

Lake Macquarie Zone Championships**LANSW****Results****Girls U 7 - 50 Metre Sprint**

Name	Age	Centre	Final
Zone: Z 9.34 10/12/2011 Lara Gooch, Cardiff & Distric			

Section 1

1 Pearce, Bella		Westlakes	9.84
2 Haouchar, Sofia		Macquarie Hunter	10.24
3 Crow, Rubee		Southlakes	10.53
3 Cassel-Denmeade, Lily		Macquarie Hunter	10.53

Girls U 7 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.48 1/12/2013 Ruby Jones, Macquarie Hunter			

1 Welch, Isabelle		Macquarie Hunter	12.95
2 Clifford, Maeve		Eastlakes	13.74
3 Stringer, Mila		Kotara South	13.81
4 Zawierucha, Rory		Westlakes	14.08
5 Cassel-Denmeade, Lily		Macquarie Hunter	14.87
6 Crow, Rubee		Southlakes	14.94
7 Ashley, Ester		Macquarie Hunter	17.20

Girls U 8 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 11.34 2008 Alexis Jeffs, Cardiff & Distr			

1 Faavae-Eli, Kaylani		Macquarie Hunter	12.56
2 Mcilwain, Billie		Kotara South	12.75
3 Harrison, Sydney		Southlakes	12.91
4 Gardiner, Cieria		Macquarie Hunter	13.00
5 Preston-Poole, Jorja		Eastlakes	13.58
6 Frost, Madeline		Westlakes	14.01
7 Watson, Madeline		Kotara South	14.45

Girls U 9 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 10.84 16/12/2012 Casey Archard, Edgeworth			

1 Hicks, Jenice		Edgeworth	11.21
2 Austin, Molly		Macquarie Hunter	11.70
3 Stringer, Kaila		Kotara South	11.81
4 Evans, Alannah		Macquarie Hunter	12.57
5 McIlwhan, Abbie		Southlakes	13.13
6 Parsons, Charlee		Cardiff & District	13.65
7 Graham, Ella		Cardiff & District	14.23

Girls U 10 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 10.44 1997 B Kenny, Macquarie Shores			

1 Trembath, Madison		Macquarie Hunter	11.36
2 Harrison, Ella		Southlakes	12.42
3 Ridgeway, Alyssa		Cardiff & District	12.53

Lake Macquarie Zone Championships**LANSW****Results****Girls U 7 - 100 Metre Sprint**

Zone: Z 16.94 1990 Rachel Cornell, Macquarie Sho			
Name	Age	Centre	Final
1 Welch, Isabelle		Macquarie Hunter	19.07
2 Pearce, Bella		Westlakes	19.71
3 Clifford, Maeve		Eastlakes	19.82
4 Watkins, Layla		Eastlakes	19.87
5 Stringer, Mila		Kotara South	19.90
6 Williams, Millie		Cardiff & District	20.01
7 Zawierucha, Rory		Westlakes	21.03
8 Ashley, Ester		Macquarie Hunter	24.88

Girls U 8 - 100 Metre Sprint

Zone: Z 16.44 2008 Alexis Jeffs, Cardiff & Distr			
Name	Age	Centre	Final
1 Bale, Indi		Kotara South	17.28
2 Faavae-Eli, Kaylani		Macquarie Hunter	17.90
3 Mooney, Gemma		Macquarie Hunter	18.20
4 Shepherd, Zali		Cardiff & District	18.50
5 Gardiner, Cieria		Macquarie Hunter	18.51
6 Mcilwain, Billie		Kotara South	19.12
7 McBride, Willow		Kotara South	19.67
8 Toms, Lylah		Southlakes	22.07
9 Driscoll, Olive		Kotara South	23.17

Girls U 9 - 100 Metre Sprint

Zone: Z 14.94 1993 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Campbell, Charlotte		Westlakes	16.8hQ
2 Taylor, Matilda		Kotara South	17.1hQ
3 Evans, Alannah		Macquarie Hunter	17.5hQ
4 Crozier, Abbie		Kotara South	18.9hq
5 Manning, Emily		Cardiff & District	20.5h
Heat 2 Heats			
1 Hicks, Jenice		Edgeworth	15.6hQ
2 Austin, Molly		Macquarie Hunter	16.5hQ
3 Stringer, Kaila		Kotara South	16.8hQ
4 O'Brien, Maya		Kotara South	19.4hq
5 Graham, Ella		Cardiff & District	20.6h
6 Maiden, Isabella		Cardiff & District	23.9h

Girls U 9 - 100 Metre Sprint

Zone: Z 14.94 1993 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Final
Section 1 Final			
1 Hicks, Jenice		Edgeworth	15.95
2 Stringer, Kaila		Kotara South	16.85
3 Austin, Molly		Macquarie Hunter	16.91
4 Campbell, Charlotte		Westlakes	17.89
5 Evans, Alannah		Macquarie Hunter	17.95
6 Taylor, Matilda		Kotara South	18.24
7 O'Brien, Maya		Kotara South	20.41

Lake Macquarie Zone Championships**LANSW****Results****Girls U 10 - 100 Metre Sprint**

Zone: Z 14.67 16/12/2017 Ava Ross, Kotara South			
Name	Age	Centre	Final
Section 1			
1 Trembath, Madison		Macquarie Hunter	15.68
2 Preston-Poole, Mackenzie		Eastlakes	15.73
3 Jeffrey, Miley		Edgeworth	16.57
4 O'Brien, Lily		Kotara South	16.76
5 Driscoll, Annika		Kotara South	17.00
6 McGregor, Darcie		Southlakes	17.34
7 Ridgeway, Alyssa		Cardiff & District	17.80
8 Calo, Zoe		Edgeworth	18.65
9 Walters, Lilly		Eastlakes	19.33

Girls U 11 - 100 Metre Sprint

Zone: Z 13.84 1995 Heidi Burgess, Kotara South			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Wells, Macy		Macquarie Hunter	15.01Q
2 O'Brien, Nikita		Macquarie Hunter	15.11Q
3 Bolakis, Demi		Westlakes	16.05Q
4 Ford, Lillian		Westlakes	16.35
5 Bremmell, Hannah		Kotara South	17.89
Heat 2 Heats			
1 Stringer, Jade		Kotara South	14.84Q
2 Sumner, Rishayla		Edgeworth	15.53Q
3 Cubis, Caitlin		Southlakes	15.59Q
4 Kingett, Ella		Macquarie Hunter	15.60q
5 Weeks, Lily		Kotara South	15.72q
6 Oliver, Sophie		Kotara South	15.81
7 Archer, Katherine		Westlakes	15.93
8 Morgan, Aleah		Kotara South	16.87
9 Johnson, Macy		Edgeworth	16.94

Girls U 11 - 100 Metre Sprint

Zone: Z 13.84 1995 Heidi Burgess, Kotara South			
Name	Age	Centre	Final
Section 1 Final			
1 Stringer, Jade		Kotara South	15.37
2 O'Brien, Nikita		Macquarie Hunter	15.55
3 Wells, Macy		Macquarie Hunter	15.57
4 Sumner, Rishayla		Edgeworth	15.68
5 Cubis, Caitlin		Southlakes	15.72
6 Weeks, Lily		Kotara South	16.22
7 Kingett, Ella		Macquarie Hunter	16.25
8 Bolakis, Demi		Westlakes	16.62

Girls U 12 - 100 Metre Sprint

Zone: Z 13.44 1990 Leanne Smith, Macquarie Shore			
Name	Age	Centre	Final
Section 1			
1 Ross, Ava		Kotara South	13.70
2 McCarthy, Anika		Macquarie Hunter	14.40

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 12 - 100 Metre Sprint**

3 Bolakis, Eleni	Westlakes	14.79
4 Simmonds-Webb, India	Macquarie Hunter	15.12
5 Granato, Matilda	Eastlakes	15.46
6 Pomfret, Madison	Edgeworth	15.87
7 Porch, Tahlia	Westlakes	16.25
8 Cowling, Eva	Southlakes	16.61
9 Trembath, Layla	Macquarie Hunter	17.34

Girls U 13 - 100 Metre Sprint

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Zone:	Z 12.84	12/1996	Heidi Burgess, Kotara South
Name		Age Centre	Heats
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Heat 1 Heats

1 Robins, Michellie	Eastlakes	14.44Q
2 Brockbank, Mahala	Cardiff & District	14.58Q
3 Forsythe, Lucy	Cardiff & District	14.81Q
4 McClymont, Emily	Kotara South	15.40q
5 Dean, Nina	Southlakes	15.44

Heat 2 Heats

1 Roberts, Amelia	Macquarie Hunter	13.78Q
2 Cupitt, Ana	Kotara South	14.39Q
3 Gardiner, Faith	Macquarie Hunter	14.61Q
4 Whyte, Allia	Kotara South	14.99q
5 Tobin, Lucy	Cardiff & District	15.58
6 Hunter, Halle	Eastlakes	16.83
7 Allen, Chantelle	Eastlakes	19.98

Girls U 13 - 100 Metre Sprint

=====			
Zone:	Z 12.84	12/1996	Heidi Burgess, Kotara South
Name		Age Centre	Final
=====			

Section 1 Final

1 Roberts, Amelia	Macquarie Hunter	13.90
2 Cupitt, Ana	Kotara South	14.49
3 Gardiner, Faith	Macquarie Hunter	14.76
4 Whyte, Allia	Kotara South	14.95
5 Robins, Michellie	Eastlakes	15.00
6 Forsythe, Lucy	Cardiff & District	15.13
7 Brockbank, Mahala	Cardiff & District	15.22
8 McClymont, Emily	Kotara South	15.63

Girls U 14 - 100 Metre Sprint

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Zone:	Z 12.64	1991	Shelly Peattie, Macquarie Sho
Name		Age Centre	Final
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Section 1

1 McGregor, Keira	Macquarie Hunter	13.52
2 Black, Tarli	Macquarie Hunter	13.59
3 McRae, Dakota	Cardiff & District	13.69
4 Whiddon, Hannah	Eastlakes	13.86
5 Weeks, Olivia	Kotara South	14.74
6 Jones, Scarlett	Kotara South	14.89
7 Henry, Samantha	Southlakes	14.95
8 Wright, Hailey	Southlakes	15.03
9 Porch, Ashlea	Westlakes	16.42

Lake Macquarie Zone Championships**LANSW****Results****Girls U 15 - 100 Metre Sprint**

Zone: Z 12.54 1991 Nicole Linabury, Macquarie Sh			
Name	Age	Centre	Final
1 Lewis, Torrie		Macquarie Hunter	12.32Z
2 Xavier, Amber		Macquarie Hunter	12.83
3 George, Sukontha		Macquarie Hunter	13.12
4 Harris, Ella		Kotara South	14.32
5 Edmonds, Kaitlyn		Cardiff & District	14.36
6 McDonald, Olivia		Edgeworth	15.60
7 McGinniskin, Molly		Edgeworth	19.89

Girls U 17 - 100 Metre Sprint

Zone: Z 12.42 16/12/2017 Teah Macpherson, Macquarie Hu			
Name	Age	Centre	Final
1 Munro, Georgia		Macquarie Hunter	12.57
2 Windred, Milli		Cardiff & District	13.12
3 Irving, Kearney		Southlakes	14.71

