

**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

**Girls U 7 - 50 Metre Sprint**

Zone: Z 9.00 2004 Megan Wardell, Gosford			
Name	Age	Centre	Final
Section 1			
1 Alori-Joh Akamarmoi		Terrigal/Wamberal	9.51
2 Rain Ross		Wyong	9.61
3 Molly Elward		Tuggerah Lakes M	10.02
4 Ava Barton		Wyong	10.22
5 Claire Godfrey		Tuggerah Lakes M	10.46

**Girls U 8 - 70 Metre Sprint**

Zone: Z 10.60 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jasmine Nunn		Terrigal/Wamberal	12.68Q
2 Imogen Hyslop		Tuggerah Lakes M	12.72Q
3 Indiana Deacon		Wyong	13.69Q
4 Lexie Martin		Woy Woy Peninsula	14.19
5 Airi MacDonald		Tuggerah Lakes M	14.30
6 Georgia Bryant		Terrigal/Wamberal	15.49
Heat 2 Heats			
1 Lexi Elliott		Tuggerah Lakes M	12.35Q
2 Sophy Ndikaru		Wyong	12.58Q
3 Keira Bandy		Tuggerah Lakes M	12.65Q
4 Harper Beatty		Terrigal/Wamberal	13.18q
5 Elliotte Moynahan		Toukley	13.51q

**Girls U 8 - 70 Metre Sprint**

Zone: Z 10.60 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Lexi Elliott		Tuggerah Lakes M	12.13
2 Sophy Ndikaru		Wyong	12.36
3 Keira Bandy		Tuggerah Lakes M	12.40
4 Jasmine Nunn		Terrigal/Wamberal	12.74
5 Harper Beatty		Terrigal/Wamberal	12.75
6 Imogen Hyslop		Tuggerah Lakes M	12.95
7 Indiana Deacon		Wyong	13.04
8 Elliotte Moynahan		Toukley	13.63

**Girls U 9 - 70 Metre Sprint**

Zone: Z 10.30 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Tikira Mudge		Wyong	11.98Q
2 Kirra Meale		Gosford	12.02Q
3 Scarlett Clark		Wyong	12.21Q
4 Emily Kane		Terrigal/Wamberal	12.83q
5 Georgie Houghton		Tuggerah Lakes M	13.27
Heat 2 Heats			
1 Ella Dunkley		Wyong	12.09Q
2 Annika Miletic		Gosford	12.27Q
3 Ruby Wilkin		Gosford	12.38Q

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

4 Millie Godfrey Tuggerah Lakes M 12.52q

**Girls U 9 - 70 Metre Sprint**

Zone: Z 10.30 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
Section 1 Final			
1 Tikira Mudge		Wyong	11.86
2 Ella Dunkley		Wyong	11.94
3 Scarlett Clark		Wyong	12.09
4 Kirra Meale		Gosford	12.09
5 Annika Miletic		Gosford	12.17
6 Ruby Wilkin		Gosford	12.36
7 Millie Godfrey		Tuggerah Lakes M	12.53
8 Emily Kane		Terrigal/Wamberal	12.57

**Girls U 10 - 70 Metre Sprint**

Zone: Z 10.20 2005 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
Section 1			
1 Lilly Hodder		Woy Woy Peninsula	11.42
2 Destiny Lamprill		Gosford	11.63
3 Bonnie Hardman		Woy Woy Peninsula	11.90
4 Charlotte Bottell		Terrigal/Wamberal	11.92
5 Charlotte O'Toole		Toukley	12.21
6 Ellie Overton		Wyong	13.06

**Girls U 7 - 100 Metre Sprint**

Zone: Z 16.90 1994 K Knight, Woy Woy Peninsula			
Name	Age	Centre	Final
1 Alori-Joh Akamarmoi		Terrigal/Wamberal	18.93
2 aurey juergens		Wyong	19.00
3 Orla Head		Terrigal/Wamberal	19.10
4 Rain Ross		Wyong	19.19
5 Emma Shiels		Toukley	19.74
6 Molly Elward		Tuggerah Lakes M	21.10

**Girls U 8 - 100 Metre Sprint**

Zone: Z 14.90 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Lexi Elliott		Tuggerah Lakes M	17.56
2 Imogen Hyslop		Tuggerah Lakes M	18.42
3 Luella McBrien		Tuggerah Lakes M	18.90
4 Lexie Martin		Woy Woy Peninsula	19.37
5 Niamh Kendall		Gosford	19.70

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**Girls U 9 - 100 Metre Sprint**

Zone: Z 14.90 2010 Jenna Bird, Tuggerah Lakes Mi			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Tikira Mudge		Wyong	17.81Q
2 Ella Dunkley		Wyong	17.90Q
3 Amy Smyth		Terrigal/Wamberal	18.48Q
4 Emmeline Heggen		Woy Woy Peninsula	18.72q
5 Ruby Wilkin		Gosford	18.92
Heat 2 Heats			
1 Rose Domotor		Toukley	17.06Q
2 Paige Casey		Tuggerah Lakes M	17.10Q
3 Kirra Meale		Gosford	17.90Q
4 Annika Miletic		Gosford	18.22q

**Girls U 9 - 100 Metre Sprint**

Zone: Z 14.90 2010 Jenna Bird, Tuggerah Lakes Mi			
Name	Age	Centre	Final
Section 1 Final			
1 Rose Domotor		Toukley	16.32
2 Paige Casey		Tuggerah Lakes M	16.44
3 Tikira Mudge		Wyong	16.75
4 Ella Dunkley		Wyong	16.85
5 Kirra Meale		Gosford	16.86
6 Annika Miletic		Gosford	17.57
7 Amy Smyth		Terrigal/Wamberal	18.92

**Girls U 10 - 100 Metre Sprint**

Zone: Z 14.10 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 CarmelaMarie Nocedo		Gosford	16.61Q
2 Isabelle Ruzek		Terrigal/Wamberal	17.33Q
3 Summah Hodder		Woy Woy Peninsula	17.55Q
4 Ruby-Jane Hill		Gosford	18.13q
5 Charlotte O'Toole		Toukley	18.34q
6 Sophie Watson		Terrigal/Wamberal	19.18
7 Ellie Overton		Wyong	19.64
Heat 2 Heats			
1 Kara Tobey		Terrigal/Wamberal	15.40Q
2 Lily Davidson		Tuggerah Lakes M	16.56Q
3 Lilly Hodder		Woy Woy Peninsula	17.12Q
4 Layla Healey		Wyong	18.57
5 Georgie Andrews		Tuggerah Lakes M	19.63
6 Milla Johnstone		Woy Woy Peninsula	19.94

**Girls U 10 - 100 Metre Sprint**

Zone: Z 14.10 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Kara Tobey		Terrigal/Wamberal	14.62
2 CarmelaMarie Nocedo		Gosford	15.41
3 Lily Davidson		Tuggerah Lakes M	15.57

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**....Girls U 10 - 100 Metre Sprint**

4	Isabelle Ruzek	Terrigal/Wamberal	15.79
5	Lilly Hodder	Woy Woy Peninsula	15.79
6	Summah Hodder	Woy Woy Peninsula	16.43
7	Ruby-Jane Hill	Gosford	16.99
8	Charlotte O'Toole	Toukley	17.16

**Girls U 11 - 100 Metre Sprint**

=====			
Zone: Z 13.40		2007	Sara Marshall, Gosford
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	DanaN Gonzalez	Wyong	15.55Q
2	Isabella Nicolussi	Woy Woy Peninsula	15.57Q
3	Tahlia Goy	Tuggerah Lakes M	15.73Q
4	Jasmine Freers	Terrigal/Wamberal	15.78q
5	Lucy Vanthoff	Wyong	16.88q
6	Bella Battiston	Terrigal/Wamberal	17.14
7	Kaitlyn Keating-hewitt	Toukley	17.59
8	Ava Grey	Woy Woy Peninsula	19.43
Heat 2 Heats			
1	Keira Carlson	Wyong	15.40Q
2	Grace Ryan	Tuggerah Lakes M	17.16Q
3	Emily Falconi	Terrigal/Wamberal	17.18Q
4	Sophie Hagstrom	Wyong	17.60
5	Abigail Clements	Terrigal/Wamberal	17.83
6	Isabella Barnett	Gosford	17.84
7	Sophie Andrews	Tuggerah Lakes M	18.44

**Girls U 11 - 100 Metre Sprint**

=====			
Zone: Z 13.40		2007	Sara Marshall, Gosford
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Keira Carlson	Wyong	14.51
2	DanaN Gonzalez	Wyong	14.88
3	Isabella Nicolussi	Woy Woy Peninsula	14.91
4	Jasmine Freers	Terrigal/Wamberal	15.00
5	Tahlia Goy	Tuggerah Lakes M	15.77
6	Emily Falconi	Terrigal/Wamberal	15.78
7	Grace Ryan	Tuggerah Lakes M	16.52
8	Lucy Vanthoff	Wyong	16.58

**Girls U 12 - 100 Metre Sprint**

=====			
Zone: Z 12.70		2008	Sara Marshall, Gosford
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Alyssa Haremaker	Woy Woy Peninsula	14.70Q
2	Olivia Booth	Gosford	14.99Q
3	Cecilia Bradley	Woy Woy Peninsula	15.68q
4	Gabriella Healey	Terrigal/Wamberal	15.88
5	Mimi Trivers	Tuggerah Lakes M	15.91
6	Felicity Ruzek	Terrigal/Wamberal	16.43
7	Abby mcTernan	Gosford	16.61
Heat 2 Heats			
1	Ava-Marie Carlson	Wyong	14.61Q

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**....Girls U 12 - 100 Metre Sprint**

2	Sophia Grey	Woy Woy Peninsula	15.65Q
3	Gabriella Potestas	Woy Woy Peninsula	15.68q
4	Katelyn Wardell	Gosford	15.74
5	Natasha Stamper	Wyong	16.15
6	Caoimhe O'Gorman	Terrigal/Wamberal	16.33

## Heat 3 Heats

1	Demi Karipidis	Wyong	13.76Q
2	Sarah Hyland	Gosford	14.86Q
3	Jessika Mackie	Tuggerah Lakes M	15.75
4	Gabriellej Medina	Woy Woy Peninsula	15.93
5	Mariah Netane	Wyong	16.66
6	Dakotah Reid	Gosford	16.82

**Girls U 12 - 100 Metre Sprint**

Zone: Z 12.70 2008 Sara Marshall, Gosford

Name	Age	Centre	Final
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## Section 1 Final

1	Demi Karipidis	Wyong	13.40
2	Ava-Marie Carlson	Wyong	13.81
3	Alyssa Haremaker	Woy Woy Peninsula	14.13
4	Olivia Booth	Gosford	14.21
5	Sarah Hyland	Gosford	14.51
6	Cecilia Bradley	Woy Woy Peninsula	14.62
7	Sophia Grey	Woy Woy Peninsula	14.90
8	Gabriella Potestas	Woy Woy Peninsula	14.91

**Girls U 13 - 100 Metre Sprint**

Zone: Z 12.62 15/12/2012 Heather Duffy, Tuggerah Lakes

Name	Age	Centre	Heats
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## Heat 1 Heats

1	lucy iskandar	Wyong	14.42Q
2	Ruby Garner	Tuggerah Lakes M	15.32Q
3	Ashlyn Hyland	Gosford	15.44q
4	Melanie Bendeovski	Terrigal/Wamberal	15.86
5	Shae Vallance	Tuggerah Lakes M	16.14

## Heat 2 Heats

1	Annie Lowbridge	Terrigal/Wamberal	14.83Q
2	Brooklyn Laing	Wyong	14.86Q
3	Bethan Minor	Terrigal/Wamberal	15.62q
4	Ella Haggerty	Tuggerah Lakes M	16.67
5	Emily Neville-Smith	Wyong	16.68
6	Emily Clissold	Gosford	16.73
7	Summer Jones	Terrigal/Wamberal	16.99

## Heat 3 Heats

1	Mia Cross	Wyong	14.48Q
2	Jessie Blackwell	Woy Woy Peninsula	14.59Q
3	Georgie Lawton	Wyong	15.79
4	Sienna Grech	Wyong	15.83
5	Abbie Andrews	Tuggerah Lakes M	16.36
6	Grace Minto	Tuggerah Lakes M	16.47
7	Taylor Christian	Terrigal/Wamberal	16.57

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**Girls U 13 - 100 Metre Sprint**

Zone: Z 12.62 15/12/2012 Heather Duffy, Tuggerah Lakes			
Name	Age	Centre	Final
Section 1 Final			
1 lucy iskandar		Wyong	13.69
2 Jessie Blackwell		Woy Woy Peninsula	13.77
3 Mia Cross		Wyong	13.80
4 Annie Lowbridge		Terrigal/Wamberal	13.87
5 Brooklyn Laing		Wyong	13.98
6 Ashlyn Hyland		Gosford	14.75
7 Bethan Minor		Terrigal/Wamberal	14.92

**Girls U 14 - 100 Metre Sprint**

Zone: Z 12.50 2005 Dannielle Bradbury, Terrigal			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lindsay Hallam		Terrigal/Wamberal	13.89Q
2 Lilah Washington		Tuggerah Lakes M	14.63Q
3 Ayrlia Purins		Wyong	14.98Q
4 Savannah Robinson		Toukley	15.89
Heat 2 Heats			
1 Ava Simos		Terrigal/Wamberal	13.21Q
2 Adhieu Bior-Black		Terrigal/Wamberal	14.47Q
3 Elisa Milne		Terrigal/Wamberal	14.93Q
4 Bella Steele-Minett		Tuggerah Lakes M	15.50q
5 Ella Busch		Gosford	15.52q
6 Haylee Dwyer		Gosford	16.79

**Girls U 14 - 100 Metre Sprint**

Zone: Z 12.50 2005 Dannielle Bradbury, Terrigal			
Name	Age	Centre	Final
Section 1 Final			
1 Ava Simos		Terrigal/Wamberal	12.78
2 Lindsay Hallam		Terrigal/Wamberal	13.38
3 Adhieu Bior-Black		Terrigal/Wamberal	13.92
4 Elisa Milne		Terrigal/Wamberal	14.42
5 Ayrlia Purins		Wyong	14.43
6 Lilah Washington		Tuggerah Lakes M	14.88
7 Bella Steele-Minett		Tuggerah Lakes M	15.06
8 Ella Busch		Gosford	15.37

**Girls U 15 - 100 Metre Sprint**

Zone: Z 12.40 2008 Kasey Tysoe, Gosford			
Name	Age	Centre	Final
Section 1			
1 Tori Robertson		Tuggerah Lakes M	13.44
2 Jemma Young		Tuggerah Lakes M	14.02
3 Dakota Scollay		Wyong	14.12
4 Tara Hottes		Toukley	14.47
5 Willow Smith		Wyong	15.10
6 Tarni Eagleton		Toukley	17.05

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**Girls U 17 - 100 Metre Sprint**

Zone: Z 11.90 1/12/2018 Katie Gunn, Gosford LAC			
Name	Age	Centre	Final
1 Katie Gunn		Gosford	12.82
2 Erin Hamilton		Tuggerah Lakes M	13.34
3 Jemma Massoud-Psaila		Gosford	13.66
4 Tiarle Kroemer		Wyong	14.58
5 Zoe Hyland		Gosford	15.29
6 Yuki Rodden		Woy Woy Peninsula	15.35
7 Madelyn Smith		Wyong	15.89
8 Shania Paris		Gosford	16.42

**Girls U 7 - 200 Metre Sprint**

Zone: Z 36.00 1983 R Furguson, Wyong			
Name	Age	Centre	Final
1 aurey juergens		Wyong	38.91
2 Emma Shiels		Toukley	39.26
3 Molly Elward		Tuggerah Lakes M	42.45
4 Claire Godfrey		Tuggerah Lakes M	43.77
-- Orla Head		Terrigal/Wamberal	DQ
-- Rain Ross		Wyong	DQ

**Girls U 8 - 200 Metre Sprint**

Zone: Z 31.50 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jasmine Nunn		Terrigal/Wamberal	38.90Q
2 Emmy Clark		Terrigal/Wamberal	39.27Q
3 Imogen Hyslop		Tuggerah Lakes M	39.91Q
4 Indiana Deacon		Wyong	40.55q
Heat 2 Heats			
1 Lexi Elliott		Tuggerah Lakes M	36.74Q
2 Niamh Kendall		Gosford	39.11Q
3 Evie Dunkley		Wyong	39.21Q
4 Lexie Martin		Woy Woy Peninsula	41.29q
5 Elliotte Moynahan		Toukley	43.55

**Girls U 8 - 200 Metre Sprint**

Zone: Z 31.50 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Lexi Elliott		Tuggerah Lakes M	36.85
2 Emmy Clark		Terrigal/Wamberal	38.50
3 Jasmine Nunn		Terrigal/Wamberal	38.75
4 Niamh Kendall		Gosford	39.39
5 Evie Dunkley		Wyong	40.83
6 Imogen Hyslop		Tuggerah Lakes M	41.63
7 Lexie Martin		Woy Woy Peninsula	42.91
8 Indiana Deacon		Wyong	47.67

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**Girls U 9 - 200 Metre Sprint**

Zone: Z 31.00 1990 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1			
1 Rose Domotor		Toukley	33.96
2 Ella Dunkley		Wyong	35.91
3 Scarlett Clark		Wyong	35.92
4 Kirra Meale		Gosford	36.17
5 Annika Miletic		Gosford	38.20
6 Ruby Wilkin		Gosford	38.35
7 Emily Kane		Terrigal/Wamberal	38.47
8 Maya Darling		Gosford	38.66

**Girls U 10 - 200 Metre Sprint**

Zone: Z 29.00 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlotte Bottell		Terrigal/Wamberal	34.27Q
2 Mieke Oosthuizen		Terrigal/Wamberal	35.48Q
3 Ruby-Jane Hill		Gosford	36.50Q
4 Layla Healey		Wyong	36.96q
5 Nissa Belkadi		Terrigal/Wamberal	38.89
6 Indiana Laing		Wyong	41.29
Heat 2 Heats			
1 Destiny Lamprill		Gosford	33.44Q
2 Kyah Chalmers		Wyong	33.66Q
3 Lilly Hodder		Woy Woy Peninsula	35.17Q
4 Charlotte O'Toole		Toukley	35.99q
5 Bonnie Hardman		Woy Woy Peninsula	37.08
6 Ellie Overton		Wyong	40.76
-- Summah Hodder		Woy Woy Peninsula	DQ 163.3

**Girls U 10 - 200 Metre Sprint**

Zone: Z 29.00 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Destiny Lamprill		Gosford	33.11
2 Kyah Chalmers		Wyong	33.71
3 Lilly Hodder		Woy Woy Peninsula	34.23
4 Charlotte Bottell		Terrigal/Wamberal	35.21
5 Mieke Oosthuizen		Terrigal/Wamberal	35.22
6 Ruby-Jane Hill		Gosford	36.00
7 Charlotte O'Toole		Toukley	36.16
8 Layla Healey		Wyong	36.70

**Girls U 11 - 200 Metre Sprint**

Zone: Z 27.80 2007 Sara Marshall, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Summer Ell		Tuggerah Lakes M	33.41Q
2 Lila Darling		Gosford	34.59Q
3 Olivia Peacock		Terrigal/Wamberal	36.32Q
4 Sophee Dwyer		Gosford	41.68



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

Heat 2 Heats

1	Jasmine Freers	Terrigal/Wamberal	31.89Q
2	Tahlia Goy	Tuggerah Lakes M	32.65Q
3	Kaitlyn Keating-hewitt	Toukley	36.18Q
4	Bella Battiston	Terrigal/Wamberal	36.97q
5	Grace Ryan	Tuggerah Lakes M	38.36q

**Girls U 11 - 200 Metre Sprint**

Zone: Z 27.80 2007 Sara Marshall, Gosford

Name	Age	Centre	Final
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Section 1 Final

1	Jasmine Freers	Terrigal/Wamberal	31.29
2	Tahlia Goy	Tuggerah Lakes M	31.61
3	Summer Ell	Tuggerah Lakes M	32.80
4	Kaitlyn Keating-hewitt	Toukley	34.46
5	Lila Darling	Gosford	34.48
6	Olivia Peacock	Terrigal/Wamberal	34.60
7	Bella Battiston	Terrigal/Wamberal	36.70
8	Sophee Dwyer	Gosford	41.75

