Winston Hills	15.37
7 Ella Christie		Winston Hills	15.39

**North West Met Zone Championships****AH Whaling Reserve****Results****Girls U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.70 04-Feb-95 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Claire Vogelaar		Winston Hills	12.06
2 Tamara Davies		Hawkesbury City	12.30
3 Tara Roche		Hills District	12.36
4 Isabella West		Hills District	12.68
5 Charlotte Scott-Rogers		Hills District	12.81
6 Grace Knight		Hills District	13.30
7 Ruby Scheepers		Hills District	13.32
8 Amelia Johnston		Winston Hills	13.43

**Girls U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.80 01-Jan-97 S Starkey, Riverstone			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Marlee Deane		Rouse Hill Rams	11.55Q
2 Molly Jovanovic		Hills District	12.12Q
3 Olivia Mackenzie		Hills District	12.19q
4 Sehejta Kaur		Winston Hills	13.61
5 Clarie Kelly		Kings Langley	14.44
6 Sienna Longhurst		Kings Langley	14.73
Heat 2 Heats			
1 Caitlyn Martin		Winston Hills	12.12Q
2 Charlie Gravina		Rouse Hill Rams	12.30Q
3 Lily Caines		Rouse Hill Rams	12.50q
4 Alicia Zhang		Rouse Hill Rams	12.52
5 Carla Grimm		Hills District	12.90
6 Lily Hunter		Kings Langley	14.30
Heat 3 Heats			
1 Adelaide Powell		Hills District	12.15Q
2 Madison Gale		Winston Hills	12.99Q
3 Emilie Chandran		Winston Hills	13.22
4 Melanie Tan		Hills District	13.80
5 Jossie Burns-eisma		Riverstone	14.16
6 Ashlynn Hill		Hawkesbury City	14.37

**Girls U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.80 01-Jan-97 S Starkey, Riverstone			
Name	Age	Centre	Final
Section 1 Final			
1 Marlee Deane		Rouse Hill Rams	11.44
2 Caitlyn Martin		Winston Hills	11.64
3 Molly Jovanovic		Hills District	11.71
4 Olivia Mackenzie		Hills District	11.85
5 Lily Caines		Rouse Hill Rams	12.02
6 Charlie Gravina		Rouse Hill Rams	12.65
7 Madison Gale		Winston Hills	12.98
8 Adelaide Powell		Hills District	13.46



**North West Met Zone Championships****AH Whaling Reserve****Results****Girls U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 9.60 01-Jan-88 B Smith, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alyssa McKenzie		Hawkesbury City	12.78Q
2 Georgia Corner		Winston Hills	13.35Q
3 Makee Samia		Hills District	13.38q
4 Siena Overton		Winston Hills	13.52q
5 Bree Rawlings		Hawkesbury City	13.90
6 Micaela Moyano		Hills District	13.91
7 Mackenzie Clifford-farre		Kings Langley	14.02
8 Isabelle Chapman		Hawkesbury City	14.93
Heat 2 Heats			
1 Madison Park		Hills District	11.54Q
2 Georgia Dux		Kings Langley	14.08Q
3 Makayla Norford		Kings Langley	14.15
4 Amelia Odell		Rouse Hill Rams	14.93
5 Caley McClure		Kings Langley	15.44
Heat 3 Heats			
1 Jett Newman		Hawkesbury City	11.61Q
2 Emily Knight		Hills District	12.19Q
3 Lilly Calder		Riverstone	13.04q
4 Louise Knight		Hills District	13.84
5 Tana Godfrey		Winston Hills	14.58
6 Allyra Hill		Hawkesbury City	16.82

**Girls U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 9.60 01-Jan-88 B Smith, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Jett Newman		Hawkesbury City	11.26
2 Emily Knight		Hills District	11.42
3 Madison Park		Hills District	11.45
4 Alyssa McKenzie		Hawkesbury City	12.44
5 Lilly Calder		Riverstone	12.59
6 Georgia Corner		Winston Hills	13.04
7 Makee Samia		Hills District	13.20
8 Georgia Dux		Kings Langley	14.17
9 Makayla Norford		Kings Langley	14.29

**Girls U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 10.00 01-Jan-94 J Pittman, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlotte Flemming		Winston Hills	12.75Q
2 Riley Lynch		Hills District	12.91Q
3 Sarah Gong		Hills District	14.04
4 Ashlynn Webber		Winston Hills	14.29
5 Jenna Lean		Rouse Hill Rams	14.59
Heat 2 Heats			
1 Chloe Michoux		Hills District	11.53Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 11 - 60 Metre Hurdles (60cm)**

2	Billy-Rose Taliai	Hills District	12.84Q
3	Natalie Chandran	Winston Hills	13.23q
4	Jordan McPherson	Rouse Hill Rams	13.28q
5	Lara Brown	Winston Hills	13.55
6	Rhiana Lum	Hills District	13.59

Heat 3 Heats

1	Amber Luchtmeijer	Winston Hills	12.53Q
2	Chloe Cheeseman	Winston Hills	12.79Q
3	Georgia Totsis	Rouse Hill Rams	13.43

**Girls U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 10.00 01-Jan-94 J Pittman, Winston Hills

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

Section 1 Final

1	Chloe Michoux	Hills District	10.96
2	Chloe Cheeseman	Winston Hills	11.87
3	Jordan McPherson	Rouse Hill Rams	11.98
4	Charlotte Flemming	Winston Hills	12.12
5	Billy-Rose Taliai	Hills District	12.24
6	Natalie Chandran	Winston Hills	12.53
7	Riley Lynch	Hills District	12.54
8	Amber Luchtmeijer	Winston Hills	12.60

**Girls U 12 - 60 Metre Hurdles (68cm)**

Zone: Z 9.60 01-Jan-90 B Smith, Winston Hills

Name	Age Centre	Heats
------	------------	-------

Heat 1 Heats

1	Clare Grubba	Winston Hills	11.46Q
2	Avalene Tandog	Hills District	11.94Q
3	Molly Martin	Winston Hills	13.84
4	Hayley Charlwood	Winston Hills	13.96

Heat 2 Heats

1	Lucy Fuccenecco	Hills District	10.81Q
2	Farah Rahmati-Zaran	Hills District	12.60Q
3	Hannah Borg	Hills District	12.61
4	Victoria Henderson	Winston Hills	15.01
5	Jessica Astill	Hawkesbury City	15.25

Heat 3 Heats

1	Talahn Paki	Hills District	10.47Q
2	Vanessa Apel	Winston Hills	11.48Q
3	Sarah Crowley	Hills District	11.61q
4	Elle Brooks	Hawkesbury City	12.47q
5	Raysha Yamaguchi-Alam	Winston Hills	12.64

**Girls U 12 - 60 Metre Hurdles (68cm)**

Zone: Z 9.60 01-Jan-90 B Smith, Winston Hills

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

Section 1 Final

1	Talahn Paki	Hills District	10.29
---	-------------	----------------	-------

**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 12 - 60 Metre Hurdles (68cm)**

2	Lucy Fuccenecco	Hills District	10.71
3	Vanessa Apel	Winston Hills	11.21
4	Clare Grubba	Winston Hills	11.58
5	Sarah Crowley	Hills District	11.64
6	Avalene Tandog	Hills District	11.72
7	Farah Rahmati-Zaran	Hills District	12.46
8	Elle Brooks	Hawkesbury City	12.60

**Girls U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 13.50 05-Feb-95 A Parry, Hawkesbury City

Name Age Centre Final

## Section 1

1	Lauryn Kasozi	Hills District	13.66
2	Angelina Bale	Rouse Hill Rams	13.69
3	Jasmin Guven	Hills District	15.59
4	Olivia Dimech	Hawkesbury City	15.69
5	Vanessa Chapman	Hawkesbury City	21.63

**Girls U 14 - 80 Metre Hurdles (76cm)**

Zone: Z 12.53 15-Dec-13 Tiana Death, Hills District

Name Age Centre Final

1	Kirralee Death	Hills District	13.48
2	Chanelle Odendaal	Rouse Hill Rams	13.53
3	Ella Buchanan	Hills District	14.48
4	Phoebe Tham	Hills District	16.28
5	Lauren Eagleton	Hills District	18.23

**Girls U 15 - 90 Metre Hurdles (76cm)**

Zone: Z 13.30 02-Feb-97 A Luthy, Hawkesbury City

Name Age Centre Final

1	Rhiannon Ho	Hills District	15.03
2	Jessica Fartek	Hills District	15.37

**Girls U 17 - 100 Metre Hurdles (76cm)**

Zone: Z 15.22 30-Jan-11 C Moore, Kings Langley

Name Age Centre Final

1	Alicia Fartek	Hills District	16.10
2	Madelyn Fartek	Hills District	16.18
3	Tamsin Buchanan	Hills District	17.81
4	Breanna Ivankovic	Hills District	17.95
5	Chloe Lavender	Winston Hills	19.23
6	Samantha Jackson	Hills District	20.03

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 29.70 01-Jan-90 A Maguire, Hills			
Name	Age	Centre	Final
1 Lauryn Kasozi		Hills District	30.12
2 Jorja Wilson		Winston Hills	31.14
3 Jasmin Guven		Hills District	33.90
4 Lauren Sivalingam		Kings Langley	40.78

**Girls U 14 - 200 Metre Hurdles (76cm)**

Zone: Z 29.10 01-Jan-88 R Freeman, Hills			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	35.73
2 Ella Buchanan		Hills District	36.47
3 Cassandra Borg		Rouse Hill Rams	37.77

**Girls U 15 - 300 Metre Hurdles (76cm)**

Zone: Z 47.76 08-Dec-16 Danielle Drinnan, Winston Hil			
Name	Age	Centre	Final
1 Jessica Fartek		Hills District	55.82

**Girls U 17 - 300 Metre Hurdles (76cm)**

Zone: Z 52.45 08-Dec-16 Breanna Ivankovic, Hills Dist			
Name	Age	Centre	Final
1 Alicia Fartek		Hills District	48.80Z
2 Breanna Ivankovic		Hills District	56.88
3 Saara Stenberg		Hills District	58.73

**Girls U 9-12 4x100 Metre Relay (Jnr)**

Zone: Z 57.47 13-Dec-15 Hills District, Hills Distric			
Centre			Final
1 Hills District			58.54
1) Madison Park 10		2) tuliana kabuyawa 11	
3) Adelaide Powell 9		4) Talahn Paki 12	
2 Winston Hills			1:02.16
3 Hawkesbury City			1:03.17
4 Rouse Hill Rams			1:04.40
1) Marlee Deane 9		2) Charlie Gravina 9	
3) Jordan McPherson 11		4) Victoria Lopez 12	
5 Kings Langley			1:09.74
6 Riverstone			1:10.36

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

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

Zone: Z 51.60 27-Oct-03 Hills, Hills			
Centre			Final
1	Hills District		52.16
2	Rouse Hill Rams		54.58
	1) Angelina Bale 13	2) Chanelle Odendaal 14	
3	Winston Hills		54.62
4	Hawkesbury City		55.80
5	Riverstone		56.77

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

Zone: Z 1.14m 30-Jan-99 L Denning, Hills			
Name	Age	Centre	Final
Flight 1			
1		Hills District	1.04m
2		Winston Hills	1.02m
2		Kings Langley	1.02m
2		Hills District	1.02m
5		Winston Hills	0.95m
5		Riverstone	0.95m
7		Winston Hills	0.90m
7		Hawkesbury City	0.90m
7		Hills District	0.90m
7		Hills District	0.90m
7		Winston Hills	0.90m
12		Winston Hills	0.85m
12		Hills District	0.85m
14		Kings Langley	0.80m

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

Zone: Z 1.28m 28-Jan-07 A Tait, Kings Langley			
Name	Age	Centre	Final
1		Hills District	1.11m
2		Hills District	1.09m
3		Winston Hills	1.07m
4		Kings Langley	1.00m
4		Riverstone	1.00m
4		Kings Langley	1.00m
4		Winston Hills	1.00m
8		Hawkesbury City	0.95m
8		Hills District	0.95m
10		Kings Langley	0.90m
10		Hawkesbury City	0.90m
10		Hills District	0.90m
10		Hills District	0.90m
--		Kings Langley	NH

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 11 - High Jump (S/H 1.00m)**

Zone: Z 1.39m 10-Dec-16 Audrey Nadaya-Harb, Winston H			
Name	Age	Centre	Final
1 Keira Murphy		Hills District	1.23m
2 Jasmine Wong		Winston Hills	1.21m
3 Keira Dickson		Kings Langley	1.19m
4 Jordan McPherson		Rouse Hill Rams	1.15m
5 Billy-Rose Taliai		Hills District	1.10m
5 Chloe Cheeseman		Winston Hills	1.10m
5 Riley Lynch		Hills District	1.10m
5 Chloe Michoux		Hills District	1.10m
9 Charlotte McClelland		Winston Hills	1.05m
9 Gabriella Cirignano		Hills District	1.05m
11 Sarah Gong		Hills District	1.00m

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

Zone: Z 1.47m 01-Jan-83 J Morrison, Winston Hills			
Name	Age	Centre	Final
1 Audrey Nadaya-Harb		Winston Hills	1.48mZ
2 Vanessa Apel		Winston Hills	1.44m
3 Lucy Fuccenecco		Hills District	1.32m
4 Hayley Charlwood		Winston Hills	1.24m
5 Lara Anderson		Hills District	1.15m
5 Victoria Lopez		Rouse Hill Rams	1.15m
5 Maggie Hepworth		Hills District	1.15m
5 Devni Kumarage		Hills District	1.15m
9 Liviya Ho		Hills District	1.10m

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

Zone: Z 1.55m 25-Jan-03 E South, Winston Hills			
Name	Age	Centre	Final
1 Jorja Wilson		Winston Hills	1.45m
2 Tamisha Reddy		Hills District	1.41m
3 Olivia Dimech		Hawkesbury City	1.39m
4 Kayla Gioiello		Hills District	1.31m
4 seronique taylor		Rouse Hill Rams	1.31m
6 Maisie Stone		Kings Langley	1.27m
7 Caitlyn Thatcher		Hills District	1.15m

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

Zone: Z 1.57m 30-Jan-98 K Noon, Hawkesbury City			
Name	Age	Centre	Final
1 Eva Nadaya-Harb		Winston Hills	1.44m
2 Kayla Wong		Winston Hills	1.42m
3 Alice Mulvihill		Hills District	1.40m
4 Chanelle Odendaal		Rouse Hill Rams	1.36m
5 Veronica Fuccenecco		Hills District	1.25m

**North West Met Zone Championships****AH Whaling Reserve****Results****Girls U 15 - High Jump (S/H 1.20m)**

Zone: Z 1.66m 05-Feb-94 C Mortleman, Hills			
Name	Age	Centre	Final
1 Heidi Bennett		Hills District	1.44m
2 Jemma Bonnell		Hills District	1.20m

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

Zone: Z 1.60m 14-Dec-13 Madeleine Jones, Hills Distri			
Name	Age	Centre	Final
1 Claire Lynch		Riverstone	1.44m
2 Elizabeth Staples		Winston Hills	1.35m
3 Samantha Jackson		Hills District	1.30m

**Girls U 7 - Long Jump**

Zone: Z 3.46m 01-Jan-87 R.Crooks, Riverstone			
Name	Age	Centre	Final
1 Summer Paki		Hills District	3.04m
2 Ruby Odbert		Hills District	2.59m
3 Eva McKenzie		Hills District	2.57m
4 Zoe Lynch		Hills District	2.56m
5 Chelsea Chapman		Riverstone	2.55m
6 Madison Reynolds		Winston Hills	2.53m
7 Cassidy Southwood		Hills District	2.45m
8 Mia Totsis		Rouse Hill Rams	2.36m
9 Krystal Emme		Kings Langley	2.29m
10 Matilda Smith		Kings Langley	2.28m
11 Madison Harris		Hills District	2.16m
12 Jasmine Redhi		Kings Langley	2.01m
13 Somer Zapatero		Winston Hills	2.00m
14 Megan Geldenhuys		Rouse Hill Rams	1.99m
15 Arabella Gunter		Hawkesbury City	1.57m

**Girls U 8 - Long Jump**

Zone: Z 4.17m 01-Jan-86 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Olivia Scott-Rogers		Hills District	3.39m
2 Claire Vogelaar		Winston Hills	3.21m
3 Tamara Davies		Hawkesbury City	3.08m
4 Amelia Johnston		Winston Hills	2.88m
5 Ruby Marshall		Hills District	2.66m
6 Grace Knight		Hills District	2.61m
7 Annalise Becroft		Hills District	2.59m
8 Sarah Dimech		Hawkesbury City	2.51m
9 Alexandra Waring		Hills District	2.43m
10 Yovelle Jayasena		Rouse Hill Rams	2.33m
11 Olivia Jones		Riverstone	2.28m
12 Ella Christie		Winston Hills	2.23m
13 April Zdrilic		Hills District	2.10m
14 Mikaela Mcdonald		Riverstone	1.53m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 9 - Long Jump**

Zone: Z 4.31m 01-Jan-87 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Mia Robson		Kings Langley	3.24m
2 Caitlyn Martin		Winston Hills	3.22m
3 Taylor Hills		Hills District	3.20m
3 Evangeline Everson		Hills District	3.20m
5 Molly Jovanovic		Hills District	3.16m
6 Ella Mulry		Kings Langley	3.05m
7 Annabelle Moses		Hills District	3.01m
8 Marlee Gill		Riverstone	2.90m
9 Olivia Mackenzie		Hills District	2.86m
10 Katie Denham		Riverstone	2.84m
11 Dakshita Drall		Winston Hills	2.58m
12 Hanna Lewis		Rouse Hill Rams	2.45m
13 Ashlynn Hill		Hawkesbury City	2.44m
14 Cara-lee Flecknoe		Riverstone	2.36m
15 Leila Odbert		Hills District	2.26m
16 Jossie Burns-eisma		Riverstone	2.25m
17 Clarie Kelly		Kings Langley	2.11m
18 Abby Cotter		Hawkesbury City	2.10m
19 Alexis Glasheen-Smith		Riverstone	1.93m

**Girls U 10 - Long Jump**

Zone: Z 4.69m 01-Jan-88 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Lilly Calder		Riverstone	3.95m
2 Charlotte Wiggins		Hills District	3.89m
3 Madison Park		Hills District	3.82m
4 Siena Overton		Winston Hills	3.56m
5 anjali raman		Winston Hills	3.35m
6 Sophia Bonser		Hills District	3.32m
7 Makee Samia		Hills District	3.26m
8 Alyssa McKenzie		Hawkesbury City	3.25m
9 Mackenzie Clifford-farre		Kings Langley	3.12m
10 Bianca Singireddy		Winston Hills	2.98m
11 Adison Grinham		Rouse Hill Rams	2.91m
12 Tana Godfrey		Winston Hills	2.89m
12 Lily Johnston		Winston Hills	2.89m
12 Amber Newell		Winston Hills	2.89m
15 Alexandra Mills		Hills District	2.88m
16 Jocelin Martinez-Leeson		Hills District	2.74m
17 Eleanor Smith		Kings Langley	2.70m
18 Allyra Hill		Hawkesbury City	2.48m