Girls U 7 - 200 Metre Sprint

Zone: Z 29.04 1990 Rachel Cornell, Macquarie Sho			
Name	Age	Centre	Final
1 Watkins, Layla		Eastlakes	40.72
2 Clifford, Maeve		Eastlakes	42.33
3 Zawierucha, Rory		Westlakes	43.72
4 Haouchar, Sofia		Macquarie Hunter	44.80
5 Williams, Millie		Cardiff & District	45.19

Girls U 8 - 200 Metre Sprint

Zone: Z 33.84 2008 Alexis Jeffs, Cardiff & Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bale, Indi		Kotara South	36.44Q
2 Faavae-Eli, Kaylani		Macquarie Hunter	38.01Q
3 Shepherd, Zali		Cardiff & District	39.51Q
4 Preston-Poole, Jorja		Eastlakes	42.34
5 Kapsaskis, Georgia		Edgeworth	46.21
6 Toms, Lylah		Southlakes	47.71
Heat 2 Heats			
1 Mooney, Gemma		Macquarie Hunter	39.57Q
2 Harrison, Sydney		Southlakes	39.67Q
3 McBride, Willow		Kotara South	40.24Q
4 Gardiner, Cieria		Macquarie Hunter	40.28q
5 Griffin, Kaitlyn		Cardiff & District	41.25q
6 Archer, Lily		Westlakes	42.08

Girls U 8 - 200 Metre Sprint

Zone: Z 33.84 2008 Alexis Jeffs, Cardiff & Distr			
Name	Age	Centre	Final
Section 1 Final			
1 Bale, Indi		Kotara South	36.92
2 Faavae-Eli, Kaylani		Macquarie Hunter	38.43

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 8 - 200 Metre Sprint**

3	Mooney, Gemma	Macquarie Hunter	39.07
4	Harrison, Sydney	Southlakes	39.25
5	Shepherd, Zali	Cardiff & District	39.39
6	Gardiner, Cieria	Macquarie Hunter	39.90
7	McBride, Willow	Kotara South	41.85
8	Griffin, Kaitlyn	Cardiff & District	41.95

Girls U 9 - 200 Metre Sprint

Zone: Z 32.44 15/12/2009 Alexis Jeffs, Cardiff & Distr

Name Age Centre Final

Section 1

1	Hicks, Jenice	Edgeworth	33.62
2	Taylor, Matilda	Kotara South	33.96
3	Croxford, Kari	Macquarie Hunter	34.30
4	Austin, Molly	Macquarie Hunter	35.89
5	Crozier, Abbie	Kotara South	38.34
6	Lehmann, Joanna	Cardiff & District	39.03
7	McIlwhan, Abbie	Southlakes	40.70

Girls U 10 - 200 Metre Sprint

Zone: Z 30.94 1990 T Mcheyzer, Macquarie Shores

Name Age Centre Final

1	Trembath, Madison	Macquarie Hunter	30.80Z
2	Preston-Poole, Mackenzie	Eastlakes	32.09
3	Jeffrey, Miley	Edgeworth	33.41
4	Mueller, Grace	Macquarie Hunter	34.46
5	Daymond, Makaylie	Edgeworth	35.79

Girls U 11 - 200 Metre Sprint

Zone: Z 28.12 14/12/2014 Milly Stephenson, Macquarie H

Name Age Centre Heats

Heat 1 Heats

1	Kingett, Ella	Macquarie Hunter	32.92Q
2	Wells, Macy	Macquarie Hunter	33.49Q
3	Oliver, Sophie	Kotara South	34.21Q
4	Archer, Katherine	Westlakes	34.40q

Heat 2 Heats

1	O'Brien, Nikita	Macquarie Hunter	31.28Q
2	Cubis, Caitlin	Southlakes	33.10Q
3	Bolakis, Demi	Westlakes	33.65Q
4	Johnson, Macy	Edgeworth	35.31q
5	Sewell, Chloe	Westlakes	40.87
6	Hird, Chloe	Cardiff & District	41.24

Girls U 11 - 200 Metre Sprint

Zone: Z 28.12 14/12/2014 Milly Stephenson, Macquarie H

Name Age Centre Final

Section 1 Final

1	Wells, Macy	Macquarie Hunter	32.43
2	O'Brien, Nikita	Macquarie Hunter	32.64
3	Cubis, Caitlin	Southlakes	33.52

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 11 - 200 Metre Sprint**

4 Kingett, Ella	Macquarie Hunter	33.94
5 Archer, Katherine	Westlakes	34.12
6 Bolakis, Demi	Westlakes	34.95
7 Johnson, Macy	Edgeworth	35.85

Girls U 12 - 200 Metre Sprint

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Zone:	Z 27.24	16/12/2012	Dakota Thomas, Macquarie Hunt
Name		Age Centre	Heats
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Heat 1 Heats

1 McCarthy, Anika	Macquarie Hunter	30.02Q
2 Bolakis, Eleni	Westlakes	30.34Q
3 Oakey, Amy	Eastlakes	32.27Q
4 McManus, Mollie	Eastlakes	32.81q
5 Pomfret, Madison	Edgeworth	32.82q
6 Granato, Matilda	Eastlakes	33.08q
7 Porch, Tahlia	Westlakes	35.09q
8 Urane, Monika	Edgeworth	36.39q
9 Trembath, Layla	Macquarie Hunter	38.56

Girls U 12 - 200 Metre Sprint

=====			
Zone:	Z 27.24	16/12/2012	Dakota Thomas, Macquarie Hunt
Name		Age Centre	Final
=====			

Section 1 Final

1 McCarthy, Anika	Macquarie Hunter	30.02
2 Bolakis, Eleni	Westlakes	30.34
3 Oakey, Amy	Eastlakes	32.27
4 McManus, Mollie	Eastlakes	32.81
5 Pomfret, Madison	Edgeworth	32.82
6 Granato, Matilda	Eastlakes	33.08
7 Porch, Tahlia	Westlakes	35.09
8 Urane, Monika	Edgeworth	36.39

Girls U 13 - 200 Metre Sprint

=====			
Zone:	Z 26.54	16/12/2012	Bernice de Jager, Macquarie H
Name		Age Centre	Final
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Section 1

1 Roberts, Amelia	Macquarie Hunter	27.77
2 Daymond, Jassmin	Edgeworth	28.73
3 Cupitt, Ana	Kotara South	28.86
4 Brockbank, Mahala	Cardiff & District	29.96
5 Whyte, Allia	Kotara South	30.94
6 Gardiner, Faith	Macquarie Hunter	31.09
7 Forsythe, Lucy	Cardiff & District	31.16
8 McClymont, Emily	Kotara South	33.21
9 Hunter, Halle	Eastlakes	34.42

Girls U 14 - 200 Metre Sprint

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Zone:	Z 25.53	2/12/2018	Torrie Lewis, Macquarie Hunte
Name		Age Centre	Final
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1 McRae, Dakota	Cardiff & District	28.13
2 Whiddon, Hannah	Eastlakes	29.49

Lake Macquarie Zone Championships**LANSW****Results****...Girls U 14 - 200 Metre Sprint**

3 Weeks, Olivia	Kotara South	30.81
4 Wright, Hailey	Southlakes	30.83
5 Henry, Samantha	Southlakes	31.68
6 Porch, Ashlea	Westlakes	33.27
7 Fleming, Shianne	Macquarie Hunter	35.47

Girls U 15 - 200 Metre Sprint

=====			
Zone: Z 25.32 29/11/2015 Dakota Thomas, Macquarie Hunt			
Name	Age Centre		Final
=====			
1 Lewis, Torrie	Macquarie Hunter		24.67Z
2 Xavier, Amber	Macquarie Hunter		26.36
3 George, Sukontha	Macquarie Hunter		27.31
4 Urane, Sophie	Edgeworth		29.30
5 Harris, Ella	Kotara South		29.38

Girls U 17 - 200 Metre Sprint

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Zone: Z 25.82 11/12/2016 Teah MacPherson, Macquarie Hu			
Name	Age Centre		Final
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1 Munro, Georgia	Macquarie Hunter		25.59Z
2 Monk, Montana	Macquarie Hunter		25.91
3 Windred, Milli	Cardiff & District		26.33
4 Dein, Rhiannon	Southlakes		32.32

Girls U 8 - 400 Metre Sprint

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Zone: Z 1:18.64 10/12/2011 Montana Monk, Macquarie Hun			
Name	Age Centre		Final
=====			
1 Bale, Indi	Kotara South		1:26.21
2 Griffin, Kaitlyn	Cardiff & District		1:31.99
3 Kapsaskis, Georgia	Edgeworth		1:44.13
4 Toms, Lylah	Southlakes		1:45.02

Girls U 9 - 400 Metre Sprint

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Zone: Z 1:13.24 15/12/2012 Montana Monk, Macquarie Hun			
Name	Age Centre		Final
=====			
1 Croxford, Kari	Macquarie Hunter		1:22.39
2 Flint, Ava	Southlakes		1:25.33
3 Huff, Hayley	Edgeworth		1:30.22
Section 2			
1 Taylor, Matilda	Kotara South		1:19.76
2 Croft, Isla	Macquarie Hunter		1:20.90
3 Campbell, Charlotte	Westlakes		1:26.98
4 Crozier, Abbie	Kotara South		1:33.08
5 Farlow, Autumn	Macquarie Hunter		1:47.68

Girls U 10 - 400 Metre Sprint

=====			
Zone: Z 1:10.16 30/11/2013 Montana Monk, Macquarie Hun			
Name	Age Centre		Final
=====			
Section 1			
1 Preston-Poole, Mackenzie	Eastlakes		1:14.53

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 10 - 400 Metre Sprint**

2	Driscoll, Annika	Kotara South	1:17.84
3	Mueller, Grace	Macquarie Hunter	1:17.88
4	Trembath, Madison	Macquarie Hunter	1:18.95
5	Daymond, Makaylie	Edgeworth	1:25.11
6	MacNeill, Charlotte	Kotara South	1:32.78
7	Sharrock, Ruby	Westlakes	1:38.36

Girls U 11 - 400 Metre Sprint

Zone: Z 1:08.06 13/12/2014 Montana Monk, Macquarie Hun

Name Age Centre Final

1	Ingall, Ruby	Kotara South	1:15.25
2	Hearnden, Emma	Cardiff & District	1:16.80
3	Weeks, Lily	Kotara South	1:18.04
4	McKensey, Heidi	Macquarie Hunter	1:23.22
5	Sewell, Chloe	Westlakes	1:40.07

Girls U 12 - 400 Metre Sprint

Zone: Z 1:04.64 4/12/2010 Chloe Walters, Macquarie Hu

Name Age Centre Final

1	McKensey, Annabel	Macquarie Hunter	1:12.35
2	Oakey, Amy	Eastlakes	1:15.57
3	Lienau, Zara	Westlakes	1:16.21
4	Thomas, Lorena	Kotara South	1:16.43
5	Urane, Monika	Edgeworth	1:22.18