**Girls U 12 - 200 Metre Sprint**

Zone: Z 26.80 2008 Sara Marshall, Gosford

Name	Age	Centre	Heats
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Heat 1 Heats

1	Alyssa Haremaker	Woy Woy Peninsula	29.78Q
2	Ruby McTernan	Gosford	32.27Q
3	Gabriella Potestas	Woy Woy Peninsula	32.75
4	Eva Lynch	Woy Woy Peninsula	34.90
5	Dakotah Reid	Gosford	35.95
6	Erika Facer	Wyong	37.48

Heat 2 Heats

1	Tylah Houghton	Tuggerah Lakes M	29.68Q
2	Jessika Mackie	Tuggerah Lakes M	32.20Q
3	Abby McTernan	Gosford	32.25q
4	Gabriella Healey	Terrigal/Wamberal	32.34
5	Caoimhe O'Gorman	Terrigal/Wamberal	32.92
6	Mariah Netane	Wyong	34.32

Heat 3 Heats

1	Olivia Booth	Gosford	29.54Q
2	Ava-Marie Carlson	Wyong	30.26Q
3	Sarah Hyland	Gosford	31.25q
4	Mimi Trivers	Tuggerah Lakes M	32.64
5	Natasha Stamper	Wyong	33.11
6	Charlotte Melbourne	Tuggerah Lakes M	34.40

**Girls U 12 - 200 Metre Sprint**

Zone: Z 26.80 2008 Sara Marshall, Gosford

Name	Age	Centre	Final
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Section 1 Final

1	Ava-Marie Carlson	Wyong	28.97
2	Alyssa Haremaker	Woy Woy Peninsula	29.09
3	Olivia Booth	Gosford	29.34
4	Tylah Houghton	Tuggerah Lakes M	30.14

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**....Girls U 12 - 200 Metre Sprint**

5 Sarah Hyland	Gosford	31.10
6 Ruby McTernan	Gosford	33.49
7 Abby mcTernan	Gosford	37.33

**Girls U 13 - 200 Metre Sprint**

=====			
Zone: Z 26.30		1994	Rosemary Hayward, Toukley
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Brooklyn Laing		Wyong	28.96Q
2 Annie Lowbridge		Terrigal/Wamberal	29.42Q
3 Bethan Minor		Terrigal/Wamberal	30.25q
4 Ruby Garner		Tuggerah Lakes M	30.34q
5 Melanie Bendevski		Terrigal/Wamberal	30.86
6 Emma Blume		Tuggerah Lakes M	34.32
Heat 2 Heats			
1 lucy iskandar		Wyong	30.18Q
2 Sasson Notley		Tuggerah Lakes M	30.25Q
3 Grace Minto		Tuggerah Lakes M	31.78
4 Shae Vallance		Tuggerah Lakes M	32.01
Heat 3 Heats			
1 Jessie Blackwell		Woy Woy Peninsula	29.02Q
2 Ashlyn Hyland		Gosford	29.74Q
3 Abbie Andrews		Tuggerah Lakes M	31.68

**Girls U 13 - 200 Metre Sprint**

=====			
Zone: Z 26.30		1994	Rosemary Hayward, Toukley
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Jessie Blackwell		Woy Woy Peninsula	28.29
2 Brooklyn Laing		Wyong	28.41
3 Annie Lowbridge		Terrigal/Wamberal	28.81
4 Ashlyn Hyland		Gosford	30.29
5 Ruby Garner		Tuggerah Lakes M	30.35

**Girls U 14 - 200 Metre Sprint**

=====			
Zone: Z 25.90		2005	Dannielle Bradbury, Terrigal
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Lilly Hofer		Terrigal/Wamberal	27.87Q
2 Kirra Vaughan		Toukley	30.10Q
3 Bella Steele-Minett		Tuggerah Lakes M	30.32Q
4 Lilah Washington		Tuggerah Lakes M	31.28q
5 Savannah Robinson		Toukley	32.98
Heat 2 Heats			
1 Adhieu Bior-Black		Terrigal/Wamberal	27.71Q
2 Jess Stone		Terrigal/Wamberal	27.89Q
3 Elisa Milne		Terrigal/Wamberal	29.85Q
4 Ayrilia Purins		Wyong	30.59q

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 14 - 200 Metre Sprint**

Zone: Z 25.90 2005 Dannielle Bradbury, Terrigal			
Name	Age	Centre	Final
Section 1 Final			
1 Adhieu Bior-Black		Terrigal/Wamberal	27.03
2 Jess Stone		Terrigal/Wamberal	27.52
3 Lilly Hofer		Terrigal/Wamberal	27.96
4 Kirra Vaughan		Toukley	29.84
5 Elisa Milne		Terrigal/Wamberal	30.19
6 Bella Steele-Minett		Tuggerah Lakes M	30.30
7 Ayrlia Purins		Wyong	30.66
8 Lilah Washington		Tuggerah Lakes M	31.46

**Girls U 15 - 200 Metre Sprint**

Zone: Z 24.60 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1			
1 Tori Robertson		Tuggerah Lakes M	27.01
2 Amalia Patterson		Tuggerah Lakes M	27.58
3 Melissa Blume		Tuggerah Lakes M	27.66
4 Tara Hottes		Toukley	28.99
5 Jemma Young		Tuggerah Lakes M	29.05
6 Dakota Scollay		Wyong	29.43
7 Willow Smith		Wyong	31.41

**Girls U 17 - 200 Metre Sprint**

Zone: Z 24.70 2011 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Katie Gunn		Gosford	25.47
2 Erin Hamilton		Tuggerah Lakes M	28.02
3 Tiarle Kroemer		Wyong	29.76
4 Zoe Hyland		Gosford	32.41
5 Shania Paris		Gosford	34.91

**Girls U 8 - 400 Metre Sprint**

Zone: Z 1:18.70 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Keira Bandy		Tuggerah Lakes M	1:30.30
2 Harper Beatty		Terrigal/Wamberal	1:32.58
3 Emmy Clark		Terrigal/Wamberal	1:34.03
4 Anna Larter		Wyong	1:38.16
5 Emily McKendrick		Gosford	1:44.14

**Girls U 9 - 400 Metre Sprint**

Zone: Z 1:13.50 1990 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Rose Domotor		Toukley	1:20.28
2 Maya Darling		Gosford	1:28.45
3 Emmeline Heggen		Woy Woy Peninsula	1:29.84
4 Jiya Marwaha		Terrigal/Wamberal	1:33.09

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**Girls U 10 - 400 Metre Sprint**

Zone: Z 1:07.70 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 2			
1 Alissa McNair		Tuggerah Lakes M	1:21.62
2 CarmelaMarie Nocedo		Gosford	1:23.52
3 Ruby-Jane Hill		Gosford	1:25.09
4 Ellie Overton		Wyong	1:37.27
5 Gabrielle Larter		Wyong	1:41.80
6 Indiana Laing		Wyong	1:51.03
Section 2			
1 Kara Tobey		Terrigal/Wamberal	1:14.16
2 Lily Davidson		Tuggerah Lakes M	1:19.72
3 Izzie Milos		Tuggerah Lakes M	1:22.16
4 Summah Hodder		Woy Woy Peninsula	1:23.10
5 Charlotte Bottell		Terrigal/Wamberal	1:25.79
6 Charlotte O'Toole		Toukley	1:27.63
7 Sophie Watson		Terrigal/Wamberal	1:32.28

**Girls U 11 - 400 Metre Sprint**

Zone: Z 1:05.70 2011 Ashlee Forbes, Tuggerah Lak			
Name	Age	Centre	Final
Section 1			
1 Lila Darling		Gosford	1:18.95
2 Olivia Peacock		Terrigal/Wamberal	1:22.98
3 Addison Kowaliw		Wyong	1:24.65
4 Sophie Hagstrom		Wyong	1:26.40
5 Grace Ryan		Tuggerah Lakes M	1:32.28
6 Kaitlyn Keating-hewitt		Toukley	1:34.73
7 Ava Grey		Woy Woy Peninsula	1:36.70
Section 2			
1 Azarliah Grant		Wyong	1:11.81
2 Tahlia Goy		Tuggerah Lakes M	1:12.36
3 Jasmine Freers		Terrigal/Wamberal	1:14.07
4 Tyla Channells		Terrigal/Wamberal	1:16.37
5 DanaN Gonzalez		Wyong	1:16.92
6 Summer Ell		Tuggerah Lakes M	1:19.12
7 Lucy Vanthoff		Wyong	1:21.54

**Girls U 12 - 400 Metre Sprint**

Zone: Z 1:01.80 2008 Sara Marshall, Gosford			
Name	Age	Centre	Final
Section 1			
1 Alyssa Haremaker		Woy Woy Peninsula	1:06.1h
2 Tylah Houghton		Tuggerah Lakes M	1:07.2h
3 Sophia Grey		Woy Woy Peninsula	1:13.33
4 Keira Lynn		Wyong	1:15.68
5 Charlotte Melbourne		Tuggerah Lakes M	1:17.35
6 Alana Gee		Terrigal/Wamberal	1:21.95
7 Gabriella Potestas		Woy Woy Peninsula	1:25.27
8 Dakotah Reid		Gosford	1:32.97

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**Girls U 13 - 400 Metre Sprint**

Zone: Z 59.60 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Jessie Blackwell		Woy Woy Peninsula	1:05.03
2 Sasson Notley		Tuggerah Lakes M	1:10.87
3 Olivia Falconi		Terrigal/Wamberal	1:11.45
4 Summer Baigent		Toukley	1:11.49
5 Sienna Grech		Wyong	1:17.47
6 Emilie Stevens		Woy Woy Peninsula	1:18.36
7 Emily Neville-Smith		Wyong	1:19.41
8 Georgie Lawton		Wyong	1:22.68

**Girls U 14 - 400 Metre Sprint**

Zone: Z 1:00.50 1995 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Adhieu Bior-Black		Terrigal/Wamberal	1:05.05
2 Marianne Papalexion		Tuggerah Lakes M	1:06.15
3 Kirra Vaughan		Toukley	1:09.78
4 Bella Steele-Minett		Tuggerah Lakes M	1:10.15
5 Isabelle Willcocks		Wyong	1:13.76

**Girls U 15 - 400 Metre Sprint**

Zone: Z 56.10 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Melissa Blume		Tuggerah Lakes M	1:01.25
2 Amalia Patterson		Tuggerah Lakes M	1:04.07
3 Tara Hottes		Toukley	1:07.93

**Girls U 17 - 400 Metre Sprint**

Zone: Z 59.30 2011 Sophie Meere, Tuggerah Lakes			
Name	Age	Centre	Final
1 Ashley Pernecker		Tuggerah Lakes M	58.82Z
2 Yuki Rodden		Woy Woy Peninsula	1:10.90
3 Zoe Hyland		Gosford	1:16.76
4 Chelsea Payne		Tuggerah Lakes M	1:17.35

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

Zone: Z 1:52.90 2007 Aslhlee Frorbes, Tuggerah L			
Name	Age	Centre	Final
1 Emma Shiels		Toukley	2:04.58
2 Rain Ross		Wyong	2:04.66
3 Claire Godfrey		Tuggerah Lakes M	2:11.67

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

Zone: Z 2:33.83 11/12/2016 Keira Callaghan, Wyong			
Name	Age	Centre	Final
1 Niamh Kendall		Gosford	3:01.55
2 Evie Dunkley		Wyong	3:01.63
3 Indiana Deacon		Wyong	3:06.64

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

4 Anna Larter	Wyong	3:07.55
5 Keira Bandy	Tuggerah Lakes M	3:07.65
6 Luella McBrien	Tuggerah Lakes M	3:14.97
7 Sophia Nicolussi	Woy Woy Peninsula	3:15.41
8 Emily McKendrick	Gosford	3:21.91
9 Harper Beatty	Terrigal/Wamberal	3:26.76

**Girls U 9 - 800 Metre Run**

Zone: Z 2:47.53 26/11/2017 Keira Callaghan, Wyong

Name	Age Centre	Final
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1 Rose Domotor	Toukley	3:00.74
2 Millie Godfrey	Tuggerah Lakes M	3:05.62
3 Scarlett Clark	Wyong	3:07.46
4 Olivia Simpson	Toukley	3:16.01
5 Maya Darling	Gosford	3:23.44
6 Alleah Milne	Terrigal/Wamberal	3:32.65

**Girls U 10 - 800 Metre Run**

Zone: Z 2:37.30 2010 Ashlee Forbes, Tuggerah Lak

Name	Age Centre	Final
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1 Izzie Milos	Tuggerah Lakes M	2:55.80
2 Kyah Chalmers	Wyong	3:00.72
3 Charlotte Bottell	Terrigal/Wamberal	3:08.30
4 Bonnie Hardman	Woy Woy Peninsula	3:22.33
5 Nissa Belkadi	Terrigal/Wamberal	3:30.57
6 Allyson Rodriguez	Gosford	3:35.00
7 Gabrielle Larter	Wyong	3:46.63

**Girls U 11 - 800 Metre Run**

Zone: Z 2:30.87 15/12/2013 Charlotte Lowe, Tuggerah La

Name	Age Centre	Final
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1 Azarliah Grant	Wyong	2:40.53
2 Tahlia Lucas	Gosford	2:46.26
3 Isabella Nicolussi	Woy Woy Peninsula	2:56.22
4 Olivia Peacock	Terrigal/Wamberal	3:06.62
5 Caetlin Ashby	Gosford	3:07.57
6 Jasmine Garcia	Gosford	3:09.68
7 Sophie Andrews	Tuggerah Lakes M	3:33.12
8 Harlei Kricak	Tuggerah Lakes M	3:36.32

**Girls U 12 - 800 Metre Run**

Zone: Z 2:27.10 1991 A Zucca, Wyong

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

1 Tylah Houghton	Tuggerah Lakes M	2:33.30
2 Kiara Garcia	Gosford	2:37.54
3 Sarah Grant	Wyong	2:43.17
4 Katelyn Wardell	Gosford	2:44.81
5 Charlotte Melbourne	Tuggerah Lakes M	2:55.77
6 Keira Lynn	Wyong	3:17.41
7 Alana Gee	Terrigal/Wamberal	3:19.48
8 Dakotah Reid	Gosford	4:03.01

**Central Coast Zone Track & Field Championships**  
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**....Girls U 12 - 800 Metre Run**

9 Erika Facer	Wyong	4:13.24
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**Girls U 13 - 800 Metre Run**

Zone: Z 2:20.48 16/12/2012 Elizabeth Chippendale, Gosf		
Name	Age Centre	Final
1 Jessie Blackwell	Woy Woy Peninsula	2:29.24
2 Morgan Charlton	Woy Woy Peninsula	2:29.94
3 Sienna Pitcher	Gosford	2:41.48
4 Sasson Notley	Tuggerah Lakes M	2:46.69
5 Emily Clissold	Gosford	2:47.80
6 Charlotte Blow	Terrigal/Wamberal	2:50.27
7 Mia Smyth	Terrigal/Wamberal	2:51.46
8 Emilie Stevens	Woy Woy Peninsula	2:52.00
9 Genevieve Charlton	Woy Woy Peninsula	2:55.10
10 Emily Neville-Smith	Wyong	3:19.34

**Girls U 14 - 800 Metre Run**

Zone: Z 2:20.00 15/12/2013 Elizabeth Chippendale, Gosf		
Name	Age Centre	Final
1 Marianne Papalexion	Tuggerah Lakes M	2:31.44
2 Elisa Milne	Terrigal/Wamberal	3:07.21

**Girls U 15 - 800 Metre Run**

Zone: Z 2:14.83 2/12/2018 Ashley Pernecker, Tuggerah		
Name	Age Centre	Final
1 Melissa Blume	Tuggerah Lakes M	2:27.47
2 Amalia Patterson	Tuggerah Lakes M	2:38.77
3 Stella Norris	Tuggerah Lakes M	2:45.08

**Girls U 17 - 800 Metre Run**

Zone: Z 2:26.50 2010 Caitlin Delaney, Tuggerah L		
Name	Age Centre	Final
1 Ashley Pernecker	Tuggerah Lakes M	2:24.34Z
2 Zoe Hyland	Gosford	3:01.56
3 Lauren Gee	Terrigal/Wamberal	3:13.16

**Girls U 11 - 1500 Metre Run**

Zone: Z 5:14.90 14/12/2013 Charlotte Lowe, Tuggerah La		
Name	Age Centre	Final
1 Azarliah Grant	Wyong	5:23.35
2 Tahlia Lucas	Gosford	5:37.07
3 Tyla Channells	Terrigal/Wamberal	5:40.20
4 Emily Falconi	Terrigal/Wamberal	6:03.64
5 Jasmine Garcia	Gosford	6:19.46
6 Caetlin Ashby	Gosford	6:21.92
7 Olivia Peacock	Terrigal/Wamberal	6:29.70

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 12 - 1500 Metre Run**

Zone: Z 5:03.40 1979 C Borg, Gosford			
Name	Age	Centre	Final
1 Kiara Garcia		Gosford	5:17.81
2 Tylah Houghton		Tuggerah Lakes M	5:17.86
3 Cecilia Bradley		Woy Woy Peninsula	5:31.73
4 Sarah Grant		Wyong	5:38.13
5 Katelyn Wardell		Gosford	6:01.84
6 Charlotte Melbourne		Tuggerah Lakes M	6:07.23
7 Keira Lynn		Wyong	6:39.26

**Girls U 13 - 1500 Metre Run**

Zone: Z 4:55.78 12/12/2015 Charlotte Lowe, Tuggerah La			
Name	Age	Centre	Final
1 Morgan Charlton		Woy Woy Peninsula	5:17.22
2 Sienna Pitcher		Gosford	5:34.89
3 Jessie Blackwell		Woy Woy Peninsula	5:35.45
4 Olivia Falconi		Terrigal/Wamberal	5:43.11
5 Emily Clissold		Gosford	5:46.65
6 Georgia Payne		Tuggerah Lakes M	5:49.95
7 Sasson Notley		Tuggerah Lakes M	5:55.12
8 Charlotte Blow		Terrigal/Wamberal	6:02.29
9 Genevieve Charlton		Woy Woy Peninsula	6:15.69

**Girls U 14 - 1500 Metre Run**

Zone: Z 4:55.80 1991 M Underhill, Woy Woy Penins			
Name	Age	Centre	Final
1 Marianne Papalexion		Tuggerah Lakes M	5:21.39
2 Isabelle Willcocks		Wyong	5:58.09

**Girls U 15 - 1500 Metre Run**

Zone: Z 4:53.00 2009 Caitlin Delaney, Tuggerah L			
Name	Age	Centre	Final
1 Melissa Blume		Tuggerah Lakes M	5:30.20

**Girls U 17 - 1500 Metre Run**

Zone: Z 5:10.40 2011 Caitlin Delaney, Tuggerah L			
Name	Age	Centre	Final
1 Ashley Pernecker		Tuggerah Lakes M	5:09.80Z
2 Chelsea Payne		Tuggerah Lakes M	6:59.90
3 Ella Robertson		Tuggerah Lakes M	7:04.12

**Girls U 13 - 3000 Metre Run**

Zone: Z 10:46.66 11/12/2015 Charlotte Lowe, Tuggerah L			
Name	Age	Centre	Final
1 Olivia Falconi		Terrigal/Wamberal	11:51.21
2 Georgia Payne		Tuggerah Lakes M	12:13.21



**Central Coast Zone Track & Field Championships**  
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**Girls U 15 - 3000 Metre Run**

Zone: Z 10:32.70 2009 Caitlin Delaney, Tuggerah			
Name	Age	Centre	Final
1 Stella Norris		Tuggerah Lakes M	12:32.79

**Girls U 17 - 3000 Metre Run**

Zone: Z 10:53.90 2010 Caitlin Delaney, Tuggerah			
Name	Age	Centre	Final
1 Ashley Pernecker		Tuggerah Lakes M	15:49.52
2 Ella Robertson		Tuggerah Lakes M	15:56.39