**Girls U 11 - Long Jump**

Zone: Z 4.83m 01-Jan-89 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 tuliana kabuyawa		Hills District	4.48m
2 Olivia Bloem		Hills District	4.10m
3 Amelia Ho		Hills District	4.03m



**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Girls U 11 - Long Jump**

4	Charlotte Flemming	Winston Hills	3.99m
5	Sarah Idiare	Hills District	3.98m
6	Joelle Tham	Hills District	3.76m
7	Lillyann Wilson	Hawkesbury City	3.66m
8	Emily Farrell	Hills District	3.45m
9	Sahana Srini	Kings Langley	3.43m
10	Jordan McPherson	Rouse Hill Rams	3.38m
11	Emanuella Johnson	Kings Langley	3.12m
12	Alexandra Milton	Winston Hills	2.94m
13	Ashlynn Webber	Winston Hills	2.88m
14	Sindhu Senthil	Winston Hills	2.86m
15	Courtney Kitching	Riverstone	2.82m
16	Kathryn Thomas	Winston Hills	2.48m

**Girls U 12 - Long Jump**

=====  
 Zone: Z 5.07m 01-Jan-82 K Barrett, Winston Hills  
 Name Age Centre Final  
 =====

1	Talahn Paki	Hills District	4.65m
2	Audrey Nadaya-Harb	Winston Hills	4.42m
3	Arabella Park	Hills District	4.01m
4	Keya Ramaswamy	Hills District	3.97m
5	Aarya Kulkarni	Hills District	3.94m
6	Devni Kumarage	Hills District	3.86m
7	Tatiana Johnson	Kings Langley	3.67m
8	Sofia Nicholson	Hills District	3.66m
9	Jordan-lee Schultz	Hawkesbury City	3.07m

**Girls U 13 - Long Jump**

=====  
 Zone: Z 5.05m 02-Feb-91 D Kerr, Winston Hills  
 Name Age Centre Final  
 =====

1	Jorja Wilson	Winston Hills	5.20mZ
2	Lauryn Kasozi	Hills District	4.94m
3	Angelina Bale	Rouse Hill Rams	4.68m
4	Olivia Dimech	Hawkesbury City	4.31m
5	Simarpreet Kaur Gill	Hills District	4.23m
6	Tayla Homsy	Hawkesbury City	4.20m
7	Zoe Linsen	Hills District	3.93m
8	Lana Page	Hills District	3.86m
9	Chelsea Lum	Hills District	2.82m
10	Vanessa Chapman	Hawkesbury City	2.47m

**Girls U 14 - Long Jump**

=====  
 Zone: Z 5.39m 30-Jan-98 P Carey, Hills  
 Name Age Centre Final  
 =====

1	Chanelle Odendaal	Rouse Hill Rams	4.67m
2	Eva Nadaya-Harb	Winston Hills	4.39m
3	Veronica Fuccenecco	Hills District	4.16m
4	Cassandra Borg	Rouse Hill Rams	4.15m
5	Jessica Rowe	Rouse Hill Rams	3.99m

**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 14 - Long Jump**

6	Jennifer Grubba	Winston Hills	3.86m
7	Ruby Nichols	Rouse Hill Rams	3.85m
8	Lauren Eagleton	Hills District	3.72m
9	Paige Lee	Riverstone	2.90m
10	Tori Jackson	Hills District	2.80m

**Girls U 15 - Long Jump**

=====			
Zone: Z 5.49m 27-Oct-03 M Riley, Hills			
Name	Age	Centre	Final
=====			
1	Ashlee Shimmon	Hills District	4.91m
2	Erin Graham	Hawkesbury City	4.54m
3	Niamh Cassar	Hills District	4.32m
4	Heidi Bennett	Hills District	4.23m

**Girls U 17 - Long Jump**

=====			
Zone: Z 5.64m 10-Dec-16 Caitlyn Hicks, Winston Hills			
Name	Age	Centre	Final
=====			
1	Elizabeth Staples	Winston Hills	4.83m
2	Claire Lynch	Riverstone	4.50m
3	Brooke Bonnell	Hills District	4.48m
4	Carisa Kolodziej	Hills District	4.42m
5	Saara Stenberg	Hills District	4.29m
6	Chloe Lavender	Winston Hills	4.24m
7	Larissa Jago	Kings Langley	2.73m

**Girls U 11 - Triple Jump**

=====			
Zone: Z 9.70m 29-Jan-11 T Jaber, Kings Langley			
Name	Age	Centre	Final
=====			
1	Olivia Bloem	Hills District	9.24m
2	Amelia Ho	Hills District	8.56m
3	Amelie Prosser-Shaw	Hills District	8.52m
4	Chloe Michoux	Hills District	8.45m
5	Marley McKenzie	Hills District	8.33m
6	Jasmine Wong	Winston Hills	8.24m
7	Keira Dickson	Kings Langley	7.67m
8	Lillyann Wilson	Hawkesbury City	7.57m
9	Emanuella Johnson	Kings Langley	6.91m
10	Jenna Lean	Rouse Hill Rams	6.87m
11	Natalie Chandran	Winston Hills	6.85m
12	Leah Nixon	Winston Hills	6.80m
13	Georgia Totsis	Rouse Hill Rams	6.61m
14	Alexandra Milton	Winston Hills	6.57m
15	Chloe Barnes	Hills District	6.39m
16	Courtney Kitching	Riverstone	6.02m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 12 - Triple Jump**

Zone: Z 10.58m 08-Dec-91 L Caruana, Prospect			
Name	Age	Centre	Final
1 Audrey Nadaya-Harb		Winston Hills	9.40m
2 Rachel Bardney		Kings Langley	9.26m
3 Keya Ramaswamy		Hills District	9.17m
4 Vanessa Apel		Winston Hills	8.98m
5 Lucy Fuccenecco		Hills District	8.90m
6 Aarya Kulkarni		Hills District	8.75m
7 Devni Kumarage		Hills District	8.54m
8 Kailey Webber		Winston Hills	8.33m
9 Arabella Park		Hills District	8.30m
10 Tatiana Johnson		Kings Langley	8.27m
11 Beth Abbott		Hills District	8.16m
12 Elle Brooks		Hawkesbury City	7.56m
13 Victoria Lopez		Rouse Hill Rams	7.32m
14 Jordan-lee Schultz		Hawkesbury City	7.29m
15 Lucie Francis		Winston Hills	6.74m
16 Sophie-Rose Chapman		Hawkesbury City	5.63m

**Girls U 13 - Triple Jump**

Zone: Z 11.02m 08-Dec-12 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
1 Lauryn Kasozi		Hills District	10.54m
2 Jorja Wilson		Winston Hills	10.10m
3 Angelina Bale		Rouse Hill Rams	8.93m
4 Caitlyn Thatcher		Hills District	8.59m
5 seronique taylor		Rouse Hill Rams	8.51m
6 Simarpreet Kaur Gill		Hills District	8.50m
7 Mackenzie Brennan		Hills District	8.18m
8 Lauren Sivalingam		Kings Langley	8.14m
9 Holly Dalrymple		Hawkesbury City	7.98m
10 Alyssa Norton		Hills District	7.93m
11 Carissa Anderson		Winston Hills	7.82m
12 Olivia Dimech		Hawkesbury City	7.64m
13 Emily Ho		Hills District	7.26m
14 Vanessa Chapman		Hawkesbury City	6.32m

**Girls U 14 - Triple Jump**

Zone: Z 11.28m 08-Dec-91 B Smith, Winston Hills			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	10.04m
2 Eva Nadaya-Harb		Winston Hills	9.16m
3 Cassandra Borg		Rouse Hill Rams	9.05m
4 Jessica Rowe		Rouse Hill Rams	8.95m
5 motea kabuyawa		Hills District	8.64m
6 Lauren Eagleton		Hills District	8.36m
7 Tori Jackson		Hills District	7.31m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 15 - Triple Jump**

Zone: Z 11.47m 30-Jan-10 N Apikotoa, Kings Langley			
Name	Age	Centre	Final
1 Ashlee Shimmon		Hills District	9.79m
2 Rhiannon Ho		Hills District	9.40m
3 Jemma Bonnell		Hills District	9.02m
4 Niamh Cassar		Hills District	8.84m
5 Sarah Michell		Hills District	8.74m

**Girls U 17 - Triple Jump**

Zone: Z 11.90m 30-Jan-11 N Apikotoa, Kings Langley			
Name	Age	Centre	Final
1 Claire Lynch		Riverstone	9.99m
2 Elizabeth Staples		Winston Hills	9.75m
3 Brooke Bonnell		Hills District	9.41m
4 Carisa Kolodziej		Hills District	9.33m
5 Saara Stenberg		Hills District	9.03m
6 Samantha Jackson		Hills District	8.85m
7 Rebekah Rose		Kings Langley	8.61m

**Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 7.96m 01-Jan-84 K.Leppanen, Winston Hills			
Name	Age	Centre	Final
1 Krystal Emme		Kings Langley	4.61m
2 Annise Lee		Hills District	3.88m
3 Matilda Smith		Kings Langley	3.69m
4 Lexie Mcquillan		Hills District	3.60m
5 Bella Winters		Hills District	3.59m
6 Madison Evans		Hills District	3.46m
7 Belle Nethery		Hills District	3.38m
8 Lucy Jovanovic		Hills District	2.92m

**Girls U 8 - Shot Put (1.5 Kg)**

Zone: Z 8.50m 01-Feb-04 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Isabella West		Hills District	5.50m
2 Isabella Bell		Hills District	4.31m
3 Violet Knight		Winston Hills	3.71m
4 Amelia Johnston		Winston Hills	3.48m
5 Ella Mujcinovic		Winston Hills	2.75m
6 Jade Tan		Hills District	2.72m
7 Michelle George		Hills District	2.68m

**Girls U 9 - Shot Put (2.0 Kg)**

Zone: Z 8.12m 25-Jan-03 T Breeze-Brackers, Winston Hi			
Name	Age	Centre	Final
1 Ava Clegg		Winston Hills	5.57m

**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 9 - Shot Put (2.0 Kg)**

2	Elizabeth Williamson	Winston Hills	5.16m
3	Sienna Binns	Hills District	4.84m
4	Leila Odbert	Hills District	4.76m
5	Abby Cotter	Hawkesbury City	4.32m
6	Alexis Glasheen-Smith	Riverstone	4.29m
7	Marlee Gill	Riverstone	3.91m
8	Rebecca Liew	Hills District	3.77m
9	Hannah King	Hills District	3.41m
9	Ella Dickson	Hills District	3.41m
11	Melanie Tan	Hills District	3.25m
12	Lily Hunter	Kings Langley	2.69m

**Girls U 10 - Shot Put (2.0 Kg)**

=====  
 Zone: Z 10.92m 29-Jan-06 P Lemi, Winston Hills

Name	Age Centre	Final	
1	Salote Wolfgramm	Kings Langley	7.54m
2	Lilly Calder	Riverstone	6.22m
3	Amelia Odell	Rouse Hill Rams	5.66m
4	Micaela Moyano	Hills District	5.57m
5	Claire Giffney	Kings Langley	5.53m
6	Lily Johnston	Winston Hills	5.41m
7	Jade Mackenzie	Hills District	5.35m
8	Elizabeth Bello	Hills District	5.28m
9	Florence hepworth fin	Hills District	5.24m
10	Amelia Brice	Hills District	5.08m
11	Alexandra Mills	Hills District	4.50m
12	Lara Mujcinovic	Winston Hills	4.41m
13	Alice Barrett	Winston Hills	4.32m
14	Caley McClure	Kings Langley	3.97m
15	Charlotte Dimech	Hawkesbury City	3.82m

**Girls U 11 - Shot Put (2.0 Kg)**

=====  
 Zone: Z 12.65m 27-Jan-07 T Sengul, Winston Hills

Name	Age Centre	Final	
1	Sarah Idiare	Hills District	9.66m
2	Pyper Marchant	Hills District	9.03m
3	Jade Deen	Hills District	6.71m
4	Charlotte Ward	Hawkesbury City	6.68m
5	Heidi Vogelaar	Winston Hills	6.67m
6	Courtney Kitching	Riverstone	6.19m
7	Caragh Gleeson	Rouse Hill Rams	6.18m
8	Chloe Cheeseman	Winston Hills	5.95m
9	Lara Brown	Winston Hills	5.48m
9	Billy-Rose Taliai	Hills District	5.48m
11	Emily Farrell	Hills District	5.18m
12	Leah Nixon	Winston Hills	4.90m
13	Matilda Comito	Hills District	4.85m
14	Charlotte Montgomery	Winston Hills	4.74m
15	Emanuella Johnson	Kings Langley	4.60m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 12 - Shot Put (2.0 Kg)**

Zone: Z 15.76m 03-Feb-08 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Rachel Bardney		Kings Langley	13.18m
2 Clare Grubba		Winston Hills	10.51m
3 Srinidhi Durai		Kings Langley	10.30m
4 Maggie Hepworth		Hills District	7.50m
5 Hayley Schultz		Hills District	7.45m
6 Esther Bonser		Hills District	6.78m
7 Tatiana Johnson		Kings Langley	6.70m
8 Matilda Odell		Rouse Hill Rams	6.29m
9 Hannah Borg		Hills District	6.14m
10 Beth Abbott		Hills District	5.96m
11 Jordan-lee Schultz		Hawkesbury City	5.20m

**Girls U 13 - Shot Put (3.0 Kg)**

Zone: Z 14.57m 01-Feb-09 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Georgie De Courcy		Hawkesbury City	9.87m
2 Mackenzie Brennan		Hills District	7.95m
3 Alex O'Keefe		Hills District	6.71m
3 Lauren Sivalingam		Kings Langley	6.71m
5 Anissa Johnson		Hills District	6.27m
6 Vanessa Chapman		Hawkesbury City	4.77m

**Girls U 14 - Shot Put (3.0 Kg)**

Zone: Z 15.42m 30-Jan-10 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Kayla Fischer		Hills District	8.98m
2 Jennifer Grubba		Winston Hills	8.94m
3 Veronica Fuccenecco		Hills District	8.61m
4 Phoebe Tham		Hills District	7.79m

**Girls U 15 - Shot Put (3.0 Kg)**

Zone: Z 14.86m 30-Jan-11 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Delaney Gleeson		Rouse Hill Rams	8.49m
1 Rhiannon Ho		Hills District	8.49m
3 Lily Carrington		Hills District	8.20m

**Girls U 17 - Shot Put (3.0 Kg)**

Zone: Z 15.15m 09-Dec-12 Taylah Sengal, Winston Hills			
Name	Age	Centre	Final
1 Rebekah Rose		Kings Langley	9.90m
2 Samantha Jackson		Hills District	9.08m
3 Larissa Jago		Kings Langley	6.80m
4 Bella Johnson		Hills District	6.49m

**North West Met Zone Championships****AH Whaling Reserve****Results****Girls U 7 - Discus (350 Gram)**

Zone: Z 20.08m 25-Jan-03 T.Sengul, Winston Hills			
Name	Age	Centre	Final
1 Krystal Emme		Kings Langley	12.02m
2 Summer Paki		Hills District	11.97m
3 Sienna Hinder		Hawkesbury City	10.08m
4 Genesis Vohl		Hills District	8.17m
5 Annise Lee		Hills District	8.11m
6 Somer Zapatero		Winston Hills	7.90m
7 Belle Nethery		Hills District	7.36m
8 Mia Spooner		Hills District	7.10m
9 Megan Geldenhuys		Rouse Hill Rams	6.66m
10 Arabella Gunter		Hawkesbury City	6.64m
11 Ivy Mclean		Hills District	5.53m
12 Ella Caines		Rouse Hill Rams	5.36m
13 Sophie Whitehouse		Winston Hills	4.67m

**Girls U 8 - Discus (500 Gram)**

Zone: Z 23.74m 31-Jan-04 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Jordyn Deen		Hills District	17.03m
2 Isabella Bell		Hills District	13.22m
3 Amelia Hocroft		Kings Langley	9.55m
4 Ruby Marshall		Hills District	9.34m
5 Paloma Lopez		Hills District	8.65m
6 Annalise Becroft		Hills District	8.14m
7 Violet Knight		Winston Hills	7.63m
8 April Zdrilic		Hills District	7.40m
9 Ella Mujcinovic		Winston Hills	6.88m

**Girls U 9 - Discus (500 Gram)**

Zone: Z 27.18m 30-Jan-05 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Molly Jovanovic		Hills District	15.23m
2 Madison Gale		Winston Hills	14.31m
3 Ava Clegg		Winston Hills	14.06m
4 Dakshita Drall		Winston Hills	11.31m
5 Abby Cotter		Hawkesbury City	10.92m
6 Sienna Binns		Hills District	10.90m
7 Elizabeth Williamson		Winston Hills	10.26m
8 Sienna Longhurst		Kings Langley	10.01m
9 Leila Odbert		Hills District	9.19m
10 Alicia Zhang		Rouse Hill Rams	8.72m
11 Hannah King		Hills District	7.49m
12 Skye Stephens		Hills District	7.05m
13 Cara-lee Flecknoe		Riverstone	6.63m
14 Clarie Kelly		Kings Langley	6.57m
-- Marlee Gill		Riverstone	ND

**North West Met Zone Championships****AH Whaling Reserve****Results****Girls U 10 - Discus (500 Gram)**

Zone: Z 36.17m 28-Jan-06 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Salote Wolfgramm		Kings Langley	22.00m
2 Claire Giffney		Kings Langley	17.71m
3 Florence hepworth fin		Hills District	16.41m
4 Jade Mackenzie		Hills District	15.77m
5 Amelia Brice		Hills District	15.17m
6 Amelia Odell		Rouse Hill Rams	14.84m
7 Isabella Henderson		Winston Hills	14.29m
8 Louise Knight		Hills District	13.27m
9 Elizabeth Bello		Hills District	12.94m
10 Raphaella Wilson		Kings Langley	12.43m
11 Lily Johnston		Winston Hills	11.99m
12 Lara Mujcinovic		Winston Hills	11.53m
13 Isabelle Chapman		Hawkesbury City	10.27m
14 Alice Barrett		Winston Hills	8.35m
-- Mikayla Muscat		Hills District	ND

**Girls U 11 - Discus (750 Gram)**

Zone: Z 33.66m 28-Jan-07 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Pyper Marchant		Hills District	28.02m
2 Matilda Tuyau		Winston Hills	21.53m
3 Chloe Cheeseman		Winston Hills	19.29m
4 Courtney Kitching		Riverstone	16.77m
5 Jade Deen		Hills District	16.27m
6 Billy-Rose Taliai		Hills District	16.01m
7 Kathryn Thomas		Winston Hills	15.52m
8 Caragh Gleeson		Rouse Hill Rams	14.64m
9 Samantha Torrens		Winston Hills	12.22m
10 Charlotte Montgomery		Winston Hills	12.15m
11 Matilda Comito		Hills District	10.56m
12 Charlotte McClelland		Winston Hills	8.62m
13 Keira Dickson		Kings Langley	3.11m