Girls U 13 - 400 Metre Sprint

Zone: Z 1:01.53 15/12/2012 Bernice de Jager, Macquarie

Name Age Centre Final

1	Daymond, Jassmin	Edgeworth	1:05.72
2	Schmidt, Lucy	Macquarie Hunter	1:10.12
3	Redford, Isobel	Kotara South	1:11.10
4	Bailey, Angelique	Southlakes	1:14.31
5	Crawford, Laria	Southlakes	1:15.13

Girls U 14 - 400 Metre Sprint

Zone: Z 58.94 30/11/2013 Bernice de Jager, Macquarie H

Name Age Centre Final

1	Panos, Briana	Macquarie Hunter	1:04.13
2	Simolin, Jorja	Eastlakes	1:12.07
3	Porch, Ashlea	Westlakes	1:17.55
4	McKensey, Jemima	Macquarie Hunter	1:20.78

Girls U 15 - 400 Metre Sprint

Zone: Z 58.32 1/12/2018 Montana Monk, Macquarie Hunte

Name Age Centre Final

1	Pollard, Jemma	Kotara South	1:02.73
2	Harris, Ella	Kotara South	1:07.96
3	Edmonds, Kaitlyn	Cardiff & District	1:10.83
4	Young, Amanda	Kotara South	1:11.65

Lake Macquarie Zone Championships**LANSW****Results****...Girls U 15 - 400 Metre Sprint**

5 Hillhouse, Chelsea	Southlakes	1:13.06
6 Wheeler, Paige	Westlakes	1:14.11

Girls U 17 - 400 Metre Sprint

Zone: Z 58.61 28/11/2015 Bernice de Jager, Macquarie H

Name	Age Centre	Final
1 Monk, Montana	Macquarie Hunter	57.44Z
2 Windred, Milli	Cardiff & District	1:00.03
3 Pickering, Sarah	Macquarie Hunter	1:00.55
4 Barnett, Eleanor	Kotara South	1:01.74
5 Osborne, Ella	Kotara South	1:04.86
6 Angeli, Ella	Kotara South	1:06.46
7 Ward, Phoebe	Southlakes	1:09.44

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:51.60 1990 Rachel Cornell, Macquarie H

Name	Age Centre	Final
1 Zawierucha, Rory	Westlakes	2:09.83
2 Pearce, Bella	Westlakes	2:10.94
3 Watkins, Layla	Eastlakes	2:13.04
4 Cassel-Denmeade, Lily	Macquarie Hunter	2:15.67
5 Haouchar, Sofia	Macquarie Hunter	2:24.40
6 Williams, Millie	Cardiff & District	2:27.38
7 Stringer, Mila	Kotara South	2:41.88

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:25.70 11/12/2011 Montanna Monk, Macquarie Hu

Name	Age Centre	Final
1 Mulligan, Halle	Macquarie Hunter	2:51.33
2 Griffin, Kaitlyn	Cardiff & District	2:56.44
3 Cashion, Sophie	Macquarie Hunter	2:58.78
4 O'Loughlin, Alexis	Kotara South	3:07.70
5 Kapsaskis, Georgia	Edgeworth	3:21.70
6 Klepzig, Bethany	Southlakes	3:29.68
7 Driscoll, Olive	Kotara South	3:53.74

Girls U 9 - 800 Metre Run

Zone: Z 2:42.10 16/12/2012 Montana Monk, Macquarie Hun

Name	Age Centre	Final
1 Croft, Isla	Macquarie Hunter	3:08.98
2 Flint, Ava	Southlakes	3:12.50
3 Taylor, Matilda	Kotara South	3:15.85
4 Day, Mikayla	Cardiff & District	3:32.75
5 Maddison, Demi	Cardiff & District	3:38.49
6 Farlow, Autumn	Macquarie Hunter	3:52.81
7 Hearnden, Nikki	Cardiff & District	4:09.43

Lake Macquarie Zone Championships**LANSW****Results****Girls U 10 - 800 Metre Run**

Zone: Z 2:35.22 1/12/2013 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Preston-Poole, Mackenzie		Eastlakes	2:51.27
2 Driscoll, Annika		Kotara South	2:56.51
3 Mueller, Grace		Macquarie Hunter	3:06.74
4 McGregor, Darcie		Southlakes	3:23.61
5 Sharrock, Ruby		Westlakes	3:32.53
6 Daymond, Makaylie		Edgeworth	3:38.07
7 Mcdonald, Lilly		Edgeworth	3:47.41

Girls U 11 - 800 Metre Run

Zone: Z 2:28.95 14/12/2014 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Ingall, Ruby		Kotara South	2:48.19
2 Kingett, Ella		Macquarie Hunter	3:00.09
3 Weeks, Lily		Kotara South	3:03.68
4 McKensey, Heidi		Macquarie Hunter	3:05.20
5 Johnson, Macy		Edgeworth	3:06.70
6 Hearnden, Emma		Cardiff & District	3:08.89
7 Bremmell, Hannah		Kotara South	3:11.22
8 Bolakis, Demi		Westlakes	3:13.08

Girls U 12 - 800 Metre Run

Zone: Z 2:25.21 29/11/2015 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Leadbeatter, Emerson		Macquarie Hunter	2:38.77
2 McKensey, Annabel		Macquarie Hunter	2:51.33
3 Poole, Skyla		Eastlakes	2:53.61
4 Lienau, Zara		Westlakes	3:06.03
5 Urane, Monika		Edgeworth	3:09.20
6 Lewis, Saskia		Eastlakes	3:20.42

Girls U 13 - 800 Metre Run

Zone: Z 2:21.70 11/12/2011 Chloe Walters, Macquarie Hu			
Name	Age	Centre	Final
1 Redford, Isobel		Kotara South	2:38.43
2 Schmidt, Lucy		Macquarie Hunter	2:40.92
3 Craig, Rebecca		Macquarie Hunter	2:42.76
4 Mulhearn, Zoe		Kotara South	2:48.17
5 Crawford, Laria		Southlakes	2:56.35

Girls U 14 - 800 Metre Run

Zone: Z 2:17.09 17/12/2017 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Jarvis, Hannah		Macquarie Hunter	2:21.34
2 Kinder, Sienna		Macquarie Hunter	2:26.81
3 Panos, Briana		Macquarie Hunter	2:31.00
4 Taylor, Tegan		Kotara South	2:37.52
5 Simolin, Jorja		Eastlakes	2:51.79
6 McKensey, Jemima		Macquarie Hunter	3:08.81

Lake Macquarie Zone Championships**LANSW****Results****Girls U 15 - 800 Metre Run**

Zone: Z 2:19.02 2/12/2018 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Young, Amanda		Kotara South	2:38.75
2 Hillhouse, Chelsea		Southlakes	2:43.44
3 Urane, Sophie		Edgeworth	2:44.89
4 Wheeler, Paige		Westlakes	2:54.19
5 Edmonds, Kaitlyn		Cardiff & District	3:05.23

Girls U 17 - 800 Metre Run

Zone: Z 2:17.02 17/12/2017 Kaitlyn Klein, Macquarie Hu			
Name	Age	Centre	Final
1 Monk, Montana		Macquarie Hunter	2:13.23Z
2 Pickering, Sarah		Macquarie Hunter	2:17.88
3 Barnett, Eleanor		Kotara South	2:20.47
4 Osborne, Ella		Kotara South	2:24.41
5 Angeli, Ella		Kotara South	2:25.25
6 Ward, Phoebe		Southlakes	2:36.94
7 Scott, Bethany		Westlakes	3:13.42

Girls U 11 - 1500 Metre Run

Zone: Z 5:15.73 13/12/2014 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Pettett, Imogen		Kotara South	5:46.01
2 Kingett, Ella		Macquarie Hunter	5:59.25
3 Lewis, Clio		Eastlakes	6:01.53
4 Hearnden, Emma		Cardiff & District	6:13.08
5 Blake, Ruby		Westlakes	7:24.20

Girls U 12 - 1500 Metre Run

Zone: Z 4:51.30 4/12/2010 Chloe Walters, Macquarie Hu			
Name	Age	Centre	Final
1 Leadbeatter, Emerson		Macquarie Hunter	5:18.79
2 Urane, Monika		Edgeworth	6:36.53
3 Stevens, Ayla		Kotara South	6:44.00

Girls U 13 - 1500 Metre Run

Zone: Z 4:49.43 10/12/2016 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Schmidt, Lucy		Macquarie Hunter	5:29.60
2 Mulhearn, Zoe		Kotara South	5:30.20
3 Redford, Isobel		Kotara South	5:34.35
4 Craig, Rebecca		Macquarie Hunter	5:34.93
5 Crawford, Laria		Southlakes	6:04.95
6 Dean, Nina		Southlakes	6:10.96
7 Bryan, Emma		Kotara South	6:39.93

Lake Macquarie Zone Championships**LANSW****Results****Girls U 14 - 1500 Metre Run**

Zone: Z 4:50.62 16/12/2017 Montana Monk, Macquarie Hun			
Name	Age	Centre	Final
1 Jarvis, Hannah		Macquarie Hunter	4:59.72
2 Kinder, Sienna		Macquarie Hunter	5:04.30
3 Taylor, Tegan		Kotara South	5:24.80
4 Simolin, Jorja		Eastlakes	6:01.28

Girls U 15 - 1500 Metre Run

Zone: Z 4:48.44 10/12/2016 Kaitlyn Klein, Macquarie Hu			
Name	Age	Centre	Final
1 Young, Amanda		Kotara South	5:27.09
2 Walker, Marli		Edgeworth	5:29.35
3 Urane, Sophie		Edgeworth	5:42.79
4 Wheeler, Paige		Westlakes	5:56.37
5 Hillhouse, Chelsea		Southlakes	6:00.66
6 Todhunter, Kirra		Westlakes	6:34.15

Girls U 17 - 1500 Metre Run

Zone: Z 4:53.77 16/12/2017 Kaitlyn Klein, Macquarie Hu			
Name	Age	Centre	Final
1 Monk, Montana		Macquarie Hunter	4:40.60Z
2 Pickering, Sarah		Macquarie Hunter	4:50.37Z
3 Barnett, Eleanor		Kotara South	4:55.86
4 Anderson, Hannah		Kotara South	4:57.06
5 Angeli, Ella		Kotara South	5:08.84
6 Osborne, Ella		Kotara South	5:18.13

Girls U 13 - 3000 Metre Run

Zone: Z 11:07.79 1/12/2018 Hannah Jarvis, Macquarie H			
Name	Age	Centre	Final
1 Redford, Isobel		Kotara South	12:18.89
2 Mulhearn, Zoe		Kotara South	12:30.52
3 Crawford, Laria		Southlakes	14:11.13
4 Bryan, Emma		Kotara South	14:53.05

Girls U 14 - 3000 Metre Run

Zone: Z 11:04.90 12/1998 M Dickson, Eastlakes			
Name	Age	Centre	Final
1 Jarvis, Hannah		Macquarie Hunter	11:04.62Z
2 Kinder, Sienna		Macquarie Hunter	11:31.68
3 Taylor, Tegan		Kotara South	11:50.67

Girls U 15 - 3000 Metre Run

Zone: Z 10:50.65 13/12/2014 Hannah Bain, Macquarie Hun			
Name	Age	Centre	Final
1 Young, Amanda		Kotara South	12:02.46
2 Walker, Marli		Edgeworth	12:33.44
3 Urane, Sophie		Edgeworth	13:04.10