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

Zone: Z 11.17 15/12/2012 Tori Robertson, Tuggerah Lake			
Name	Age	Centre	Final
1 Niamh Kendall		Gosford	13.81
2 Mia O'Dell		Tuggerah Lakes M	13.85
3 Evie Dunkley		Wyong	13.96
4 Elliotte Moynahan		Toukley	14.03
5 Keira Bandy		Tuggerah Lakes M	14.21
6 Imogen Hyslop		Tuggerah Lakes M	14.31
7 Grace McCartney		Terrigal/Wamberal	15.75

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

Zone: Z 10.40 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amy Smyth		Terrigal/Wamberal	12.98Q
2 Alleah Milne		Terrigal/Wamberal	13.15Q
3 Maya Darling		Gosford	13.33
4 ella-jaye juergens		Wyong	13.42
5 Ruby Wilkin		Gosford	14.09
6 Zara Glasson		Gosford	14.41
Heat 2 Heats			
1 Ella Dunkley		Wyong	12.52Q
2 Millie Godfrey		Tuggerah Lakes M	12.82Q
3 Emmeline Heggen		Woy Woy Peninsula	13.07
4 Indiana Garcia		Gosford	13.44
5 Jiya Marwaha		Terrigal/Wamberal	13.63
Heat 3 Heats			
1 Paige Casey		Tuggerah Lakes M	12.27Q
2 Kirra Meale		Gosford	12.32Q
3 Elisha Windley		Tuggerah Lakes M	12.95q
4 Olivia Simpson		Toukley	12.95q

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

Zone: Z 10.40 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
Section 1 Final			
1 Paige Casey		Tuggerah Lakes M	12.34
2 Ella Dunkley		Wyong	12.47
3 Olivia Simpson		Toukley	12.65

**Central Coast Zone Track & Field Championships**  
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**....Girls U 9 - 60 Metre Hurdles (45cm)**

4 Elisha Windley	Tuggerah Lakes M	12.82
5 Kirra Meale	Gosford	12.84
6 Millie Godfrey	Tuggerah Lakes M	12.85
7 Alleah Milne	Terrigal/Wamberal	13.44

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

=====			
	Zone: Z 10.80	1996	Nicole Beaton, Tuggerah Lakes
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Destiny Lamprill		Gosford	13.01Q
2 Lilly Hodder		Woy Woy Peninsula	13.29Q
3 Isabelle Ruzek		Terrigal/Wamberal	13.73Q
4 Alissa McNair		Tuggerah Lakes M	14.20q
5 CarmelaMarie Nocedo		Gosford	14.40
Heat 2 Heats			
1 Kara Tobey		Terrigal/Wamberal	12.16Q
2 Lily Davidson		Tuggerah Lakes M	12.78Q
3 Ashlyn Hanson		Toukley	12.78Q
4 Sophie Watson		Terrigal/Wamberal	14.02q
5 Izzie Milos		Tuggerah Lakes M	14.44
6 Georgie Andrews		Tuggerah Lakes M	15.51

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

=====			
	Zone: Z 10.80	1996	Nicole Beaton, Tuggerah Lakes
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Kara Tobey		Terrigal/Wamberal	12.25
2 Lilly Hodder		Woy Woy Peninsula	12.59
3 Lily Davidson		Tuggerah Lakes M	12.61
4 Destiny Lamprill		Gosford	12.73
5 Ashlyn Hanson		Toukley	12.80
6 Isabelle Ruzek		Terrigal/Wamberal	13.68
7 Alissa McNair		Tuggerah Lakes M	13.82
8 Sophie Watson		Terrigal/Wamberal	14.31

**Girls U 11 - 80 Metre Hurdles (60cm)**

=====			
Name	Age	Centre	Final
=====			
Section 1			
1 Taylah Sankey		Gosford	15.70
2 Lila Darling		Gosford	17.44
3 Abigail Clements		Terrigal/Wamberal	17.60
4 Summer Ell		Tuggerah Lakes M	17.67
5 Grace Ryan		Tuggerah Lakes M	18.44
6 Sophie Hagstrom		Wyong	19.30

**Girls U 12 - 80 Metre Hurdles (68cm)**

=====			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Cameron Stamper		Terrigal/Wamberal	16.81Q
2 Nia Donnelly		Terrigal/Wamberal	17.07Q
3 Gabriella Potestas		Woy Woy Peninsula	17.51Q

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**....Girls U 12 - 80 Metre Hurdles (68cm)**

4 Gabriella Healey	Terrigal/Wamberal	18.28q
Heat 2 Heats		
1 Felicity Ruzek	Terrigal/Wamberal	16.73Q
2 Natasha Stamper	Wyong	18.56Q
3 Ruby McTernan	Gosford	19.02Q
4 Caoimhe O'Gorman	Terrigal/Wamberal	19.67q

**Girls U 12 - 80 Metre Hurdles (68cm)**

Name	Age Centre	Final
Section 1 Final		
1 Felicity Ruzek	Terrigal/Wamberal	16.63
2 Cameron Stamper	Terrigal/Wamberal	17.16
3 Nia Donnelly	Terrigal/Wamberal	17.24
4 Gabriella Potestas	Woy Woy Peninsula	18.28
5 Natasha Stamper	Wyong	18.43
6 Ruby McTernan	Gosford	19.03
7 Caoimhe O'Gorman	Terrigal/Wamberal	19.49
8 Gabriella Healey	Terrigal/Wamberal	19.63

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

Name	Age Centre	Heats
Zone: Z 13.30 1999 Nicole Beaton, Tuggerah Lakes		
Heat 1 Heats		
1 Sienna Grech	Wyong	17.33Q
2 Melanie Bendeviski	Terrigal/Wamberal	17.90Q
3 Taylor Christian	Terrigal/Wamberal	18.91Q
4 Abbie Andrews	Tuggerah Lakes M	19.41q
Heat 2 Heats		
1 Mia Smyth	Terrigal/Wamberal	15.96Q
2 Summer Jones	Terrigal/Wamberal	17.25Q
3 Kiarna Johnson	Wyong	17.59Q
4 Summer Baigent	Toukley	18.51q
5 Brielle Scully	Wyong	21.13

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

Name	Age Centre	Final
Zone: Z 13.30 1999 Nicole Beaton, Tuggerah Lakes		
Section 1 Final		
1 Mia Smyth	Terrigal/Wamberal	15.75
2 Summer Jones	Terrigal/Wamberal	16.33
3 Kiarna Johnson	Wyong	16.51
4 Sienna Grech	Wyong	16.80
5 Melanie Bendeviski	Terrigal/Wamberal	17.39
6 Summer Baigent	Toukley	18.19
7 Taylor Christian	Terrigal/Wamberal	18.21
8 Abbie Andrews	Tuggerah Lakes M	19.85

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

Zone: Z 13.00 2/12/2018 Tori Robertson, Tuggerah Lake			
Name	Age	Centre	Final
Section 1			
1 Ava Simos		Terrigal/Wamberal	13.28
2 Lindsay Hallam		Terrigal/Wamberal	14.38
3 Ella Busch		Gosford	15.31
4 Jessica Hunter		Gosford	15.90
5 Kirra Vaughan		Toukley	16.76

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

Zone: Z 13.50 2004 Trudy Thompson, Toukley			
Name	Age	Centre	Final
1 Tori Robertson		Tuggerah Lakes M	14.27
2 Dakota Scollay		Wyong	17.52

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

Zone: Z 14.90 2011 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Erin Hamilton		Tuggerah Lakes M	16.76
2 Tiarle Kroemer		Wyong	19.06
3 Ella Robertson		Tuggerah Lakes M	21.33
4 Madelyn Smith		Wyong	21.72
5 Charlee Lawton		Wyong	23.66

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

Zone: Z 29.60 1999 Nicole Beaton, Tuggerah Lakes			
Name	Age	Centre	Final
1 Summer Baigent		Toukley	33.73
2 Kiarna Johnson		Wyong	34.40
3 Allyson Cremer		Terrigal/Wamberal	37.15
4 Ella Haggerty		Tuggerah Lakes M	39.20

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

Zone: Z 29.30 2009 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Ava Simos		Terrigal/Wamberal	31.89
2 Jess Stone		Terrigal/Wamberal	32.07
3 Ella Busch		Gosford	33.87
4 Lilah Washington		Tuggerah Lakes M	34.68

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

Zone: Z 53.20 1/12/2018 Erin Hamilton, Gosford LAC			
Name	Age	Centre	Final
1 Tori Robertson		Tuggerah Lakes M	50.66Z
2 Hayley Corderoy		Tuggerah Lakes M	52.12Z
3 Amalia Patterson		Tuggerah Lakes M	52.24Z

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

Zone: Z 55.10 24/11/2017 Kyla Tucker, Woy Woy LAC			
Name	Age	Centre	Final
1 Ashley Pernecker		Tuggerah Lakes M	45.49Z
2 Erin Hamilton		Tuggerah Lakes M	50.18Z
3 Tiarle Kroemer		Wyong	56.63
4 Madelyn Smith		Wyong	1:02.49
5 Ella Robertson		Tuggerah Lakes M	1:08.30

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

Zone: Z 58.70 2007 , Gosford			
Centre			Final
1 Wyong			1:00.46
1) Tikira Mudge 9	2) Keira Carlson 11		
3) Kyah Chalmers 10	4) Demi Karipidis 12		
2 Gosford			1:04.38
1) Kirra Meale 9	2) Destiny Lamprill 10		
3) Tahlia Lucas 11	4) Olivia Booth 12		
3 Woy Woy Peninsula			1:05.38
1) Emmeline Heggen 9	2) Lilly Hodder 10		
3) Isabella Nicolussi 11	4) Alyssa Haremaker 12		
4 Tuggerah Lakes Mingara			1:06.17
1) Paige Casey 9	2) Millie Godfrey 9		
3) Tahlia Goy 11	4) Mimi Trivers 12		
5 Terrigal/Wamberal			1:07.77
1) Emily Kane 9	2) Gabriella Healey 12		
3) Nissa Belkadi 10	4) Jasmine Freers 11		
6 Toukley			1:10.77
1) Charlotte O'Toole 10	2) Olivia Simpson 9		
3) Ashlyn Hanson 10	4) Rose Domotor 9		

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

Zone: Z 51.30 2008 , Gosford			
Centre			Final
1 Terrigal/Wamberal			53.25
1) Adhieu Bior-Black 14	2) Lilly Hofer 14		
3) Annie Lowbridge 13	4) Ava Simos 14		
2 Wyong			54.46
1) Dakota Scollay 15	2) Tiarle Kroemer 17		
3) Ayrlia Purins 14	4) Lucy Iskandar 13		
3 Tuggerah Lakes Mingara			55.02
1) Ruby Garner 13	2) Lilah Washington 14		
3) Tori Robertson 15	4) Erin Hamilton 17		
4 Gosford			55.51
1) Emily Clissold 13	2) Ashlyn Hyland 13		
3) Jessica Hunter 14	4) Katie Gunn 17		
5 Toukley			58.42
1) Summer Baigent 13	2) Tara Hottes 15		
3) Savannah Robinson 14	4) Kirra Vaughan 14		

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 9 - High Jump (S/H 0.80m)**

Zone: Z 1.15m 1992 H Batten, Terrigal / Wamberal			
Name	Age	Centre	Final
Flight 1			
1 Paige Casey		Tuggerah Lakes M	1.00m
2 Elisha Windley		Tuggerah Lakes M	0.95m
3 Millie Godfrey		Tuggerah Lakes M	0.95m
4 Olivia Simpson		Toukley	0.85m
5 Zara Glasson		Gosford	0.85m
6 ella-jaye juergens		Wyong	0.80m
6 Jiya Marwaha		Terrigal/Wamberal	0.80m

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

Zone: Z 1.28m 2006 Nicola McDermott, Gosford			
Name	Age	Centre	Final
1 Kyah Chalmers		Wyong	1.16m
2 Bonnie Hardman		Woy Woy Peninsula	1.04m
3 Ashlyn Hanson		Toukley	1.02m
4 Ruby-Jane Hill		Gosford	0.95m
-- Allyson Rodriguez		Gosford	NH

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

Zone: Z 1.39m 1993 Amy Carpenter, Tuggerah Lakes			
Name	Age	Centre	Final
1 Taylah Sankey		Gosford	1.16m
2 Tyla Channells		Terrigal/Wamberal	1.12m
3 Summer Ell		Tuggerah Lakes M	1.10m
4 Tayla Singh		Tuggerah Lakes M	1.05m
5 Isabella Barnett		Gosford	1.00m
6 Abigail Clements		Terrigal/Wamberal	1.00m
-- Kaitlyn Keating-hewitt		Toukley	NH

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

Zone: Z 1.53m 2008 Mercy Agbeze, Gosford			
Name	Age	Centre	Final
1 Olivia Booth		Gosford	1.28m
2 Keira Lynn		Wyong	1.20m
3 Cameron Stamper		Terrigal/Wamberal	1.20m
4 Alana Gee		Terrigal/Wamberal	1.15m
5 Natasha Stamper		Wyong	1.10m
5 Jessika Mackie		Tuggerah Lakes M	1.10m
5 Abby mcTernan		Gosford	1.10m
8 Sharlotte Fisher		Gosford	1.10m
-- Dakotah Reid		Gosford	NH
-- Gabriella Healey		Terrigal/Wamberal	NH

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

Zone: Z 1.60m 2002 Trudy Thompson, Toukley			
Name	Age	Centre	Final
1 Brielle Scully		Wyong	1.41m
2 Summer Baigent		Toukley	1.39m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Girls U 13 - High Jump (S/H 1.15m)**

3	lucy iskandar	Wyong	1.25m
4	Abbie Andrews	Tuggerah Lakes M	1.25m
5	Ruby Garner	Tuggerah Lakes M	1.20m
5	Kiarna Johnson	Wyong	1.20m
5	Mia Smyth	Terrigal/Wamberal	1.20m
8	Taylor Christian	Terrigal/Wamberal	1.20m
9	Charlotte Blow	Terrigal/Wamberal	1.15m
9	Emily Clissold	Gosford	1.15m
9	Ella Haggerty	Tuggerah Lakes M	1.15m
12	Olivia Eyndhoven	Wyong	1.15m
--	Margrete(Grete) Arthur	Gosford	NH

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

=====			
	Zone: Z 1.65m	2010	Nicola McDermott, Gosford
Name	Age	Centre	Final
=====			
1	Jessica Hunter	Gosford	1.43m
2	Jess Stone	Terrigal/Wamberal	1.43m
3	Lilly Hofer	Terrigal/Wamberal	1.35m
4	Ava Simos	Terrigal/Wamberal	1.35m

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

=====			
	Zone: Z 1.70m	2011	Nicola McDermott, Woy Woy Pen
Name	Age	Centre	Final
=====			
1	Hayley Corderoy	Tuggerah Lakes M	1.55m
2	Melissa Blume	Tuggerah Lakes M	1.35m

**Girls U 7 - Long Jump**

=====			
	Zone: Z 3.44m	1983	K Ferguson, Wyong
Name	Age	Centre	Final
=====			
1	aurey juergens	Wyong	2.59m
2	Ava Barton	Wyong	2.58m
3	Emma Shiels	Toukley	2.51m
4	Claire Godfrey	Tuggerah Lakes M	2.13m
5	Molly Elward	Tuggerah Lakes M	1.83m

**Girls U 8 - Long Jump**

=====			
	Zone: Z 3.56m	1984	R Ferguson, Wyong
Name	Age	Centre	Final
=====			
1	Lexi Elliott	Tuggerah Lakes M	3.09m
2	Evie Dunkley	Wyong	3.02m
3	Mia O'Dell	Tuggerah Lakes M	2.89m
4	Luella McBrien	Tuggerah Lakes M	2.88m
5	Indiana Deacon	Wyong	2.82m
6	Harper Beatty	Terrigal/Wamberal	2.78m
7	Emily McKendrick	Gosford	2.74m
8	Caitlin Fleming	Terrigal/Wamberal	2.66m
9	Sophia Nicolussi	Woy Woy Peninsula	2.18m
10	Georgia Bryant	Terrigal/Wamberal	1.64m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 9 - Long Jump**

Zone: Z 3.96m 1987 J Hayden, Gosford			
Name	Age	Centre	Final
1 Annika Miletic		Gosford	3.20m
2 Emmeline Heggen		Woy Woy Peninsula	3.00m
3 ella-jaye juergens		Wyong	2.87m
3 Zahli Fisher		Gosford	2.87m
5 Indiana Garcia		Gosford	2.79m
6 Alleah Milne		Terrigal/Wamberal	2.44m

**Girls U 10 - Long Jump**

Zone: Z 4.41m 2002 Ellia Green, Gosford			
Name	Age	Centre	Final
1 Kara Tobey		Terrigal/Wamberal	4.01m
2 Kyah Chalmers		Wyong	3.53m
3 Destiny Lamprill		Gosford	3.33m
4 Lily Davidson		Tuggerah Lakes M	3.15m
5 Madelyn Ruane		Tuggerah Lakes M	2.96m
6 Isabelle Ruzek		Terrigal/Wamberal	2.87m
7 Gabrielle Larter		Wyong	2.67m
8 Georgie Andrews		Tuggerah Lakes M	2.43m
9 Milla Johnstone		Woy Woy Peninsula	2.16m

**Girls U 11 - Long Jump**

Zone: Z 4.61m 1992 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Tahlia Lucas		Gosford	3.74m
2 Isabella Nicolussi		Woy Woy Peninsula	3.64m
3 Gemma Rooke		Wyong	3.51m
4 Addison Kowaliw		Wyong	3.43m
5 Lila Darling		Gosford	3.41m
6 Jasmine Freers		Terrigal/Wamberal	3.37m
7 Lucy Vanthoff		Wyong	2.97m
8 TeAna Topia		Wyong	2.84m
9 Tayla Singh		Tuggerah Lakes M	2.83m
10 Bella Battiston		Terrigal/Wamberal	2.82m

**Girls U 12 - Long Jump**

Zone: Z 5.02m 2008 Sara Marshall, Gosford			
Name	Age	Centre	Final
1 Demi Karipidis		Wyong	4.24m
2 Ruby McTernan		Gosford	3.92m
3 Cameron Stamper		Terrigal/Wamberal	3.81m
4 Felicity Ruzek		Terrigal/Wamberal	3.71m
5 Abby mcTernan		Gosford	3.55m
6 Katelyn Wardell		Gosford	3.53m
7 Kiara Garcia		Gosford	3.40m
8 Gabriella Healey		Terrigal/Wamberal	3.33m
9 Natasha Stamper		Wyong	2.79m
10 Mariah Netane		Wyong	2.70m
11 Mia Springett		Terrigal/Wamberal	2.43m
-- Sophia Grey		Woy Woy Peninsula	FOUL



**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

**Girls U 13 - Long Jump**

Zone: Z 5.05m 12/12/2015 Jemma Massoud-psaila, Gosford			
Name	Age	Centre	Final
1 Mia Cross		Wyong	4.26m
2 Brielle Scully		Wyong	4.18m
3 lucy iskandar		Wyong	4.11m
4 Brooklyn Laing		Wyong	4.04m
5 Sienna Grech		Wyong	4.00m
6 Margrete (Grete) Arthur		Gosford	3.88m
7 Melanie Bendeovski		Terrigal/Wamberal	3.87m
8 Abbie Andrews		Tuggerah Lakes M	3.51m
9 Charlotte Blow		Terrigal/Wamberal	3.39m
10 Kiarna Johnson		Wyong	3.35m
11 Ruby Garner		Tuggerah Lakes M	3.32m
12 Shae Vallance		Tuggerah Lakes M	3.29m
13 Mia Smyth		Terrigal/Wamberal	3.22m
14 Emilie Stevens		Woy Woy Peninsula	3.21m
15 Emily Clissold		Gosford	3.08m
16 Allyson Cremer		Terrigal/Wamberal	3.05m
17 Emily Neville-Smith		Wyong	2.92m

**Girls U 14 - Long Jump**

Zone: Z 5.17m 1996 Amy Carpenter, Tuggerah Lakes			
Name	Age	Centre	Final
1 Ava Simos		Terrigal/Wamberal	4.82m
2 Jessica Hunter		Gosford	4.59m
3 Lindsay Hallam		Terrigal/Wamberal	4.23m
4 Kirra Vaughan		Toukley	3.87m
5 Ayrlia Purins		Wyong	3.84m
6 Bella Steele-Minett		Tuggerah Lakes M	3.26m