**Girls U 12 - Discus (750 Gram)**

Zone: Z 41.59m 02-Feb-08 T Snegul, Winston Hills			
Name	Age	Centre	Final
1 Clare Grubba		Winston Hills	34.02m
2 Rachel Bardney		Kings Langley	33.78m
3 Srinidhi Durai		Kings Langley	19.08m
4 Maggie Hepworth		Hills District	17.13m
5 Hayley Schultz		Hills District	16.90m
6 Jacinta Hilton		Hills District	16.30m
7 Esther Bonser		Hills District	16.18m
8 Tatiana Johnson		Kings Langley	15.61m
9 Matilda Odell		Rouse Hill Rams	13.16m
10 Farah Rahmati-Zaran		Hills District	12.87m
11 Hannah Borg		Hills District	12.28m
12 Victoria Henderson		Winston Hills	11.08m



**North West Met Zone Championships****AH Whaling Reserve****Results****....Girls U 12 - Discus (750 Gram)**

13 Sophie-Rose Chapman	Hawkesbury City	9.54m
------------------------	-----------------	-------

**Girls U 13 - Discus (750 Gram)**

Zone: Z 47.60m 31-Jan-09 T Sengul, Winston Hills

Name	Age Centre	Final
1 Mackenzie Brennan	Hills District	27.35m
2 Georgie De Courcy	Hawkesbury City	21.03m
3 Alex O'Keefe	Hills District	19.94m
4 Olivia Dimech	Hawkesbury City	17.34m
5 Carissa Anderson	Winston Hills	14.93m
6 Anissa Johnson	Hills District	14.54m
7 Zoe Linsen	Hills District	14.45m
8 Vanessa Chapman	Hawkesbury City	12.66m
-- Lucy Hicks	Winston Hills	ND
-- Ava Spooner	Hills District	ND

**Girls U 14 - Discus (1.0 Kg)**

Zone: Z 44.29m 31-Jan-10 T Sengul, Winston Hills

Name	Age Centre	Final
1 Kayla Fischer	Hills District	26.12m
2 Jennifer Grubba	Winston Hills	24.31m
3 Eva Nadaya-Harb	Winston Hills	21.02m
4 Veronica Fuccenecco	Hills District	17.43m
5 Tori Jackson	Hills District	15.84m
6 Alice Mulvihill	Hills District	14.20m
7 Paige Lee	Riverstone	12.23m

**Girls U 15 - Discus (1.0 Kg)**

Zone: Z 44.63m 29-Jan-11 T Sengul, Winston Hills

Name	Age Centre	Final
1 Delaney Gleeson	Rouse Hill Rams	28.05m
2 Lily Carrington	Hills District	22.85m

**Girls U 17 - Discus (1.0 Kg)**

Zone: Z 45.49m 08-Dec-12 Taylah Sengal, Winston Hills

Name	Age Centre	Final
1 Samantha Jackson	Hills District	25.17m
2 Paige Brosnan	Winston Hills	23.59m
3 Carisa Kolodziej	Hills District	21.72m
4 Rebekah Rose	Kings Langley	21.19m
5 Saara Stenberg	Hills District	20.69m
6 Lauren DeBerardinis	Rouse Hill Rams	18.07m
7 Larissa Jago	Kings Langley	15.32m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 11 - Javelin (400 Gram)**

Zone: Z 26.20m 11-Dec-16 Rachel Bardney, Kings Langley			
Name	Age	Centre	Final
1 Amelie Prosser-Shaw		Hills District	18.89m
2 Keira Dickson		Kings Langley	16.28m
3 Jade Deen		Hills District	15.78m
4 Alexandra Milton		Winston Hills	14.15m
5 jaedin Le Marseny		Hills District	11.87m
6 Chloe Michoux		Hills District	8.98m
7 Charlotte Montgomery		Winston Hills	8.34m

**Girls U 12 - Javelin (400 Gram)**

Zone: Z 25.54m 10-Dec-16 Amelia McIlwaine, Hills Dist			
Name	Age	Centre	Final
1 Rachel Bardney		Kings Langley	28.02mZ
2 Vanessa Apel		Winston Hills	20.87m
3 Hayley Schultz		Hills District	20.02m
4 Lucy Fuccenecco		Hills District	16.93m
5 Ella Robertson		Hills District	16.03m
6 Esther Bonser		Hills District	14.85m
7 Matilda Odell		Rouse Hill Rams	14.83m
8 Hannah Borg		Hills District	13.27m
-- Maddison Miller		Hills District	ND

**Girls U 13 - Javelin (400 Gram)**

Zone: Z 41.86m 28-Jan-09 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Mackenzie Brennan		Hills District	22.51m
2 Lauryn Kasozi		Hills District	22.44m
3 Alyssa Norton		Hills District	19.96m
4 Lauren Sivalingam		Kings Langley	19.02m
5 Caitlyn Muscat		Hills District	18.21m
6 Kayla Gioiello		Hills District	18.03m
7 Caitlyn Thatcher		Hills District	16.76m

**Girls U 14 - Javelin (400 Gram)**

Zone: Z 37.18m 11-Dec-15 Rebekah Rose, Kings Langley			
Name	Age	Centre	Final
1 Ashley Noorbergen		Hills District	31.54m
2 Jennifer Grubba		Winston Hills	27.97m
3 Veronica Fuccenecco		Hills District	23.08m
4 Alice Mulvihill		Hills District	21.96m
5 Kayla Fischer		Hills District	17.86m
6 Eva Nadaya-Harb		Winston Hills	17.05m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Girls U 15 - Javelin (500 Gram)**

Zone: Z 31.70m 09-Dec-16 Tahlia O'Connell, Kings Lang			
Name	Age	Centre	Final
1 Lily Carrington		Hills District	30.78m
2 Sarah Michell		Hills District	24.20m
3 Kaiya Buchanan		Hills District	17.89m
4 Rhiannon Ho		Hills District	14.80m

**Girls U 17 - Javelin (500 Gram)**

Zone: Z 34.40m 11-Dec-16 Samantha Jackson, Hills Dist			
Name	Age	Centre	Final
1 Samantha Jackson		Hills District	34.24m
2 Rebekah Rose		Kings Langley	29.62m
3 Tamsin Buchanan		Hills District	26.00m
4 Carla Goulooze		Hills District	23.81m
5 Emily Catania		Rouse Hill Rams	21.30m

**Girls U 9 - 700 Metre Walk**

Zone: Z 3:31.00 01-Feb-97 S Munday, Prospect			
Name	Age	Centre	Final
Section 1			
1 Olivia Mackenzie		Hills District	4:16.23
2 Ashlyn Kelly		Hills District	4:35.03
3 Emilie Chandran		Winston Hills	4:38.08
4 Dakshita Drall		Winston Hills	4:43.62
5 Ella Dickson		Hills District	4:49.91
6 Sehejta Kaur		Winston Hills	4:59.75
7 Cara-lee Flecknoe		Riverstone	5:02.89
8 Selina Gong		Hills District	5:27.83
9 Abby Cotter		Hawkesbury City	5:28.06
10 Madison Gale		Winston Hills	5:47.55
11 Mia Robson		Kings Langley	5:56.58

**Girls U 10 - 1100 Metre Walk**

Zone: Z 6:17.40 23-Jan-03 R Houston, Winston Hills			
Name	Age	Centre	Final
1 Jade Mackenzie		Hills District	6:43.41
2 Adelayde Baker		Kings Langley	7:03.75
3 Alexandra Mills		Hills District	7:09.77
4 Jocelin Martinez-Leeson		Hills District	7:19.76
5 Amelia Brice		Hills District	7:26.17
6 Claire Giffney		Kings Langley	7:30.51
7 Miah Owen		Kings Langley	7:38.14
8 Bree Rawlings		Hawkesbury City	7:39.81
9 Isobel Clarke		Hills District	7:48.19

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Girls U 11 - 1100 Metre Walk**

Zone: Z 5:39.96 09-Dec-16 Ella Munroe, Hills District			
Name	Age	Centre	Final
1 Jasmine Wong		Winston Hills	6:11.14
2 Samantha Torrens		Winston Hills	6:18.79
3 Amelie Prosser-Shaw		Hills District	6:25.21
4 Matilda Comito		Hills District	7:55.79
5 Rhiana Lum		Hills District	7:57.68
6 Sarah Gong		Hills District	8:03.55

**Girls U 12 - 1500 Metre Walk**

Zone: Z 7:50.80 04-Feb-94 C Bock, Winston Hills			
Name	Age	Centre	Final
1 Ella Munroe		Hills District	8:11.90
2 Chelsey Torrens		Winston Hills	8:26.61
3 Chelsea Olbrich		Riverstone	8:43.15
4 Leila Dickson		Hills District	9:13.52
5 Jacinta Hilton		Hills District	9:29.30
6 Kailey Webber		Winston Hills	9:29.45
7 Natalia Barone		Hills District	9:41.89
8 Sofia Nicholson		Hills District	9:42.08
9 Angelina Mclean		Hills District	9:42.22

**Girls U 13 - 1500 Metre Walk**

Zone: Z 7:46.10 30-Jan-08 I Shina, Hills			
Name	Age	Centre	Final
1 Penny Graham		Hawkesbury City	9:05.59
2 Chloe Nolan		Hills District	10:24.16
3 Alyssa Norton		Hills District	11:14.98
4 Catherine Richter		Hills District	14:16.62

**Girls U 14 - 1500 Metre Walk**

Zone: Z 7:52.57 27-Jan-05 B Melrose, Winston Hills			
Name	Age	Centre	Final
1 Kayla Wong		Winston Hills	8:24.14
2 Paige Lee		Riverstone	10:01.55

**Girls U 15 - 1500 Metre Walk**

Zone: Z 7:15.46 25-Jan-06 M Hayes, Kings Langley			
Name	Age	Centre	Final
1 Jemma Bonnell		Hills District	9:19.81

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Girls U 17 - 1500 Metre Walk**

=====  
 Zone: Z 7:37.78 09-Dec-16 Janaya Lee, Riverstone  
 Name Age Centre Final  
 =====

1	Janaya Lee	Riverstone	7:36.45Z
2	Tamsin Buchanan	Hills District	8:16.16
3	Brooke Bonnell	Hills District	8:16.29
4	Niamh Sanday	Kings Langley	8:20.60
5	Larissa Jago	Kings Langley	11:48.19

**Boys U 7 - 50 Metre Sprint**

=====  
 Zone: Z 8.46 12-Dec-15 Saxon Ward, Hills District  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Aahil Meeran	Winston Hills	9.38Q
2	Lachlan Dorahy	Hills District	9.42Q
3	Tristian Quee	Hills District	9.54q
4	Finn Sweeney	Hills District	9.77q
5	Hunter Gravina	Rouse Hill Rams	9.83
6	Lleyton Mallia	Hills District	9.97
7	Toby Mcdermid	Riverstone	10.14
8	Samuel Macri	Rouse Hill Rams	11.14

Heat 2 Heats

1	Owen Grinham	Rouse Hill Rams	9.33Q
2	Kaeden Hochstetter	Hills District	9.50Q
3	Drew Owen	Kings Langley	9.53q
4	Roman Iori	Riverstone	9.75q
5	Ben Charlwood	Winston Hills	10.10
6	Ryan Haaf	Winston Hills	10.13
7	Ethan Odell	Rouse Hill Rams	13.39

**Boys U 7 - 50 Metre Sprint**

=====  
 Zone: Z 8.46 12-Dec-15 Saxon Ward, Hills District  
 Name Age Centre Final  
 =====

Section 1 Final

1	Aahil Meeran	Winston Hills	9.04
2	Owen Grinham	Rouse Hill Rams	9.05
3	Lachlan Dorahy	Hills District	9.16
4	Drew Owen	Kings Langley	9.30
5	Kaeden Hochstetter	Hills District	9.34
6	Tristian Quee	Hills District	9.37
7	Finn Sweeney	Hills District	9.55
8	Roman Iori	Riverstone	9.63

**Boys U 7 - 70 Metre Sprint**

=====  
 Zone: Z 11.00 01-Jan-89 P. Morgan, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Kyan Hudson	Hills District	12.81Q
2	Kaeden Hochstetter	Hills District	13.07Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 7 - 70 Metre Sprint**

3 Ashton Crowley	Hills District	13.10Q
4 Cooper Thompson	Kings Langley	13.25q
5 Hunter Gravina	Rouse Hill Rams	13.36
6 Drew Owen	Kings Langley	13.81
7 Sebastian Lloyd	Rouse Hill Rams	16.06

Heat 2 Heats

1 Owen Grinham	Rouse Hill Rams	12.65Q
2 Aahil Meeran	Winston Hills	12.83Q
3 Mitchell Klomp	Winston Hills	13.09Q
4 Roman Iori	Riverstone	13.17q
5 Zac Ward	Hawkesbury City	13.34
6 Lleyton Mallia	Hills District	13.60
7 Harry Lewis	Rouse Hill Rams	13.67
8 Ryan Haaf	Winston Hills	14.52

**Boys U 7 - 70 Metre Sprint**

Zone: Z 11.00 01-Jan-89 P. Morgan, Winston Hills

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

Section 1 Final

1 Owen Grinham	Rouse Hill Rams	12.12
1 Kyan Hudson	Hills District	12.12
3 Aahil Meeran	Winston Hills	12.18
4 Mitchell Klomp	Winston Hills	12.36
5 Ashton Crowley	Hills District	12.39
6 Kaeden Hochstetter	Hills District	12.43
7 Cooper Thompson	Kings Langley	12.85
8 Roman Iori	Riverstone	13.04

**Boys U 8 - 70 Metre Sprint**

Zone: Z 10.50 01-Jan-82 N Stephens, Winston Hills

Name	Age Centre	Heats
------	------------	-------

Heat 1 Heats

1 Koby Bell	Hills District	11.71Q
2 Tyler Hawkett	Hawkesbury City	11.75Q
3 Joseph Saba	Hills District	12.39Q
4 Oscar Harding	Hills District	12.65
5 Matthew Collett	Rouse Hill Rams	12.76
6 Elijah Morrison	Rouse Hill Rams	14.07
7 Levi Bale	Rouse Hill Rams	15.40

Heat 2 Heats

1 Lachlan Albert	Hills District	11.57Q
2 Nicholas McNally	Winston Hills	11.60Q
3 Lachlan Probin	Hills District	11.85Q
4 Andreas Morrison	Rouse Hill Rams	12.21q
5 Harry Charlwood	Winston Hills	12.30q
6 Ethan Tait	Rouse Hill Rams	12.31
7 Charlie Andrews	Winston Hills	12.44

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Boys U 8 - 70 Metre Sprint**

Zone: Z 10.50 01-Jan-82 N Stephens, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Koby Bell		Hills District	11.51
2 Tyler Hawkett		Hawkesbury City	11.52
3 Nicholas McNally		Winston Hills	11.64
4 Lachlan Albert		Hills District	11.65
5 Lachlan Probin		Hills District	11.97
6 Joseph Saba		Hills District	12.13
7 Andreas Morrison		Rouse Hill Rams	12.26
8 Harry Charlwood		Winston Hills	12.34

**Boys U 9 - 70 Metre Sprint**

Zone: Z 10.54 11-Dec-16 Rhys Webster, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Xander Keller		Rouse Hill Rams	10.56Q
2 Yusuf Tajudeen		Hills District	10.68Q
3 Ashwin Ramaswamy		Hills District	11.17Q
4 Liam Reed		Hills District	12.42q
5 Shrey Godla		Kings Langley	12.46
6 Oliver Smith		Riverstone	12.89
Heat 2 Heats			
1 Jonathan du Preez		Rouse Hill Rams	11.23Q
2 Sionseni Lomu		Rouse Hill Rams	11.42Q
3 Kingsley Askew		Winston Hills	11.47Q
3 William Dorahy		Hills District	11.47Q
5 Joshua Page		Hills District	12.02q

**Boys U 9 - 70 Metre Sprint**

Zone: Z 10.54 11-Dec-16 Rhys Webster, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Xander Keller		Rouse Hill Rams	10.59
2 Yusuf Tajudeen		Hills District	10.76
3 Ashwin Ramaswamy		Hills District	10.98
4 Jonathan du Preez		Rouse Hill Rams	11.16
5 William Dorahy		Hills District	11.31
6 Sionseni Lomu		Rouse Hill Rams	11.36
7 Kingsley Askew		Winston Hills	11.48
8 Joshua Page		Hills District	12.09
9 Liam Reed		Hills District	12.33

**Boys U 10 - 70 Metre Sprint**

Zone: Z 10.00 01-Feb-97 D Wright, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Rhys Webster		Winston Hills	10.57Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 10 - 70 Metre Sprint**

2 Cooper Thorpe	Hills District	10.85Q
3 Lucas Neal	Winston Hills	11.10Q
4 Jacob Astill	Hawkesbury City	11.27q
5 Oliver Robinson	Hills District	11.43
6 Liam Piggott	Hills District	11.62

Heat 2 Heats

1 Max Marshall	Hills District	10.65Q
2 Lawson Cunningham	Winston Hills	10.66Q
3 Ryan Green	Kings Langley	11.21Q
4 Elias Macri	Rouse Hill Rams	11.22q
5 leonardo macorig	Winston Hills	11.28
6 Morgan Brown	Hills District	11.50
7 Neil Patil	Winston Hills	13.27

**Boys U 10 - 70 Metre Sprint**

Zone: Z 10.00 01-Feb-97 D Wright, Winston Hills

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

Section 1 Final

1 Rhys Webster	Winston Hills	10.53
2 Lawson Cunningham	Winston Hills	10.73
3 Max Marshall	Hills District	10.74
4 Cooper Thorpe	Hills District	10.89
5 Jacob Astill	Hawkesbury City	11.15
6 Elias Macri	Rouse Hill Rams	11.22
7 Lucas Neal	Winston Hills	11.35
8 Ryan Green	Kings Langley	11.45

**Boys U 7 - 100 Metre Sprint**

Zone: Z 15.90 08-Dec-12 Nathaniel Idehen, Hills Distr

Name	Age Centre	Heats
------	------------	-------

Heat 1 Heats

1 Kyan Hudson	Hills District	17.96Q
2 Aahil Meeran	Winston Hills	18.20Q
3 Roman Iori	Riverstone	19.15Q
4 Cooper Thompson	Kings Langley	19.30
5 Ben Charlwood	Winston Hills	19.81
6 Fletch Stone	Kings Langley	23.65
7 Ethan Odell	Rouse Hill Rams	27.03

Heat 2 Heats

1 Lucas Clarke	Hills District	17.95Q
2 Owen Grinham	Rouse Hill Rams	17.96Q
3 Lachlan Dorahy	Hills District	18.28Q
4 Mitchell Klomp	Winston Hills	18.42q
5 Kaeden Hochstetter	Hills District	18.44q
6 Ashton Crowley	Hills District	18.50
7 Hunter Gravina	Rouse Hill Rams	18.81
8 Toby Mcdermid	Riverstone	19.56



**North West Met Zone Championships****AH Whaling Reserve****Results****Boys U 7 - 100 Metre Sprint**

Zone: Z 15.90 08-Dec-12 Nathaniel Idehen, Hills Distr			
Name	Age	Centre	Final
Section 1 Final			
1	Aahil Meeran	Winston Hills	17.48
2	Owen Grinham	Rouse Hill Rams	17.50
3	Lucas Clarke	Hills District	17.60
4	Lachlan Dorahy	Hills District	17.83
5	Mitchell Klomp	Winston Hills	17.88
6	Kyan Hudson	Hills District	17.92
7	Kaeden Hochstetter	Hills District	18.18
8	Roman Iori	Riverstone	18.79