Lake Macquarie Zone Championships**LANSW****Results****...Girls U 15 - 3000 Metre Run**

4 Wheeler, Paige	Westlakes	13:20.66
5 Hillhouse, Chelsea	Southlakes	13:28.80

Girls U 17 - 3000 Metre Run

=====			
Zone: Z 10:50.22 10/12/2016 Jessica Noble, Macquarie H			
Name	Age Centre		Final
=====			
1 Anderson, Hannah	Kotara South		10:52.42
2 Scott, Bethany	Westlakes		13:55.59
3 Bailey, Imogen	Southlakes		22:46.08

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 11.83 10/12/2016 Milla Bru, Kotara South			
Name	Age Centre		Heats
=====			
Heat 1 Heats			
1 Mooney, Gemma	Macquarie Hunter		13.24Q
2 Cashion, Sophie	Macquarie Hunter		14.31Q
3 Mcilwain, Billie	Kotara South		14.37Q
4 Toms, Lylah	Southlakes		15.66q
5 Griffin, Matilda	Cardiff & District		15.71
Heat 2 Heats			
1 Faavae-Eli, Kaylani	Macquarie Hunter		13.21Q
2 Gardiner, Cieria	Macquarie Hunter		13.87Q
3 McBride, Willow	Kotara South		13.97Q
4 Archer, Lily	Westlakes		14.91q
5 Frost, Madeline	Westlakes		15.89

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 11.83 10/12/2016 Milla Bru, Kotara South			
Name	Age Centre		Final
=====			
Section 1 Final			
1 Mooney, Gemma	Macquarie Hunter		13.05
2 Faavae-Eli, Kaylani	Macquarie Hunter		13.35
3 Gardiner, Cieria	Macquarie Hunter		13.96
4 Cashion, Sophie	Macquarie Hunter		13.96
5 McBride, Willow	Kotara South		14.27
6 Archer, Lily	Westlakes		14.83
7 Mcilwain, Billie	Kotara South		15.07
8 Toms, Lylah	Southlakes		16.44

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.91 10/12/2016 Latesha West, Macquarie Hunte			
Name	Age Centre		Heats
=====			
Heat 1 Heats			
1 Campbell, Charlotte	Westlakes		12.06Q
2 Cook, Heidi	Westlakes		13.51Q
3 O'Brien, Maya	Kotara South		13.64Q
4 Maiden, Isabella	Cardiff & District		15.01q
5 Farlow, Autumn	Macquarie Hunter		15.77
6 Hearnden, Nikki	Cardiff & District		17.33
Heat 2 Heats			
1 Stringer, Kaila	Kotara South		11.34Q

Lake Macquarie Zone Championships**LANSW****Results****...Girls U 9 - 60 Metre Hurdles (45cm)**

2	Croxford, Kari	Macquarie Hunter	11.88Q
3	Day, Mikayla	Cardiff & District	12.62Q
4	Manning, Emily	Cardiff & District	13.84q
5	Graham, Ella	Cardiff & District	15.06

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
	Zone: Z 10.91	10/12/2016	Latesha West, Macquarie Hunte
Name	Age	Centre	Final
=====			

Section 1 Final

1	Stringer, Kaila	Kotara South	11.46
2	Croxford, Kari	Macquarie Hunter	11.72
3	Campbell, Charlotte	Westlakes	12.40
4	Day, Mikayla	Cardiff & District	12.71
5	Manning, Emily	Cardiff & District	13.54
6	O'Brien, Maya	Kotara South	13.82
7	Cook, Heidi	Westlakes	13.88
8	Maiden, Isabella	Cardiff & District	15.01

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
	Zone: Z 10.99	10/12/2016	Ruby Jones, Macquarie Hunter
Name	Age	Centre	Final
=====			

Section 1

1	Newell, Seanna	Edgeworth	12.98
2	Jeffrey, Miley	Edgeworth	13.02
3	O'Brien, Lily	Kotara South	13.46
4	MacNeill, Charlotte	Kotara South	14.21
5	Calo, Zoe	Edgeworth	14.31
6	Clark, Chloe	Kotara South	14.63
7	Mcdonald, Lilly	Edgeworth	14.95

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
Name	Age	Centre	Final
=====			
1	Ingall, Ruby	Kotara South	14.85
2	Morgan, Aleah	Kotara South	17.75
3	Ford, Lillian	Westlakes	17.85
4	Crozier, Zara	Kotara South	18.96
5	Sewell, Chloe	Westlakes	20.82

Girls U 12 - 80 Metre Hurdles (68cm)

=====			
Name	Age	Centre	Final
=====			
1	Granato, Matilda	Eastlakes	15.46
2	McKensey, Annabel	Macquarie Hunter	16.43
3	Lienau, Zara	Westlakes	17.18
4	Oakey, Amy	Eastlakes	17.43
5	Porch, Tahlia	Westlakes	17.57
6	Urane, Monika	Edgeworth	18.58

Lake Macquarie Zone Championships**LANSW****Results****Girls U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 13.64 4/12/2005 Tianna Cummings, Macquarie Sh			
Name	Age	Centre	Final
1 Tobin, Lucy		Cardiff & District	16.5h
2 Whyte, Allia		Kotara South	16.8h
3 Wilson, Melanie		Southlakes	18.3h
4 McClymont, Emily		Kotara South	18.5h
5 Gardiner, Faith		Macquarie Hunter	18.8h
6 Moore, Arameia		Kotara South	18.9h

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.94 12/1997 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Final
1 Xavier, Brooke		Macquarie Hunter	13.81
2 Jones, Scarlett		Kotara South	15.38
3 McRae, Dakota		Cardiff & District	15.65
4 Weeks, Olivia		Kotara South	16.40
5 Allen, Stephanie		Eastlakes	17.75
6 Porch, Ashlea		Westlakes	17.79
7 Scott, Abbey		Westlakes	21.62
8 Bromfield, Sienna		Westlakes	22.33

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.74 4/12/2005 Courtney Thompson, Macquarie			
Name	Age	Centre	Final
1 Todhunter, Kirra		Westlakes	18.83
2 Edmonds, Kaitlyn		Cardiff & District	19.03

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 15.31 11/12/2016 Teah MacPherson, Macquarie Hu			
Name	Age	Centre	Final
1 Baker, Grace		Macquarie Hunter	16.60
2 Richardson, Jessica		Macquarie Hunter	18.02
3 Dein, Rhiannon		Southlakes	21.04

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 30.34 30/11/2013 Teah MacPherson, Macquarie Hu			
Name	Age	Centre	Final
1 Daymond, Jassmin		Edgeworth	33.01
2 Whyte, Allia		Kotara South	33.62

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.84 12/1997 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Final
1 Xavier, Brooke		Macquarie Hunter	31.92
2 Porch, Ashlea		Westlakes	36.85
3 Allen, Stephanie		Eastlakes	36.98

Lake Macquarie Zone Championships**LANSW****Results****Girls U 15 - 300 Metre Hurdles (76cm)**

Zone: Z 52.50 10/12/2016 Shanae McIntyre, Edgeworth			
Name	Age	Centre	Final
1 Kehoe, Holly		Edgeworth	54.32
2 Todhunter, Kirra		Westlakes	55.05

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 46.49 16/12/2017 Teah Macpherson, Macquarie Hu			
Name	Age	Centre	Final
1 Ward, Phoebe		Southlakes	52.39
2 Anson-Smith, Chloe		Kotara South	53.93

Girls U 13-14 100 Metre Multi Class Run

Zone: Z 15.74 30/11/2013 Erin Cleaver, Macquarie Hunte			
Name	Age	Centre	Final
1 Bromfield, Sienna		Westlakes	18.36

Girls U 13-14 200 Metre Multi Class Run

Name	Age	Centre	Final
1 Bromfield, Sienna		Westlakes	38.99

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

Zone: Z 56.90 16/12/2012 Macquarie Hunter, Macquarie H			
Centre	Age	Centre	Final
1 Kotara South			59.85
1) Stringer, Kaila 9		2) O'Brien, Lily 10	
3) Stringer, Jade 11		4) Ross, Ava 12	
2 Macquarie Hunter			1:01.39
1) Austin, Molly 9		2) Wells, Macy 11	
3) Trembath, Madison 10		4) McCarthy, Anika 12	
3 Edgeworth			1:02.90
1) Hicks, Jenice 9		2) Jeffrey, Miley 10	
3) Sumner, Rishayla 11		4) Pomfret, Madison 12	
4 Westlakes			1:03.74
1) Bolakis, Eleni 12		2) Ford, Lillian 11	
3) Bolakis, Demi 11		4) Archer, Katherine 11	
5 Southlakes			1:07.74
1) Flint, Ava 9		2) Cubis, Caitlin 11	
3) McGregor, Darcie 10		4) Cowling, Eva 12	
6 Cardiff & District			1:08.82
1) Day, Mikayla 9		2) Flett, Tahlia 11	
3) Hearnden, Emma 11		4) Ridgeway, Alyssa 10	

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

Zone: Z 49.90 11/12/2016 Macquarie Hunter, Macquarie H			
Centre	Age	Centre	Final
1 Macquarie Hunter			49.73Z

Lake Macquarie Zone Championships

LANSW

Results

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

1) Roberts, Amelia 13	2) McGregor, Keira 14	
3) Munro, Georgia 17	4) Lewis, Torrie 15	
2 Cardiff & District		56.53
1) Tobin, Lucy 13	2) McRae, Dakota 14	
3) Forsythe, Lucy 13	4) Edmonds, Kaitlyn 15	
3 Southlakes		57.34
1) Wilson, Melanie 13	2) Ward, Phoebe 17	
3) Bailey, Angelique 13	4) Hillhouse, Chelsea 15	
4 Kotara South		57.95
1) Whyte, Allia 13	2) Cupitt, Ana 13	
3) Redford, Isobel 13	4) Jones, Scarlett 14	
5 Eastlakes		58.26
1) Robins, Michellie 13	2) Allen, Stephanie 14	
3) Simolin, Jorja 14	4) Whiddon, Hannah 14	
6 Edgeworth		59.18
1) Urane, Monika 12	2) Urane, Sophie 15	
3) Daymond, Jassmin 13	4) Daymond, Brianna 17	

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

=====
 Zone: Z 1.10m 16/12/2017 Ruby Ingall, Kotara South
 Name Age Centre Final
 =====

Flight 1

1 Campbell, Charlotte	Westlakes	1.01m
2 Manning, Emily	Cardiff & District	0.97m
3 Crozier, Abbie	Kotara South	0.95m
4 Parsons, Charlee	Cardiff & District	0.95m
5 Huff, Hayley	Edgeworth	0.93m
6 Gandy, Mia	Edgeworth	0.80m
6 Lehmann, Joanna	Cardiff & District	0.80m

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

=====
 Zone: Z 1.18m 2/12/2018 Ruby Ingall, Kotara South
 Name Age Centre Final
 =====

1 Newell, Seanna	Edgeworth	1.14m
2 Jeffrey, Miley	Edgeworth	1.08m
3 Bass, Addison	Westlakes	1.04m
4 McGregor, Darcie	Southlakes	1.00m