**Girls U 15 - Long Jump**

Zone: Z 5.53m 26/11/2017 Katie Gunn, Gosford LAC			
Name	Age	Centre	Final
1 Tara Hottes		Toukley	4.49m
2 Dakota Scollay		Wyong	4.18m
3 Jemma Young		Tuggerah Lakes M	3.94m
4 Willow Smith		Wyong	3.25m

**Girls U 17 - Long Jump**

Zone: Z 5.78m 2/12/2018 Katie Gunn, Gosford LAC			
Name	Age	Centre	Final
1 Katie Gunn		Gosford	5.89mZ
2 Ashley Pernecker		Tuggerah Lakes M	5.07m
3 Jemma Massoud-Psaila		Gosford	4.73m
4 Tiarle Kroemer		Wyong	4.24m
5 Madelyn Smith		Wyong	3.62m
6 Shania Paris		Gosford	3.55m
6 Yuki Rodden		Woy Woy Peninsula	3.55m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 11 - Triple Jump**

Zone: Z 9.31m 2002 Amanda Thorpe, Terrigal / Wam			
Name	Age	Centre	Final
1 Keira Carlson		Wyong	8.71m
2 DanaN Gonzalez		Wyong	8.10m
3 Tahlia Lucas		Gosford	7.40m
4 Tyla Channells		Terrigal/Wamberal	6.93m
5 Taylah Sankey		Gosford	6.92m
6 Emily Falconi		Terrigal/Wamberal	6.60m

**Girls U 12 - Triple Jump**

Zone: Z 10.38m 2008 Mercy Agbeze, Gosford			
Name	Age	Centre	Final
1 Demi Karipidis		Wyong	9.50m
2 Ava-Marie Carlson		Wyong	8.76m
3 Cameron Stamper		Terrigal/Wamberal	8.53m
4 Olivia Booth		Gosford	8.34m
5 Ruby McTernan		Gosford	7.91m
6 Natasha Stamper		Wyong	7.83m
7 Kiara Garcia		Gosford	7.78m
8 Katelyn Wardell		Gosford	7.70m
9 Eva Lynch		Woy Woy Peninsula	7.20m
10 Gabriella Healey		Terrigal/Wamberal	7.16m
11 Mariah Netane		Wyong	7.10m
12 Nia Donnelly		Terrigal/Wamberal	7.07m
13 Alana Gee		Terrigal/Wamberal	7.06m
14 Abby McTernan		Gosford	7.02m
15 Erika Facer		Wyong	6.94m
16 Jessika Mackie		Tuggerah Lakes M	6.26m
17 Charlotte Melbourne		Tuggerah Lakes M	6.12m

**Girls U 13 - Triple Jump**

Zone: Z 10.80m 2009 Merce Agbeze, Gosford			
Name	Age	Centre	Final
1 Mia Smyth		Terrigal/Wamberal	9.18m
2 Brielle Scully		Wyong	8.97m
3 Brooklyn Laing		Wyong	8.72m
4 Melanie Bendeviski		Terrigal/Wamberal	8.70m
5 Sienna Grech		Wyong	8.69m
6 Summer Baigent		Toukley	8.56m
7 Charlotte Blow		Terrigal/Wamberal	8.08m
8 Kiarna Johnson		Wyong	8.01m
9 Margrete(Grete) Arthur		Gosford	7.72m
10 Ashlyn Hyland		Gosford	7.61m
11 Shae Vallance		Tuggerah Lakes M	7.33m
12 Genevieve Charlton		Woy Woy Peninsula	7.31m

**Girls U 14 - Triple Jump**

Zone: Z 11.11m 2010 Mercy Agbeze, Gosford			
Name	Age	Centre	Final
1 Jess Stone		Terrigal/Wamberal	9.99m
2 Jessica Hunter		Gosford	9.52m
3 Lilah Washington		Tuggerah Lakes M	8.99m

**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

**....Girls U 14 - Triple Jump**

4 Isabelle Willcocks	Wyong	8.71m
5 Kirra Vaughan	Toukley	7.69m
6 Haylee Dwyer	Gosford	7.34m

**Girls U 15 - Triple Jump**

Zone: Z 11.30m 25/11/2017 Katie Gunn, Gosford LAC			
Name	Age	Centre	Final
1 Hayley Corderoy		Tuggerah Lakes M	10.34m
2 Tara Hottes		Toukley	9.42m

**Girls U 17 - Triple Jump**

Zone: Z 11.85m 1/12/2018 Jezebel Navusolo, Tuggerah L			
Name	Age	Centre	Final
1 Katie Gunn		Gosford	11.33m
2 Lauren Gee		Terrigal/Wamberal	8.54m
3 Zoe Hyland		Gosford	7.91m

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

Zone: Z 6.94m 1983 R Ferguson, Wyong			
Name	Age	Centre	Final
1 Ava Barton		Wyong	3.31m
2 Zara-Elainarose Havea		Wyong	3.01m

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

Zone: Z 6.12m 1999 K Kinna, Terrigal / Wamberal			
Name	Age	Centre	Final
1 Emmy Clark		Terrigal/Wamberal	4.35m
2 Mia O'Dell		Tuggerah Lakes M	4.30m
3 Sophia Nicolussi		Woy Woy Peninsula	3.55m
4 Anna Larter		Wyong	3.23m
5 Airi MacDonald		Tuggerah Lakes M	2.78m
6 Georgia Bryant		Terrigal/Wamberal	2.12m
7 Melinda Hottes		Toukley	1.92m

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

Zone: Z 7.90m 1985 R Ferguson, Wyong			
Name	Age	Centre	Final
1 Elisha Windley		Tuggerah Lakes M	5.20m
2 Paige Casey		Tuggerah Lakes M	4.64m
3 Zahli Fisher		Gosford	4.61m
4 Georgie Houghton		Tuggerah Lakes M	3.94m
5 ella-jaye juergens		Wyong	3.31m
6 Zara Glasson		Gosford	2.91m
7 Amy Smyth		Terrigal/Wamberal	2.55m

**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

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

Zone: Z 9.93m 2005 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Madelyn Ruane		Tuggerah Lakes M	6.44m
2 Leileenah Havea		Wyong	5.94m
3 Mieke Oosthuizen		Terrigal/Wamberal	4.94m
4 Ashlyn Hanson		Toukley	4.87m
5 Nissa Belkadi		Terrigal/Wamberal	4.73m
6 Allyson Rodriguez		Gosford	3.76m
7 Asha Jorgensen		Terrigal/Wamberal	3.47m

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

Zone: Z 12.86m 2006 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Keira Carlson		Wyong	7.81m
2 Gemma Rooke		Wyong	6.89m
3 Isabella Nicolussi		Woy Woy Peninsula	6.50m
4 Addison Kowaliw		Wyong	6.28m
5 Harlei Kricak		Tuggerah Lakes M	6.10m
6 Rhianna Turk		Terrigal/Wamberal	6.06m
7 Tayla Singh		Tuggerah Lakes M	5.65m
8 Sophie Hagstrom		Wyong	5.12m
9 Hannah Butler		Wyong	4.97m
10 Sophie Andrews		Tuggerah Lakes M	4.91m
11 TeAna Topia		Wyong	4.53m

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

Zone: Z 12.93m 26/11/2017 Angel Bywater, Gosford LAC			
Name	Age	Centre	Final
1 Ava-Marie Carlson		Wyong	8.26m
2 Mariah Netane		Wyong	7.39m
3 Gabriellej Medina		Woy Woy Peninsula	7.16m
4 Mia Springett		Terrigal/Wamberal	6.86m
5 Sarah Hyland		Gosford	6.62m
6 Sharlotte Fisher		Gosford	6.39m
7 Nia Donnelly		Terrigal/Wamberal	6.10m
8 Charlotte Moore		Wyong	5.87m
9 Keira Lynn		Wyong	4.82m
10 Caoimhe O'Gorman		Terrigal/Wamberal	4.74m
11 Erika Facer		Wyong	4.39m

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

Zone: Z 12.58m 2008 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Mia Cross		Wyong	7.96m
2 Emma Blume		Tuggerah Lakes M	7.10m
3 Lucy Iskandar		Wyong	6.86m
4 Taylor Christian		Terrigal/Wamberal	5.79m
5 Allyson Cremer		Terrigal/Wamberal	5.58m
6 Georgia Payne		Tuggerah Lakes M	5.55m
7 Olivia Eyndhoven		Wyong	5.21m
8 Georgie Lawton		Wyong	4.66m
9 Hayden Channells		Terrigal/Wamberal	4.44m

**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

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

Zone: Z 12.85m 2009 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Kiara Riddell		Wyong	11.14m
2 Jessica Hunter		Gosford	10.66m
3 Laura Reeves		Tuggerah Lakes M	9.62m
4 Jess Stone		Terrigal/Wamberal	7.99m
5 Haylee Dwyer		Gosford	7.37m

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

Zone: Z 13.10m 1994 Debra Turnbull, Tuggerah Lak			
Name	Age	Centre	Final
1 Angel Bywater		Gosford	8.44m
2 Elizabeth Petrie		Wyong	7.36m
3 Tarni Eagleton		Toukley	6.32m

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

Zone: Z 13.18m 2011 Samantha Farrant, Wyong			
Name	Age	Centre	Final
1 Annabelle Rodgers		Gosford	10.50m
2 Sophie Daniel		Wyong	8.78m
3 Charlee Lawton		Wyong	6.66m

**Girls U 7 - Discus (350 Gram)**

Zone: Z 13.92m 1997 R Saunders, Tuggerah Lakes M			
Name	Age	Centre	Final
1 Ava Barton		Wyong	5.68m
2 Lucy Asmanas		Gosford	5.08m

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

Zone: Z 15.42m 12/12/2015 Ava-marie Carlson, Tuggerah			
Name	Age	Centre	Final
1 Emmy Clark		Terrigal/Wamberal	11.34m
2 Emily McKendrick		Gosford	10.37m
3 Mia O'Dell		Tuggerah Lakes M	9.27m
4 Anna Larter		Wyong	7.52m
5 Airi MacDonald		Tuggerah Lakes M	6.15m
6 Melinda Hottes		Toukley	3.78m

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

Zone: Z 21.90m 11/12/2016 Ava-Marie Carlson, Wyong			
Name	Age	Centre	Final
1 Zahli Fisher		Gosford	14.39m
2 Elisha Windley		Tuggerah Lakes M	14.38m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Girls U 10 - Discus (500 Gram)**

Zone: Z 26.52m 1995 V Oliver, Gosford			
Name	Age	Centre	Final
1 Madelyn Ruane		Tuggerah Lakes M	17.78m
2 Alissa McNair		Tuggerah Lakes M	15.83m
3 Ashlyn Hanson		Toukley	13.93m
4 CarmelaMarie Nocedo		Gosford	13.62m
5 Nissa Belkadi		Terrigal/Wamberal	13.45m
6 Allyson Rodriguez		Gosford	11.71m
7 Indiana Laing		Wyong	11.22m
8 Georgie Andrews		Tuggerah Lakes M	6.88m
9 Milla Johnstone		Woy Woy Peninsula	5.51m

**Girls U 11 - Discus (500 Gram)**

Zone: Z 27.55m 2006 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Keira Carlson		Wyong	23.61m
2 Gemma Rooke		Wyong	18.86m
3 Addison Kowaliw		Wyong	17.36m
4 Harlei Kricak		Tuggerah Lakes M	17.33m
5 Bella Battiston		Terrigal/Wamberal	14.34m
6 Rhianna Turk		Terrigal/Wamberal	13.99m
7 TeAna Topia		Wyong	12.68m
8 Sophie Andrews		Tuggerah Lakes M	12.63m

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

Zone: Z 35.10m 1991 Debra Turnbull, Tuggerah Lak			
Name	Age	Centre	Final
1 Ava-Marie Carlson		Wyong	25.58m
2 Olivia Booth		Gosford	18.61m
3 Sarah Grant		Wyong	17.90m
4 Nia Donnelly		Terrigal/Wamberal	17.18m
5 Gabriellej Medina		Woy Woy Peninsula	16.21m
6 Sarah Hyland		Gosford	15.21m
7 Mariah Netane		Wyong	13.79m
8 Mia Springett		Terrigal/Wamberal	13.48m
9 Sharlotte Fisher		Gosford	12.81m
10 Jessika Mackie		Tuggerah Lakes M	12.14m
11 Abby mcTernan		Gosford	10.38m
12 Charlotte Moore		Wyong	10.04m
13 Caoimhe O'Gorman		Terrigal/Wamberal	9.88m

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

Zone: Z 37.32m 2010 Jamie Farrant, Gosford			
Name	Age	Centre	Final
1 Emma Blume		Tuggerah Lakes M	23.84m
2 Georgia Payne		Tuggerah Lakes M	20.38m
3 Ashlyn Hyland		Gosford	16.54m
4 Brooklyn Laing		Wyong	15.85m
5 Margrete (Grete) Arthur		Gosford	13.78m
6 Melanie Bendevski		Terrigal/Wamberal	13.60m
7 Olivia Eyndhoven		Wyong	13.53m
8 Georgie Lawton		Wyong	13.50m

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

Zone: Z 34.80m 1993 Debra Turnbull, Tuggerah Lak			
Name	Age	Centre	Final
1 Laura Reeves		Tuggerah Lakes M	29.72m
2 Kiara Riddell		Wyong	28.00m
3 Jessica Hunter		Gosford	27.28m
4 Haylee Dwyer		Gosford	18.95m
5 Savannah Robinson		Toukley	15.42m

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

Zone: Z 39.46m 1996 Debra Turnbull, Tuggerah Lak			
Name	Age	Centre	Final
1 Melissa Blume		Tuggerah Lakes M	29.61m
2 Elizabeth Petrie		Wyong	25.00m
3 Angel Bywater		Gosford	20.07m
4 Dakota Scollay		Wyong	13.92m
5 Tarni Eagleton		Toukley	11.51m

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

Zone: Z 40.77m 14/12/2014 Tegan Fennell, Tuggerah Lake			
Name	Age	Centre	Final
1 Annabelle Rodgers		Gosford	24.98m
2 Sophie Daniel		Wyong	23.81m
3 Chelsea Payne		Tuggerah Lakes M	16.04m

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

Zone: Z 21.22m 30/11/2018 Ava-Marie Carlson, Wyong LAC			
Name	Age	Centre	Final
1 Taylah Sankey		Gosford	13.75m
2 Harlei Kricak		Tuggerah Lakes M	11.60m
3 Tayla Singh		Tuggerah Lakes M	11.38m
4 Azarliah Grant		Wyong	11.19m
5 Gemma Rooke		Wyong	11.17m
6 Hannah Butler		Wyong	10.29m

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

Zone: Z 26.23m 9/12/2016 Leisel Collins, Woy Woy			
Name	Age	Centre	Final
1 Ava-Marie Carlson		Wyong	26.80mZ
2 Sarah Grant		Wyong	17.00m
3 Jessica Mackie		Tuggerah Lakes M	13.22m
4 Charlotte Moore		Wyong	12.30m
5 Eva Lynch		Woy Woy Peninsula	11.48m
6 Erika Facer		Wyong	9.68m
7 Nia Donnelly		Terrigal/Wamberal	8.56m

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

Zone: Z 31.35m 2008 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Emma Blume		Tuggerah Lakes M	19.42m
2 Olivia Eyndhoven		Wyong	16.26m
3 Brooklyn Laing		Wyong	15.66m
4 Sienna Grech		Wyong	15.04m
5 Abbie Andrews		Tuggerah Lakes M	13.42m
6 Kiarna Johnson		Wyong	13.14m
7 Georgie Lawton		Wyong	13.03m
8 Georgia Payne		Tuggerah Lakes M	9.96m
9 Olivia Falconi		Terrigal/Wamberal	8.72m

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

Zone: Z 27.87m 14/12/2014 April brown-Peters, Tuggerah			
Name	Age	Centre	Final
1 Laura Reeves		Tuggerah Lakes M	28.98mZ
2 Kiara Riddell		Wyong	25.59m
3 Savannah Robinson		Toukley	18.68m

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

Zone: Z 31.13m 13/12/2013 Brianna Shipley, Tuggerah La			
Name	Age	Centre	Final
1 Dakota Scollay		Wyong	22.00m
2 Tori Robertson		Tuggerah Lakes M	20.00m
3 Elizabeth Petrie		Wyong	19.10m
4 Tarni Eagleton		Toukley	14.47m
5 Angel Bywater		Gosford	13.58m
6 Willow Smith		Wyong	11.72m

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

Zone: Z 33.09m 2011 Casey Judge, Tuggerah Lakes			
Name	Age	Centre	Final
1 Annabelle Rodgers		Gosford	24.79m
2 Yuki Rodden		Woy Woy Peninsula	21.54m
3 Erin Hamilton		Tuggerah Lakes M	16.54m
4 Ella Robertson		Tuggerah Lakes M	16.40m
5 Chelsea Payne		Tuggerah Lakes M	13.93m
6 Charlee Lawton		Wyong	13.28m
7 Sophie Daniel		Wyong	11.94m

**Girls U 9 - 700 Metre Walk**

Zone: Z 4:04.00 1997 S Tomlin, Woy Woy Peninsula			
Name	Age	Centre	Final
Section 1			
1 Olivia Simpson		Toukley	4:54.18
2 Zahli Fisher		Gosford	5:03.87
3 Georgie Houghton		Tuggerah Lakes M	5:26.97



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**Girls U 10 - 1100 Metre Walk**

Zone: Z 5:59.10 1998 S Tomlin, Woy Woy Peninsula			
Name	Age	Centre	Final
1 Izzie Milos		Tuggerah Lakes M	7:20.52
2 Alissa McNair		Tuggerah Lakes M	7:23.36
-- Indiana Laing		Wyong	DQ 230.7

**Girls U 11 - 1100 Metre Walk**

Zone: Z 5:47.00 11/12/2015 Amalia Patterson, Tuggerah			
Name	Age	Centre	Final
1 Caetlin Ashby		Gosford	7:04.06
2 Hannah Butler		Wyong	8:20.09

**Girls U 12 - 1500 Metre Walk**

Zone: Z 7:26.94 9/12/2016 Amalia Patterson, Tuggerah			
Name	Age	Centre	Final
1 Sarah Grant		Wyong	10:25.09
2 Keira Lynn		Wyong	11:22.04

**Girls U 13 - 1500 Metre Walk**

Zone: Z 7:34.20 1993 A Wells, Gosford			
Name	Age	Centre	Final
1 Sienna Pitcher		Gosford	8:13.97
2 Georgia Payne		Tuggerah Lakes M	8:42.53
3 Emily Neville-Smith		Wyong	11:17.41
4 Olivia Falconi		Terrigal/Wamberal	12:25.22

**Girls U 14 - 1500 Metre Walk**

Zone: Z 6:58.63 24/11/2017 Hannah Bolton, Tuggerah Lak			
Name	Age	Centre	Final
1 Isabelle Willcocks		Wyong	10:48.98

**Girls U 15 - 1500 Metre Walk**

Zone: Z 6:50.36 24/11/2017 Allannah Pitcher, Gosford LA			
Name	Age	Centre	Final
1 India Duguid		Woy Woy Peninsula	7:24.60
2 Izabella Dunne		Terrigal/Wamberal	7:35.40

**Girls U 17 - 1500 Metre Walk**

Zone: Z 7:00.90 30/11/2018 Allannah Pitcher, Gosford LA			
Name	Age	Centre	Final
1 Chelsea Payne		Tuggerah Lakes M	9:45.58

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**Boys U 7 - 50 Metre Sprint**

=====  
 Zone: Z 8.50 2004 Patrick Flint, Tuggerah Lakes  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Jake DwyerHumphries	Gosford	9.97Q
2	Azariah Nixon	Toukley	10.25Q
3	Lennox Hardman	Woy Woy Peninsula	10.50Q
4	Heith Johnson	Tuggerah Lakes M	12.11
5	Kallum O'Toole	Toukley	12.25