**Boys U 8 - 100 Metre Sprint**

Zone: Z 14.80 01-Jan-83 A Polley, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Tyler Hawkett	Hawkesbury City	16.67Q
2	Nicholas McNally	Winston Hills	16.69Q
3	Koby Bell	Hills District	16.86Q
4	Benjamin Hand	Winston Hills	17.52q
5	Harry Charlwood	Winston Hills	17.94
6	Oscar Harding	Hills District	18.03
Heat 2 Heats			
1	Lachlan Albert	Hills District	16.53Q
2	Aidan Siney	Hills District	16.73Q
3	Harry Sherwood	Hills District	17.29Q
4	Keir Mercer	Hills District	17.33q
5	Charlie Andrews	Winston Hills	17.77
6	Levi Bale	Rouse Hill Rams	21.82

**Boys U 8 - 100 Metre Sprint**

Zone: Z 14.80 01-Jan-83 A Polley, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1	Tyler Hawkett	Hawkesbury City	16.49
2	Lachlan Albert	Hills District	16.57
3	Aidan Siney	Hills District	16.85
4	Koby Bell	Hills District	16.87
5	Benjamin Hand	Winston Hills	17.21
6	Charlie Andrews	Winston Hills	17.31
7	Harry Sherwood	Hills District	17.50
--	Nicholas McNally	Winston Hills	DQ

**Boys U 9 - 100 Metre Sprint**

Zone: Z 14.30 02-Feb-91 P Mogan, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Xander Keller	Rouse Hill Rams	15.23Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 9 - 100 Metre Sprint**

2	William Dorahy	Hills District	15.94Q
3	Jonathan du Preez	Rouse Hill Rams	16.03Q
4	Kingsley Askew	Winston Hills	16.04q
5	Marcus Prideaux	Winston Hills	16.05q
5	Damon Jones	Riverstone	16.05q
7	Sionseni Lomu	Rouse Hill Rams	16.13
8	Shrey Godla	Kings Langley	17.85
Heat 2 Heats			
1	Yusuf Tajudeen	Hills District	15.45Q
2	Ashwin Ramaswamy	Hills District	15.81Q
3	Hayden Bell	Hills District	16.53Q
4	Julian Freeland	Hills District	16.82
5	Ben Lynch	Hills District	17.39
6	Matthew Cooper	Winston Hills	17.51
7	Adam Wilmott	Rouse Hill Rams	17.95

**Boys U 9 - 100 Metre Sprint**

=====  
 Zone: Z 14.30 02-Feb-91 P Mogan, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Xander Keller	Rouse Hill Rams	15.04
2	Yusuf Tajudeen	Hills District	15.30
3	Ashwin Ramaswamy	Hills District	15.76
4	Jonathan du Preez	Rouse Hill Rams	15.91
5	Marcus Prideaux	Winston Hills	16.10
6	Kingsley Askew	Winston Hills	16.12
7	William Dorahy	Hills District	16.13
7	Damon Jones	Riverstone	16.13
9	Hayden Bell	Hills District	16.64

**Boys U 10 - 100 Metre Sprint**

=====  
 Zone: Z 13.90 01-Feb-97 D Wright, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Rhys Webster	Winston Hills	15.16Q
2	Cooper Thorpe	Hills District	15.48Q
3	Elias Macri	Rouse Hill Rams	16.02Q
4	Oliver Robinson	Hills District	16.38q
5	Morgan Brown	Hills District	16.71
6	Aayush Shah	Winston Hills	17.73
7	Jason Shelley	Kings Langley	18.55
8	Neil Patil	Winston Hills	19.12

Heat 2 Heats

1	Max Marshall	Hills District	15.28Q
2	Lawson Cunningham	Winston Hills	15.35Q
3	Luca de Burnay Thompson	Hawkesbury City	15.91Q
4	leonardo macorig	Winston Hills	16.12q
5	Alex Margiotta	Rouse Hill Rams	16.54
6	Callum Spooner	Hills District	16.87
7	Kieren Morson	Hills District	19.32

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 10 - 100 Metre Sprint**

Zone: Z 13.90 01-Feb-97 D Wright, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Rhys Webster		Winston Hills	14.97
2 Max Marshall		Hills District	15.16
3 Lawson Cunningham		Winston Hills	15.17
4 Cooper Thorpe		Hills District	15.45
5 Elias Macri		Rouse Hill Rams	15.81
6 Luca de Burnay Thompson		Hawkesbury City	15.92
7 leonardo macorig		Winston Hills	16.04
8 Oliver Robinson		Hills District	16.27

**Boys U 11 - 100 Metre Sprint**

Zone: Z 12.90 01-Jan-80 C Cassidy, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lachlan Powell		Hills District	14.21Q
2 Harrison Macarencu		Rouse Hill Rams	15.03Q
3 Alexander Balmer		Winston Hills	15.58Q
4 Riley Albert		Hills District	16.13
5 Emile Rizk		Hills District	16.60
6 Samuel Lawrence		Rouse Hill Rams	16.78
7 Viraj Gupta		Hills District	16.99
Heat 2 Heats			
1 Brock Prideaux		Winston Hills	14.17Q
2 Thomas Daniel		Winston Hills	14.48Q
3 Lukas McNeil		Hills District	14.64Q
4 Zach Redwood		Winston Hills	14.85q
5 Nate Gill		Riverstone	14.98q
6 Valentine Crowley		Hills District	15.90
7 Billie-Jo Burns-eisma		Riverstone	16.88

**Boys U 11 - 100 Metre Sprint**

Zone: Z 12.90 01-Jan-80 C Cassidy, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Lachlan Powell		Hills District	14.05
2 Brock Prideaux		Winston Hills	14.13
3 Thomas Daniel		Winston Hills	14.37
4 Lukas McNeil		Hills District	14.67
5 Harrison Macarencu		Rouse Hill Rams	14.70
6 Zach Redwood		Winston Hills	14.98
7 Nate Gill		Riverstone	15.01
8 Alexander Balmer		Winston Hills	15.69

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**Boys U 12 - 100 Metre Sprint**

```

=====
Zone: Z 12.60 01-Jan-81 C Cassidy, Hills
Name Age Centre Heats
=====
Heat 1 Heats
1 Luca Margiotta Rouse Hill Rams 13.80Q
2 Clayton Peacock Hawkesbury City 13.82Q
3 Mitchell Seaman Winston Hills 14.31Q
4 Oshi Kirkley Hills District 14.32q
5 Nicolas Odendaal Rouse Hill Rams 16.01
Heat 2 Heats
1 Sadheel Kumar Hills District 14.25Q
2 Cameron Davies Hawkesbury City 14.46Q
3 Colby Martin Rouse Hill Rams 14.58Q
4 Harvey Barrett Winston Hills 14.88q
5 Christian Borg Rouse Hill Rams 15.08
6 Peyton Grinham Rouse Hill Rams 16.31
7 Aidan Chng Hills District 16.92
    
```

**Boys U 12 - 100 Metre Sprint**

```

=====
Zone: Z 12.60 01-Jan-81 C Cassidy, Hills
Name Age Centre Final
=====
Section 1 Final
1 Clayton Peacock Hawkesbury City 13.72
2 Luca Margiotta Rouse Hill Rams 13.75
3 Sadheel Kumar Hills District 14.02
4 Mitchell Seaman Winston Hills 14.17
5 Oshi Kirkley Hills District 14.25
6 Colby Martin Rouse Hill Rams 14.47
7 Cameron Davies Hawkesbury City 14.56
8 Harvey Barrett Winston Hills 14.94
    
```

**Boys U 13 - 100 Metre Sprint**

```

=====
Zone: Z 12.09 08-Dec-12 Timothy Simmons, Hills Distri
Name Age Centre Heats
=====
Heat 1 Heats
1 Liam Preston Hills District 12.83Q
2 Samuel McKenzie Hawkesbury City 13.33Q
3 Sebastian Sultana Hills District 13.42q
4 George Gaitanidis Winston Hills 13.48q
5 Jake Christie Winston Hills 14.00
6 Zachary Porter Winston Hills 14.24
Heat 2 Heats
1 Jaiman Kumar Godla Kings Langley 13.77Q
2 Robbie Johnston Hills District 14.22Q
3 Koby Owen Kings Langley 14.59
4 Levi Makin Winston Hills 14.76
5 Tyreak Cala Rouse Hill Rams 15.05
Heat 3 Heats
1 Lachlan Wood Winston Hills 12.91Q
2 William Bello Hills District 13.47Q
3 Mubarak Tajudeen Hills District 13.97
    
```

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**....Boys U 13 - 100 Metre Sprint**

4 Isaac Comito	Hills District	14.21
5 Sandip Srini	Kings Langley	14.49
6 Eden Boisse	Winston Hills	14.69
7 Reubens Tandog	Hills District	14.99

**Boys U 13 - 100 Metre Sprint**

=====			
Zone:	Z 12.09	08-Dec-12	Timothy Simmons, Hills Distri
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Lachlan Wood		Winston Hills	12.38
2 Liam Preston		Hills District	12.50
3 Samuel McKenzie		Hawkesbury City	13.01
4 Jaiman Kumar Godla		Kings Langley	13.22
5 Sebastian Sultana		Hills District	13.28
6 George Gaitanidis		Winston Hills	13.33
7 William Bello		Hills District	13.47
8 Robbie Johnston		Hills District	14.07

**Boys U 14 - 100 Metre Sprint**

=====			
Zone:	Z 11.90	05-Feb-94	M Adams, Hills
Name	Age	Centre	Final
=====			
Section 1			
1 Sylvester Amon		Rouse Hill Rams	12.22
2 Jacob Barone		Hills District	13.12
3 Joel Davis		Hills District	13.28
4 Conor Siney		Hills District	13.66
5 Hugh Gillespie		Hills District	13.71
6 Adrian Shelley		Kings Langley	14.06
7 Jake Baptiste		Kings Langley	14.54
8 Thomas Walker		Hills District	15.07
9 Isaac Jago		Kings Langley	16.36

**Boys U 15 - 100 Metre Sprint**

=====			
Zone:	Z 11.20	31-Jan-09	N Hough, Hills
Name	Age	Centre	Final
=====			
1 Jay Patil		Winston Hills	13.24
2 Alex Kean		Kings Langley	13.53

**Boys U 17 - 100 Metre Sprint**

=====			
Zone:	Z 11.30	10-Dec-16	Walther Wegmann, Kings Langle
Name	Age	Centre	Final
=====			
1 Zach Laurence		Hills District	12.05
2 Simeon Levine		Hills District	12.34
3 Lachlan Porter		Winston Hills	12.52
4 Matthew Brice		Hills District	12.61
5 Daanish Mahmud		Hills District	12.90
6 Nicholas Long		Winston Hills	13.11

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 17 - 100 Metre Sprint**

7 Omar Nadaya-Harb	Winston Hills	13.13
--------------------	---------------	-------

**Boys U 7 - 200 Metre Sprint**

Zone: Z 33.90	01-Jan-80	M.Canning, Winston Hills
---------------	-----------	--------------------------

Zone: Z 33.90	30-Jan-83	J Adolphe, Hills District
---------------	-----------	---------------------------

Name	Age Centre	Heats
------	------------	-------

**Heat 1 Heats**

1 Lucas Clarke	Hills District	37.50Q
2 Hunter Gravina	Rouse Hill Rams	40.67Q
3 Zachary Wilkinson	Hawkesbury City	42.01
4 Ned Francis	Winston Hills	46.85
5 Fletch Stone	Kings Langley	53.12

**Heat 2 Heats**

1 Taine Katalinic	Kings Langley	37.43Q
2 Kaeden Hochstetter	Hills District	38.20Q
3 Tristan Prosser-Shaw	Hills District	38.21q
4 Tristian Quee	Hills District	38.55q
4 Mitchell Klomp	Winston Hills	38.55q
6 Harry Lewis	Rouse Hill Rams	44.74

**Heat 3 Heats**

1 Lachlan Dorahy	Hills District	37.68Q
2 Liam Escott	Hills District	38.63Q
3 Cooper Thompson	Kings Langley	39.97
4 Toby Mcdermid	Riverstone	42.36
5 Eli Saffy	Winston Hills	42.84

**Boys U 7 - 200 Metre Sprint**

Zone: Z 33.90	01-Jan-80	M.Canning, Winston Hills
---------------	-----------	--------------------------

Zone: Z 33.90	30-Jan-83	J Adolphe, Hills District
---------------	-----------	---------------------------

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

**Section 1 Final**

1 Lucas Clarke	Hills District	35.67
2 Taine Katalinic	Kings Langley	37.05
3 Lachlan Dorahy	Hills District	37.33
4 Kaeden Hochstetter	Hills District	38.33
5 Tristian Quee	Hills District	38.49
6 Liam Escott	Hills District	39.56
7 Tristan Prosser-Shaw	Hills District	39.85
8 Hunter Gravina	Rouse Hill Rams	39.94
9 Mitchell Klomp	Winston Hills	40.74

**Boys U 8 - 200 Metre Sprint**

Zone: Z 30.70	01-Jan-83	A Polley, Winston Hills
---------------	-----------	-------------------------

Name	Age Centre	Heats
------	------------	-------

**Heat 1 Heats**

1 Harrison Ferns	Rouse Hill Rams	34.24Q
2 Aidan Siney	Hills District	35.75Q
3 Benjamin Hand	Winston Hills	36.16Q
4 Keir Mercer	Hills District	36.23q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 8 - 200 Metre Sprint**

5	Andreas Morrison	Rouse Hill Rams	37.81
Heat 2 Heats			
1	Nicholas McNally	Winston Hills	34.41Q
2	Koby Bell	Hills District	34.65Q
3	Lachlan Albert	Hills District	35.29Q
4	Tyler Hawkett	Hawkesbury City	35.33q
5	Ethan Tait	Rouse Hill Rams	36.57
6	Tristan Howard	Hills District	37.95

**Boys U 8 - 200 Metre Sprint**

=====  
 Zone: Z 30.70 01-Jan-83 A Polley, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Harrison Ferns	Rouse Hill Rams	33.55
2	Nicholas McNally	Winston Hills	34.09
3	Koby Bell	Hills District	34.72
4	Aidan Siney	Hills District	35.46
5	Tyler Hawkett	Hawkesbury City	35.97
6	Benjamin Hand	Winston Hills	35.98
7	Keir Mercer	Hills District	36.33
8	Lachlan Albert	Hills District	36.47

**Boys U 9 - 200 Metre Sprint**

=====  
 Zone: Z 29.80 04-Feb-96 J De Silva, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Yusuf Tajudeen	Hills District	31.05Q
2	Cody McLean	Kings Langley	35.83Q
3	Kingsley Askew	Winston Hills	35.91q
4	Jonah Crowley	Hills District	36.21q
5	Matthew Cooper	Winston Hills	37.54
6	Ben Lynch	Hills District	37.79
7	Daniel Whitehouse	Winston Hills	39.01

Heat 2 Heats

1	Xander Keller	Rouse Hill Rams	30.58Q
2	Ashwin Ramaswamy	Hills District	31.75Q
3	William Dorahy	Hills District	32.55q
4	Marcus Prideaux	Winston Hills	33.36q
5	Shrey Godla	Kings Langley	37.23
6	Oliver Smith	Riverstone	38.88

**Boys U 9 - 200 Metre Sprint**

=====  
 Zone: Z 29.80 04-Feb-96 J De Silva, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Xander Keller	Rouse Hill Rams	30.13
2	Yusuf Tajudeen	Hills District	30.92
3	Ashwin Ramaswamy	Hills District	31.29
4	William Dorahy	Hills District	32.49

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 9 - 200 Metre Sprint**

5	Marcus Prideaux	Winston Hills	33.97
6	Jonah Crowley	Hills District	35.90
7	Cody McLean	Kings Langley	36.74
8	Kingsley Askew	Winston Hills	37.42

**Boys U 10 - 200 Metre Sprint**

=====			
	Zone: Z 28.80	01-Jan-85	T Henry, Winston Hills
Name		Age Centre	Heats
=====			

## Heat 1 Heats

1	Luca de Burnay Thompson	Hawkesbury City	31.46Q
2	Joshua Hand	Winston Hills	31.80Q
3	Elias Macri	Rouse Hill Rams	32.14Q
4	Cooper Thorpe	Hills District	32.53q
5	Lucas Neal	Winston Hills	32.84q
6	Oliver Robinson	Hills District	35.37
7	William Robson	Hills District	37.21

## Heat 2 Heats

1	Lawson Cunningham	Winston Hills	31.56Q
2	Jackson Becroft	Hills District	32.30Q
3	Zachary Dennis	Hills District	33.46Q
4	Oliver Golding	Hills District	33.93
5	Neil Patil	Winston Hills	42.19

**Boys U 10 - 200 Metre Sprint**

=====			
	Zone: Z 28.80	01-Jan-85	T Henry, Winston Hills
Name		Age Centre	Final
=====			

## Section 1 Final

1	Luca de Burnay Thompson	Hawkesbury City	30.81
2	Lawson Cunningham	Winston Hills	30.82
3	Joshua Hand	Winston Hills	31.38
4	Cooper Thorpe	Hills District	31.67
5	Elias Macri	Rouse Hill Rams	31.71
6	Zachary Dennis	Hills District	32.61
7	Jackson Becroft	Hills District	33.16
8	Lucas Neal	Winston Hills	34.47

**Boys U 11 - 200 Metre Sprint**

=====			
	Zone: Z 27.60	01-Jan-80	C Cassidy, Hills
Name		Age Centre	Heats
=====			

## Heat 1 Heats

1	Brock Prideaux	Winston Hills	28.54Q
2	Liam Roche	Hills District	29.19Q
3	Max Gioiello	Hills District	29.87Q
4	Nate Gill	Riverstone	30.42q
5	William Casey	Winston Hills	31.67q

## Heat 2 Heats

1	Lachlan Powell	Hills District	29.12Q
2	Zach Redwood	Winston Hills	30.32Q
3	Aaron Moors	Hills District	32.94Q



**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 11 - 200 Metre Sprint**

4 Riley Albert	Hills District	34.25
5 Mitchell Moses	Hills District	37.58

**Boys U 11 - 200 Metre Sprint**

=====			
Zone: Z 27.60 01-Jan-80 C Cassidy, Hills			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Lachlan Powell		Hills District	28.51
2 Brock Prideaux		Winston Hills	28.92
3 Liam Roche		Hills District	29.15
4 Max Gioiello		Hills District	29.76
5 Zach Redwood		Winston Hills	30.25
6 Nate Gill		Riverstone	30.79
7 William Casey		Winston Hills	31.80
8 Aaron Moors		Hills District	32.41

**Boys U 12 - 200 Metre Sprint**

=====			
Zone: Z 26.42 29-Jan-12 Timothy Simmons, Quakers Hill			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Sadheel Kumar		Hills District	28.06Q
2 Mitchell Seaman		Winston Hills	29.10Q
3 Ashton Foster		Hills District	29.58Q
4 Riley Wilson		Winston Hills	30.39q
Heat 2 Heats			
1 Clayton Peacock		Hawkesbury City	28.11Q
2 Colby Martin		Rouse Hill Rams	29.04Q
3 Oshi Kirkley		Hills District	29.18Q
4 Nicolas Odendaal		Rouse Hill Rams	32.43q