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

=====
 Zone: Z 1.42m 15/12/2009 Emma-Sue Greentree, Southlake
 Name Age Centre Final
 =====

1 Ingall, Ruby	Kotara South	1.27m
2 Ford, Lillian	Westlakes	1.23m
3 Wells, Macy	Macquarie Hunter	1.23m
4 Walters, Carly	Westlakes	1.23m
5 Oliver, Sophie	Kotara South	1.10m based on jumpoff
6 Gal, Mila	Eastlakes	1.10m
7 Feenan, Madison	Eastlakes	1.10m WITHDREW at 1.15
8 Sumner, Rishayla	Edgeworth	1.05m
9 Flett, Tahlia	Cardiff & District	1.00m
10 Bremmell, Hannah	Kotara South	1.00m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 12 - High Jump (S/H 1.10m)**

Zone: Z 1.49m 16/12/2012 Chelsea Egginton, Macquarie H			
Name	Age	Centre	Final
1 Cowling, Eva		Southlakes	1.27m
2 Thomas, Lorena		Kotara South	1.25m
3 Simmonds-Webb, India		Macquarie Hunter	1.20m 3rd based on jumpoff
4 Lienau, Zara		Westlakes	1.20m
5 Granato, Matilda		Eastlakes	1.20m
6 Pomfret, Madison		Edgeworth	1.20m
7 McIntyre, Savannah		Edgeworth	1.20m
-- Clark, Matilda		Kotara South	NH

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

Zone: Z 1.58m 10/12/2011 Emma Sue Greentree, Southlake			
Name	Age	Centre	Final
1 Daymond, Jassmin		Edgeworth	1.50m
2 Brockbank, Mahala		Cardiff & District	1.35m
3 Tobin, Lucy		Cardiff & District	1.33m
4 Dean, Nina		Southlakes	1.29m based on jump off
5 Hunter, Halle		Eastlakes	1.29m based on jump off
6 Marshall, Mia		Cardiff & District	1.20m
-- Blackstock, Charli		Eastlakes	NH

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

Zone: Z 1.63m 12/2000 Katie Jones, Westlakes			
Name	Age	Centre	Final
1 Weeks, Olivia		Kotara South	1.30m
2 McRae, Dakota		Cardiff & District	1.25m
3 Parker, Anisha		Macquarie Hunter	1.25m
4 Scott, Abbey		Westlakes	1.20m
-- Henry, Samantha		Southlakes	NH

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

Zone: Z 1.65m 12/1998 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Final
1 Urane, Sophie		Edgeworth	1.54m
2 Edmonds, Kaitlyn		Cardiff & District	1.44m
3 Hillhouse, Chelsea		Southlakes	1.44m
4 Harris, Ella		Kotara South	1.42m
5 Young, Amanda		Kotara South	1.35m

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

Zone: Z 1.60m 14/12/2014 Emma Sue Greentree, Southlake			
Name	Age	Centre	Final
1 Baker, Grace		Macquarie Hunter	1.61mZ
2 Scott, Bethany		Westlakes	1.30m
3 Ward, Phoebe		Southlakes	1.25m
-- Moore, Eleanor		Kotara South	NH

Lake Macquarie Zone Championships**LANSW****Results****Girls U 7 - Long Jump**

Zone: Z 3.33m 1987 T Mcheyzer, Macquarie Shores			
Name	Age	Centre	Final
1 Clifford, Maeve		Eastlakes	2.66m
2 Watkins, Layla		Eastlakes	2.48m
3 Welch, Isabelle		Macquarie Hunter	2.38m
4 Pearce, Bella		Westlakes	2.29m
5 Haouchar, Sofia		Macquarie Hunter	2.24m
6 Crow, Rubee		Southlakes	2.24m
7 Williams, Millie		Cardiff & District	2.23m
8 Ashley, Ester		Macquarie Hunter	1.71m

Girls U 8 - Long Jump

Zone: Z 3.61m 2008 Alexis Jeffs, Cardiff & Distr			
Name	Age	Centre	Final
1 Shepherd, Zali		Cardiff & District	3.03m
2 Bale, Indi		Kotara South	3.02m
3 Klepzig, Bethany		Southlakes	2.49m
4 Archer, Lily		Westlakes	2.38m
5 Cashion, Sophie		Macquarie Hunter	2.37m
6 McBride, Willow		Kotara South	2.35m
7 Kapsaskis, Georgia		Edgeworth	2.32m
8 Frost, Madeline		Westlakes	2.23m
9 Preston-Poole, Jorja		Eastlakes	2.17m
10 Griffin, Matilda		Cardiff & District	2.10m

Girls U 9 - Long Jump

Zone: Z 4.04m 15/12/2009 Dakota Thomas, Macquarie Hunt			
Name	Age	Centre	Final
1 Croft, Isla		Macquarie Hunter	3.37m
2 Croxford, Kari		Macquarie Hunter	3.36m
3 Hicks, Jenice		Edgeworth	3.29m
4 Lehmann, Joanna		Cardiff & District	2.91m
5 Evans, Alannah		Macquarie Hunter	2.75m
6 McIlwhan, Abbie		Southlakes	2.69m
7 Gandy, Mia		Edgeworth	2.51m

Girls U 10 - Long Jump

Zone: Z 4.12m 12/1996 Bianca Mohr, Kotara South			
Name	Age	Centre	Final
1 Newell, Seanna		Edgeworth	3.49m
2 Driscoll, Annika		Kotara South	3.48m
3 McGregor, Darcie		Southlakes	3.45m
4 O'Brien, Lily		Kotara South	3.16m
5 MacNeill, Charlotte		Kotara South	3.08m
6 Sharrock, Ruby		Westlakes	2.91m
7 McDonald, Lilly		Edgeworth	2.77m
8 Alexander, Jacinta		Eastlakes	2.54m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 11 - Long Jump**

Zone: Z 4.55m 11/12/2011 Dakota Thomas, Macquarie Hunt			
Name	Age	Centre	Final
1 Weeks, Lily		Kotara South	3.58m
2 Wells, Macy		Macquarie Hunter	3.48m
3 Stringer, Jade		Kotara South	3.40m
4 Cubis, Caitlin		Southlakes	3.38m
5 McKensey, Heidi		Macquarie Hunter	3.30m
6 Johnson, Macy		Edgeworth	3.24m
7 Gal, Mila		Eastlakes	3.05m
8 Morgan, Aleah		Kotara South	3.00m
9 Bolakis, Demi		Westlakes	2.89m
10 Hunter, Zali		Eastlakes	2.73m
11 Hird, Chloe		Cardiff & District	2.25m

Girls U 12 - Long Jump

Zone: Z 4.74m 15/12/2012 Dakota Thomas, Macquarie Hunt			
Name	Age	Centre	Final
1 Ross, Ava		Kotara South	4.39m
2 McCarthy, Anika		Macquarie Hunter	4.00m
3 Poole, Skyla		Eastlakes	3.69m
4 Bolakis, Eleni		Westlakes	3.63m
5 Oakey, Amy		Eastlakes	3.62m
6 Granato, Matilda		Eastlakes	3.59m
7 Pomfret, Madison		Edgeworth	3.57m
8 McManus, Mollie		Eastlakes	3.50m
9 Lienau, Zara		Westlakes	3.48m
10 Cowling, Eva		Southlakes	3.45m
11 Thomas, Lorenna		Kotara South	3.26m
12 Urane, Monika		Edgeworth	3.11m

Girls U 13 - Long Jump

Zone: Z 4.94m 30/11/2013 Dakota Thomas, Macquarie Hunt			
Name	Age	Centre	Final
1 Bailey, Angelique		Southlakes	4.27m
2 Cupitt, Ana		Kotara South	4.06m
3 Brockbank, Mahala		Cardiff & District	3.97m
4 Craig, Rebecca		Macquarie Hunter	3.93m
5 Roberts, Amelia		Macquarie Hunter	3.84m
6 Tobin, Lucy		Cardiff & District	3.82m
7 Robins, Michellie		Eastlakes	3.76m
8 Crawford, Laria		Southlakes	3.51m
9 Marshall, Mia		Cardiff & District	3.39m
10 Moore, Arameia		Kotara South	3.32m
11 Blackstock, Charli		Eastlakes	2.82m
12 Hunter, Halle		Eastlakes	2.14m

Girls U 14 - Long Jump

Zone: Z 5.42m 13/12/2014 Dakota Thomas, Macquarie Hunt			
Name	Age	Centre	Final
1 Weeks, Olivia		Kotara South	4.18m
2 Allen, Stephanie		Eastlakes	3.89m
3 Wright, Hailey		Southlakes	3.82m

Lake Macquarie Zone Championships**LANSW****Results****...Girls U 14 - Long Jump**

4	Simolin, Jorja	Eastlakes	3.74m
5	Henry, Samantha	Southlakes	3.67m
6	Fleming, Shianne	Macquarie Hunter	3.36m
7	Scott, Abbey	Westlakes	3.33m
8	McKensey, Jemima	Macquarie Hunter	3.26m

Girls U 15 - Long Jump

=====			
Zone: Z 5.61m 12/1998 Belinda Conry, Macquarie Shor			
Name	Age	Centre	Final
=====			
1	George, Sukontha	Macquarie Hunter	5.19m
2	Edmonds, Kaitlyn	Cardiff & District	4.48m
3	Harris, Ella	Kotara South	4.34m
4	Richardson, Emily	Macquarie Hunter	4.06m
5	Todhunter, Kirra	Westlakes	3.78m
6	Mcdonald, Olivia	Edgeworth	3.51m
7	Mcginniskin, Molly	Edgeworth	2.68m

Girls U 17 - Long Jump

=====			
Zone: Z 5.50m 29/11/2015 Bernice de Jager, Macquarie H			
Name	Age	Centre	Final
=====			
1	Baker, Grace	Macquarie Hunter	4.69m
2	Moore, Eleanor	Kotara South	4.10m
3	Ward, Phoebe	Southlakes	3.98m
4	Irving, Kearney	Southlakes	3.82m
5	Mccann, Brooke	Edgeworth	3.12m
6	Cumpson, Skye	Edgeworth	2.88m

Girls U 11 - Triple Jump

=====			
Zone: Z 8.95m 12/1999 J Trimble, Eastlakes			
Name	Age	Centre	Final
=====			
1	Gal, Mila	Eastlakes	7.02m
2	McKensey, Heidi	Macquarie Hunter	6.79m
3	Keeble, Zoe	Kotara South	6.60m
4	Blake, Ruby	Westlakes	5.71m
5	King, Shayla	Cardiff & District	5.41m

Girls U 12 - Triple Jump

=====			
Zone: Z 9.90m 12/2000 J Trimble, Eastlakes			
Name	Age	Centre	Final
=====			
1	McCarthy, Anika	Macquarie Hunter	8.65m
2	Pomfret, Madison	Edgeworth	8.40m
3	McKensey, Annabel	Macquarie Hunter	8.16m
4	McManus, Mollie	Eastlakes	7.76m
5	Farlow, Sarscha	Macquarie Hunter	5.84m
6	Kissick, Lani	Southlakes	4.74m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 13 - Triple Jump**