Heat 2 Heats

1	Lakin Barber	Terrigal/Wamberal	9.52Q
2	Dimitri Katsabis	Terrigal/Wamberal	9.55Q
3	Liam Meale	Gosford	10.39Q
4	Lukas Facer	Wyong	10.62q
5	Rhys Houghton	Tuggerah Lakes M	11.24q
6	Oliver Hill	Gosford	11.69

**Boys U 7 - 50 Metre Sprint**

=====  
 Zone: Z 8.50 2004 Patrick Flint, Tuggerah Lakes  
 Name Age Centre Final  
 =====

Section 1 Final

1	Dimitri Katsabis	Terrigal/Wamberal	9.42
2	Lakin Barber	Terrigal/Wamberal	9.56
3	Jake DwyerHumphries	Gosford	9.57
4	Liam Meale	Gosford	10.18
5	Lennox Hardman	Woy Woy Peninsula	10.22
6	Lukas Facer	Wyong	10.39
7	Azariah Nixon	Toukley	10.43
8	Rhys Houghton	Tuggerah Lakes M	11.47

**Boys U 8 - 70 Metre Sprint**

=====  
 Zone: Z 10.70 2002 Byron Cavender, Gosford  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Dane Horne	Tuggerah Lakes M	12.04Q
2	Angus Lennon	Tuggerah Lakes M	12.63Q
3	Bodhi Jorgensen	Terrigal/Wamberal	12.95Q
4	Axis Melton	Toukley	14.40q

Heat 2 Heats

1	Heath Riddell	Wyong	12.31Q
2	Fraser Hagen	Woy Woy Peninsula	12.42Q
3	Lucas Eastwood	Wyong	12.69Q
4	Jayden Reid	Gosford	14.12q
5	Spencer Atkins	Terrigal/Wamberal	14.94

**Boys U 8 - 70 Metre Sprint**

=====  
 Zone: Z 10.70 2002 Byron Cavender, Gosford  
 Name Age Centre Final  
 =====

Section 1 Final

1	Dane Horne	Tuggerah Lakes M	12.02
2	Angus Lennon	Tuggerah Lakes M	12.18
3	Fraser Hagen	Woy Woy Peninsula	12.22
4	Heath Riddell	Wyong	12.42

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**....Boys U 8 - 70 Metre Sprint**

5 Lucas Eastwood	Wyong	12.51
6 Bodhi Jorgensen	Terrigal/Wamberal	12.97
7 Jayden Reid	Gosford	13.71
8 Axis Melton	Toukley	14.32

**Boys U 9 - 70 Metre Sprint**

=====			
Zone: Z 10.20 1999		J Mulligan, Gosford	
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Ethan Lee	Terrigal/Wamberal	11.47Q	
2 Hunter Preston	Tuggerah Lakes M	11.70Q	
3 Corbin Lennon	Tuggerah Lakes M	12.41Q	
4 Lochie Brands	Wyong	12.75	
5 Vaughan Seabrook	Terrigal/Wamberal	13.15	
6 William King	Gosford	13.50	
Heat 2 Heats			
1 Ethan Ampoma-Gyamfi	Wyong	11.13Q	
2 Harry Lowbridge	Terrigal/Wamberal	11.21Q	
3 Finn Heighington	Terrigal/Wamberal	11.22Q	
4 Mason Potestas	Woy Woy Peninsula	12.18q	
5 Zack Riley	Gosford	12.41q	
6 Jacob Chalmers	Wyong	12.78	
7 Thomas Turnbull	Woy Woy Peninsula	13.96	

**Boys U 9 - 70 Metre Sprint**

=====			
Zone: Z 10.20 1999		J Mulligan, Gosford	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Ethan Lee	Terrigal/Wamberal	11.03	
2 Ethan Ampoma-Gyamfi	Wyong	11.05	
3 Harry Lowbridge	Terrigal/Wamberal	11.12	
4 Finn Heighington	Terrigal/Wamberal	11.44	
5 Hunter Preston	Tuggerah Lakes M	11.63	
6 Mason Potestas	Woy Woy Peninsula	11.87	
7 Zack Riley	Gosford	12.24	
8 Corbin Lennon	Tuggerah Lakes M	12.25	

**Boys U 10 - 70 Metre Sprint**

=====			
Zone: Z 9.50 2005		Jayden Priest, Gosford	
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Caleb-Xavier Mahe	Wyong	10.85Q	
2 Axle Lennon	Tuggerah Lakes M	11.10Q	
3 Talan Barber	Terrigal/Wamberal	11.76Q	
4 Patrick Turnbull	Woy Woy Peninsula	11.96q	
Heat 2 Heats			
1 Koby Horne	Tuggerah Lakes M	11.25Q	
2 Jai Sugitha	Tuggerah Lakes M	11.31Q	
3 Bodhi Jenkins	Toukley	12.51Q	

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**Boys U 10 - 70 Metre Sprint**

Zone: Z 9.50 2005 Jayden Priest, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Caleb-Xavier Mahe		Wyong	10.63
2 Koby Horne		Tuggerah Lakes M	11.00
3 Axle Lennon		Tuggerah Lakes M	11.06
4 Jai Sugitha		Tuggerah Lakes M	11.26
5 Talan Barber		Terrigal/Wamberal	11.84
6 Patrick Turnbull		Woy Woy Peninsula	12.27

**Boys U 7 - 100 Metre Sprint**

Zone: Z 15.60 1989 G Towle, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lakin Barber		Terrigal/Wamberal	19.04Q
2 Jake DwyerHumphries		Gosford	19.18Q
3 Elliot Osborn		Terrigal/Wamberal	20.24Q
4 Spencer Darling		Gosford	20.68q
Heat 2 Heats			
1 Dimitri Katsabis		Terrigal/Wamberal	20.27Q
2 Liam Meale		Gosford	21.35Q
3 Rhys Houghton		Tuggerah Lakes M	24.21Q
4 Oliver Hill		Gosford	25.53q
5 Quinn Brands		Wyong	26.74

**Boys U 7 - 100 Metre Sprint**

Zone: Z 15.60 1989 G Towle, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Jake DwyerHumphries		Gosford	18.44
2 Lakin Barber		Terrigal/Wamberal	18.45
3 Dimitri Katsabis		Terrigal/Wamberal	18.45
4 Spencer Darling		Gosford	19.32
5 Elliot Osborn		Terrigal/Wamberal	19.40
6 Liam Meale		Gosford	20.13
7 Rhys Houghton		Tuggerah Lakes M	22.47
8 Oliver Hill		Gosford	23.48

**Boys U 8 - 100 Metre Sprint**

Zone: Z 15.00 1989 J Hirst, Terrigal / Wamberal			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kade Davidson		Tuggerah Lakes M	18.25Q
2 Fraser Hagen		Woy Woy Peninsula	18.40Q
3 Grayson Kowaliw		Wyong	18.73Q
4 Callum O'Reilly		Gosford	19.57
Heat 2 Heats			
1 Dane Horne		Tuggerah Lakes M	17.49Q
2 Heath Riddell		Wyong	18.18Q
3 Angus Lennon		Tuggerah Lakes M	18.25Q
4 Archer Gray		Wyong	18.28q
5 Bodhi Jorgensen		Terrigal/Wamberal	19.56q

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**....Boys U 8 - 100 Metre Sprint**

6 Jayden Reid	Gosford	19.74
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**Boys U 8 - 100 Metre Sprint**

=====			
Zone: Z 15.00	1989	J Hirst, Terrigal / Wamberal	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Dane Horne	Tuggerah Lakes M	16.74	
2 Angus Lennon	Tuggerah Lakes M	17.28	
3 Kade Davidson	Tuggerah Lakes M	17.30	
4 Heath Riddell	Wyong	17.36	
5 Fraser Hagen	Woy Woy Peninsula	17.41	
6 Grayson Kowaliw	Wyong	17.42	
7 Archer Gray	Wyong	17.75	

**Boys U 9 - 100 Metre Sprint**

=====			
Zone: Z 14.10	2011	Sandon Smith, Tuggerah Lakes	
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Ethan Lee	Terrigal/Wamberal	16.69Q	
2 Hunter Preston	Tuggerah Lakes M	17.30Q	
3 Zane Lennon	Tuggerah Lakes M	18.02	
4 Toby Way	Gosford	18.27	
5 Corbin Lennon	Tuggerah Lakes M	18.33	
6 Jacob Chalmers	Wyong	18.92	
Heat 2 Heats			
1 Harry Lowbridge	Terrigal/Wamberal	15.92Q	
2 Kingston Alabi	Woy Woy Peninsula	16.12Q	
3 Luca Wickens	Terrigal/Wamberal	16.70q	
4 Zack Riley	Gosford	18.07	
5 Shidoh Isogai	Gosford	18.98	
-- Finn Heighington	Terrigal/Wamberal	DQ 163.3	
Heat 3 Heats			
1 Ethan Ampoma-Gyamfi	Wyong	16.73Q	
2 Mason Potestas	Woy Woy Peninsula	17.48Q	
3 Thomas Barnett	Gosford	17.85q	
4 Vaughan Seabrook	Terrigal/Wamberal	18.86	
5 Thomas Turnbull	Woy Woy Peninsula	18.89	
6 William King	Gosford	19.01	

**Boys U 9 - 100 Metre Sprint**

=====			
Zone: Z 14.10	2011	Sandon Smith, Tuggerah Lakes	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Harry Lowbridge	Terrigal/Wamberal	15.29	
2 Ethan Lee	Terrigal/Wamberal	15.39	
3 Ethan Ampoma-Gyamfi	Wyong	15.55	
3 Kingston Alabi	Woy Woy Peninsula	15.55	
5 Luca Wickens	Terrigal/Wamberal	16.30	
6 Hunter Preston	Tuggerah Lakes M	16.31	
7 Mason Potestas	Woy Woy Peninsula	16.98	
8 Thomas Barnett	Gosford	18.67	

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**Boys U 10 - 100 Metre Sprint**

Zone: Z 13.50 1992 T Donaldson, Tuggerah Lakes M			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lyndon Miletic		Gosford	15.51Q
2 Jackson McConaghy		Tuggerah Lakes M	15.97Q
3 George Kehagias		Gosford	16.19Q
4 Jai Sugitha		Tuggerah Lakes M	16.20q
5 Axle Lennon		Tuggerah Lakes M	16.31q
6 Zack Dolan		Wyong	17.55
7 Patrick Turnbull		Woy Woy Peninsula	17.59
8 Leon Hagstrom		Wyong	17.70
Heat 2 Heats			
1 Caleb-Xavier Mahe		Wyong	15.29Q
2 Koby Horne		Tuggerah Lakes M	15.98Q
3 Noah Haggerty		Tuggerah Lakes M	17.14Q
4 Bodhi Jenkins		Toukley	17.34
5 Ashton Brady		Wyong	17.40

**Boys U 10 - 100 Metre Sprint**

Zone: Z 13.50 1992 T Donaldson, Tuggerah Lakes M			
Name	Age	Centre	Final
Section 1 Final			
1 Caleb-Xavier Mahe		Wyong	14.61
2 Lyndon Miletic		Gosford	14.78
3 Jackson McConaghy		Tuggerah Lakes M	15.29
4 Koby Horne		Tuggerah Lakes M	15.33
5 Axle Lennon		Tuggerah Lakes M	15.72
6 Jai Sugitha		Tuggerah Lakes M	15.84
7 Noah Haggerty		Tuggerah Lakes M	16.24
8 George Kehagias		Gosford	17.21

**Boys U 11 - 100 Metre Sprint**

Zone: Z 13.00 2007 Joshua Parkinson, Tuggerah La			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zac Barton		Wyong	15.20Q
2 Thabisa Madzinga		Tuggerah Lakes M	15.40Q
3 Kai Onozawa		Gosford	15.67Q
4 Mitchell Robinson		Toukley	15.96q
5 Harper Hagen		Woy Woy Peninsula	16.75
Heat 2 Heats			
1 Jimmy Johnston		Terrigal/Wamberal	15.49Q
2 Isaak Goulding		Tuggerah Lakes M	16.01Q
3 Leroy Maccue		Tuggerah Lakes M	16.34Q
4 Ethan West		Wyong	16.34q

**Boys U 11 - 100 Metre Sprint**

Zone: Z 13.00 2007 Joshua Parkinson, Tuggerah La			
Name	Age	Centre	Final
Section 1 Final			
1 Zac Barton		Wyong	14.15
2 Thabisa Madzinga		Tuggerah Lakes M	14.21

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**....Boys U 11 - 100 Metre Sprint**

3 Jimmy Johnston	Terrigal/Wamberal	14.22
4 Kai Onozawa	Gosford	14.58
5 Mitchell Robinson	Toukley	15.30
6 Isaak Goulding	Tuggerah Lakes M	15.41
7 Leroy Maccue	Tuggerah Lakes M	15.43

**Boys U 12 - 100 Metre Sprint**

=====  
 Zone: Z 12.69 15/12/2012 Aaron Dudman, Gosford  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1 Alexander Willcocks	Wyong	15.34Q
2 Finnley Sammons	Tuggerah Lakes M	15.50Q
3 Matthew Potter	Tuggerah Lakes M	16.01Q
4 Jack Busch	Gosford	16.22
5 William Hunter	Gosford	17.38

Heat 2 Heats

1 Tahj Hamilton	Tuggerah Lakes M	13.44Q
2 Brady Mackay	Wyong	14.81Q
3 Alex Mccoombe-Lopez	Woy Woy Peninsula	14.84Q
4 James Milne	Terrigal/Wamberal	15.04q
5 Olly Graham	Tuggerah Lakes M	15.67q
6 Cohen Riddell	Wyong	15.92

**Boys U 12 - 100 Metre Sprint**

=====  
 Zone: Z 12.69 15/12/2012 Aaron Dudman, Gosford  
 Name Age Centre Final  
 =====

Section 1 Final

1 Tahj Hamilton	Tuggerah Lakes M	12.82
2 Alex Mccoombe-Lopez	Woy Woy Peninsula	13.75
3 Brady Mackay	Wyong	13.87
4 James Milne	Terrigal/Wamberal	14.39
5 Alexander Willcocks	Wyong	14.49
6 Olly Graham	Tuggerah Lakes M	14.99
7 Matthew Potter	Tuggerah Lakes M	15.81
-- Finnley Sammons	Tuggerah Lakes M	DQ 162.8

**Boys U 13 - 100 Metre Sprint**

=====  
 Zone: Z 12.10 2004 Tommy Robinson, Terrigal / Wa  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1 Cooper Jones	Tuggerah Lakes M	14.41Q
2 Callum Smith	Wyong	14.93Q
3 Taj Johnstone	Woy Woy Peninsula	15.47Q
4 Taj Vanthoff	Wyong	15.76
5 Travis Eagleton	Toukley	16.35

Heat 2 Heats

1 Jay Clarke	Gosford	13.11Q
2 Liam Mellor	Tuggerah Lakes M	14.57Q
3 Tyler Robson	Tuggerah Lakes M	14.78Q
4 Damian Storey	Woy Woy Peninsula	14.80q
5 Vincent Hottes	Toukley	15.32q
6 Markus Wolscher	Wyong	15.40

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**Boys U 13 - 100 Metre Sprint**

Zone: Z 12.10 2004 Tommy Robinson, Terrigal / Wa			
Name	Age	Centre	Final
Section 1 Final			
1 Jay Clarke		Gosford	12.93
2 Liam Mellor		Tuggerah Lakes M	13.72
3 Cooper Jones		Tuggerah Lakes M	13.85
3 Tyler Robson		Tuggerah Lakes M	13.85
5 Damian Storey		Woy Woy Peninsula	13.86
6 Vincent Hottes		Toukley	14.46
7 Callum Smith		Wyong	14.58
8 Taj Johnstone		Woy Woy Peninsula	15.41

**Boys U 14 - 100 Metre Sprint**

Zone: Z 11.46 1/12/2018 Luka Szymanski, Woy Woy			
Name	Age	Centre	Final
Section 1			
1 Liam Coles		Toukley	12.24
2 Taj Garner		Tuggerah Lakes M	12.88
3 Christopher Rae		Tuggerah Lakes M	13.20
4 Sebastian Young		Tuggerah Lakes M	13.53
5 Aidan Gee		Tuggerah Lakes M	13.55
6 Nathan Espley		Wyong	14.76
7 Manuel Ampoma-Gyamfi		Wyong	14.81
8 Talan Beatty		Terrigal/Wamberal	14.99

**Boys U 15 - 100 Metre Sprint**

Zone: Z 11.00 2001 Owen Martin, Terrigal / Wambe			
Name	Age	Centre	Final
1 Luka Szymanski		Woy Woy Peninsula	11.93
2 Aymn Hamilton		Tuggerah Lakes M	12.07
3 Riley Smith		Wyong	12.58
4 Lachlan Mackie		Tuggerah Lakes M	13.16
5 Marley Medina		Woy Woy Peninsula	13.33

**Boys U 17 - 100 Metre Sprint**

Zone: Z 10.91 1/12/2018 Cameron Steer, Tuggerah Lak			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jarrod Smedley		Tuggerah Lakes M	11.69Q
2 Liam Eyndhoven		Wyong	12.60Q
3 Samuel Mudge		Toukley	12.68Q
4 Logan Cook		Toukley	12.71q
5 Ethan Jeffrey		Wyong	12.91q
6 Ikey Allen		Tuggerah Lakes M	13.60
Heat 2 Heats			
1 Cameron Steer		Tuggerah Lakes M	11.81Q
2 Jamie Trivers		Tuggerah Lakes M	12.48Q
3 Thomas Oâ€™meara		Tuggerah Lakes M	12.56Q
4 Max Pyne-Kelly		Wyong	12.93
5 Max Barsby		Toukley	13.47
6 Tyran Cook		Toukley	13.69
7 Luka Price		Tuggerah Lakes M	14.23



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**Boys U 17 - 100 Metre Sprint**

Zone: Z 10.91 1/12/2018 Cameron Steer, Tuggerah Lak			
Name	Age	Centre	Final
Section 1 Final			
1 Cameron Steer		Tuggerah Lakes M	11.29
2 Jarrod Smedley		Tuggerah Lakes M	11.57
3 Jamie Trivers		Tuggerah Lakes M	11.99
4 Logan Cook		Toukley	12.29
5 Liam Eyndhoven		Wyong	12.45
6 Thomas O'neara		Tuggerah Lakes M	12.58
7 Samuel Mudge		Toukley	12.65

**Boys U 7 - 200 Metre Sprint**

Zone: Z 32.20 2008 Jamal Belkadi, Gosford			
Name	Age	Centre	Final
Section 1			
1 Lakin Barber		Terrigal/Wamberal	38.55
2 Dimitri Katsabis		Terrigal/Wamberal	39.20
3 Spencer Darling		Gosford	43.14
4 Liam Meale		Gosford	44.38
5 Lennox Hardman		Woy Woy Peninsula	44.83
-- Lukas Facer		Wyong	DQ
-- Azakiah Nixon		Toukley	DQ

**Boys U 8 - 200 Metre Sprint**

Zone: Z 32.36 15/12/2013 Dylan Coyte, Wyong			
Name	Age	Centre	Final
1 Archer Gray		Wyong	36.96
2 Max Robertson		Woy Woy Peninsula	37.95
3 Fraser Hagen		Woy Woy Peninsula	38.01
4 Callum O'Reilly		Gosford	38.01
5 Bodhi Jorgensen		Terrigal/Wamberal	41.49
6 Jayden Reid		Gosford	44.42
7 Spencer Atkins		Terrigal/Wamberal	51.74

**Boys U 9 - 200 Metre Sprint**

Zone: Z 30.40 1985 D Binskin, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Finn Heighington		Terrigal/Wamberal	32.84Q
2 Ethan Lee		Terrigal/Wamberal	34.25Q
3 Hunter Preston		Tuggerah Lakes M	34.45Q
4 Alex Williams		Tuggerah Lakes M	35.21q
5 Zane Lennon		Tuggerah Lakes M	36.95
6 Mason Potestas		Woy Woy Peninsula	38.80
7 Lochie Brands		Wyong	39.67
Heat 2 Heats			
1 Harry Lowbridge		Terrigal/Wamberal	33.47Q
2 Brayden Hill		Gosford	33.65Q
3 Ethan Ampoma-Gyamfi		Wyong	34.56Q
4 Toby Way		Gosford	35.96q
5 Zavier West		Wyong	36.90
6 Thomas Turnbull		Woy Woy Peninsula	39.15