**Boys U 12 - 200 Metre Sprint**

=====			
Zone: Z 26.42 29-Jan-12 Timothy Simmons, Quakers Hill			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Sadheel Kumar		Hills District	27.68
2 Clayton Peacock		Hawkesbury City	27.91
3 Oshi Kirkley		Hills District	28.08
4 Mitchell Seaman		Winston Hills	28.51
5 Colby Martin		Rouse Hill Rams	28.74
6 Ashton Foster		Hills District	29.91
7 Riley Wilson		Winston Hills	30.34

**Boys U 13 - 200 Metre Sprint**

=====			
Zone: Z 24.88 28-Jan-07 N Hough, Hills			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Lachlan Wood		Winston Hills	25.27Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 13 - 200 Metre Sprint**

2 Saxon Orsini	Hills District	27.99Q
3 Jake Christie	Winston Hills	28.43
4 Isaac Comito	Hills District	28.73
5 Sandip Srini	Kings Langley	29.41
6 Luke Juhart	Winston Hills	29.61
7 Tyreak Cala	Rouse Hill Rams	31.47

Heat 2 Heats

1 Liam Preston	Hills District	26.32Q
2 Zachary Porter	Winston Hills	28.90Q
3 Travis Hargrave	Hawkesbury City	29.25
4 Reubens Tandog	Hills District	31.37

Heat 3 Heats

1 Samuel McKenzie	Hawkesbury City	26.32Q
2 Sebastian Sultana	Hills District	27.27Q
3 George Gaitanidis	Winston Hills	27.45q
4 William Bello	Hills District	27.63q
5 Mubarak Tajudeen	Hills District	28.64

**Boys U 13 - 200 Metre Sprint**

=====  
 Zone: Z 24.88 28-Jan-07 N Hough, Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1 Lachlan Wood	Winston Hills	24.93
2 Liam Preston	Hills District	25.14
3 Samuel McKenzie	Hawkesbury City	25.68
4 William Bello	Hills District	27.70
5 Saxon Orsini	Hills District	27.86
6 Zachary Porter	Winston Hills	28.68
7 Sebastian Sultana	Hills District	28.72

**Boys U 14 - 200 Metre Sprint**

=====  
 Zone: Z 23.98 03-Feb-08 N Hough, Hills  
 Name Age Centre Final  
 =====

Section 1

1 Sylvester Amon	Rouse Hill Rams	24.43
2 Jacob Barone	Hills District	26.75
3 Blake Metcalfe	Kings Langley	27.19
4 Oliver Reedy	Winston Hills	27.92
5 Adrian Shelley	Kings Langley	28.12
6 Jake Baptiste	Kings Langley	29.01
7 Luke Nixon	Winston Hills	30.20

**Boys U 15 - 200 Metre Sprint**

=====  
 Zone: Z 22.87 01-Feb-09 N Hough, Hills  
 Name Age Centre Final  
 =====

1 Jay Patil	Winston Hills	26.34
2 Alex Kean	Kings Langley	27.01
3 Jayden Duncum	Kings Langley	27.40

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 17 - 200 Metre Sprint**

Zone: Z 22.56 11-Dec-16 Keegan Bell, Hills District			
Name	Age	Centre	Final
1 Zach Laurence		Hills District	24.25
2 Lachlan Porter		Winston Hills	25.18
3 Griffin Sainsbury		Hills District	25.67
4 Daanish Mahmud		Hills District	25.76

**Boys U 8 - 400 Metre Sprint**

Zone: Z 1:13.70 01-Jan-87 P Wallington, Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Keir Mercer		Hills District	1:21.38Q
2 Benjamin Hand		Winston Hills	1:25.78Q
3 Ethan Tait		Rouse Hill Rams	1:25.87Q
4 Cooper Shand		Hills District	1:34.81
5 Cameron Neal		Winston Hills	1:37.36
Heat 2 Heats			
1 Harrison Ferns		Rouse Hill Rams	1:20.01Q
2 Tyler Hawkett		Hawkesbury City	1:24.62Q
3 William Taylor		Hills District	1:26.84Q
4 Lachlan Probin		Hills District	1:27.89q
5 Damon Dos Santos		Hills District	1:34.44q

**Boys U 8 - 400 Metre Sprint**

Zone: Z 1:13.70 01-Jan-87 P Wallington, Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Harrison Ferns		Rouse Hill Rams	1:19.34
2 Keir Mercer		Hills District	1:22.24
3 William Taylor		Hills District	1:22.39
4 Tyler Hawkett		Hawkesbury City	1:23.56
5 Lachlan Probin		Hills District	1:25.18
6 Ethan Tait		Rouse Hill Rams	1:25.76
7 Benjamin Hand		Winston Hills	1:31.15

**Boys U 9 - 400 Metre Sprint**

Zone: Z 1:09.20 01-Jan-84 A Polley, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Xander Keller		Rouse Hill Rams	1:10.67Q
2 Ashwin Ramaswamy		Hills District	1:12.81Q
3 Brayden Thompson		Hills District	1:17.39q
4 Hayden Bell		Hills District	1:19.88q
5 William Dorahy		Hills District	1:23.70
6 Cody McLean		Kings Langley	1:26.42
7 Kristofer Odendaal		Rouse Hill Rams	1:35.23
Heat 2 Heats			
1 Cameron Bloem		Hills District	1:15.97Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 9 - 400 Metre Sprint**

2	Marcus Prideaux	Winston Hills	1:18.05Q
3	Damon Jones	Riverstone	1:19.05q
4	Jonah Crowley	Hills District	1:22.82q
5	Kingsley Askew	Winston Hills	1:29.93
6	Riley Payne	Winston Hills	1:30.75
7	Matthew Cooper	Winston Hills	1:33.51

**Boys U 9 - 400 Metre Sprint**

=====  
 Zone: Z 1:09.20 01-Jan-84 A Polley, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Xander Keller	Rouse Hill Rams	1:09.57
2	Ashwin Ramaswamy	Hills District	1:12.52
3	Damon Jones	Riverstone	1:14.52
4	Cameron Bloem	Hills District	1:14.81
5	Brayden Thompson	Hills District	1:15.21
6	Marcus Prideaux	Winston Hills	1:16.73
7	Hayden Bell	Hills District	1:17.84
8	Jonah Crowley	Hills District	1:24.03

**Boys U 10 - 400 Metre Sprint**

=====  
 Zone: Z 1:07.70 01-Jan-83 M Canning, Winston Hills  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Joshua Hand	Winston Hills	1:17.04Q
2	Luca de Burnay Thompson	Hawkesbury City	1:20.77Q
3	Harrison Mauger	Winston Hills	1:21.06
4	Cooper Gravina	Rouse Hill Rams	1:26.79

Heat 2 Heats

1	Lucas Ivankovic	Hills District	1:13.91Q
2	Eli Keast	Hills District	1:18.88Q
3	Liam Piggott	Hills District	1:20.89q
4	Jackson Becroft	Hills District	1:22.31
5	Declan Abela	Winston Hills	1:22.78

Heat 3 Heats

1	Lachlan Metcalfe	Kings Langley	1:16.09Q
2	Zachary Dennis	Hills District	1:16.70Q
3	Alex Margiotta	Rouse Hill Rams	1:16.71q
4	Hayden Spackman	Winston Hills	1:21.34
5	Kane Robson	Hills District	1:21.85

**Boys U 10 - 400 Metre Sprint**

=====  
 Zone: Z 1:07.70 01-Jan-83 M Canning, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Lucas Ivankovic	Hills District	1:12.57
2	Lachlan Metcalfe	Kings Langley	1:15.89
3	Joshua Hand	Winston Hills	1:16.12
4	Eli Keast	Hills District	1:16.14

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 10 - 400 Metre Sprint**

5 Zachary Dennis	Hills District	1:17.38
6 Luca de Burnay Thompson	Hawkesbury City	1:18.66
7 Liam Piggott	Hills District	1:20.09
8 Alex Margiotta	Rouse Hill Rams	1:23.51

**Boys U 11 - 400 Metre Sprint**

=====			
Zone:	Z 1:04.20	01-Jan-80	C Cassidy, Hills
Name		Age Centre	Heats
=====			

## Heat 1 Heats

1 Alexander Balmer	Winston Hills	1:13.77Q
2 Brock Prideaux	Winston Hills	1:15.98Q
3 Riley Christie	Winston Hills	1:19.37Q
4 William Casey	Winston Hills	1:19.38q
5 Alexander Saxon	Hills District	1:25.68
6 Ryan Dickson	Kings Langley	1:27.83
7 Aidan Pospischil	Winston Hills	1:28.37

## Heat 2 Heats

1 Lachlan Powell	Hills District	1:09.32Q
2 Billy Mulvihill	Hills District	1:11.50Q
3 Kai Stewart	Hills District	1:16.67Q
4 Lachlan Brackenreg	Winston Hills	1:19.18q
5 Angus Fisher	Winston Hills	1:22.69
6 Emile Rizk	Hills District	1:26.47
7 Billie-Jo Burns-eisma	Riverstone	1:27.50

**Boys U 11 - 400 Metre Sprint**

=====			
Zone:	Z 1:04.20	01-Jan-80	C Cassidy, Hills
Name		Age Centre	Final
=====			

## Section 1 Final

1 Lachlan Powell	Hills District	1:09.85
2 Billy Mulvihill	Hills District	1:10.09
3 Brock Prideaux	Winston Hills	1:11.05
4 Alexander Balmer	Winston Hills	1:12.25
5 Kai Stewart	Hills District	1:15.52
6 Riley Christie	Winston Hills	1:19.73
7 William Casey	Winston Hills	1:21.56
8 Lachlan Brackenreg	Winston Hills	1:23.10

**Boys U 12 - 400 Metre Sprint**

=====			
Zone:	Z 1:00.66	10-Dec-16	Lachlan Wood, Winston Hills
Name		Age Centre	Heats
=====			

## Heat 1 Heats

1 Daniel Stewart	Hills District	1:10.60Q
2 Lochlan Duncum	Kings Langley	1:12.64Q
3 Hudson Askew	Winston Hills	1:25.44Q

## Heat 2 Heats

1 Murphy de Castro	Rouse Hill Rams	1:08.97Q
2 Maxx Rowley	Hills District	1:10.96Q
3 Christian Borg	Rouse Hill Rams	1:11.79Q

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 12 - 400 Metre Sprint**

4	Ethan Kelly	Hills District	1:11.87q
5	Jacob Goss	Hills District	1:12.24q
6	Alexander Dabrowski	Rouse Hill Rams	1:19.89q
7	Lachlan Paull	Winston Hills	1:23.56

**Boys U 12 - 400 Metre Sprint**

=====  
 Zone: Z 1:00.66 10-Dec-16 Lachlan Wood, Winston Hills  
 Name Age Centre Final  
 =====

Section 1 Final

1	Murphy de Castro	Rouse Hill Rams	1:07.60
2	Daniel Stewart	Hills District	1:09.05
3	Christian Borg	Rouse Hill Rams	1:09.77
4	Maxx Rowley	Hills District	1:09.93
5	Jacob Goss	Hills District	1:10.07
6	Ethan Kelly	Hills District	1:12.34
7	Lochlan Duncum	Kings Langley	1:15.15
8	Lachlan Paull	Winston Hills	1:28.10
9	Hudson Askew	Winston Hills	1:32.36

**Boys U 13 - 400 Metre Sprint**

=====  
 Zone: Z 57.98 10-Dec-16 Blake Archer, Rouse Hill  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Luke Juhart	Winston Hills	1:06.23Q
2	Zachary Porter	Winston Hills	1:07.45Q
3	Joseph McEneaney	Hills District	1:08.53Q
4	Max Spackman	Winston Hills	1:09.83
5	Travis Hargrave	Hawkesbury City	1:11.27
6	Rory Bell	Hills District	1:11.81
7	Reubens Tandog	Hills District	1:12.49
8	Blake Weller	Rouse Hill Rams	1:15.33

Heat 2 Heats

1	Lachlan Wood	Winston Hills	Z 56.74Q
2	Liam Preston	Hills District	1:01.64Q
3	Saxon Orsini	Hills District	1:04.30Q
4	Jake Christie	Winston Hills	1:04.42q
5	Benjamin Waring	Hills District	1:05.64q
6	Sandip Srini	Kings Langley	1:07.83

**Boys U 13 - 400 Metre Sprint**

=====  
 Zone: Z 57.98 10-Dec-16 Blake Archer, Rouse Hill  
 Name Age Centre Final  
 =====

Section 1 Final

1	Lachlan Wood	Winston Hills	56.83Z
2	Liam Preston	Hills District	59.93
3	Saxon Orsini	Hills District	1:02.37
4	Jake Christie	Winston Hills	1:04.05
5	Benjamin Waring	Hills District	1:04.87
6	Zachary Porter	Winston Hills	1:06.25

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 13 - 400 Metre Sprint**

7 Luke Juhart	Winston Hills	1:07.84
8 Joseph McEneaney	Hills District	1:11.40

**Boys U 14 - 400 Metre Sprint**

Zone: Z 54.80 05-Feb-94 M Adams, Hills

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

## Section 1

1 Sylvester Amon	Rouse Hill Rams	58.06
2 Gautham Karthikeyan	Winston Hills	1:01.72
3 Oliver Reedy	Winston Hills	1:02.78
4 Blake Metcalfe	Kings Langley	1:03.23
5 Kayden Anderson	Winston Hills	1:03.77
6 Luke Nixon	Winston Hills	1:12.71

**Boys U 15 - 400 Metre Sprint**

Zone: Z 53.46 12-Dec-15 Keegan Bell, Hills District

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

1 Joshua Atkinson	Hills District	55.26
2 Alex Kean	Kings Langley	1:00.20
3 Jayden Duncum	Kings Langley	1:02.58

**Boys U 17 - 400 Metre Sprint**

Zone: Z 52.44 08-Dec-12 Matthew Hoy, Hills District

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

1 Luca Manente	Hills District	53.92
2 Zach Laurence	Hills District	54.67
3 Benjamin Fenton	Hills District	55.50
4 Matthew Brice	Hills District	55.74
5 Lachlan Porter	Winston Hills	56.32
6 Nicholas Long	Winston Hills	56.60
7 Griffin Sainsbury	Hills District	56.94

**Boys U 7 - 500 Metre Run Pack Start**

Zone: Z 1:29.50 30-Jan-08 J Green, Hills

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

1 Taine Katalinic	Kings Langley	1:49.82
2 Lachlan Dorahy	Hills District	1:50.20
3 Lachlan Marshall	Hills District	1:58.32
4 Liam Escott	Hills District	2:01.96
5 Flynn Wilson	Hills District	2:01.99
6 Zac Ward	Hawkesbury City	2:07.91
7 Kye Liaropoulos	Hills District	2:10.71
8 Finnegan Brook	Hills District	2:12.86
9 Ryan Haaf	Winston Hills	2:14.75
10 Samuel Macri	Rouse Hill Rams	2:15.69
11 Ned Francis	Winston Hills	2:18.60
12 Zachary Wilkinson	Hawkesbury City	2:22.76

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 7 - 500 Metre Run Pack Start**

13 Fletch Stone	Kings Langley	2:37.45
-----------------	---------------	---------

**Boys U 8 - 700 Metre Run Pack Start**

Zone: Z 2:05.30 28-Jan-09 H Green, Hills

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

1 Harrison Ferns	Rouse Hill Rams	2:30.89
2 Keir Mercer	Hills District	2:37.86
3 William Taylor	Hills District	2:48.08
4 Aaron Chevalier	Winston Hills	2:52.93
5 Tristan Howard	Hills District	2:58.62
6 Cameron Neal	Winston Hills	3:00.52
7 Viliami Wolfgramm	Kings Langley	3:02.01
8 Cooper Shand	Hills District	3:04.25
9 Luka Reljanovic	Hills District	3:04.31

**Boys U 9 - 800 Metre Run**

Zone: Z 2:35.50 01-Jan-84 A Polley, Winston Hills

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

1 Cameron Bloem	Hills District	2:49.71
2 Brayden Thompson	Hills District	2:51.47
3 Marcus Prideaux	Winston Hills	3:00.10
4 Riley Payne	Winston Hills	3:07.96
5 Oliver Smith	Riverstone	3:08.54
6 Alex Bayliss	Winston Hills	3:08.84
7 Keegan Free	Hills District	3:08.89
8 Dexter Lloyd	Rouse Hill Rams	3:29.38
9 Matthew Timbs	Hills District	3:39.27

**Boys U 10 - 800 Metre Run**

Zone: Z 2:34.30 01-Jan-85 A Polley, Winston Hills

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

1 Lucas Ivankovic	Hills District	2:44.02
2 Elias Macri	Rouse Hill Rams	2:47.34
3 Zachary Dennis	Hills District	2:47.87
4 Xavier Saffy	Winston Hills	2:48.60
5 Eli Keast	Hills District	2:51.22
6 Harrison Mauger	Winston Hills	2:53.95
7 Jacob Astill	Hawkesbury City	2:57.19
8 Oliver Golding	Hills District	2:59.13
9 Hayden Spackman	Winston Hills	3:01.83
10 Jacob Lackas	Winston Hills	3:03.51
11 Jace Rowley	Hills District	3:05.80
12 Levi Kirkman	Rouse Hill Rams	3:08.89
13 Harrison Shand	Hills District	3:11.15
14 Cooper Gravina	Rouse Hill Rams	3:12.42
15 Phoenix Bale	Rouse Hill Rams	3:45.49



**North West Met Zone Championships****AH Whaling Reserve****Results****Boys U 11 - 800 Metre Run**

Zone: Z 2:27.20 01-Jan-82 P Stellino, Hills			
Name	Age	Centre	Final
1 Billy Mulvihill		Hills District	2:31.81
2 Max Gioiello		Hills District	2:36.32
3 Alexander Balmer		Winston Hills	2:46.19
4 Valentine Crowley		Hills District	2:50.10
5 Riley Christie		Winston Hills	2:52.70
6 Kai Stewart		Hills District	2:54.03
7 Lukas Nicholls		Hills District	2:56.98
8 Aaron Moors		Hills District	3:01.29
9 Aidan Pospischil		Winston Hills	3:09.34
10 James Denham		Riverstone	3:13.36

**Boys U 12 - 800 Metre Run**

Zone: Z 2:16.80 01-Jan-83 N Stellino, Hills			
Name	Age	Centre	Final
1 Murphy de Castro		Rouse Hill Rams	2:40.16
2 Ben Haaf		Winston Hills	2:41.23
3 Daniel Stewart		Hills District	2:43.24
4 Ethan Kelly		Hills District	2:44.07
5 Brodie Payne		Winston Hills	2:48.23
6 Peyton Grinham		Rouse Hill Rams	2:49.21
7 Lochlan Duncum		Kings Langley	2:50.10
8 Maxx Rowley		Hills District	2:50.95
9 Mitchell Borg		Kings Langley	2:57.06
10 Liam Whitehouse		Winston Hills	3:01.48
11 Lachlan Paull		Winston Hills	3:12.55
12 Connor Mauger		Winston Hills	3:20.71