Zone: Z 10.13m 1989 Nicole Linabury, Macquarie S			
Name	Age	Centre	Final
1 Daymond, Jassmin		Edgeworth	8.90m
2 Craig, Rebecca		Macquarie Hunter	8.75m
3 Brockbank, Mahala		Cardiff & District	8.35m
4 Bailey, Angelique		Southlakes	8.35m
5 Tobin, Lucy		Cardiff & District	8.32m
6 Robins, Michellie		Eastlakes	8.20m
7 Forsythe, Lucy		Cardiff & District	7.93m
8 Marshall, Mia		Cardiff & District	7.88m
9 Slater, Ella		Macquarie Hunter	7.01m
10 Moore, Arameia		Kotara South	6.52m
11 Allen, Chantelle		Eastlakes	5.18m

Girls U 14 - Triple Jump

Zone: Z 10.75m 4/12/2005 Rhiarne Waters, Eastlakes			
Name	Age	Centre	Final
1 McRae, Dakota		Cardiff & District	9.49m
2 Allen, Stephanie		Eastlakes	8.68m
3 Simolin, Jorja		Eastlakes	7.78m
4 Parker, Anisha		Macquarie Hunter	7.68m
5 Wright, Hailey		Southlakes	7.40m
6 Scott, Abbey		Westlakes	7.17m
7 Jones, Scarlett		Kotara South	6.99m
8 McKensey, Jemima		Macquarie Hunter	6.00m

Girls U 15 - Triple Jump

Zone: Z 10.99m 3/12/2006 Petrisse Herbert, Eastlakes			
Name	Age	Centre	Final
1 Hillhouse, Chelsea		Southlakes	9.35m
2 Richardson, Emily		Macquarie Hunter	8.85m
3 Urane, Sophie		Edgeworth	8.13m
4 Todhunter, Kirra		Westlakes	8.08m
5 Mackay, Ellie		Edgeworth	8.00m
6 Kehoe, Holly		Edgeworth	7.71m
7 Mcdonald, Olivia		Edgeworth	7.67m
8 Mcginniskin, Molly		Edgeworth	5.77m

Girls U 17 - Triple Jump

Zone: Z 11.47m 10/12/2016 Tahla Pont, Cardiff			
Name	Age	Centre	Final
1 Knapman, Caitlin		Macquarie Hunter	9.65m
2 Barnett, Eleanor		Kotara South	9.04m
3 Moore, Eleanor		Kotara South	8.72m
4 Irving, Kearney		Southlakes	8.02m
5 Cumpson, Skye		Edgeworth	6.35m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 5.84m 14/12/2014 Jessica Sinclair, Cardiff & D			
Name	Age	Centre	Final
1 Welch, Isabelle		Macquarie Hunter	4.39m
2 Crow, Rubee		Southlakes	3.49m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.70m 1995 E Power, Eastlakes			
Name	Age	Centre	Final
1 Klepzig, Bethany		Southlakes	5.29m
2 Watson, Madeline		Kotara South	4.23m
3 Griffin, Matilda		Cardiff & District	4.04m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.74m 12/1996 E Power, Eastlakes			
Name	Age	Centre	Final
1 Parsons, Charlee		Cardiff & District	4.89m
2 Maddison, Demi		Cardiff & District	4.55m
3 Gandy, Mia		Edgeworth	3.92m
4 Flint, Ava		Southlakes	3.90m
5 Huff, Hayley		Edgeworth	3.67m
6 Maiden, Isabella		Cardiff & District	3.49m
7 O'Brien, Maya		Kotara South	2.99m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 9.90m 16/12/2012 Bella Ferfoggia, Eastlakes			
Name	Age	Centre	Final
1 Bass, Addison		Westlakes	5.76m
2 O'Brien, Lily		Kotara South	5.39m
3 Alexander, Jacinta		Eastlakes	4.81m
4 Ridgeway, Alyssa		Cardiff & District	4.33m
5 Walters, Lilly		Eastlakes	3.19m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 10.38m 10/12/2011 Kheilani Haimau-Ikihele, Car			
Name	Age	Centre	Final
1 Sumner, Rishayla		Edgeworth	8.44m
2 Flett, Tahlia		Cardiff & District	8.00m
3 O'Brien, Nikita		Macquarie Hunter	7.27m
4 Maxwell, Madeleine		Macquarie Hunter	7.06m
5 Keeble, Zoe		Kotara South	6.96m
6 Hunter, Zali		Eastlakes	5.76m
7 Oliver, Sophie		Kotara South	5.07m
8 Feenan, Madison		Eastlakes	4.70m
9 Thompson, Tahlia		Westlakes	4.50m
10 King, Shayla		Cardiff & District	4.45m
11 Sewell, Chloe		Westlakes	4.38m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 12 - Shot Put (2.0 Kg)**

Zone: Z 13.42m 14/12/2014 Bella Ferfoggia, Eastlakes			
Name	Age	Centre	Final
1 Alexander, Zaara		Eastlakes	8.33m
2 Farlow, Sarscha		Macquarie Hunter	6.52m
3 Mcintyre, Savannah		Edgeworth	6.24m
4 Kissick, Lani		Southlakes	5.84m
5 Oakey, Amy		Eastlakes	5.48m
6 Porch, Tahlia		Westlakes	5.20m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 12.90m 10/12/2016 Ashlyn Blackstock, Eastlakes			
Name	Age	Centre	Final
1 Marshall, Mia		Cardiff & District	7.01m
2 Bailey, Angelique		Southlakes	6.95m
3 Robins, Michellie		Eastlakes	6.56m
4 Brockbank, Mahala		Cardiff & District	5.75m
5 Moore, Arameia		Kotara South	5.22m
6 Hunter, Halle		Eastlakes	5.02m
7 Blackstock, Charli		Eastlakes	4.44m
8 Allen, Chantelle		Eastlakes	3.10m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 13.67m 16/12/2017 Ashlyn Blackstock, Eastlakes			
Name	Age	Centre	Final
1 Clark, Tegan		Southlakes	11.08m
2 Alexander, Yasmin		Eastlakes	9.67m
3 Low, Amara		Macquarie Hunter	9.42m
4 Parker, Anisha		Macquarie Hunter	8.11m
5 Barnes, Payten		Macquarie Hunter	7.14m
6 McRae, Dakota		Cardiff & District	6.87m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 14.58m 2/12/2018 Ashlyn Blackstock, Eastlakes			
Name	Age	Centre	Final
1 Richardson, Emily		Macquarie Hunter	12.22m
2 McGinniskin, Molly		Edgeworth	7.33m
3 McDonald, Olivia		Edgeworth	6.53m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 15.29m 2/12/2018 Bella Ferfoggia, Eastlakes			
Name	Age	Centre	Final
1 Blackstock, Ashlyn		Eastlakes	14.71m
2 Richardson, Jessica		Macquarie Hunter	12.02m
3 Baker, Grace		Macquarie Hunter	11.19m
4 Dein, Rhiannon		Southlakes	8.71m
5 Moore, Eleanor		Kotara South	8.48m
6 McCann, Brooke		Edgeworth	8.10m
7 Cumpson, Skye		Edgeworth	7.99m

Lake Macquarie Zone Championships**LANSW****Results****Girls U 7 - Discus (350 Gram)**

Zone: Z 16.66m 1994 T Bullock, Macquarie Shores			
Name	Age	Centre	Final
1 Cassel-Denmeade, Lily		Macquarie Hunter	5.49m

Girls U 8 - Discus (500 Gram)

Zone: Z 18.26m 1990 Hayley McPherson, Macquarie			
Name	Age	Centre	Final
1 Klepzig, Bethany		Southlakes	15.04m
2 Griffin, Matilda		Cardiff & District	13.31m
3 Mooney, Gemma		Macquarie Hunter	11.62m
4 Frost, Madeline		Westlakes	10.74m
5 Griffin, Kaitlyn		Cardiff & District	10.61m
6 Shepherd, Zali		Cardiff & District	10.12m
7 Cashion, Sophie		Macquarie Hunter	7.76m
8 Preston-Poole, Jorja		Eastlakes	5.15m

Girls U 9 - Discus (500 Gram)

Zone: Z 29.80m 2/1996 E Power, Eastlakes			
Name	Age	Centre	Final
1 Croft, Isla		Macquarie Hunter	15.50m
2 Day, Mikayla		Cardiff & District	14.69m
3 Flint, Ava		Southlakes	12.79m
4 Maddison, Demi		Cardiff & District	12.61m
5 Farlow, Autumn		Macquarie Hunter	11.26m
6 Parsons, Charlee		Cardiff & District	10.75m
7 Hearnden, Nikki		Cardiff & District	9.77m
8 Manning, Emily		Cardiff & District	9.50m
9 O'Brien, Maya		Kotara South	9.40m
10 McIlwhan, Abbie		Southlakes	8.99m

Girls U 10 - Discus (500 Gram)

Zone: Z 30.77m 30/11/2013 Imogen Petrie, Macquarie Hun			
Name	Age	Centre	Final
1 Bass, Addison		Westlakes	20.59m
2 Daymond, Makaylie		Edgeworth	13.86m
3 Alexander, Jacinta		Eastlakes	11.53m
4 Sharrock, Ruby		Westlakes	11.34m
5 Calo, Zoe		Edgeworth	11.29m
6 Walters, Lilly		Eastlakes	8.88m

Girls U 11 - Discus (500 Gram)

Zone: Z 29.59m 2/12/2018 Zaara Alexander, Eastlakes			
Name	Age	Centre	Final
1 Flett, Tahlia		Cardiff & District	24.93m
2 Keeble, Zoe		Kotara South	21.46m
3 Maxwell, Madeleine		Macquarie Hunter	20.92m
4 King, Shayla		Cardiff & District	19.07m
5 O'Brien, Nikita		Macquarie Hunter	18.68m
6 Thompson, Tahlia		Westlakes	18.31m
7 Sumner, Rishayla		Edgeworth	17.10m

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 11 - Discus (500 Gram)**

8 Blake, Ruby	Westlakes	12.49m
9 Hird, Chloe	Cardiff & District	12.35m
10 Hunter, Zali	Eastlakes	11.16m

Girls U 12 - Discus (750 Gram)

=====			
Zone: Z 36.90m		1994	Elaine Targett, Eastlakes
Name	Age	Centre	Final
=====			
1 Farlow, Sarscha		Macquarie Hunter	22.94m
2 McManus, Mollie		Eastlakes	17.61m
3 Alexander, Zaara		Eastlakes	16.48m
4 Lienau, Zara		Westlakes	13.22m
5 Thomas, Lorenna		Kotara South	12.99m
6 Kissick, Lani		Southlakes	12.43m

Girls U 13 - Discus (750 Gram)

=====			
Zone: Z 44.19m		11/12/2016	Imogen Petrie, Macquarie Hun
Name	Age	Centre	Final
=====			
1 Bailey, Angelique		Southlakes	21.91m
2 Wilson, Melanie		Southlakes	18.46m
3 Marshall, Mia		Cardiff & District	17.90m
4 Hunter, Halle		Eastlakes	15.14m
5 Henshall, Chloe		Kotara South	15.13m
6 Slater, Ella		Macquarie Hunter	13.48m
7 Moore, Arameia		Kotara South	12.75m
8 Blackstock, Charli		Eastlakes	11.75m
9 Allen, Chantelle		Eastlakes	9.70m