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

7 William King	Gosford	40.33
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**Boys U 9 - 200 Metre Sprint**

=====			
Zone: Z 30.40	1985	D Binskin, Gosford	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Harry Lowbridge		Terrigal/Wamberal	32.54
2 Finn Heighington		Terrigal/Wamberal	32.97
3 Ethan Lee		Terrigal/Wamberal	33.08
4 Brayden Hill		Gosford	33.26
5 Alex Williams		Tuggerah Lakes M	34.04
6 Ethan Ampoma-Gyamfi		Wyong	34.37
7 Hunter Preston		Tuggerah Lakes M	35.17
8 Toby Way		Gosford	36.29

**Boys U 10 - 200 Metre Sprint**

=====			
Zone: Z 28.80	2009	Tyler Gunn, Gosford	
Name	Age	Centre	Final
=====			
Section 1			
1 Caleb-Xavier Mahe		Wyong	31.36
2 Tobias Gray		Terrigal/Wamberal	32.12
3 Lyndon Miletic		Gosford	32.46
4 George Kehagias		Gosford	33.26
5 Jai Sugitha		Tuggerah Lakes M	33.67
6 Noah Haggerty		Tuggerah Lakes M	35.20
7 Bodhi Jenkins		Toukley	37.66

**Boys U 11 - 200 Metre Sprint**

=====			
Zone: Z 27.60	2010	Tyler Gunn, Gosford	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Kai Onozawa		Gosford	31.40Q
2 Isaac Lear		Wyong	31.50Q
3 Mitchell Robinson		Toukley	32.77Q
4 Lachlan Glasson		Gosford	34.37q
Heat 2 Heats			
1 Jimmy Johnston		Terrigal/Wamberal	30.76Q
2 Riki MacDonald		Tuggerah Lakes M	33.29Q
3 Toby Clark		Wyong	35.63Q
4 Daniel Bendeovski		Terrigal/Wamberal	36.45q
5 Shane Stevens		Woy Woy Peninsula	36.66

**Boys U 11 - 200 Metre Sprint**

=====			
Zone: Z 27.60	2010	Tyler Gunn, Gosford	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Jimmy Johnston		Terrigal/Wamberal	29.76
2 Kai Onozawa		Gosford	30.58
3 Mitchell Robinson		Toukley	31.44
4 Isaac Lear		Wyong	31.62
5 Riki MacDonald		Tuggerah Lakes M	32.02

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6 Lachlan Glasson	Gosford	34.47
7 Daniel Bendeovski	Terrigal/Wamberal	35.66
8 Toby Clark	Wyong	38.57

**Boys U 12 - 200 Metre Sprint**

Zone: Z 26.18 16/12/2012 Aaron Dudman, Gosford

Name	Age Centre	Heats
Heat 1 Heats		
1 Tahj Hamilton	Tuggerah Lakes M	27.25Q
2 Finnley Sammons	Tuggerah Lakes M	31.02Q
3 Olly Graham	Tuggerah Lakes M	31.44Q
4 Jack Busch	Gosford	32.43q
5 Oscar Melbourne	Tuggerah Lakes M	36.87
Heat 2 Heats		
1 Cohen Riddell	Wyong	31.52Q
2 Kyne Baird	Terrigal/Wamberal	32.67Q
3 Cody Diamond	Terrigal/Wamberal	33.58Q
4 Liam McBrien	Tuggerah Lakes M	35.26q
5 Ziek Sugitha	Tuggerah Lakes M	37.52

**Boys U 12 - 200 Metre Sprint**

Zone: Z 26.18 16/12/2012 Aaron Dudman, Gosford

Name	Age Centre	Final
Section 1 Final		
1 Tahj Hamilton	Tuggerah Lakes M	28.10
2 Finnley Sammons	Tuggerah Lakes M	30.80
3 Olly Graham	Tuggerah Lakes M	30.90
4 Cohen Riddell	Wyong	31.38
5 Kyne Baird	Terrigal/Wamberal	32.51
6 Jack Busch	Gosford	32.77
7 Liam McBrien	Tuggerah Lakes M	35.05
8 Cody Diamond	Terrigal/Wamberal	36.61

**Boys U 13 - 200 Metre Sprint**

Zone: Z 25.07 16/12/2012 Zac Boyd, Wyong

Name	Age Centre	Final
Section 1		
1 Jay Clarke	Gosford	26.64
2 Cooper Jones	Tuggerah Lakes M	28.41
3 Vincent Hottes	Toukley	29.21
4 Connor Gunn	Gosford	30.61
5 Charlie Pescud	Toukley	31.11
6 Travis Eagleton	Toukley	32.82

**Boys U 14 - 200 Metre Sprint**

Zone: Z 23.40 2004 Thomas Andrew, Gosford

Name	Age Centre	Final
1 Liam Coles	Toukley	24.53
2 Christopher Rae	Tuggerah Lakes M	26.52
3 Sebastian Young	Tuggerah Lakes M	26.70
4 Hunter Winn	Terrigal/Wamberal	28.73

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**....Boys U 14 - 200 Metre Sprint**

5 Nathan Espley	Wyong	29.43
6 Manuel Ampoma-Gyamfi	Wyong	29.52

**Boys U 15 - 200 Metre Sprint**

Zone: Z 22.71 15/12/2013 John Dahan, Wyong

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

1 Aymn Hamilton	Tuggerah Lakes M	24.24
2 Riley Smith	Wyong	24.85
3 Lachlan Mackie	Tuggerah Lakes M	25.80
4 Aaron Neville-Smith	Tuggerah Lakes M	26.03

**Boys U 17 - 200 Metre Sprint**

Zone: Z 22.19 26/11/2017 Taine Petersen, Tuggerah Lak

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

## Heat 1 Heats

1 Jamie Trivers	Tuggerah Lakes M	24.63Q
2 Liam Eyndhoven	Wyong	25.19Q
3 James Patterson	Wyong	25.43Q
4 Max Pyne-Kelly	Wyong	25.84q

## Heat 2 Heats

1 Cameron Steer	Tuggerah Lakes M	23.57Q
2 Jarrod Smedley	Tuggerah Lakes M	23.81Q
3 Samuel Mudge	Toukley	25.37Q
4 Logan Cook	Toukley	25.80q
5 Luka Price	Tuggerah Lakes M	29.18

**Boys U 17 - 200 Metre Sprint**

Zone: Z 22.19 26/11/2017 Taine Petersen, Tuggerah Lak

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

## Section 1 Final

1 Cameron Steer	Tuggerah Lakes M	23.30
2 Jarrod Smedley	Tuggerah Lakes M	23.47
3 Jamie Trivers	Tuggerah Lakes M	24.53
4 Liam Eyndhoven	Wyong	24.88
5 Samuel Mudge	Toukley	25.09
6 Logan Cook	Toukley	25.31

**Boys U 8 - 400 Metre Sprint**

Zone: Z 1:15.40 1989 R Hall, Woy Woy Peninsula

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

## Section 1

1 Kade Davidson	Tuggerah Lakes M	1:22.77
2 Archer Gray	Wyong	1:24.88
3 Angus Lennon	Tuggerah Lakes M	1:25.79
4 Callum O'Reilly	Gosford	1:27.07
5 Max Robertson	Woy Woy Peninsula	1:28.64

**Central Coast Zone Track & Field Championships**  
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**Boys U 9 - 400 Metre Sprint**

Zone: Z 1:08.90 1991 G Towle, Gosford			
Name	Age	Centre	Final
Section 2			
1 Cooper Bandy		Tuggerah Lakes M	1:18.78
2 Alex Williams		Tuggerah Lakes M	1:19.24
3 James Blow		Terrigal/Wamberal	1:24.67
4 Zack Riley		Gosford	1:25.43
5 William King		Gosford	1:50.37
1 Luca Wickens		Terrigal/Wamberal	1:19.28
2 Kingston Alabi		Woy Woy Peninsula	1:22.54
3 Toby Way		Gosford	1:24.04
4 Braydan Carlson		Wyong	1:26.73
5 Ethan Ampoma-Gyamfi		Wyong	1:31.29

**Boys U 10 - 400 Metre Sprint**

Zone: Z 1:07.30 2009 Tyler Gunn, Gosford			
Name	Age	Centre	Final
Section 1			
1 Tobias Gray		Terrigal/Wamberal	1:14.97
2 Bryson Norris		Tuggerah Lakes M	1:15.76
3 Callum McKendrick		Gosford	1:18.05
4 Leon Hagstrom		Wyong	1:21.97
5 Ashton Brady		Wyong	1:25.53
6 Talan Barber		Terrigal/Wamberal	1:25.61
7 Ethan Lear		Wyong	1:30.11

**Boys U 11 - 400 Metre Sprint**

Zone: Z 1:05.40 2007 Scott Drinkwater, Tuggerah			
Name	Age	Centre	Final
1 Isaac Lear		Wyong	1:10.03
2 Leroy Maccue		Tuggerah Lakes M	1:11.28
3 Aiden Robards		Tuggerah Lakes M	1:15.95
4 Kobe Cremer		Terrigal/Wamberal	1:19.76
5 Lachlan Glasson		Gosford	1:19.89
6 Blake Stamper		Wyong	1:20.64

**Boys U 12 - 400 Metre Sprint**

Zone: Z 1:00.10 2011 Tyler Gunn, Gosford			
Name	Age	Centre	Final
Section 2			
1 Jack Busch		Gosford	1:14.54
2 Coen Godfrey		Tuggerah Lakes M	1:18.80
3 Cody Diamond		Terrigal/Wamberal	1:21.41
1 Alexander Willcocks		Wyong	1:11.02
2 Oliver Andrews-Bohringer		Tuggerah Lakes M	1:13.92
3 Cooper Clark		Terrigal/Wamberal	1:18.74
4 Oscar Melbourne		Tuggerah Lakes M	1:21.45
5 Olly Graham		Tuggerah Lakes M	1:21.91
6 Thomas Hooke		Tuggerah Lakes M	1:25.56

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Boys U 13 - 400 Metre Sprint**

Zone: Z 57.50 2007 Byron Cavender, Gosford			
Name	Age	Centre	Final
Section 1			
1 Joshua Ireland		Gosford	1:01.24
2 Jay Clarke		Gosford	1:03.86
3 Nathan Williams		Tuggerah Lakes M	1:09.30
4 Connor Gunn		Gosford	1:10.03
5 Callum Smith		Wyong	1:18.57
6 Joshua Eslick		Toukley	1:25.67

**Boys U 14 - 400 Metre Sprint**

Zone: Z 55.10 2004 Thomas Andrew, Gosford			
Name	Age	Centre	Final
1 Sebastian Young		Tuggerah Lakes M	1:02.15
2 Talan Beatty		Terrigal/Wamberal	1:11.93
3 Manuel Ampoma-Gyamfi		Wyong	1:18.36

**Boys U 15 - 400 Metre Sprint**

Zone: Z 52.30 2011 Jack Collett, Gosford			
Name	Age	Centre	Final
1 Thomas Lawton		Wyong	57.85
2 Lachlan Mackie		Tuggerah Lakes M	1:00.87
3 Samuel Larter		Wyong	1:04.93
4 Joshua Farrant		Gosford	1:05.49

**Boys U 17 - 400 Metre Sprint**

Zone: Z 51.34 12/12/2015 Tyler Gunn, Gosford			
Name	Age	Centre	Final
1 Liam Golledge		Gosford	52.42
2 James Patterson		Wyong	55.78
3 Sean Rae		Tuggerah Lakes M	56.23
4 Liam Eyndhoven		Wyong	57.75
5 Logan Cook		Toukley	58.96

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

Zone: Z 1:45.60 2011 Lorcan Hayes, Woy Woy Penin			
Name	Age	Centre	Final
1 Jet Cahill		Gosford	2:04.39
2 Spencer Darling		Gosford	2:06.71
3 Liam Meale		Gosford	2:13.98
4 Blake Masters		Gosford	2:17.57
5 Azakiah Nixon		Toukley	2:26.17
6 Lennox Hardman		Woy Woy Peninsula	2:31.17
7 Quinn Brands		Wyong	2:42.30
8 Lukas Facer		Wyong	3:06.78

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

Zone: Z 2:29.90 2006 Sam Collett, Terrigal / Wam			
Name	Age	Centre	Final
1 Grayson Kowaliw		Wyong	2:41.46

**Boys U 9 - 800 Metre Run**

Zone: Z 2:40.10 1990 R Wall, Woy Woy Peninsula			
Name	Age	Centre	Final
1 Cooper Bandy		Tuggerah Lakes M	3:01.88
2 Toby Way		Gosford	3:03.52
3 Thomas Barnett		Gosford	3:06.85
4 Zavier West		Wyong	3:09.21
5 James Blow		Terrigal/Wamberal	3:15.28
6 Hunter Preston		Tuggerah Lakes M	3:19.42
7 Braydan Carlson		Wyong	3:35.78

**Boys U 10 - 800 Metre Run**

Zone: Z 2:32.60 1982 L O'Neill, Gosford			
Name	Age	Centre	Final
1 Bryson Norris		Tuggerah Lakes M	2:47.34
2 Tobias Gray		Terrigal/Wamberal	2:54.67
3 Callum McKendrick		Gosford	2:57.39
4 Talan Barber		Terrigal/Wamberal	3:04.74
5 Eziekial Bugden		Gosford	3:11.07

**Boys U 11 - 800 Metre Run**

Zone: Z 2:26.30 2001 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Isaac Lear		Wyong	2:41.04
2 Leroy Maccue		Tuggerah Lakes M	2:45.90
3 Nate Beatty		Terrigal/Wamberal	2:47.04
4 Brodie Cowan		Toukley	2:54.00
5 Toby Clark		Wyong	3:02.72
6 Shane Stevens		Woy Woy Peninsula	3:05.74
7 Lachlan Glasson		Gosford	3:06.61

**Boys U 12 - 800 Metre Run**

Zone: Z 2:23.82 15/12/2013 Joel Durrington, Wyong			
Name	Age	Centre	Final
1 Coen Godfrey		Tuggerah Lakes M	2:47.62
2 Oscar Melbourne		Tuggerah Lakes M	2:49.67
3 Zach Sammut		Tuggerah Lakes M	2:53.27
4 Cooper Clark		Terrigal/Wamberal	2:56.84
5 Griffon Dunne		Terrigal/Wamberal	3:02.65
6 Liam McBrien		Tuggerah Lakes M	3:06.22
7 Cody Diamond		Terrigal/Wamberal	3:12.18
8 Ziek Sugitha		Tuggerah Lakes M	3:37.94

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**Boys U 13 - 800 Metre Run**

Zone: Z 2:18.10 2007 Byron Cavender, Gosford			
Name	Age	Centre	Final
1 Joshua Ireland		Gosford	2:22.31
2 Nathan Williams		Tuggerah Lakes M	2:37.94
3 Jaxon Milos		Tuggerah Lakes M	2:38.49
4 Myles Ashby		Gosford	2:40.49
5 Rohan Clark		Wyong	3:02.01
6 Travis Eagleton		Toukley	3:02.02
7 Oliver Spindler		Toukley	3:17.07
8 Joshua Eslick		Toukley	3:30.85

**Boys U 14 - 800 Metre Run**

Zone: Z 2:10.80 2008 Byron Cavender, Gosford			
Name	Age	Centre	Final
1 Sebastian Young		Tuggerah Lakes M	2:34.07
2 Talan Beatty		Terrigal/Wamberal	2:48.34

**Boys U 15 - 800 Metre Run**

Zone: Z 2:02.00 2011 Jack Collett, Gosford			
Name	Age	Centre	Final
1 Thomas Lawton		Wyong	2:20.10
2 Samuel Larter		Wyong	2:24.51
3 Kobi Melverton		Terrigal/Wamberal	2:50.58

**Boys U 17 - 800 Metre Run**

Zone: Z 2:01.64 11/12/2016 Terry Mihellis, Gosford			
Name	Age	Centre	Final
1 Liam Golledge		Gosford	2:06.80
2 Sean Rae		Tuggerah Lakes M	2:08.12
3 Samuel Liddell		Tuggerah Lakes M	2:15.19
4 Matthew McKay		Tuggerah Lakes M	2:19.43
5 James Patterson		Wyong	2:31.54
6 Shaun Turnbull		Woy Woy Peninsula	2:34.21

**Boys U 11 - 1500 Metre Run**

Zone: Z 4:54.40 2001 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Leroy Maccue		Tuggerah Lakes M	5:25.14
2 Nate Beatty		Terrigal/Wamberal	5:26.99
3 Isaac Lear		Wyong	5:36.77
4 Brodie Cowan		Toukley	5:49.03
5 Max McCartney		Terrigal/Wamberal	5:57.87
6 Shane Stevens		Woy Woy Peninsula	6:14.28
7 Harper Hagen		Woy Woy Peninsula	6:46.86



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**Boys U 12 - 1500 Metre Run**

Zone: Z 4:58.80 2008 James Cox, Gosford			
Name	Age	Centre	Final
1 Alexander Willcocks		Wyong	5:22.81
2 Coen Godfrey		Tuggerah Lakes M	5:41.12
3 Riley Dalton		Wyong	5:45.50
4 Oscar Melbourne		Tuggerah Lakes M	5:54.40
5 Zach Sammut		Tuggerah Lakes M	6:00.67
6 Cody Diamond		Terrigal/Wamberal	6:05.85
7 Cooper Clark		Terrigal/Wamberal	6:12.50
8 Liam McBrien		Tuggerah Lakes M	6:15.13

**Boys U 13 - 1500 Metre Run**

Zone: Z 4:46.84 14/12/2013 Luke Jacobs, Tuggerah Lakes			
Name	Age	Centre	Final
1 Joshua Ireland		Gosford	4:56.37
2 Nathan Williams		Tuggerah Lakes M	5:25.45
3 Myles Ashby		Gosford	5:32.10
4 Connor Gunn		Gosford	6:22.00
5 Oliver Spindler		Toukley	6:48.03

**Boys U 14 - 1500 Metre Run**

Zone: Z 4:37.00 2004 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Keenan White		Tuggerah Lakes M	4:58.09
2 Talan Beatty		Terrigal/Wamberal	5:45.83

**Boys U 15 - 1500 Metre Run**

Zone: Z 4:27.40 1994 Martin Dent, Tuggerah Lakes			
Name	Age	Centre	Final
1 Samuel Larter		Wyong	4:47.45
2 Oliver Ham		Woy Woy Peninsula	4:50.79
3 Kobi Melverton		Terrigal/Wamberal	5:29.12

**Boys U 17 - 1500 Metre Run**

Zone: Z 4:15.40 10/12/2016 Terry Mihellis, Gosford			
Name	Age	Centre	Final
1 Liam Gollledge		Gosford	4:21.62
2 Samuel Liddell		Tuggerah Lakes M	4:29.29
3 Sean Rae		Tuggerah Lakes M	4:49.55
4 Matthew McKay		Tuggerah Lakes M	4:50.74
5 Logan Cook		Toukley	5:01.15
6 Gerald Ampoma-Gyamfi		Wyong	5:31.19
7 Shaun Turnbull		Woy Woy Peninsula	5:33.08
8 Tyran Cook		Toukley	5:59.11

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**Boys U 13 - 3000 Metre Run**

Zone: Z 10:09.00 2009 James Cox, Gosford			
Name	Age	Centre	Final
1 Joshua Ireland		Gosford	10:30.51
2 Nathan Williams		Tuggerah Lakes M	11:44.32
3 Myles Ashby		Gosford	11:49.08

**Boys U 14 - 3000 Metre Run**

Zone: Z 10:02.90 2009 Charlie Hunter, Gosford			
Name	Age	Centre	Final
1 Keenan White		Tuggerah Lakes M	10:13.63
2 Spencer Andrews-Bohringe		Tuggerah Lakes M	12:31.46

**Boys U 15 - 3000 Metre Run**

Zone: Z 9:22.00 2005 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Oliver Ham		Woy Woy Peninsula	10:21.52
2 Samuel Larter		Wyong	10:40.11
3 Kobi Melverton		Terrigal/Wamberal	11:47.64