**Boys U 13 - 800 Metre Run**

Zone: Z 2:18.19 13-Dec-15 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Lachlan Wood		Winston Hills	2:18.03Z
2 Saxon Orsini		Hills District	2:27.87
3 Jack Lyneham		Hills District	2:29.51
4 Robbie Johnston		Hills District	2:36.37
5 Joseph McEnearney		Hills District	2:38.49
6 Sandip Srini		Kings Langley	2:39.22
7 Blake Weller		Rouse Hill Rams	2:46.19
8 Travis Hargrave		Hawkesbury City	2:46.90
9 Riley Cotter		Hawkesbury City	2:50.35
10 Max Spackman		Winston Hills	2:51.09
11 Shaqiulle Bulman		Riverstone	2:52.08
12 Reubens Tandog		Hills District	2:57.80
13 Rory Bell		Hills District	2:58.91
14 Brendan Pospischil		Winston Hills	3:00.16
15 Jack Robson		Hills District	3:02.61
16 Ethan Mills		Hills District	3:03.80

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 14 - 800 Metre Run**

Zone: Z 2:08.41 11-Dec-16 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Benjamin Thomas		Hills District	2:14.78
2 Hugh Gillespie		Hills District	2:25.64
3 Gautham Karthikeyan		Winston Hills	2:32.75
4 Jackson Deane		Hills District	2:34.84
5 Jonathan Hills		Hills District	2:35.60
6 Zaylan Schultz		Hawkesbury City	3:00.17

**Boys U 15 - 800 Metre Run**

Zone: Z 2:07.38 30-Jan-05 J Kaan, Hills			
Name	Age	Centre	Final
1 Joshua Atkinson		Hills District	2:04.73Z
2 Alex Kean		Kings Langley	2:27.47
3 Jayden Duncum		Kings Langley	2:33.31
4 Ryan McGuckin		Hills District	2:35.38

**Boys U 17 - 800 Metre Run**

Zone: Z 2:02.08 15-Dec-13 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Luca Manente		Hills District	2:07.55
2 Benjamin Fenton		Hills District	2:09.39
3 Jacob Crews		Hills District	2:11.74
4 Griffin Sainsbury		Hills District	2:12.40
5 Aaron Crews		Hills District	2:13.18
6 Matthew Brice		Hills District	2:24.51
7 Joshua Kahane		Winston Hills	2:39.18

**Boys U 10 - 1500 Metre Run**

Zone: Z 5:09.10 01-Jan-83 G Vermeulen, Winston Hills			
Name	Age	Centre	Final
1 Lucas Ivankovic		Hills District	5:31.40
2 Eli Keast		Hills District	5:33.56
3 Jacob Astill		Hawkesbury City	5:35.73
4 Harrison Mauger		Winston Hills	5:37.79
5 Oliver Golding		Hills District	5:46.02
6 Jackson Becroft		Hills District	5:51.11
7 Xavier Saffy		Winston Hills	5:52.65
8 Levi Kirkman		Rouse Hill Rams	5:56.33
9 Jacob Lackas		Winston Hills	5:56.98
10 Harrison Shand		Hills District	6:38.89
11 William Robson		Hills District	6:44.17

## North West Met Zone Championships

## AH Whaling Reserve

## Results

## Boys U 11 - 1500 Metre Run

Zone: Z 4:59.30 01-Jan-82 P Stellino, Hills			
Name	Age	Centre	Final
1 Billy Mulvihill		Hills District	5:08.17
2 Lukas Nicholls		Hills District	5:49.46
3 Ryan Dickson		Kings Langley	5:51.42
4 Kai Stewart		Hills District	5:55.71
5 Riley Christie		Winston Hills	5:58.39
6 Alexander Saxon		Hills District	6:11.00
7 Alec Burley		Kings Langley	6:15.81
8 Aidan Pospischil		Winston Hills	6:40.37

## Boys U 12 - 1500 Metre Run

Zone: Z 4:38.50 01-Jan-83 N Stellino, Hills			
Name	Age	Centre	Final
1 Murphy de Castro		Rouse Hill Rams	5:23.48
2 Ethan Kelly		Hills District	5:30.72
3 Brodie Payne		Winston Hills	5:34.06
4 Ben Haaf		Winston Hills	5:37.33
5 Daniel Stewart		Hills District	5:40.04
6 Peyton Grinham		Rouse Hill Rams	5:41.33
7 Samuel Waring		Hills District	5:51.79
8 Jackson Davies		Hills District	6:10.64
9 Alexander Dabrowski		Rouse Hill Rams	6:14.55
10 Oliver Duffy		Hills District	6:24.22

## Boys U 13 - 1500 Metre Run

Zone: Z 4:39.80 12-Dec-15 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Saxon Orsini		Hills District	5:04.94
2 Jack Lyneham		Hills District	5:05.80
3 Joseph McEnearney		Hills District	5:14.99
4 Kynan Arbuckle		Kings Langley	5:16.51
5 Rhys Mallia		Hills District	5:27.66
6 Blake Weller		Rouse Hill Rams	5:36.79
7 Riley Cotter		Hawkesbury City	5:38.90
8 Brendan Pospischil		Winston Hills	5:49.40
9 Shaqiulle Bulman		Riverstone	5:59.91

## Boys U 14 - 1500 Metre Run

Zone: Z 4:32.16 28-Jan-12 Benjamin Thomson, Hills Dis			
Name	Age	Centre	Final
1 Benjamin Thomas		Hills District	4:45.91
2 Hugh Gillespie		Hills District	5:04.16
3 Zac Bloem		Hills District	5:05.80
4 Jonathan Hills		Hills District	5:29.73
5 Rory Martin		Winston Hills	5:42.31
6 Zaylan Schultz		Hawkesbury City	5:58.70
7 Sean Callanan		Kings Langley	6:29.58

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 15 - 1500 Metre Run**

Zone: Z 4:20.45 29-Jan-05 J Kaan, Hills			
Name	Age	Centre	Final
1 Joshua Atkinson		Hills District	4:33.64
2 Jack Mantarro		Kings Langley	5:16.32
3 Ryan McGuckin		Hills District	5:18.54
4 Jonah Sewell		Hills District	5:29.03

**Boys U 17 - 1500 Metre Run**

Zone: Z 4:18.70 14-Dec-13 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Luca Manente		Hills District	4:37.19
2 Benjamin Fenton		Hills District	4:37.28
3 Jacob Crews		Hills District	4:37.90
4 Aaron Crews		Hills District	4:40.13
5 Matthew Brice		Hills District	4:56.38
6 Griffin Sainsbury		Hills District	5:03.39
7 Jarrod Henson		Hills District	5:14.62

**Boys U 13 - 3000 Metre Run**

Zone: Z 10:04.22 29-Jan-11 B Thomson, Hills			
Name	Age	Centre	Final
1 Joseph McEnearney		Hills District	11:25.30
2 Rhys Mallia		Hills District	11:39.57
3 Blake Weller		Rouse Hill Rams	12:03.17
4 Kynan Arbuckle		Kings Langley	12:11.00
5 Brendan Pospischil		Winston Hills	12:22.00
6 Thomas Rutledge		Kings Langley	12:27.19
7 Riley Cotter		Hawkesbury City	12:39.27
8 Travis Hargrave		Hawkesbury City	13:18.84

**Boys U 14 - 3000 Metre Run**

Zone: Z 9:50.38 28-Jan-12 Benjamin Thomson, Hills Dis			
Name	Age	Centre	Final
1 Hugh Gillespie		Hills District	10:53.55
2 Zac Bloem		Hills District	10:57.84
3 Kayden Anderson		Winston Hills	12:33.81

**Boys U 15 - 3000 Metre Run**

Zone: Z 9:34.19 08-Dec-12 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Jack Mantarro		Kings Langley	11:12.21
2 Ryan McGuckin		Hills District	11:40.20
3 Jonah Sewell		Hills District	12:21.07

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 17 - 3000 Metre Run**

Zone: Z 9:18.51 14-Dec-13 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Luca Manente		Hills District	10:24.63
2 Jacob Crews		Hills District	12:58.04
3 Jarrod Henson		Hills District	13:18.23
4 Aaron Crews		Hills District	14:31.66

**Boys U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.00 10-Dec-16 Saxon Ward, Hills District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lachlan Probin		Hills District	12.25Q
2 Koby Bell		Hills District	12.46Q
3 Charlie Andrews		Winston Hills	12.48Q
4 Benjamin Hand		Winston Hills	12.62q
5 Harrison Ferns		Rouse Hill Rams	12.72q
6 Harry Charlwood		Winston Hills	13.03
7 Harry Sherwood		Hills District	13.19
8 Noah Scerri		Winston Hills	14.13
Heat 2 Heats			
1 Aidan Siney		Hills District	12.42Q
2 Ethan Tait		Rouse Hill Rams	12.47Q
3 Angus Knight		Hills District	12.78Q
4 Matthew Collett		Rouse Hill Rams	13.18
5 Joseph Saba		Hills District	13.80
6 Christopher Brown		Winston Hills	14.12
7 Akash Dey		Winston Hills	14.53

**Boys U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.00 10-Dec-16 Saxon Ward, Hills District			
Name	Age	Centre	Final
Section 1 Final			
1 Charlie Andrews		Winston Hills	12.00
2 Harrison Ferns		Rouse Hill Rams	12.13
3 Koby Bell		Hills District	12.14
4 Lachlan Probin		Hills District	12.20
5 Ethan Tait		Rouse Hill Rams	12.57
6 Angus Knight		Hills District	12.75
7 Aidan Siney		Hills District	12.78
8 Benjamin Hand		Winston Hills	12.83

**Boys U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.10 04-Feb-95 C Nielson, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cameron Bloem		Hills District	11.47Q
2 Kobe Hudson		Hills District	11.49Q
3 Sionseni Lomu		Rouse Hill Rams	12.16q

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 9 - 60 Metre Hurdles (45cm)**

4	Julian Freeland	Hills District	12.22q
5	Daniel Whitehouse	Winston Hills	12.96
6	Dexter Lloyd	Rouse Hill Rams	13.01
7	Kristofer Odendaal	Rouse Hill Rams	13.24

## Heat 2 Heats

1	Hayden Bell	Hills District	11.35Q
2	Yusuf Tajudeen	Hills District	11.39Q
3	Mitchell Salonga	Hills District	12.39q
4	Damon Jones	Riverstone	12.90q
5	Matthew Cooper	Winston Hills	12.92
6	Tory Emme	Kings Langley	13.57

**Boys U 9 - 60 Metre Hurdles (45cm)**

=====  
 Zone: Z 10.10 04-Feb-95 C Nielson, Winston Hills

Name Age Centre Final  
 =====

## Section 1 Final

1	Yusuf Tajudeen	Hills District	11.20
2	Cameron Bloem	Hills District	11.32
3	Hayden Bell	Hills District	11.45
4	Kobe Hudson	Hills District	11.59
5	Sionseni Lomu	Rouse Hill Rams	11.76
6	Matthew Cooper	Winston Hills	12.01
7	Damon Jones	Riverstone	12.45
8	Mitchell Salonga	Hills District	12.71

**Boys U 10 - 60 Metre Hurdles (60cm)**

=====  
 Zone: Z 9.60 07-Dec-91 G O'Donnell, Richmond

Name Age Centre Heats  
 =====

## Heat 1 Heats

1	Max Marshall	Hills District	11.88Q
2	Jacob Astill	Hawkesbury City	12.05Q
3	Ben Hunter	Kings Langley	12.12q
4	leonardo macorig	Winston Hills	12.17q
5	Hayden Spackman	Winston Hills	12.72

## Heat 2 Heats

1	Koby Johnston	Hills District	12.08Q
2	Luke Williams	Hills District	12.48Q
3	Roden Dew	Winston Hills	12.94
4	Jason Shelley	Kings Langley	13.99
5	Jacob Lackas	Winston Hills	14.19
6	Matthew Linsen	Hills District	15.80

## Heat 3 Heats

1	Rhys Webster	Winston Hills	11.61Q
2	Ryan Green	Kings Langley	12.08Q
3	Jashabjot Gill	Kings Langley	12.61
4	Marquez Tandog	Hills District	12.78

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 9.60 07-Dec-91 G O'Donnell, Richmond			
Name	Age	Centre	Final
Section 1 Final			
1 Rhys Webster		Winston Hills	11.23
2 Max Marshall		Hills District	11.33
3 Jacob Astill		Hawkesbury City	11.70
4 Ben Hunter		Kings Langley	11.74
5 Koby Johnston		Hills District	11.98
6 leonardo macorig		Winston Hills	12.05
7 Luke Williams		Hills District	12.14
-- Ryan Green		Kings Langley	DQ

**Boys U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 9.70 06-Feb-93 G O'Donell, Richmond			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kevin Twigge		Rouse Hill Rams	10.61Q
2 Alexander Balmer		Winston Hills	10.87Q
3 Brock Prideaux		Winston Hills	11.24Q
4 Alec Burley		Kings Langley	11.46q
5 Thomas Daniel		Winston Hills	11.57q
6 Billie-Jo Burns-eisma		Riverstone	12.63
7 Daniel Kasozi		Hills District	12.86
Heat 2 Heats			
1 Liam Roche		Hills District	10.89Q
2 Valentine Crowley		Hills District	10.95Q
3 Lukas Nicholls		Hills District	11.86Q
4 William Casey		Winston Hills	11.97
5 Alexander Saxon		Hills District	12.88
6 Samuel Lawrence		Rouse Hill Rams	13.15
7 Emile Rizk		Hills District	13.22

**Boys U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 9.70 06-Feb-93 G O'Donell, Richmond			
Name	Age	Centre	Final
Section 1 Final			
1 Liam Roche		Hills District	10.53
2 Kevin Twigge		Rouse Hill Rams	10.56
3 Brock Prideaux		Winston Hills	10.69
4 Valentine Crowley		Hills District	10.91
5 Alexander Balmer		Winston Hills	10.92
6 Thomas Daniel		Winston Hills	11.43
7 Lukas Nicholls		Hills District	11.86
8 Alec Burley		Kings Langley	11.91

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 12 - 60 Metre Hurdles (68cm)**

Zone: Z 9.40 03-Feb-96 A Abou-Mahmound, Winston Hill			
Name	Age	Centre	Final
Section 1			
1 Cameron Davies		Hawkesbury City	10.44
2 Christian Borg		Rouse Hill Rams	11.66
3 Taine Cassar		Hills District	11.94
4 Aidan Chng		Hills District	12.56
5 Oliver Duffy		Hills District	13.00
6 Hudson Askew		Winston Hills	13.25
-- Colby Martin		Rouse Hill Rams	DQ

**Boys U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 12.10 02-Feb-97 A Abou-Mahmoud, Winston Hills			
Name	Age	Centre	Final
1 Ryan Salloman		Winston Hills	14.03
2 Koby Owen		Kings Langley	14.16
3 William Bello		Hills District	14.59
4 Mubarak Tajudeen		Hills District	15.93
5 Spencer Brown		Hills District	16.73
6 Ethan Mills		Hills District	16.99

**Boys U 14 - 90 Metre Hurdles (76cm)**

Zone: Z 12.55 03-Feb-08 N Hough, Hills			
Name	Age	Centre	Final
1 Jake Baptiste		Kings Langley	15.48
2 Oliver Reedy		Winston Hills	15.92
3 Cameron Scott		Winston Hills	16.01
4 Conor Siney		Hills District	16.05
5 Thomas Walker		Hills District	17.90
6 Isaac Jago		Kings Langley	21.03
7 Benjamin smith		Kings Langley	21.89

**Boys U 17 - 110 Metre Hurdles (76cm)**

Zone: Z 15.05 15-Dec-13 Todd Owen, Kings Langley			
Name	Age	Centre	Final
1 Omar Nadaya-Harb		Winston Hills	16.82
2 Joshua Kahane		Winston Hills	18.68
3 Brayden Wilson (Norford)		Kings Langley	18.69
4 Nathan Stevens		Hills District	19.95

**Boys U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 28.30 01-Jan-85 L Liaubon, Winston Hills			
Name	Age	Centre	Final
1 Liam Preston		Hills District	30.35
2 Koby Owen		Kings Langley	32.25
3 Isaac Comito		Hills District	32.45



**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 13 - 200 Metre Hurdles (68cm)**

4 Mubarak Tajudeen	Hills District	32.59
5 Jy Windle	Winston Hills	33.49
6 Max Spackman	Winston Hills	34.38
7 Reubens Tandog	Hills District	34.53
8 Rory Bell	Hills District	35.86

**Boys U 14 - 200 Metre Hurdles (76cm)**

=====			
Zone: Z 25.41 02-Feb-08 N Hough, Hills			
Name	Age Centre		Final
=====			
1 Blake Metcalfe	Kings Langley		32.71
2 Liam Ramsay	Hills District		33.14
3 Jackson Deane	Hills District		34.25
4 Thomas Walker	Hills District		34.26
5 Luke Nixon	Winston Hills		35.23
6 Benjamin smith	Kings Langley		43.16

**Boys U 17 - 300 Metre Hurdles (76cm)**

=====			
Zone: Z 44.46 12-2016 Sebastian Sicuro, Hills Distr			
Name	Age Centre		Final
=====			
1 Jesper Stenberg	Hills District		45.42
2 Nicholas Long	Winston Hills		46.41
3 Joshua Kahane	Winston Hills		50.16

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

=====			
Zone: Z 57.01 11-Dec-16 Winston Hills, Winston Hills			
Centre			Final
=====			
1 Hills District			56.91Z
1) Cooper Thorpe 10	2) Lachlan Powell 11		
3) Ashwin Ramaswamy 9	4) Sadheel Kumar 12		
2 Winston Hills			58.61
1) Marcus Prideaux 9	2) Rhys Webster 10		
3) Brock Prideaux 11	4) Mitchell Seaman 12		
3 Hawkesbury City			1:02.65
1) Jacob Astill 10	2) Luca de Burnay Thompson 10		
3) Cameron Davies 12	4) Tyron Schultz 10		
4 Riverstone			1:03.34
1) Damon Jones 9	2) Oliver Smith 9		
3) Nate Gill 11	4) Billie-Jo Burns-eisma 11		
5 Kings Langley			1:03.64
1) Lochlan Duncum 12	2) Ryan Green 10		
3) Lachlan Metcalfe 10	4) Cody McLean 9		
-- Rouse Hill Rams			DQ
1) Xander Keller 9	2) Elias Macri 10		
3) Harrison Macarencu 11	4) Colby Martin 12		

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

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

Zone: Z 48.03 15-Dec-13 Hills District, Hills Centre				Final
1	Hills District			47.68Z
2	Winston Hills			50.13
3	Rouse Hill Rams			52.92
	1) Sylvester Amon 14		2) Patrick Gleeson 17	
4	Hawkesbury City			53.72
5	Kings Langley			53.94

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

Zone: Z 1.40m 10-Dec-16 Joshua Hand, Winston Hills				Final
Name	Age	Centre		Final
Flight 1				
1	Alex Bayliss	Winston Hills		1.06m
1	Beau Binns	Hills District		1.06m
3	Adam Wilmott	Rouse Hill Rams		1.02m
4	Hayden Moynihan	Winston Hills		1.00m
5	Dexter Lloyd	Rouse Hill Rams		0.94m
6	Tory Emme	Kings Langley		0.85m
6	Spencer Robson	Hills District		0.85m
--	Matthew Barone	Hills District		NH