Girls U 14 - Discus (1.0 Kg)

=====			
Zone: Z 38.76m		17/12/2017	Ashlyn Blackstock, Eastlakes
Name	Age	Centre	Final
=====			
1 Clark, Tegan		Southlakes	31.46m
2 Low, Amara		Macquarie Hunter	30.76m
3 Alexander, Yasmin		Eastlakes	24.06m
4 Porch, Ashlea		Westlakes	18.29m
5 Allen, Stephanie		Eastlakes	17.20m
6 Barnes, Payten		Macquarie Hunter	15.82m

Girls U 15 - Discus (1.0 Kg)

=====			
Zone: Z 44.05m		1/12/2018	Ashlyn Blackstock, Eastlakes
Name	Age	Centre	Final
=====			
1 Richardson, Emily		Macquarie Hunter	30.57m
2 Young, Amanda		Kotara South	23.09m
3 Keene, Annabelle		Edgeworth	17.85m
4 McGinniskin, Molly		Edgeworth	16.50m

Girls U 17 - Discus (1.0 Kg)

=====			
Zone: Z 41.70m		1/12/2018	Bella Ferfoggia, Eastlakes
Name	Age	Centre	Final
=====			
1 Blackstock, Ashlyn		Eastlakes	43.05mZ

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 17 - Discus (1.0 Kg)**

2	Bailey, Imogen	Southlakes	23.86m
3	Irving, Kearney	Southlakes	23.70m
4	Scott, Bethany	Westlakes	22.55m
5	Moore, Eleanor	Kotara South	21.08m
6	Cumpson, Skye	Edgeworth	20.07m
7	Mccann, Brooke	Edgeworth	14.33m

Girls U 13-14 Multi Class Discus

=====			
Zone: Z 10.46m 30/11/2013 Erin Cleaver, Macquarie Hunt			
Name	Age	Centre	Final
=====			
1	Bromfield, Sienna	Westlakes	11.13mZ

Girls U 11 - Javelin (400 Gram)

=====			
Zone: Z 16.77m 16/12/2017 Angelique Bailey, Southlakes			
Name	Age	Centre	Final
=====			
1	Keeble, Zoe	Kotara South	16.92mZ
2	Flett, Tahlia	Cardiff & District	15.28m
3	Maxwell, Madeleine	Macquarie Hunter	13.66m
4	Ford, Lillian	Westlakes	12.79m
5	Hunter, Zali	Eastlakes	11.94m
6	Walters, Carly	Westlakes	10.33m
7	King, Shayla	Cardiff & District	8.39m
8	Thompson, Tahlia	Westlakes	7.98m

Girls U 12 - Javelin (400 Gram)

=====			
Zone: Z 23.60m 10/12/2016 Hannah Pearce, Cardiff			
Name	Age	Centre	Final
=====			
1	Oakey, Amy	Eastlakes	13.17m
2	Farlow, Sarscha	Macquarie Hunter	10.62m
3	Porch, Tahlia	Westlakes	9.69m
4	Lewis, Saskia	Eastlakes	9.01m
5	Kissick, Lani	Southlakes	8.54m

Girls U 13 - Javelin (400 Gram)

=====			
Zone: Z 33.24m 12/2002 Nikki Rhodes, Cardiff & Dist			
Name	Age	Centre	Final
=====			
1	Bailey, Angelique	Southlakes	31.56m
2	Slater, Ella	Macquarie Hunter	17.55m
3	Robins, Michellie	Eastlakes	12.92m
4	McClymont, Emily	Kotara South	10.54m
5	Allen, Chantelle	Eastlakes	9.18m

Girls U 14 - Javelin (400 Gram)

=====			
Zone: Z 31.38m 6/12/2003 Nikki Rhodes, Cardiff & Dist			
Name	Age	Centre	Final
=====			
1	Clark, Tegan	Southlakes	26.43m
2	Parker, Anisha	Macquarie Hunter	18.65m
3	Alexander, Yasmin	Eastlakes	14.18m
4	Barnes, Payten	Macquarie Hunter	13.72m

Lake Macquarie Zone Championships**LANSW****Results****....Girls U 14 - Javelin (400 Gram)**

5 Jones, Scarlett	Kotara South	11.05m
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Girls U 15 - Javelin (500 Gram)

=====			
Zone: Z 34.46m 17/12/2017 Jessica Richardson, Macquari			
Name	Age	Centre	Final
=====			
1 McDonald, Olivia		Edgeworth	10.14m
2 Keene, Annabelle		Edgeworth	8.74m

Girls U 17 - Javelin (500 Gram)

=====			
Zone: Z 34.79m 1/12/2018 Jessica Richardson, Macquari			
Name	Age	Centre	Final
=====			
1 Richardson, Jessica		Macquarie Hunter	39.83mZ
2 Bailey, Imogen		Southlakes	27.46m
3 Baker, Grace		Macquarie Hunter	24.05m
4 Knapman, Caitlin		Macquarie Hunter	18.39m
5 Dein, Rhiannon		Southlakes	17.11m
6 Cumpson, Skye		Edgeworth	16.92m
7 Mccann, Brooke		Edgeworth	15.10m
8 Scott, Bethany		Westlakes	14.17m

Girls U 13-14 Multi Class Long Jump

=====			
Zone: Z 3.13m 30/11/2013 Erin Cleaver, Macquarie Hunte			
Name	Age	Centre	Final
=====			
1 Bromfield, Sienna		Westlakes	1.55m

Girls U 13-14 Multi Class Shot Put

=====			
Name	Age	Centre	Final
=====			
1 Bromfield, Sienna		Westlakes	4.89m

Girls U 9 - 700 Metre Walk

=====			
Zone: Z 4:32.26 3/12/2006 Zoe Barton, Macquarie Shore			
Name	Age	Centre	Final
=====			

Section 1

1 Gandy, Mia		Edgeworth	4:27.54Z
2 Maddison, Demi		Cardiff & District	4:38.26
3 Evans, Alannah		Macquarie Hunter	4:43.70
4 Day, Mikayla		Cardiff & District	5:08.31
5 Lehmann, Joanna		Cardiff & District	5:10.58
6 Hearnden, Nikki		Cardiff & District	5:16.60
7 Graham, Ella		Cardiff & District	6:01.82
-- Huff, Hayley		Edgeworth	DQ

Girls U 10 - 1100 Metre Walk

=====			
Zone: Z 6:17.63 2/12/2018 Emma Hearnden, Cardiff			
Name	Age	Centre	Final
=====			
1 Bass, Addison		Westlakes	7:58.90
2 McDonald, Lilly		Edgeworth	8:13.02

Lake Macquarie Zone Championships**LANSW****Results****Girls U 11 - 1100 Metre Walk**

Zone: Z 6:31.40 12/1999 E Noble, Eastlakes			
Name	Age	Centre	Final
1 Hearnden, Emma		Cardiff & District	5:32.42Z
2 Blake, Ruby		Westlakes	6:19.96Z
3 Maxwell, Madeleine		Macquarie Hunter	6:20.62Z
4 Thompson, Tahlia		Westlakes	8:07.49
-- Bremmell, Hannah		Kotara South	DQ

Girls U 12 - 1500 Metre Walk

Zone: Z 8:31.10 1989 K Huff, Edgeworth & Distric			
Name	Age	Centre	Final
1 Porch, Tahlia		Westlakes	10:46.31
2 Pomfret, Madison		Edgeworth	11:49.34

Girls U 13 - 1500 Metre Walk

Zone: Z 7:48.70 1986 T Bartlett, Macquarie Shore			
Name	Age	Centre	Final
1 Slater, Ella		Macquarie Hunter	10:44.22
2 Robins, Michellie		Eastlakes	11:28.56

Girls U 14 - 1500 Metre Walk

Zone: Z 7:38.95 1/12/2013 Chelsea Goodhew, Westlakes			
Name	Age	Centre	Final
1 Lever, Abby		Cardiff & District	8:32.22

Girls U 15 - 1500 Metre Walk

Zone: Z 7:40.00 1996 Tamara Kay, Kotara South			
Name	Age	Centre	Final
1 Wheeler, Paige		Westlakes	7:39.61Z
2 Kehoe, Holly		Edgeworth	8:35.03
3 Mcdonald, Olivia		Edgeworth	9:26.58

Girls U 17 - 1500 Metre Walk

Zone: Z 7:02.87 11/12/2016 Chelsea Goodhew, Westlakes			
Name	Age	Centre	Final
1 Pickering, Sarah		Macquarie Hunter	7:24.70
2 Scott, Bethany		Westlakes	7:59.52

Boys U 7 - 50 Metre Sprint

Zone: Z 9.04 3/12/2005 Lachlan McDonnell, Eastlakes			
Name	Age	Centre	Final
1 Peterson, Levi		Cardiff & District	9.70
2 Tonga, Jacob		Macquarie Hunter	9.84
3 Bolakis, Emmanuel		Westlakes	9.93
4 Maiden, Jonas		Cardiff & District	11.43
5 Bowker, Keeley		Westlakes	12.51

Lake Macquarie Zone Championships**LANSW****Results****Boys U 7 - 70 Metre Sprint**

Zone: Z 11.54 16/12/2012 Antwon Maua, Southlakes			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Poole, Arlie-James		Eastlakes	12.61Q
2 Barnes, Alistair		Southlakes	13.16Q
3 Campbell, Billy		Macquarie Hunter	13.17Q
4 Peterson, Levi		Cardiff & District	13.21q
5 Potter, Toby		Kotara South	13.43q
6 Tonga, Jacob		Macquarie Hunter	13.68q
7 Mahoney, Evan		Macquarie Hunter	14.27q
8 Bolakis, Emmanuel		Westlakes	14.41q
9 Lavelle, Sam		Cardiff & District	14.73q

Boys U 7 - 70 Metre Sprint

Zone: Z 11.54 16/12/2012 Antwon Maua, Southlakes			
Name	Age	Centre	Final
Section 1 Final			
1 Poole, Arlie-James		Eastlakes	12.61
2 Barnes, Alistair		Southlakes	13.16
3 Campbell, Billy		Macquarie Hunter	13.17
4 Peterson, Levi		Cardiff & District	13.21
5 Potter, Toby		Kotara South	13.43
6 Tonga, Jacob		Macquarie Hunter	13.68
7 Mahoney, Evan		Macquarie Hunter	14.27
8 Lavelle, Sam		Cardiff & District	14.73

Boys U 8 - 70 Metre Sprint

Zone: Z 10.86 2/12/2018 Benjamin Ekezie, Southlakes			
Name	Age	Centre	Final
Section 1			
1 Johnson, Billy		Edgeworth	12.70
2 Playdon, Angus		Kotara South	12.86
2 Delaney, Isaac		Cardiff & District	12.86
4 Ashley, Zachary		Macquarie Hunter	13.10
5 Latter, Tex		Westlakes	13.52
6 Gerick, Kye		Cardiff & District	13.52
7 Slisar, Sean		Southlakes	13.64