**Boys U 17 - 3000 Metre Run**

Zone: Z 9:39.53 24/11/2017 Jakob Madden, Tuggerah Lak			
Name	Age	Centre	Final
1 Samuel Liddell		Tuggerah Lakes M	9:28.08Z
2 Liam Golledge		Gosford	9:32.70Z
3 Matthew McKay		Tuggerah Lakes M	10:38.73
4 Logan Cook		Toukley	10:38.79
5 Gerald Ampoma-Gyamfi		Wyong	13:06.47

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

Zone: Z 11.00 2010 Sandon Smith, Tuggerah Lakes			
Name	Age	Centre	Final
1 Dane Horne		Tuggerah Lakes M	12.47
2 Heath Riddell		Wyong	12.61
3 Grayson Kowaliw		Wyong	12.90
4 Fraser Hagen		Woy Woy Peninsula	13.15
5 Kade Davidson		Tuggerah Lakes M	13.28
6 Lincoln Thorp		Tuggerah Lakes M	14.06
7 Axis Melton		Toukley	14.60

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

Zone: Z 10.00 2011 Sandon Smith, Tuggerah Lakes			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ethan Lee		Terrigal/Wamberal	11.78Q
2 Thomas Barnett		Gosford	12.57Q
3 Zane Lennon		Tuggerah Lakes M	12.89Q
4 Vaughan Seabrook		Terrigal/Wamberal	13.02q
5 Zavier West		Wyong	13.17

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

Heat 2 Heats

1	Kingston Alabi	Woy Woy Peninsula	11.56Q
2	Luca Wickens	Terrigal/Wamberal	12.11Q
3	Corbin Lennon	Tuggerah Lakes M	12.68Q
4	Shidoh Isogai	Gosford	12.89q
5	Lucas Williams	Tuggerah Lakes M	13.90

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

=====  
 Zone: Z 10.00 2011 Sandon Smith, Tuggerah Lakes  
 Name Age Centre Final  
 =====

Section 1 Final

1	Ethan Lee	Terrigal/Wamberal	11.62
2	Kingston Alabi	Woy Woy Peninsula	11.64
3	Luca Wickens	Terrigal/Wamberal	12.37
4	Thomas Barnett	Gosford	13.04
5	Zane Lennon	Tuggerah Lakes M	13.05
6	Shidoh Isogai	Gosford	13.36
7	Corbin Lennon	Tuggerah Lakes M	13.39
8	Vaughan Seabrook	Terrigal/Wamberal	13.81

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

=====  
 Zone: Z 10.10 15/12/2012 Benjamin Martin, Wyong  
 Name Age Centre Final  
 =====

Section 1

1	Koby Horne	Tuggerah Lakes M	11.80
2	Caleb-Xavier Mahe	Wyong	12.06
3	Axle Lennon	Tuggerah Lakes M	12.85
4	Talan Barber	Terrigal/Wamberal	13.29
5	Bodhi Jenkins	Toukley	13.30
6	Ashton Brady	Wyong	13.59
7	Leon Hagstrom	Wyong	13.81

**Boys U 11 - 80 Metre Hurdles (60cm)**

=====  
 Name Age Centre Final  
 =====

1	Max McCartney	Terrigal/Wamberal	15.94
2	Ethan West	Wyong	16.09
3	Aiden Robards	Tuggerah Lakes M	16.34
4	Riki MacDonald	Tuggerah Lakes M	16.64
5	Daniel Bendeovski	Terrigal/Wamberal	16.80
6	Lachlan Glasson	Gosford	17.28
7	Shane Stevens	Woy Woy Peninsula	18.99
8	Blake Stamper	Wyong	19.32

**Boys U 12 - 80 Metre Hurdles (68cm)**

=====  
 Name Age Centre Heats  
 =====

Heat 1 Heats

1	Oliver Andrews-Bohringer	Tuggerah Lakes M	16.17Q
2	Cohen Riddell	Wyong	16.25Q
3	Thomas Hooke	Tuggerah Lakes M	16.61Q
4	Bayden Brands	Wyong	17.18q
5	Oliver Dooley	Terrigal/Wamberal	17.50q

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**....Boys U 12 - 80 Metre Hurdles (68cm)**

6 Cameron Patterson	Wyong	17.50
7 Tamatea Topia	Wyong	18.08
8 Liam McBrien	Tuggerah Lakes M	18.73

Heat 2 Heats

1 Oliver Szymanski	Woy Woy Peninsula	15.62Q
2 Zach Sammut	Tuggerah Lakes M	16.98Q
3 Riley King	Terrigal/Wamberal	17.47Q
4 Cody Diamond	Terrigal/Wamberal	17.80
5 Ziek Sugitha	Tuggerah Lakes M	18.08
6 Riley Dalton	Wyong	20.35

**Boys U 12 - 80 Metre Hurdles (68cm)**

Name	Age Centre	Final
Section 1 Final		
1 Oliver Szymanski	Woy Woy Peninsula	15.20
2 Oliver Andrews-Bohringer	Tuggerah Lakes M	16.35
2 Cohen Riddell	Wyong	16.35
4 Zach Sammut	Tuggerah Lakes M	16.65
5 Thomas Hooke	Tuggerah Lakes M	16.73
6 Riley King	Terrigal/Wamberal	17.44
7 Bayden Brands	Wyong	17.93
8 Oliver Dooley	Terrigal/Wamberal	18.21

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

Name	Age Centre	Heats
Zone: Z 12.90 2000 R Roberts, Gosford		
Heat 1 Heats		
1 Tyler Robson	Tuggerah Lakes M	15.69Q
2 Charlie Pescud	Toukley	16.15Q
3 Cooper Jones	Tuggerah Lakes M	16.83Q
4 Markus Wolscher	Wyong	16.96q
5 Taj Johnstone	Woy Woy Peninsula	18.92q
Heat 2 Heats		
1 Callum Smith	Wyong	16.12Q
2 Taj Vanthoff	Wyong	17.38Q
3 Declan Coles	Toukley	17.50Q
4 Liam Mellor	Tuggerah Lakes M	19.63
5 Charon vanderHam	Tuggerah Lakes M	20.87

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

Name	Age Centre	Final
Zone: Z 12.90 2000 R Roberts, Gosford		
Section 1 Final		
1 Callum Smith	Wyong	14.77
2 Tyler Robson	Tuggerah Lakes M	15.08
3 Charlie Pescud	Toukley	15.84
4 Cooper Jones	Tuggerah Lakes M	16.48
5 Markus Wolscher	Wyong	16.89
6 Taj Vanthoff	Wyong	17.22
7 Taj Johnstone	Woy Woy Peninsula	17.58
8 Declan Coles	Toukley	17.98

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

Zone: Z 12.90 2004 Grant Nelson, Tuggerah Lakes			
Name	Age	Centre	Final
Section 1			
1 Liam Coles		Toukley	13.19
2 Aidan Gee		Tuggerah Lakes M	15.67
3 Sebastian Young		Tuggerah Lakes M	15.83
4 Nathan Espley		Wyong	17.05
5 Lincoln Markulin		Tuggerah Lakes M	18.16

**Boys U 15 - 100 Metre Hurdles (76cm)**

Zone: Z 13.30 2001 Karl Hewett, Gosford			
Name	Age	Centre	Final
1 Riley Smith		Wyong	15.84
2 Kynan Johnson		Wyong	17.01

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

Zone: Z 14.26 15/12/2013 Zac Simunovic, Gosford			
Name	Age	Centre	Final
1 Jelle vanderHam		Tuggerah Lakes M	15.81
2 Ikey Allen		Tuggerah Lakes M	17.29
3 Max Barsby		Toukley	17.48
4 Liam Eyndhoven		Wyong	17.88
5 Logan Cook		Toukley	18.03

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

Zone: Z 28.62 11/12/2015 Nicholas Hathway, Gosford			
Name	Age	Centre	Final
1 Tyler Robson		Tuggerah Lakes M	32.46
2 Connor Gunn		Gosford	33.70
3 Charlie Pescud		Toukley	34.08
4 Taj Vanthoff		Wyong	34.72
5 Declan Coles		Toukley	36.07
6 Rohan Clark		Wyong	37.21

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

Zone: Z 25.70 2004 Thomas Andrew, Gosford			
Name	Age	Centre	Final
1 Liam Coles		Toukley	28.16
2 Sebastian Young		Tuggerah Lakes M	30.20
3 Taj Garner		Tuggerah Lakes M	31.19
4 Aidan Gee		Tuggerah Lakes M	31.48
5 Nathan Espley		Wyong	32.88
6 Lincoln Markulin		Tuggerah Lakes M	33.26
7 Manuel Ampoma-Gyamfi		Wyong	35.40

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Boys U 15 - 300 Metre Hurdles (76cm)**

Zone: Z 47.06 1/12/2018 Ryan Brown, Woy Woy			
Name	Age	Centre	Final
1 Riley Smith		Wyong	46.25Z
2 Thomas Lawton		Wyong	48.68
3 Kynan Johnson		Wyong	50.82
4 Kobi Melverton		Terrigal/Wamberal	56.20

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

Zone: Z 42.64 24/11/2017 Luke Jacobs, Tuggerah Lak			
Name	Age	Centre	Final
1 Jelle vanderHam		Tuggerah Lakes M	42.22Z
2 Daniel McKay		Tuggerah Lakes M	46.72

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

Zone: Z 56.30 2/12/2007 , Tuggerah Lakes Mingara			
Centre	Age	Centre	Final
1 Wyong			59.17
1) Ethan Ampoma-Gyamfi 9		2) Brady Mackay 12	
3) Caleb-Xavier Mahe 10		4) Zac Barton 11	
2 Terrigal/Wamberal			1:00.82
1) Tobias Gray 10		2) Jimmy Johnston 11	
3) Finn Heighington 9		4) James Milne 12	
3 Gosford			1:02.63
1) Brayden Hill 9		2) Lyndon Miletic 10	
3) Kai Onozawa 11		4) Daniel Gallo 11	
4 Tuggerah Lakes Mingara			1:03.33
1) Hunter Preston 9		2) Jackson McConaghy 10	
3) Jai Sugitha 10		4) Finnley Sammons 12	
5 Woy Woy Peninsula			1:04.74
1) Kingston Alabi 9		2) Mason Potestas 9	
3) Patrick Turnbull 10		4) Harper Hagen 11	
6 Toukley			1:10.05
1) Brodie Cowan 11		2) Mitchell Robinson 11	
3) Ryder Baigent 10		4) Bodhi Jenkins 10	

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

Zone: Z 48.09 26/11/2017 Tuggerah Lakes Mingara LAC, T			
Centre	Age	Centre	Final
1 Tuggerah Lakes Mingara			49.27
1) Cooper Jones 13		2) Taj Garner 14	
3) Aymn Hamilton 15		4) Cameron Steer 17	
2 Wyong			50.71
1) Callum Smith 13		2) Liam Eyndhoven 17	
3) Nathan Espley 14		4) Riley Smith 15	
3 Toukley			50.89
1) Vincent Hottes 13		2) Liam Coles 14	
3) Charlie Pescud 13		4) Samuel Mudge 17	
4 Gosford			51.58
1) Jay Clarke 13		2) Joshua Ireland 13	
3) Joshua Farrant 15		4) Liam Gollledge 17	

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

5 Terrigal/Wamberal	1:00.51
1) Cooper Clark 12	2) Hunter Winn 14
3) Talan Beatty 14	4) Kobi Melverton 15

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

=====			
Zone: Z 1.29m	1997	T Allard, Gosford	
Name	Age	Centre	Final
=====			
Flight 1			
1 Cooper Bandy		Tuggerah Lakes M	1.02m
2 Thomas Barnett		Gosford	1.00m
3 Alex Williams		Tuggerah Lakes M	1.00m
4 Zane Lennon		Tuggerah Lakes M	0.95m
5 James Blow		Terrigal/Wamberal	0.85m

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

=====			
Zone: Z 1.33m	1987	D Whitehead, Woy Woy Peninsul	
Name	Age	Centre	Final
=====			
1 Tobias Gray		Terrigal/Wamberal	1.16m
2 Koby Horne		Tuggerah Lakes M	1.09m
3 Eziekial Bugden		Gosford	1.00m
4 George Kehagias		Gosford	1.00m
5 Callum McKendrick		Gosford	1.00m
6 Jackson McConaghy		Tuggerah Lakes M	0.95m
-- Noah Haggerty		Tuggerah Lakes M	NH
-- Ryder Baigent		Toukley	NH

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

=====			
Zone: Z 1.46m	1988	D Whitehead, Woy Woy Peninsul	
Name	Age	Centre	Final
=====			
1 Hugh Argent		Terrigal/Wamberal	1.33m
2 Zac Barton		Wyong	1.33m
3 Riki MacDonald		Tuggerah Lakes M	1.29m
4 Daniel Gallo		Gosford	1.23m
5 Brodie Cowan		Toukley	1.17m
6 Hayden Palmer		Tuggerah Lakes M	1.15m

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

=====			
Zone: Z 1.55m	1989	D Whitehead, Woy Woy Peninsul	
Name	Age	Centre	Final
=====			
1 Zach Sammut		Tuggerah Lakes M	1.31m
2 Blake Robinson		Tuggerah Lakes M	1.29m
3 Kyne Baird		Terrigal/Wamberal	1.27m
4 Olly Graham		Tuggerah Lakes M	1.27m
5 Thomas Hooke		Tuggerah Lakes M	1.27m
6 Brady Mackay		Wyong	1.25m
7 Oliver Dooley		Terrigal/Wamberal	1.20m
8 Matthew Potter		Tuggerah Lakes M	1.20m
9 Riley Dalton		Wyong	1.20m
10 Cameron Patterson		Wyong	1.15m
-- Bayden Brands		Wyong	NH
-- Cody Diamond		Terrigal/Wamberal	NH

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

-- Cohen Riddell	Wyong	NH
-- Ziek Sugitha	Tuggerah Lakes M	NH

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

Zone: Z 1.70m 1995 N Smithers, Gosford			
Name	Age	Centre	Final
1 Markus Wolscher		Wyong	1.47m
2 Joshua Ireland		Gosford	1.45m
3 Tyler Robson		Tuggerah Lakes M	1.45m
4 Callum Smith		Wyong	1.30m
5 Declan Coles		Toukley	1.20m
5 Charlie Pescud		Toukley	1.20m
7 Liam Mellor		Tuggerah Lakes M	1.20m

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

Zone: Z 1.78m 2006 Tom Evans, Tuggerah Lakes Min			
Name	Age	Centre	Final
1 Aidan Gee		Tuggerah Lakes M	1.58m
2 Taj Garner		Tuggerah Lakes M	1.35m

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

Zone: Z 1.81m 2002 Trent Allard, Gosford			
Name	Age	Centre	Final
1 Oscar McCoombe-Lopez		Woy Woy Peninsula	1.45m
1 Thomas Lawton		Wyong	1.45m
3 Riley Smith		Wyong	1.35m
4 Kobi Melverton		Terrigal/Wamberal	1.25m

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

Zone: Z 1.88m 25/11/2017 Riley Grant, Gosford LAC			
Name	Age	Centre	Final
1 James Patterson		Wyong	1.76m
2 Cooper Noble		Tuggerah Lakes M	1.73m
3 Jelle vanderHam		Tuggerah Lakes M	1.66m
4 Samuel Mudge		Toukley	1.66m
5 Daniel McKay		Tuggerah Lakes M	1.60m
6 Max Barsby		Toukley	1.55m
7 Liam Eyndhoven		Wyong	1.55m
8 Tyran Cook		Toukley	1.45m

**Boys U 7 - Long Jump**

Zone: Z 3.25m 11/12/2015 Oscar Furey, Tuggerah Lakes M			
Name	Age	Centre	Final
1 Dimitri Katsabis		Terrigal/Wamberal	2.68m
2 Lakin Barber		Terrigal/Wamberal	2.43m
3 Elliot Osborn		Terrigal/Wamberal	2.27m
4 Hamish Mulrooney		Gosford	2.11m
5 Heith Johnson		Tuggerah Lakes M	1.99m
6 Blake Masters		Gosford	1.97m



**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 7 - Long Jump**

7 Rhys Houghton	Tuggerah Lakes M	1.67m
8 Quinn Brands	Wyong	1.61m
9 Jack Willding	Toukley	1.48m
10 Spencer Darling	Gosford	1.37m
11 Miles Vigors	Tuggerah Lakes M	1.31m

**Boys U 8 - Long Jump**

Zone: Z 3.73m 1989		R Hall, Woy Woy Peninsula	
Name	Age Centre	Final	
1 Grayson Kowaliw	Wyong	3.19m	
2 Dane Horne	Tuggerah Lakes M	3.13m	
3 Lucas Eastwood	Wyong	2.94m	
4 Angus Lennon	Tuggerah Lakes M	2.88m	
5 Heath Riddell	Wyong	2.79m	
6 Luke McMillan	Tuggerah Lakes M	2.04m	
7 Kai McMillan	Tuggerah Lakes M	1.92m	
8 Jayden Reid	Gosford	1.90m	

**Boys U 9 - Long Jump**

Zone: Z 4.17m 1986		D Whitehead, Woy Woy Peninsul	
Name	Age Centre	Final	
1 Kingston Alabi	Woy Woy Peninsula	3.83m	
2 Cooper Bandy	Tuggerah Lakes M	3.30m	
3 Brayden Hill	Gosford	3.24m	
4 Alex Williams	Tuggerah Lakes M	3.16m	
5 Thomas Turnbull	Woy Woy Peninsula	3.04m	
6 James Blow	Terrigal/Wamberal	2.98m	
7 Zack Riley	Gosford	2.92m	
8 Vaughan Seabrook	Terrigal/Wamberal	2.74m	
9 Jacob Chalmers	Wyong	2.49m	
10 Jack Toothill	Woy Woy Peninsula	2.11m	

**Boys U 10 - Long Jump**

Zone: Z 4.63m 1987		D Whitehead, Woy Woy Peninsul	
Name	Age Centre	Final	
1 Lyndon Miletic	Gosford	3.96m	
2 George Kehagias	Gosford	3.69m	
3 Jai Sugitha	Tuggerah Lakes M	3.58m	
4 Axle Lennon	Tuggerah Lakes M	3.43m	
5 Logan Palmer	Tuggerah Lakes M	3.40m	
6 Zack Dolan	Wyong	3.14m	
7 Ashton Brady	Wyong	3.09m	
8 Ethan Lear	Wyong	2.86m	

**Boys U 11 - Long Jump**

Zone: Z 4.86m 1992		Joshua Ross, Woy Woy Peninsul	
Name	Age Centre	Final	
1 Zac Barton	Wyong	4.48m	
2 Jimmy Johnston	Terrigal/Wamberal	4.09m	
3 Hayden Palmer	Tuggerah Lakes M	3.99m	
4 Hugh Argent	Terrigal/Wamberal	3.98m	

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 11 - Long Jump**

5	Max McCartney	Terrigal/Wamberal	3.57m
6	Harper Hagen	Woy Woy Peninsula	3.50m
7	Riki MacDonald	Tuggerah Lakes M	3.38m
8	Blake Stamper	Wyong	2.96m
9	Connor MacDonald	Tuggerah Lakes M	2.86m
10	Daniel Bendeovski	Terrigal/Wamberal	2.72m

**Boys U 12 - Long Jump**

Zone: Z 5.04m 1984		S Orr, Gosford	
Name	Age	Centre	Final
1	Oliver Szymanski	Woy Woy Peninsula	4.55m
2	Brady Mackay	Wyong	4.28m
3	Olly Graham	Tuggerah Lakes M	4.00m
4	James Milne	Terrigal/Wamberal	3.87m
5	Matthew Potter	Tuggerah Lakes M	3.86m
6	Zach Sammut	Tuggerah Lakes M	3.81m
7	Thomas Hooke	Tuggerah Lakes M	3.80m
8	Riley King	Terrigal/Wamberal	3.77m
9	Tamatea Topia	Wyong	3.60m
10	Cameron Patterson	Wyong	3.54m
11	Riley Dalton	Wyong	3.27m
12	Liam McBrien	Tuggerah Lakes M	3.02m
13	William Hunter	Gosford	2.99m