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

Zone: Z 1.41m 01-Jan-80 D Harris, P Town				Final
Name	Age	Centre		Final
1	Max Marshall	Hills District		1.17m
1	Tyron Schultz	Hawkesbury City		1.17m
1	Marcus Rajan	Winston Hills		1.17m
4	Alex Margiotta	Rouse Hill Rams		1.10m
4	Jashabjot Gill	Kings Langley		1.10m
4	Ben Hunter	Kings Langley		1.10m
4	Lawson Cunningham	Winston Hills		1.10m
4	Joshua Hand	Winston Hills		1.10m
9	Luke Williams	Hills District		1.05m
9	Marquez Tandog	Hills District		1.05m
11	Isaac Chevalier	Winston Hills		1.00m
12	Harrison Shand	Hills District		0.95m
12	Kane Robson	Hills District		0.95m
--	Jason Shelley	Kings Langley		NH
--	Jacob Lackas	Winston Hills		NH
--	Morgan Brown	Hills District		NH

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

Zone: Z 1.50m 28-Jan-06 J Edwards, Winston Hills				Final
Name	Age	Centre		Final
1	Liam Roche	Hills District		1.31m
2	Jasper Deane	Hills District		1.29m
3	Riley Nolan	Hills District		1.27m

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 11 - High Jump (S/H 1.05m)**

4	Lucas Scerri	Winston Hills	1.25m
4	Harrison Macarencu	Rouse Hill Rams	1.25m
6	Kevin Twigge	Rouse Hill Rams	1.20m
6	Harrison Auld	Winston Hills	1.20m
8	Lukas McNeil	Hills District	1.15m
9	Riley Albert	Hills District	1.10m
9	Alec Burley	Kings Langley	1.10m
11	Angus Fisher	Winston Hills	1.05m
11	Valentine Crowley	Hills District	1.05m
--	Billie-Jo Burns-eisma	Riverstone	NH

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

=====			
Zone: Z 1.52m 01-Jan-88 N Wallington, Hills			
Name	Age	Centre	Final
=====			
1	Ben Haaf	Winston Hills	1.50m
2	Taine Cassar	Hills District	1.41m
3	Jayeola Sunmola	Hills District	1.35m
4	Andrew Haggar	Hills District	1.31m
5	Mitchell Borg	Kings Langley	1.29m
6	Lachlan Paull	Winston Hills	1.25m
7	Harvey Barrett	Winston Hills	1.20m
7	Cameron Davies	Hawkesbury City	1.20m
7	Christian Borg	Rouse Hill Rams	1.20m
7	Maxx Rowley	Hills District	1.20m
11	Liam Whitehouse	Winston Hills	1.15m
--	Peyton Grinham	Rouse Hill Rams	NH

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

=====			
Zone: Z 1.78m 02-Feb-91 P Jackson, Richmond			
Name	Age	Centre	Final
=====			
1	William Bello	Hills District	1.41m
2	Ryan Salloman	Winston Hills	1.39m
3	Luke Juhart	Winston Hills	1.37m
3	Benjamin Waring	Hills District	1.37m
5	Isaac Comito	Hills District	1.35m
6	Jy Windle	Winston Hills	1.30m
6	Koby Owen	Kings Langley	1.30m
8	Mubarak Tajudeen	Hills District	1.25m
8	Zachary Porter	Winston Hills	1.25m
10	Rory Bell	Hills District	1.20m
--	Riley Cotter	Hawkesbury City	NH

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

=====			
Zone: Z 1.72m 27-Oct-03 M Claridge, Hills			
Name	Age	Centre	Final
=====			
1	Joel Davis	Hills District	1.65m
2	thomas colcomb	Rouse Hill Rams	1.45m
3	Adrian Shelley	Kings Langley	1.43m
4	Conor Siney	Hills District	1.39m

**North West Met Zone Championships****AH Whaling Reserve****Results****....Boys U 14 - High Jump (S/H 1.25m)**

5	Liam Ramsay	Hills District	1.35m
6	Jackson Deane	Hills District	1.30m

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

Zone: Z 1.85m 29-Jan-05 R Webster, Winston Hills

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

1	Jay De Courcy	Hawkesbury City	1.55m
1	Erick Rajan	Winston Hills	1.55m
3	Jonah Sewell	Hills District	1.49m

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

Zone: Z 1.83m 10-Dec-16 Sebastian Sicuro, Hills Distr

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

1	Omar Nadaya-Harb	Winston Hills	1.60m
2	Joshua Kahane	Winston Hills	1.54m
3	Ethan Hay-Zimmerman	Hills District	1.50m
3	Brayden Wilson (Norford)	Kings Langley	1.50m
5	Cameron Thatcher	Hills District	1.40m

**Boys U 7 - Long Jump**

Zone: Z 3.59m 01-Jan-88 G.Wells, Winston Hills

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

1	Owen Grinham	Rouse Hill Rams	3.03m
2	Kyan Hudson	Hills District	2.96m
3	Mitchell Klomp	Winston Hills	2.88m
4	Lucas Clarke	Hills District	2.84m
5	Cooper Thompson	Kings Langley	2.80m
6	Zac Ward	Hawkesbury City	2.73m
7	Ashton Crowley	Hills District	2.63m
8	Ryan Haaf	Winston Hills	2.62m
9	Leroy Fisher	Winston Hills	2.55m
10	Taine Katalinic	Kings Langley	2.54m
10	Zachary Wilkinson	Hawkesbury City	2.54m
12	Drew Owen	Kings Langley	2.45m
13	Kye Liaropoulos	Hills District	2.43m
14	Harry Lewis	Rouse Hill Rams	2.42m
15	Tristan Prosser-Shaw	Hills District	2.41m
16	Flynn Wilson	Hills District	2.37m
17	Eli Saffy	Winston Hills	2.30m
18	Nathan Denham	Riverstone	2.09m
18	Ned Francis	Winston Hills	2.09m
20	Sebastian Lloyd	Rouse Hill Rams	1.87m

**Boys U 8 - Long Jump**

Zone: Z 3.95m 01-Jan-85 C Pound, Winston Hills

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

1	Nicholas McNally	Winston Hills	3.50m
---	------------------	---------------	-------

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**....Boys U 8 - Long Jump**

2	Lachlan Albert	Hills District	3.39m
3	Charlie Andrews	Winston Hills	3.30m
4	Aidan Siney	Hills District	3.14m
5	Aaron Chevalier	Winston Hills	3.08m
6	Harry Sherwood	Hills District	3.05m
7	Pheonix Rupert	Hills District	3.03m
8	Kai Hall	Hills District	2.89m
9	Harry Charlwood	Winston Hills	2.88m
10	Viliami Wolfgramm	Kings Langley	2.85m
11	Thomas Jackson	Winston Hills	2.64m
12	Cameron Neal	Winston Hills	2.58m
13	Sriram Durai	Kings Langley	2.56m
14	Christopher Brown	Winston Hills	2.52m
15	Noah Scerri	Winston Hills	2.51m
16	Oscar Harding	Hills District	2.48m

**Boys U 9 - Long Jump**

=====			
Zone: Z 4.27m 01-Jan-88 P Wallington, Winston Hills			
Name	Age	Centre	Final
=====			
1	Brayden Thompson	Hills District	4.02m
2	Cameron Bloem	Hills District	3.64m
3	Jonathan du Preez	Rouse Hill Rams	3.59m
4	Beau Binns	Hills District	3.51m
5	Cody McLean	Kings Langley	3.32m
6	Damon Jones	Riverstone	3.29m
7	Ben Lynch	Hills District	3.19m
8	Tom Brakenreg	Winston Hills	3.11m
9	Tobias Comito	Hills District	3.09m
10	Sionseni Lomu	Rouse Hill Rams	3.02m
11	Daniel Whitehouse	Winston Hills	3.00m
12	Oliver Smith	Riverstone	2.89m
13	Mitchell Salonga	Hills District	2.66m

**Boys U 10 - Long Jump**

=====			
Zone: Z 4.53m 01-Jan-84 B Courtney, Hills			
Name	Age	Centre	Final
=====			
1	Rhys Webster	Winston Hills	4.06m
2	Marcus Rajan	Winston Hills	3.97m
3	Ryan Green	Kings Langley	3.91m
4	Lachlan Metcalfe	Kings Langley	3.80m
5	Aarya Satheesh	Winston Hills	3.74m
6	Ben Hunter	Kings Langley	3.62m
7	leonardo macorig	Winston Hills	3.61m
8	Aayush Shah	Winston Hills	3.47m
9	Oliver Robinson	Hills District	3.46m
10	Isaac Chevalier	Winston Hills	3.40m
11	Koby Johnston	Hills District	3.35m
12	Declan Abela	Winston Hills	3.34m
13	Tyron Schultz	Hawkesbury City	3.33m
14	Zachary Dennis	Hills District	3.32m
15	Alex Margiotta	Rouse Hill Rams	3.26m

## North West Met Zone Championships

## AH Whaling Reserve

## Results

## ....Boys U 10 - Long Jump

16	Liam Piggott	Hills District	3.24m
17	Luca de Burnay Thompson	Hawkesbury City	3.05m
18	Oliver Golding	Hills District	2.98m
19	Cooper Gravina	Rouse Hill Rams	2.90m
20	George Abbott	Hills District	2.87m
21	Phoenix Bale	Rouse Hill Rams	2.52m

## Boys U 11 - Long Jump

=====			
Zone: Z 5.06m 01-Jan-86 T Henry, Winston Hills			
Name	Age	Centre	Final
=====			
1	Lachlan Powell	Hills District	4.50m
2	Riley Nolan	Hills District	4.22m
3	Zach Redwood	Winston Hills	4.19m
4	Lucas Scerri	Winston Hills	4.18m
4	Nate Gill	Riverstone	4.18m
6	Lukas McNeil	Hills District	4.17m
7	Jasper Deane	Hills District	4.14m
8	Aaron Moors	Hills District	3.97m
9	Kevin Twigge	Rouse Hill Rams	3.87m
10	Harrison Auld	Winston Hills	3.78m
11	Benjamin Kasozi	Hills District	3.56m
12	Riley Christie	Winston Hills	3.51m
13	Samuel Lawrence	Rouse Hill Rams	3.45m
14	Angus Fisher	Winston Hills	3.43m

## Boys U 12 - Long Jump

=====			
Zone: Z 5.10m 01-Jan-86 B Courtney, Hills			
Name	Age	Centre	Final
=====			
1	Andrew Haggar	Hills District	4.72m
2	Mitchell Seaman	Winston Hills	4.44m
3	Colby Martin	Rouse Hill Rams	4.38m
4	Jayeola Sunmola	Hills District	4.34m
5	Riley Wilson	Winston Hills	4.27m
6	Murphy de Castro	Rouse Hill Rams	4.21m
7	Clayton Peacock	Hawkesbury City	4.03m
8	Conrad Borg	Hills District	3.95m
9	Nicolas Odendaal	Rouse Hill Rams	3.78m
10	Daniel Balmer	Winston Hills	3.76m
11	Oliver Duffy	Hills District	3.75m

## Boys U 13 - Long Jump

=====			
Zone: Z 5.37m 11-Dec-16 Patrick Spence, Winston Hills			
Name	Age	Centre	Final
=====			
1	William Bello	Hills District	5.36m
2	Sebastian Sultana	Hills District	4.91m
3	Luke Juhart	Winston Hills	4.82m
4	Koby Owen	Kings Langley	4.64m
5	George Gaitanidis	Winston Hills	4.52m
6	Mubarak Tajudeen	Hills District	4.48m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**....Boys U 13 - Long Jump**

7	Robbie Johnston	Hills District	4.42m
8	Ryan Salloman	Winston Hills	4.39m
9	Sandip Srini	Kings Langley	4.33m
9	Isaac Comito	Hills District	4.33m
11	Jy Windle	Winston Hills	4.28m
12	Tyreak Cala	Rouse Hill Rams	3.77m
13	Shaqiulle Bulman	Riverstone	3.33m

**Boys U 14 - Long Jump**

Zone: Z 5.77m 30-Jan-98 A Abou-Mahmoud, Hills			
Name	Age	Centre	Final
1	Sylvester Amon	Rouse Hill Rams	5.90mZ
2	Oliver Reedy	Winston Hills	5.06m
3	Connor Fornari	Winston Hills	4.79m
4	Joel Davis	Hills District	4.76m
5	Jake Baptiste	Kings Langley	4.63m
6	Adrian Shelley	Kings Langley	4.58m
7	Zac Bloem	Hills District	4.44m
8	Thomas Walker	Hills District	4.38m
9	Jacob Barone	Hills District	4.35m
10	Jonathan Hills	Hills District	4.30m
11	Liam Ramsay	Hills District	4.03m
12	Isaac Jago	Kings Langley	3.98m
13	Benjamin smith	Kings Langley	3.09m

**Boys U 15 - Long Jump**

Zone: Z 6.00m 27-Oct-03 A Semple, Winston Hills			
Name	Age	Centre	Final
1	Erick Rajan	Winston Hills	4.89m
2	Jay De Courcy	Hawkesbury City	4.87m
3	Jay Patil	Winston Hills	4.48m

**Boys U 17 - Long Jump**

Zone: Z 6.55m 14-Dec-13 Jordan Coleman, Hills Distric			
Name	Age	Centre	Final
1	Jesper Stenberg	Hills District	5.75m
2	Omar Nadaya-Harb	Winston Hills	5.60m
3	Nicholas Long	Winston Hills	5.59m
4	Daanish Mahmud	Hills District	5.41m
5	Brayden Wilson (Norford)	Kings Langley	5.27m
6	Nathan Stevens	Hills District	5.22m
7	Ethan Hay-Zimmerman	Hills District	5.17m

**Boys U 11 - Triple Jump**

Zone: Z 10.12m 29-Jan-05 N Hough, Hills			
Name	Age	Centre	Final
1	Lukas McNeil	Hills District	9.42m

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 11 - Triple Jump**

2	Lucas Scerri	Winston Hills	9.25m
3	Riley Nolan	Hills District	9.21m
4	Jasper Deane	Hills District	9.12m
5	Billy Mulvihill	Hills District	9.03m
6	Kevin Twigge	Rouse Hill Rams	8.93m
7	Harrison Macarencu	Rouse Hill Rams	8.53m
8	Nate Gill	Riverstone	8.26m
9	Harrison Auld	Winston Hills	8.14m
10	Daniel Kasozi	Hills District	8.05m
11	Benjamin Kasozi	Hills District	7.87m
12	Harry Clegg	Winston Hills	7.80m
13	Zach Redwood	Winston Hills	7.75m
14	Samuel Lawrence	Rouse Hill Rams	7.44m
15	Ryan Dickson	Kings Langley	6.64m

**Boys U 12 - Triple Jump**

Zone: Z 10.77m 30-Jan-11 F Adutwum, Quakers Hill

Name	Age Centre	Final	
1	Jayeola Sunmola	Hills District	9.72m
2	Andrew Hagggar	Hills District	9.30m
3	Mitchell Seaman	Winston Hills	9.10m
4	Daniel Balmer	Winston Hills	8.83m
5	Clayton Peacock	Hawkesbury City	8.75m
6	Conrad Borg	Hills District	8.54m
7	Riley Wilson	Winston Hills	8.48m
8	Mitchell Borg	Kings Langley	8.45m
9	Cameron Davies	Hawkesbury City	8.15m
10	Lochlan Duncum	Kings Langley	8.08m
11	Liam Whitehouse	Winston Hills	7.98m
12	Maxx Rowley	Hills District	7.91m
13	Oliver Duffy	Hills District	7.90m
13	Ben Haaf	Winston Hills	7.90m
15	Taine Cassar	Hills District	7.84m
16	Alexander Dabrowski	Rouse Hill Rams	7.16m
17	Hudson Askew	Winston Hills	6.73m

**Boys U 13 - Triple Jump**

Zone: Z 11.76m 27-Jan-07 N Hough, Hills

Name	Age Centre	Final	
1	William Bello	Hills District	10.93m
2	Sebastian Sultana	Hills District	9.97m
3	Koby Owen	Kings Langley	9.86m
4	Liam Preston	Hills District	9.74m
5	Ryan Salloman	Winston Hills	9.62m
6	Ilankumaran Murugappan	Kings Langley	9.29m
7	Benjamin Waring	Hills District	9.14m
8	Lachlan Wood	Winston Hills	8.85m
9	Tyreak Cala	Rouse Hill Rams	8.45m
10	Rory Bell	Hills District	8.28m
11	Riley Cotter	Hawkesbury City	7.95m
12	Ethan Mills	Hills District	7.91m



**North West Met Zone Championships****AH Whaling Reserve****Results****Boys U 14 - Triple Jump**

Zone: Z 11.69m 29-Jan-11 J Coleman, Hills			
Name	Age	Centre	Final
1 Sylvester Amon		Rouse Hill Rams	12.27mZ
2 Connor Fornari		Winston Hills	10.57m
3 Joel Davis		Hills District	10.54m
4 Thomas Walker		Hills District	9.67m
5 Liam Ramsay		Hills District	9.41m
6 Zaylan Schultz		Hawkesbury City	8.99m
7 Jonathan Hills		Hills District	8.82m
8 Isaac Jago		Kings Langley	8.26m
9 Benjamin smith		Kings Langley	6.47m

**Boys U 15 - Triple Jump**

Zone: Z 12.37m 27-Oct-03 A Semple, Winston Hills			
Name	Age	Centre	Final
1 Erick Rajan		Winston Hills	10.78m
2 Jay De Courcy		Hawkesbury City	10.27m

**Boys U 17 - Triple Jump**

Zone: Z 12.40m 09-Dec-16 Bret Owen, Kings Langley			
Name	Age	Centre	Final
1 Omar Nadaya-Harb		Winston Hills	12.18m
2 Daanish Mahmud		Hills District	11.47m
3 Nicholas Long		Winston Hills	11.38m
4 Jesper Stenberg		Hills District	11.30m
5 Brayden Wilson (Norford)		Kings Langley	10.97m
6 Joshua Kahane		Winston Hills	10.75m
7 Nathan Stevens		Hills District	10.68m
8 Simeon Levine		Hills District	10.51m
9 James Smit		Hills District	9.16m

**Boys U 7 - Shot Put (1.0 Kg)**

Zone: Z 9.50m 13-Dec-14 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 Taine Katalinic		Kings Langley	5.99m
2 Toby Mcdermid		Riverstone	5.34m
3 Connor Carter		Hills District	5.23m
4 Kyan Hudson		Hills District	5.02m
5 Ashton Crowley		Hills District	4.95m
6 Rocco Roseworne		Hills District	4.92m
7 Eli Saffy		Winston Hills	4.63m
8 Hayden Free		Hills District	4.25m
9 Sebastian Lloyd		Rouse Hill Rams	4.07m
10 Thomas Abbott		Hills District	3.95m