**Boys U 13 - Long Jump**

Zone: Z 5.41m 1984		M Scarth, Wyong	
Name	Age	Centre	Final
1	Joshua Ireland	Gosford	4.76m
2	Tyler Robson	Tuggerah Lakes M	4.72m
3	Markus Wolscher	Wyong	4.40m
4	Vincent Hottes	Toukley	4.25m
5	Callum Smith	Wyong	4.19m
6	Liam Mellor	Tuggerah Lakes M	3.77m
7	Declan Coles	Toukley	3.61m
8	Connor Gunn	Gosford	3.55m
9	Taj Johnstone	Woy Woy Peninsula	3.53m
10	Taj Vanthoff	Wyong	3.06m

**Boys U 14 - Long Jump**

Zone: Z 5.89m 2010		Joshua Parkinson, Tuggerah La	
Name	Age	Centre	Final
1	Liam Coles	Toukley	5.62m
2	Taj Garner	Tuggerah Lakes M	4.98m
3	Christopher Rae	Tuggerah Lakes M	4.95m
4	Harley Singh	Tuggerah Lakes M	4.84m
5	Talan Beatty	Terrigal/Wamberal	4.00m
6	Lachlan Bryant	Terrigal/Wamberal	3.07m

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**Boys U 15 - Long Jump**

Zone: Z 6.31m 2003 Christopher Dodd, Terrigal /			
Name	Age	Centre	Final
1 Aaron Neville-Smith		Tuggerah Lakes M	5.35m
2 Riley Smith		Wyong	5.32m
3 Marley Medina		Woy Woy Peninsula	5.10m
4 Kynan Johnson		Wyong	5.00m

**Boys U 17 - Long Jump**

Zone: Z 6.51m 12/12/2015 John Dahan, Wyong			
Name	Age	Centre	Final
1 Cameron Steer		Tuggerah Lakes M	6.47m
2 James Patterson		Wyong	5.97m
3 Cooper Noble		Tuggerah Lakes M	5.13m
4 Samuel Mudge		Toukley	5.10m
5 Ethan Jeffrey		Wyong	4.67m
6 Max Pyne-Kelly		Wyong	4.43m

**Boys U 11 - Triple Jump**

Zone: Z 9.81m 2007 Joshua Parkinson, Tuggerah La			
Name	Age	Centre	Final
1 Zac Barton		Wyong	8.96m
2 Brodie Cowan		Toukley	8.13m
3 Kai Onozawa		Gosford	8.04m
4 Jimmy Johnston		Terrigal/Wamberal	7.93m
5 Daniel Gallo		Gosford	7.77m

**Boys U 12 - Triple Jump**

Zone: Z 10.51m 2/12/2018 Jai Callaghan, Wyong LAC			
Name	Age	Centre	Final
1 Alex Mccoombe-Lopez		Woy Woy Peninsula	9.18m
2 Matthew Potter		Tuggerah Lakes M	8.79m
3 James Milne		Terrigal/Wamberal	8.71m
4 Oliver Andrews-Bohringer		Tuggerah Lakes M	8.48m
5 Zach Sammut		Tuggerah Lakes M	8.42m
6 Cohen Riddell		Wyong	8.08m
7 Cameron Patterson		Wyong	7.72m
8 Tamatea Topia		Wyong	7.69m
9 William Hunter		Gosford	7.18m
10 Riley King		Terrigal/Wamberal	7.16m
11 Riley Dalton		Wyong	6.68m

**Boys U 13 - Triple Jump**

Zone: Z 10.99m 1/12/2018 Liam Coles, Toukley			
Name	Age	Centre	Final
1 Tyler Robson		Tuggerah Lakes M	9.72m
2 Markus Wolscher		Wyong	9.18m
3 Vincent Hottes		Toukley	8.77m
4 Declan Coles		Toukley	8.58m
5 Charon vanderHam		Tuggerah Lakes M	8.58m
6 Charlie Pescud		Toukley	8.52m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Boys U 14 - Triple Jump**

Zone: Z 12.31m 2011 Johnathon Dobb, Tuggerah Lak			
Name	Age	Centre	Final
1 Liam Coles		Toukley	11.66m
2 Cohen Mackay		Wyong	8.48m
3 Lachlan Bryant		Terrigal/Wamberal	7.66m

**Boys U 15 - Triple Jump**

Zone: Z 12.50m 2003 Christopher Dodd, Terrigal /			
Name	Age	Centre	Final
1 Kynan Johnson		Wyong	11.47m
2 Aaron Neville-Smith		Tuggerah Lakes M	10.59m
3 Marley Medina		Woy Woy Peninsula	10.20m

**Boys U 17 - Triple Jump**

Zone: Z 13.07m 15/12/2013 Zac Simunovic, Gosford			
Name	Age	Centre	Final
1 James Patterson		Wyong	12.72m
2 Jelle vanderHam		Tuggerah Lakes M	12.37m
3 Max Barsby		Toukley	11.73m
4 Cooper Noble		Tuggerah Lakes M	11.38m
5 Joel Kemp		Tuggerah Lakes M	10.26m
6 Ethan Jeffrey		Wyong	10.10m
7 Gerald Ampoma-Gyamfi		Wyong	9.47m

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

Zone: Z 11.54m 12/12/2015 Oscar Furey, Tuggerah Lakes			
Name	Age	Centre	Final
1 Jake DwyerHumphries		Gosford	4.82m
2 Hamish Mulrooney		Gosford	4.26m
3 Blake Masters		Gosford	4.02m
4 Lennox Hardman		Woy Woy Peninsula	3.78m
5 Heith Johnson		Tuggerah Lakes M	3.63m
6 Lukas Facer		Wyong	3.38m
7 Jack Willding		Toukley	3.16m
8 Kallum O'Toole		Toukley	3.15m
9 Miles Vigors		Tuggerah Lakes M	1.89m

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

Zone: Z 11.12m 10/12/2016 Oscar Furey, Tuggerah Lakes			
Name	Age	Centre	Final
1 Hala'api'api Havea		Wyong	4.85m
2 Lucas Eastwood		Wyong	4.69m
3 Max Robertson		Woy Woy Peninsula	4.41m
4 Axis Melton		Toukley	4.05m
5 Kade Davidson		Tuggerah Lakes M	3.77m
6 Bodhi Jorgensen		Terrigal/Wamberal	2.27m

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

Zone: Z 10.59m 25/11/2017 Oscar Furey, Gosford			
Name	Age	Centre	Final
1 Archer Todd		Woy Woy Peninsula	6.14m
2 Mason Potestas		Woy Woy Peninsula	5.44m
3 Lucas Williams		Tuggerah Lakes M	4.99m
4 Corbin Lennon		Tuggerah Lakes M	4.92m
5 Jack Toothill		Woy Woy Peninsula	4.59m

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

Zone: Z 10.10m 1995 C Brown, Terrigal / Wamberal			
Name	Age	Centre	Final
1 Eziekial Bugden		Gosford	10.18mZ
2 Bryson Norris		Tuggerah Lakes M	6.13m
3 Patrick Turnbull		Woy Woy Peninsula	5.29m
4 Ethan Lear		Wyong	4.47m
5 Logan Palmer		Tuggerah Lakes M	4.44m
6 Zack Dolan		Wyong	4.19m
7 Leon Hagstrom		Wyong	4.08m

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

Zone: Z 12.40m 2011 Mason Leef, Wyong			
Name	Age	Centre	Final
1 Hugh Argent		Terrigal/Wamberal	8.83m
2 Hayden Palmer		Tuggerah Lakes M	7.32m
3 Ethan West		Wyong	7.06m
4 Mitchell Robinson		Toukley	6.87m
5 Riley O'Dell		Tuggerah Lakes M	6.80m
6 Oliver Sim		Gosford	6.45m
7 Noah Spindler		Toukley	5.18m
8 Toby Clark		Wyong	4.56m
9 Connor MacDonald		Tuggerah Lakes M	3.82m

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

Zone: Z 12.81m 16/12/2012 Mason Leef, Wyong			
Name	Age	Centre	Final
1 Finnley Sammons		Tuggerah Lakes M	10.91m
2 Alex Mccoombe-Lopez		Woy Woy Peninsula	9.55m
3 Matthew Potter		Tuggerah Lakes M	8.33m
4 Olly Graham		Tuggerah Lakes M	7.91m
5 Oliver Dooley		Terrigal/Wamberal	7.70m
6 Tamatea Topia		Wyong	7.57m
7 Bayden Brands		Wyong	7.19m
8 William Hunter		Gosford	6.77m
9 Riley King		Terrigal/Wamberal	6.69m
10 Cooper Clark		Terrigal/Wamberal	6.50m
11 Riley White		Tuggerah Lakes M	5.59m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****Boys U 13 - Shot Put (3.0 Kg)**

Zone: Z 15.49m 2/12/2018 George Wells, Tuggerah Lak			
Name	Age	Centre	Final
1 Jay Clarke		Gosford	10.79m
2 Ihakara Leef		Wyong	8.92m
3 Joshua Eslick		Toukley	8.67m
4 Lucas Hall		Terrigal/Wamberal	8.33m
5 Charon vanderHam		Tuggerah Lakes M	7.52m
6 Travis Eagleton		Toukley	5.66m

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

Zone: Z 16.37m 11/12/2016 Tom Shannon, Gosford			
Name	Age	Centre	Final
1 George Wells		Tuggerah Lakes M	18.16mZ
2 Lincoln Markulin		Tuggerah Lakes M	10.13m
3 Christopher Rae		Tuggerah Lakes M	9.45m
4 Kynan Patterson		Terrigal/Wamberal	8.29m
5 Cohen Mackay		Wyong	8.17m

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

Zone: Z 15.78m 2001 Tom Mutch, Terrigal / Wamber			
Name	Age	Centre	Final
1 Connor Rooke		Wyong	13.63m
2 Joshua Farrant		Gosford	10.96m

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

Zone: Z 16.32m 1/12/2018 Corey-Jay Eyndhoven, Gosford			
Name	Age	Centre	Final
1 Ethan Jeffrey		Wyong	10.79m
2 Shaun Turnbull		Woy Woy Peninsula	9.30m

**Boys U 7 - Discus (350 Gram)**

Zone: Z 24.42m 13/12/2015 Oscar Furey, Tuggerah Lakes			
Name	Age	Centre	Final
1 Jake DwyerHumphries		Gosford	9.94m
2 Hamish Mulrooney		Gosford	9.85m
3 Heith Johnson		Tuggerah Lakes M	8.97m
4 Blake Masters		Gosford	8.40m
5 Jack Willding		Toukley	6.54m
6 Quinn Brands		Wyong	6.22m
7 Rhys Houghton		Tuggerah Lakes M	6.16m
8 Elliot Osborn		Terrigal/Wamberal	5.94m
-- Kallum O'Toole		Toukley	FOUL
-- Miles Vigors		Tuggerah Lakes M	FOUL

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

Zone: Z 25.62m 11/12/2016 Oscar Furey, Tuggerah Lakes			
Name	Age	Centre	Final
1 Hala'api'api Havea		Wyong	12.05m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 8 - Discus (500 Gram)**

2	Max Robertson	Woy Woy Peninsula	9.73m
3	Lucas Eastwood	Wyong	9.30m
4	Axis Melton	Toukley	7.82m
5	Kai McMillan	Tuggerah Lakes M	7.34m
6	Luke McMillan	Tuggerah Lakes M	6.62m

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

Zone: Z 34.48m 26/11/2017 Oscar Furey, Gosford

Name Age Centre Final

1	Archer Todd	Woy Woy Peninsula	18.72m
2	Lucas Williams	Tuggerah Lakes M	13.35m
3	Zavier West	Wyong	13.29m
4	Lochie Brands	Wyong	12.42m
5	Braydan Carlson	Wyong	12.33m
6	Jacob Chalmers	Wyong	8.55m

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

Zone: Z 33.62m 1995 C Bown, Terrigal / Wamberal

Name Age Centre Final

1	Eziekial Bugden	Gosford	33.08m
2	Bryson Norris	Tuggerah Lakes M	20.74m
3	Callum McKendrick	Gosford	17.18m
4	Patrick Turnbull	Woy Woy Peninsula	15.32m
5	Logan Palmer	Tuggerah Lakes M	14.38m
6	Ethan Lear	Wyong	13.85m

**Boys U 11 - Discus 500 Gram)**

Zone: Z 32.41m 2/12/2018 Oliver Andrews-Bohringer, Tu

Name Age Centre Final

1	Kai Onozawa	Gosford	28.01m
2	Isaak Goulding	Tuggerah Lakes M	22.95m
3	Aiden Robards	Tuggerah Lakes M	22.76m
4	Mitchell Robinson	Toukley	20.62m
5	Riley O'Dell	Tuggerah Lakes M	20.41m
6	Ethan West	Wyong	18.38m
7	Hugh Argent	Terrigal/Wamberal	17.95m
8	Harper Hagen	Woy Woy Peninsula	14.95m
9	Oliver Sim	Gosford	14.50m
10	Daniel Bendeovski	Terrigal/Wamberal	14.21m
11	Connor MacDonald	Tuggerah Lakes M	6.49m

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

Zone: Z 37.43m 15/12/2012 Mason Leef, Wyong

Name Age Centre Final

1	Oliver Andrews-Bohringer	Tuggerah Lakes M	27.25m
2	William Hunter	Gosford	23.97m
3	Kyne Baird	Terrigal/Wamberal	22.34m
4	Finnley Sammons	Tuggerah Lakes M	21.11m
5	Matthew Potter	Tuggerah Lakes M	20.49m
6	Bayden Brands	Wyong	19.39m
7	Riley King	Terrigal/Wamberal	17.56m

**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 12 - Discus (750 Gram)**

8 Cooper Clark	Terrigal/Wamberal	14.94m
9 Griffon Dunne	Terrigal/Wamberal	12.54m

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

=====			
Zone: Z 50.24m 1/12/2018 George Wells, Tuggerah Lak			
Name	Age Centre		Final
=====			
1 Jay Clarke	Gosford		33.21m
2 Ihakara Leef	Wyong		29.35m
3 Charon vanderHam	Tuggerah Lakes M		27.85m
4 Joshua Eslick	Toukley		22.49m
5 Lucas Hall	Terrigal/Wamberal		22.44m
6 Cooper Jones	Tuggerah Lakes M		17.92m
7 Declan Coles	Toukley		17.34m
8 Travis Eagleton	Toukley		16.93m

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

=====			
Zone: Z 44.48m 1993 A Lovie, Woy Woy Peninsula			
Name	Age Centre		Final
=====			
1 George Wells	Tuggerah Lakes M		49.29mZ
2 Lincoln Markulin	Tuggerah Lakes M		28.85m
3 Christopher Rae	Tuggerah Lakes M		23.53m
4 Talan Beatty	Terrigal/Wamberal		20.44m
5 Spencer Andrews-Bohringe	Tuggerah Lakes M		20.38m
6 Kynan Patterson	Terrigal/Wamberal		19.47m
7 Cohen Mackay	Wyong		18.81m
8 Lachlan Bryant	Terrigal/Wamberal		17.58m
9 Manuel Ampoma-Gyamfi	Wyong		15.19m

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

=====			
Zone: Z 54.52m 2000 A Hamstra, Woy Woy Peninsula			
Name	Age Centre		Final
=====			
1 Joshua Farrant	Gosford		40.19m
2 Connor Rooke	Wyong		34.83m
3 Kynan Johnson	Wyong		29.35m
4 Samuel Larter	Wyong		27.76m

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

=====			
Zone: Z 44.81m 26/11/2017 Callum Sutton, Gosford LAC			
Name	Age Centre		Final
=====			
1 Ethan Jeffrey	Wyong		32.02m
2 Jelle vanderHam	Tuggerah Lakes M		31.78m
3 Max Barsby	Toukley		25.74m
4 Shaun Turnbull	Woy Woy Peninsula		24.77m
5 Gerald Ampoma-Gyamfi	Wyong		19.76m

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

=====			
Zone: Z 28.01m 9/12/2016 George Wells, Tuggerah Lakes			
Name	Age Centre		Final
=====			
1 Oliver Sim	Gosford		14.04m



**Central Coast Zone Track & Field Championships****Mingara Athletics Facility****Results****....Boys U 11 - Javelin (400 Gram)**

2	Noah Spindler	Toukley	12.15m
3	Blake Stamper	Wyong	11.04m
4	Hayden Palmer	Tuggerah Lakes M	8.91m
5	Connor MacDonald	Tuggerah Lakes M	7.54m

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

=====			
Zone: Z 31.65m 14/12/2012 Mason Leef, Wyong			
Name	Age	Centre	Final
=====			
1	Oliver Andrews-Bohringer	Tuggerah Lakes M	24.75m
2	Finnley Sammons	Tuggerah Lakes M	22.75m
3	Riley White	Tuggerah Lakes M	18.07m
4	William Hunter	Gosford	15.66m
5	Tamatea Topia	Wyong	15.44m
6	Cohen Riddell	Wyong	14.45m

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

=====			
Zone: Z 33.94m 30/11/2018 George Wells, Tuggerah Lak			
Name	Age	Centre	Final
=====			
1	Jay Clarke	Gosford	22.46m
2	Markus Wolscher	Wyong	22.44m
3	Charon vanderHam	Tuggerah Lakes M	20.80m
4	Callum Smith	Wyong	18.04m
5	Rohan Clark	Wyong	17.68m
6	Joshua Eslick	Toukley	17.60m
7	Ashton Patterson	Tuggerah Lakes M	17.19m
8	Lucas Hall	Terrigal/Wamberal	16.25m

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

=====			
Zone: Z 46.56m 2000 A Crump, Wyong			
Name	Age	Centre	Final
=====			
1	George Wells	Tuggerah Lakes M	32.32m
2	Lincoln Markulin	Tuggerah Lakes M	32.13m
3	Aidan Gee	Tuggerah Lakes M	26.65m

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

=====			
Zone: Z 36.74m 14/12/2014 Tyler Gunn, Gosford			
Name	Age	Centre	Final
=====			
1	Kynan Johnson	Wyong	27.83m
2	Joshua Farrant	Gosford	27.26m
3	Samuel Larter	Wyong	26.12m

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

=====			
Zone: Z 45.94m 9/12/2016 Jarryd Walter, Wyong			
Name	Age	Centre	Final
=====			
1	Jelle vanderHam	Tuggerah Lakes M	34.17m
2	Joel Kemp	Tuggerah Lakes M	32.24m
3	Ethan Jeffrey	Wyong	32.13m
4	Matthew McKay	Tuggerah Lakes M	32.07m

**Central Coast Zone Track & Field Championships**  
**Mingara Athletics Facility**  
**Results**

**Boys U 9 - 700 Metre Walk**

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=====
Zone: Z 4:10.83 11/12/2015 Ashton Patterson, Tuggerah
Name           Age Centre           Final
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## Section 1

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1 Braydan Carlson           Wyong           5:34.30

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**Boys U 10 - 1100 Metre Walk**

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=====
Zone: Z 6:00.61 9/12/2016 Myles Ashby, Gosford
Name           Age Centre           Final
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1 Maximilian Willcocks     Wyong           9:31.13

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**Boys U 12 - 1500 Metre Walk**

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=====
Zone: Z 7:18.57 14/12/2012 Dylan Richardson, Gosford
Name           Age Centre           Final
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1 Alexander Willcocks     Wyong           11:16.18

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**Boys U 13 - 1500 Metre Walk**

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=====
Zone: Z 6:54.89 13/12/2013 Dylan Richardson, Gosford
Name           Age Centre           Final
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1 Myles Ashby             Gosford         8:39.52
2 Charon vanderHam       Tuggerah Lakes M 10:51.63

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**Boys U 14 - 1500 Metre Walk**

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=====
Zone: Z 6:30.80 2011 Tyler Jones, Wyong
Name           Age Centre           Final
=====

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1 Manuel Ampoma-Gyamfi    Wyong           10:39.45

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**Boys U 17 - 1500 Metre Walk**

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=====
Zone: Z 6:07.90 13/12/2013 Tyler Jones, Wyong
Name           Age Centre           Final
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1 Joel Kemp              Tuggerah Lakes M 6:59.73

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