## North West Met Zone Championships

## AH Whaling Reserve

## Results

## Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 9.04m 12-Dec-15 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 Thomas Jackson		Winston Hills	7.40m
2 Sriram Durai		Kings Langley	6.63m
3 James de Sacadura		Hills District	5.17m
4 Oscar Harding		Hills District	5.13m
5 Zachary Weiley		Hills District	5.07m
6 Kai Hall		Hills District	5.00m
7 Joseph Saba		Hills District	4.98m
8 Angus Knight		Hills District	4.90m
9 Matthew Collett		Rouse Hill Rams	4.80m
10 Aaron Chevalier		Winston Hills	4.72m
11 Christopher Brown		Winston Hills	4.21m
12 Noah Scerri		Winston Hills	4.11m
13 Akash Dey		Winston Hills	3.90m

## Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 9.70m 29-Jan-05 T Moerea, Winston Hills			
Name	Age	Centre	Final
1 Hayden Bell		Hills District	6.14m
2 Hayden Moynihan		Winston Hills	6.13m
3 Tobias Comito		Hills District	5.60m
4 Beau Binns		Hills District	5.48m
5 Tory Emme		Kings Langley	5.06m
6 Tom Brakenreg		Winston Hills	5.01m
7 Dexter Lloyd		Rouse Hill Rams	4.96m
8 Spencer Robson		Hills District	4.88m
9 Alexander Totsis		Rouse Hill Rams	4.21m
10 Matthew Barone		Hills District	4.04m
11 Kristofer Odendaal		Rouse Hill Rams	3.49m

## Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 11.25m 26-Jan-03 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Lachlan Metcalfe		Kings Langley	10.51m
2 Lucas Archer		Rouse Hill Rams	8.02m
2 Roden Dew		Winston Hills	8.02m
4 Jashabjot Gill		Kings Langley	7.83m
5 Isaac Chevalier		Winston Hills	7.15m
6 Luke Williams		Hills District	6.94m
7 Taylor Davies		Hills District	6.89m
8 Ben Hunter		Kings Langley	6.71m
9 Xavier Saffy		Winston Hills	6.22m
10 Jackson Becroft		Hills District	6.04m
11 Jason Shelley		Kings Langley	5.58m
12 Phoenix Bale		Rouse Hill Rams	5.20m
13 Marquez Tandog		Hills District	5.08m
14 Cooper Gravina		Rouse Hill Rams	4.92m
15 George Abbott		Hills District	4.02m
-- Tyron Schultz		Hawkesbury City	ND

**North West Met Zone Championships****AH Whaling Reserve****Results****Boys U 11 - Shot Put (2.0 Kg)**

Zone: Z 13.22m 31-Jan-04 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Joshua Farrant		Kings Langley	8.28m
2 Jack Rossettin		Winston Hills	8.00m
3 Nicholas Murdocca		Rouse Hill Rams	7.79m
4 Thomas Daniel		Winston Hills	7.76m
5 Jasper Deane		Hills District	7.69m
6 Daniel Kasozi		Hills District	7.68m
7 Benjamin Kasozi		Hills District	7.58m
8 William Casey		Winston Hills	6.77m
9 Jack Hanzis		Hills District	6.59m
10 Cameron Saunders		Hills District	6.19m
11 Viraj Gupta		Hills District	5.68m
12 Lachlan Brackenreg		Winston Hills	5.12m

**Boys U 12 - Shot Put (3.0 Kg)**

Zone: Z 12.87m 30-Jan-05 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Saxon McWilliam		Hills District	8.38m
2 Riley Wilson		Winston Hills	7.71m
3 Liam Madigan		Hills District	7.11m
4 Harvey Barrett		Winston Hills	6.56m
4 Connor Mauger		Winston Hills	6.56m
6 Jamie King		Hills District	6.30m
7 Liam Whitehouse		Winston Hills	5.90m
8 Jamie Preston		Hills District	5.70m
9 Aryan Roozbehani		Hills District	5.11m
10 Hudson Askew		Winston Hills	4.96m

**Boys U 13 - Shot Put (3.0 Kg)**

Zone: Z 16.34m 05-Feb-94 S Novkovic, Winston Hills			
Name	Age	Centre	Final
1 Daniel de Sacadura		Hills District	11.12m
2 Ilankumaran Murugappan		Kings Langley	10.85m
3 Zachary Glasheen-Smith		Riverstone	10.02m
4 Caleb Knight		Winston Hills	8.83m
5 Isaac Comito		Hills District	8.60m

**Boys U 14 - Shot Put (3.0 Kg)**

Zone: Z 16.16m 13-Dec-14 Jandamurra Stewart, Winston Hills			
Name	Age	Centre	Final
1 Blake Archer		Rouse Hill Rams	12.72m
2 Joel Davis		Hills District	12.36m
3 Blake Metcalfe		Kings Langley	12.06m
4 Adrian Shelley		Kings Langley	11.93m
5 Conor Siney		Hills District	11.74m
5 thomas colcomb		Rouse Hill Rams	11.74m
7 Jai Adrichem		Hills District	10.68m

## North West Met Zone Championships

## AH Whaling Reserve

## Results

## ....Boys U 14 - Shot Put (3.0 Kg)

8	Kayden Anderson	Winston Hills	8.40m
9	Isaac Jago	Kings Langley	8.20m

## Boys U 15 - Shot Put (4.0 Kg)

=====			
Zone: Z 17.34m 30-Jan-88 M Sowden, Riverstone			
Name	Age	Centre	Final
=====			
1	Jay De Courcy	Hawkesbury City	10.33m
2	Jayden Duncum	Kings Langley	10.20m
3	Brett Horton	Winston Hills	8.53m

## Boys U 17 - Shot Put (5.0 Kg)

=====			
Zone: Z 15.34m 31-Jan-09 M Teina, Winston Hills			
Name	Age	Centre	Final
=====			
1	Patrick Gleeson	Rouse Hill Rams	13.08m
2	Alexander Murdocca	Rouse Hill Rams	12.92m
3	Nathan Stevens	Hills District	10.17m

## Boys U 7 - Discus (350 Gram)

=====			
Zone: Z 27.67m 14-Dec-14 Lachlan Metcalfe, Kings Lang			
Name	Age	Centre	Final
=====			
1	Zachary Wilkinson	Hawkesbury City	14.40m
2	Lucas Clarke	Hills District	13.74m
3	Eli Saffy	Winston Hills	13.55m
4	Drew Owen	Kings Langley	12.40m
5	Harry Lewis	Rouse Hill Rams	10.42m
6	Hayden Free	Hills District	10.01m
7	Connor Carter	Hills District	9.84m
8	Finnegan Brook	Hills District	9.46m
9	Tristan Prosser-Shaw	Hills District	8.90m
10	Sebastian Lloyd	Rouse Hill Rams	7.94m
--	Ned Francis	Winston Hills	ND
--	Flynn Wilson	Hills District	ND

## Boys U 8 - Discus (500 Gram)

=====			
Zone: Z 27.86m 30-Jan-00 S Dhaliwal, Quakers Hill			
Name	Age	Centre	Final
=====			
1	Thomas Jackson	Winston Hills	16.42m
2	Sriram Durai	Kings Langley	15.62m
3	Kai Hall	Hills District	15.55m
4	Aaron Chevalier	Winston Hills	15.38m
5	Viliani Wolfgramm	Kings Langley	15.31m
6	Noah Scerri	Winston Hills	15.09m
7	Elijah Morrison	Rouse Hill Rams	13.43m
7	Joseph Saba	Hills District	13.43m
9	Matthew Collett	Rouse Hill Rams	12.09m
10	Harry Sherwood	Hills District	10.02m
11	Tristan Howard	Hills District	9.98m

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 8 - Discus (500 Gram)**

12 Cameron Neal	Winston Hills	9.71m
13 Akash Dey	Winston Hills	9.62m
14 Andreas Morrison	Rouse Hill Rams	9.03m
15 James de Sacadura	Hills District	8.96m
16 Levi Bale	Rouse Hill Rams	8.43m

**Boys U 9 - Discus (500 Gram)**

=====  
 Zone: Z 30.83m 30-Jan-05 T Moerea, Winston Hills  
 Name Age Centre Final  
 =====

1 Brayden Thompson	Hills District	20.22m
2 Beau Binns	Hills District	18.11m
3 Tory Emme	Kings Langley	17.50m
4 Tobias Comito	Hills District	16.44m
5 Tom Brakenreg	Winston Hills	16.14m
6 Riley Payne	Winston Hills	13.16m
7 Cody McLean	Kings Langley	12.81m
8 Daniel Whitehouse	Winston Hills	11.69m
9 Joshua Page	Hills District	11.66m
10 Spencer Robson	Hills District	11.00m
11 Kristofer Odendaal	Rouse Hill Rams	10.69m
12 Liam Reed	Hills District	9.55m

**Boys U 10 - Discus (500 Gram)**

=====  
 Zone: Z 35.40m 31-Jan-09 J Baker, Winston Hills  
 Name Age Centre Final  
 =====

1 Lachlan Metcalfe	Kings Langley	30.55m
2 Roden Dew	Winston Hills	25.41m
3 Declan Abela	Winston Hills	24.58m
4 Isaac Chevalier	Winston Hills	21.65m
5 Riley Duncum	Kings Langley	21.24m
6 Jashabjot Gill	Kings Langley	20.81m
7 Taylor Davies	Hills District	19.88m
8 Cohen Orsini	Hills District	16.29m
9 Tyron Schultz	Hawkesbury City	15.51m
10 Aayush Shah	Winston Hills	15.44m
11 Phoenix Bale	Rouse Hill Rams	14.45m
12 Luke Williams	Hills District	14.40m
13 Marquez Tandog	Hills District	13.82m
14 George Abbott	Hills District	12.77m
15 Ryan Green	Kings Langley	5.19m
-- Xavier Saffy	Winston Hills	FOUL
-- Liam Piggott	Hills District	FOUL

**Boys U 11 - Discus (750 Gram)**

=====  
 Zone: Z 35.64m 09-Dec-12 Alexander Murdocca, Rouse Hi  
 Name Age Centre Final  
 =====

1 Daniel Kasozi	Hills District	26.11m
1 Benjamin Kasozi	Hills District	26.11m
3 Lucas Scerri	Winston Hills	23.47m

**North West Met Zone Championships  
AH Whaling Reserve  
Results**

**....Boys U 11 - Discus (750 Gram)**

4 Harry Coy	Hills District	17.50m
5 Jack Rossettin	Winston Hills	16.78m
6 Cameron Saunders	Hills District	15.86m
7 Viraj Gupta	Hills District	14.76m
8 Aryan Gupta	Rouse Hill Rams	12.55m

**Boys U 12 - Discus (750 Gram)**

=====			
	Zone: Z 47.02m	14-Dec-13	Alexander Murdocca, Rouse Hi
Name		Age Centre	Final
=====			
1 Aidan Brosnan	Winston Hills		26.68m
2 Saxon McWilliam	Hills District		25.32m
3 Daniel Balmer	Winston Hills		19.38m
4 Jamie Preston	Hills District		18.90m
5 Lochlan Duncum	Kings Langley		18.59m
6 Liam Madigan	Hills District		17.51m
7 Connor Mauger	Winston Hills		16.86m
8 Jamie King	Hills District		16.41m
9 Alexander Dabrowski	Rouse Hill Rams		15.12m

**Boys U 13 - Discus (1.0 Kg)**

=====			
	Zone: Z 48.00m	13-Dec-14	Alexander Murdocca, Rouse Hi
Name		Age Centre	Final
=====			
1 Daniel de Sacadura	Hills District		32.33m
2 Ilankumaran Murugappan	Kings Langley		25.36m
3 Travis Hargrave	Hawkesbury City		21.68m
4 Zachary Porter	Winston Hills		19.76m
5 Spencer Brown	Hills District		19.70m
6 Caleb Knight	Winston Hills		18.35m
7 Ethan Mills	Hills District		15.15m
8 Jack Robson	Hills District		10.14m

**Boys U 14 - Discus (1.0 Kg)**

=====			
	Zone: Z 53.70m	05-Feb-95	S Novkovic, Winston Hills
Name		Age Centre	Final
=====			
1 Blake Archer	Rouse Hill Rams		41.58m
2 thomas colcomb	Rouse Hill Rams		38.97m
3 Blake Metcalfe	Kings Langley		32.86m
4 Jai Adrichem	Hills District		30.45m
5 Adrian Shelley	Kings Langley		29.29m
6 Conor Siney	Hills District		28.75m
7 Isaac Jago	Kings Langley		21.66m
8 Oliver Reedy	Winston Hills		19.44m
9 Damian Hilton	Hills District		18.40m
10 Zaylan Schultz	Hawkesbury City		14.78m
11 Benjamin smith	Kings Langley		9.52m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 15 - Discus (1.0 Kg)**

Zone: Z 55.88m 30-Jan-99 A Walker, Hills			
Name	Age	Centre	Final
1 Jayden Duncum		Kings Langley	46.28m
2 Brett Horton		Winston Hills	35.94m
3 Jay De Courcy		Hawkesbury City	33.60m

**Boys U 17 - Discus (1.5 Kg)**

Zone: Z 41.18m 31-Jan-10 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Alexander Murdocca		Rouse Hill Rams	44.91mZ
2 Patrick Gleeson		Rouse Hill Rams	40.10m
3 Cameron Thatcher		Hills District	26.61m
4 Matthew Brice		Hills District	22.67m

**Boys U 11 - Javelin (400 Gram)**

Zone: Z 26.18m 12-Dec-15 Aaron Byrne, Winston Hills			
Name	Age	Centre	Final
1 Harry Coy		Hills District	20.05m
2 Cameron Saunders		Hills District	18.20m
3 Viraj Gupta		Hills District	17.02m
4 Aryan Gupta		Rouse Hill Rams	14.94m
5 Riley Albert		Hills District	14.23m
6 Lukas Nicholls		Hills District	10.81m
-- Jack Rossettin		Winston Hills	ND

**Boys U 12 - Javelin (400 Gram)**

Zone: Z 33.62m 12-Dec-15 Blake Archer, Rouse Hill			
Name	Age	Centre	Final
1 Saxon McWilliam		Hills District	25.57m
2 Daniel Balmer		Winston Hills	25.05m
3 Jamie King		Hills District	20.88m
4 Nicolas Odendaal		Rouse Hill Rams	20.21m
5 Jamie Preston		Hills District	15.90m
6 Aryan Roozbehani		Hills District	11.69m

**Boys U 13 - Javelin (600 Gram)**

Zone: Z 39.67m 29-Jan-04 A Luzi			
Name	Age	Centre	Final
1 Ilankumaran Murugappan		Kings Langley	31.35m
2 Daniel de Sacadura		Hills District	28.64m
3 George Gaitanidis		Winston Hills	23.32m
4 Zachary Glasheen-Smith		Riverstone	21.40m
5 Spencer Brown		Hills District	21.26m
6 Reubens Tandog		Hills District	19.69m
7 Rory Bell		Hills District	13.57m
8 Caleb Knight		Winston Hills	10.37m

**North West Met Zone Championships**  
**AH Whaling Reserve**  
**Results**

**Boys U 14 - Javelin (600 Gram)**

Zone: Z 34.99m 13-Dec-13 Ben Tait, Kings Langley			
Name	Age	Centre	Final
1 thomas colcomb		Rouse Hill Rams	35.91mZ
2 Blake Archer		Rouse Hill Rams	35.61mZ
3 Conor Siney		Hills District	32.44m
4 Jake Baptiste		Kings Langley	30.75m
5 Jai Adrichem		Hills District	30.31m
6 Benjamin smith		Kings Langley	9.05m

**Boys U 15 - Javelin (700 Gram)**

Zone: Z 38.34m 12-Dec-14 Ben Tait, Kings Langley			
Name	Age	Centre	Final
1 Jayden Duncum		Kings Langley	36.60m
2 Jonah Sewell		Hills District	18.49m

**Boys U 17 - Javelin (700 Gram)**

Zone: Z 44.59m 28-Jan-11 B McNaughton, Winston Hills			
Name	Age	Centre	Final
1 Omar Nadaya-Harb		Winston Hills	44.58m
2 Patrick Gleeson		Rouse Hill Rams	39.11m
3 Jesper Stenberg		Hills District	30.32m
4 Ethan Hay-Zimmerman		Hills District	29.55m
5 Cameron Thatcher		Hills District	29.13m
6 Joshua Kahane		Winston Hills	29.04m
7 James Smit		Hills District	28.27m

**Boys U 9 - 700 Metre Walk**

Zone: Z 3:51.60 30-Jan-98 S Johnstone, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Riley Payne		Winston Hills	4:09.81
2 Tobias Comito		Hills District	4:15.56
3 Ben Lynch		Hills District	4:16.49
4 Keegan Free		Hills District	4:33.25
5 Matthew Barone		Hills District	5:06.61

**Boys U 10 - 1100 Metre Walk**

Zone: Z 6:06.36 27-Jan-10 L McGrath, Hills			
Name	Age	Centre	Final
1 Joshua Hand		Winston Hills	6:26.92
2 Gabriel Cuenca		Hills District	6:28.88
3 Cohen Orsini		Hills District	6:30.91
4 Cooper Thorpe		Hills District	6:56.77
5 George Abbott		Hills District	7:31.24
6 Kane Robson		Hills District	7:40.84
7 Kieren Morson		Hills District	8:18.80



**North West Met Zone Championships****AH Whaling Reserve****Results****Boys U 11 - 1100 Metre Walk**

Zone: Z 5:59.87 27-Jan-10 J Glover, Hills			
Name	Age	Centre	Final
1	Liam Roche	Hills District	6:12.20
2	Aidan Pospischil	Winston Hills	6:31.24
3	Aaron Moors	Hills District	7:32.84
4	Kai Stewart	Hills District	7:42.60
5	Clay Rawlings	Hawkesbury City	7:57.37
6	Alexander Saxon	Hills District	7:58.62
7	Ryan Dickson	Kings Langley	8:16.26
8	Emile Rizk	Hills District	8:57.54
9	Lucas Saunders	Hills District	9:16.81

**Boys U 12 - 1500 Metre Walk**

Zone: Z 7:25.90 01-Jan-83 C Arkins, Hills			
Name	Age	Centre	Final
1	Brodie Payne	Winston Hills	7:26.48
2	Daniel Stewart	Hills District	7:45.46
3	Ethan Kelly	Hills District	9:27.37
4	Connor Mauger	Winston Hills	9:41.89
5	Mitchell Borg	Kings Langley	9:54.15
6	Jamie Preston	Hills District	10:59.15

**Boys U 13 - 1500 Metre Walk**

Zone: Z 7:37.80 04-Feb-94 B Murray, Winston Hills			
Name	Age	Centre	Final
1	Jack Robson	Hills District	8:08.39
2	Brendan Pospischil	Winston Hills	8:10.53
3	Shaqiulle Bulman	Riverstone	9:05.74
4	Riley Cotter	Hawkesbury City	11:40.96

**Boys U 14 - 1500 Metre Walk**

Zone: Z 7:44.20 05-Feb-93 D Rushworth, Prospect			
Name	Age	Centre	Final
1	Adam Dickson	Hills District	8:23.18
2	Jackson Deane	Hills District	8:47.91
3	Damian Hilton	Hills District	10:43.07

**Boys U 17 - 1500 Metre Walk**

Zone: Z 6:50.42 11-Dec-15 Jordan Glover, Hills Distri			
Name	Age	Centre	Final
1	James Smit	Hills District	8:27.97