Boys U 9 - 70 Metre Sprint

Zone: Z 10.41 11/12/2016 Samuel Govender, Eastlakes			
Name	Age	Centre	Final
1 Ekezie, Benjamin		Southlakes	10.69
2 Hopkins, Blake		Macquarie Hunter	11.50
3 Bremmell, Noah		Kotara South	11.52
4 Bell, Urban		Eastlakes	11.78
5 Carlsson, Max		Southlakes	11.84
6 Carl, Louis		Macquarie Hunter	12.11
7 Forsythe, Charlie		Cardiff & District	12.29

Lake Macquarie Zone Championships**LANSW****Results****Boys U 10 - 70 Metre Sprint**

Zone: Z 10.04 16/12/2012 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Final
1 Faavae-Eli, Malachi		Macquarie Hunter	10.82
2 Davies, Mitchell		Eastlakes	10.90
3 McBride, Noah		Kotara South	11.08
4 Weber, Xanden		Kotara South	11.29
5 Field, George		Kotara South	11.41
6 Rosenthal, Ben		Kotara South	11.44
7 Bunn, Laeth		Macquarie Hunter	11.71
8 Watts, Harrison		Cardiff & District	12.18
9 Muirhead, Carter		Macquarie Hunter	13.25

Boys U 7 - 100 Metre Sprint

Zone: Z 16.44 2/12/2006 Isaac Davis, Macquarie Shores			
Name	Age	Centre	Final
1 Samuels, Elijah		Cardiff & District	19.24
2 Burke, Lachlan		Kotara South	19.44
3 Jeffrey, Ashton		Edgeworth	20.14
4 Tonga, Jacob		Macquarie Hunter	20.64
5 Bolakis, Emmanuel		Westlakes	22.22
6 Manning, Cameron		Cardiff & District	22.86
7 Baker, Oliver		Cardiff & District	22.99
8 Thompson, Zachary		Westlakes	23.49
9 Maiden, Jonas		Cardiff & District	26.41

Boys U 8 - 100 Metre Sprint

Zone: Z 14.94 1986 Bradley Coburn, Edgeworth & D			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Stokes, Jordan		Macquarie Hunter	17.60Q
2 McBride, Cruz		Kotara South	18.21Q
3 Allan, Lawson		Westlakes	19.23Q
4 Hopton, Aaron		Macquarie Hunter	19.35
5 Slisar, Sean		Southlakes	19.93
6 Barker, Dominic		Westlakes	19.98
7 Dickie, Samuel		Westlakes	20.84
8 Sharrock, Axel		Westlakes	20.93
Heat 2 Heats			
1 Delaney, Isaac		Cardiff & District	17.79Q
2 Playdon, Angus		Kotara South	17.92Q
3 Eather, Mason		Edgeworth	17.97Q
4 Ashley, Zachary		Macquarie Hunter	18.08q
5 Johnson, Billy		Edgeworth	18.10q
6 Gerick, Kye		Cardiff & District	19.30
7 Latter, Tex		Westlakes	19.54
8 Macneill, Hamish		Kotara South	21.51

Boys U 8 - 100 Metre Sprint

Zone: Z 14.94 1986 Bradley Coburn, Edgeworth & D			
Name	Age	Centre	Final
Section 1 Final			
1 Stokes, Jordan		Macquarie Hunter	17.64

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 8 - 100 Metre Sprint**

2 McBride, Cruz	Kotara South	18.10
3 Delaney, Isaac	Cardiff & District	18.22
4 Playdon, Angus	Kotara South	18.23
5 Johnson, Billy	Edgeworth	18.26
6 Ashley, Zachary	Macquarie Hunter	18.56
7 Eather, Mason	Edgeworth	18.57
8 Allan, Lawson	Westlakes	19.55

Boys U 9 - 100 Metre Sprint

Zone: Z 14.64 10/12/2016 Samuel Govender, Eastlakes

Name Age Centre Heats

Heat 1 Heats

1 Ekezie, Benjamin	Southlakes	15.61Q
2 Mascini, Justin	Macquarie Hunter	16.69Q
3 Bell, Urban	Eastlakes	17.22Q
4 McCarthy, Finn	Macquarie Hunter	17.28q
5 Forsythe, Charlie	Cardiff & District	18.04
6 Sewell, Jack	Westlakes	20.38

Heat 2 Heats

1 Haouchar, Tarek	Macquarie Hunter	16.19Q
2 Bremmell, Noah	Kotara South	16.98Q
3 Carlsson, Max	Southlakes	17.29Q
4 Carl, Louis	Macquarie Hunter	17.31q
5 Ferguson, Lucas	Eastlakes	17.41
6 Cousins, Lachlan	Edgeworth	17.73
7 Kelly, Lucas	Edgeworth	19.04
8 Zawierucha, Oscar	Westlakes	19.36

Boys U 9 - 100 Metre Sprint

Zone: Z 14.64 10/12/2016 Samuel Govender, Eastlakes

Name Age Centre Final

Section 1 Final

1 Ekezie, Benjamin	Southlakes	15.79
2 Haouchar, Tarek	Macquarie Hunter	16.49
3 Mascini, Justin	Macquarie Hunter	16.51
4 Bell, Urban	Eastlakes	17.05
5 Bremmell, Noah	Kotara South	17.16
6 Carl, Louis	Macquarie Hunter	17.42
7 McCarthy, Finn	Macquarie Hunter	17.53
8 Carlsson, Max	Southlakes	17.54

Boys U 10 - 100 Metre Sprint

Zone: Z 13.84 16/12/2017 Samuel Govender, Macquarie Hu

Name Age Centre Heats

Heat 1 Heats

1 Gallard, Eamon	Cardiff & District	14.66Q
2 Faavae-Eli, Malachi	Macquarie Hunter	15.12Q
3 McBride, Noah	Kotara South	15.44Q
4 Rosenthal, Ben	Kotara South	16.22
5 Steele, Thomas	Macquarie Hunter	16.25
6 Ward, Flynn	Kotara South	16.57
7 Thomas, Caden	Kotara South	17.39

Heat 2 Heats

Lake Macquarie Zone Championships

LANSW

Results

....Boys U 10 - 100 Metre Sprint

1	Davies, Mitchell	Eastlakes	15.08Q
2	Weber, Xanden	Kotara South	15.22Q
3	Blundell, Noah	Macquarie Hunter	15.62Q
4	Playdon, Oliver	Kotara South	15.79q
5	Field, George	Kotara South	16.09q
6	Cross, Sam	Kotara South	16.44
7	Sturmann, Cooper	Southlakes	16.60
8	Roberts, Oliver	Macquarie Hunter	19.93

Boys U 10 - 100 Metre Sprint

Zone: Z 13.84 16/12/2017 Samuel Govender, Macquarie Hu

Name Age Centre Final

Section 1 Final

1	Faavae-Eli, Malachi	Macquarie Hunter	15.16
2	Gallard, Eamon	Cardiff & District	15.19
3	Davies, Mitchell	Eastlakes	15.34
4	McBride, Noah	Kotara South	15.54
5	Weber, Xanden	Kotara South	15.68
6	Playdon, Oliver	Kotara South	16.13
6	Blundell, Noah	Macquarie Hunter	16.13
8	Field, George	Kotara South	16.99

Boys U 11 - 100 Metre Sprint

Zone: Z 13.64 1990 Nick Johns, Macquarie Shores

Name Age Centre Final

Section 1

1	Humphries-Wilson, Max	Eastlakes	14.42
2	Turner, Cody	Macquarie Hunter	14.46
3	Ryan, Kelly	Macquarie Hunter	14.93
4	Harris, Xander	Southlakes	15.67
5	Mulhearn, Hayden	Kotara South	15.92
6	Wright, Xander	Southlakes	15.93
7	Grant, Oliver	Kotara South	16.91

Boys U 12 - 100 Metre Sprint

Zone: Z 12.84 1998 Todd Shanahan, Macquarie Shor

Name Age Centre Final

1	White, Issak	Southlakes	14.14
2	Welch, Jackson	Macquarie Hunter	14.20
3	Cook, Riley	Macquarie Hunter	14.36
4	Willott, Madden	Kotara South	14.91
5	Goodier, Domic	Kotara South	15.02
6	Manning, William	Cardiff & District	15.14
7	Watson, Alex	Kotara South	15.45
8	Waters, Hayden	Westlakes	15.56
9	Zawierucha, Bodie	Westlakes	15.78
10	Wright, Jaxon	Southlakes	16.09

Lake Macquarie Zone Championships**LANSW****Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.35 1999 Todd Shanahan, Macquarie Shor			
Name	Age	Centre	Heats

Heat 1 Heats

1	Ferguson, Logan	Eastlakes	12.89Q
2	Harvey Cossettini, Lucas	Kotara South	13.80Q
3	Ackland, Riley	Edgeworth	13.95Q
4	Jensen, Samuel	Macquarie Hunter	14.40q
5	Muirhead, Marshall	Macquarie Hunter	14.49
6	Granato, Mason	Eastlakes	15.31
7	Walkerden, Nate	Eastlakes	15.58

Heat 2 Heats

1	Sharrock, Beau	Westlakes	13.23Q
2	Bieler, Ethan	Macquarie Hunter	13.64Q
3	Oliver, Cameron	Kotara South	13.97Q
4	Fuller, Luke	Kotara South	14.31q
5	Barnes, Lachlan	Eastlakes	14.54
6	Gawn, Cameron	Westlakes	14.73
7	Cubis, Ethan	Southlakes	14.89
8	Charlton, Peter	Eastlakes	17.44

Boys U 13 - 100 Metre Sprint

Zone: Z 12.35 1999 Todd Shanahan, Macquarie Shor			
Name	Age	Centre	Final

Section 1 Final

1	Ferguson, Logan	Eastlakes	13.01
2	Sharrock, Beau	Westlakes	13.72
3	Bieler, Ethan	Macquarie Hunter	13.80
4	Ackland, Riley	Edgeworth	14.04
5	Harvey Cossettini, Lucas	Kotara South	14.25
6	Oliver, Cameron	Kotara South	14.43
7	Jensen, Samuel	Macquarie Hunter	14.63

Boys U 14 - 100 Metre Sprint

Zone: Z 11.34 3/12/2005 Chris Knight, Kotara South			
Name	Age	Centre	Final

Section 1

1	Werner, Zachary	Cardiff & District	13.29
2	Richter, Liam	Southlakes	14.43
3	Cowling, Ethan	Cardiff & District	14.45
4	Day, Cooper	Cardiff & District	15.44
5	Waters, Jackson	Westlakes	16.64

Boys U 15 - 100 Metre Sprint

Zone: Z 11.54 16/12/2017 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Final

1	Martinelli, Hayden	Eastlakes	13.23
2	Gray, Kedha	Eastlakes	16.01

Lake Macquarie Zone Championships

LANSW

Results

Boys U 17 - 100 Metre Sprint

=====
 Zone: Z 11.41 1/12/2018 Leroy Reid, Macquarie Hunter
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Wickremaratchy, Dinush	Macquarie Hunter	Z 11.00Q
2	Granato, Liam	Eastlakes	11.66Q
3	Webber, Bryce	Southlakes	12.19Q
4	King, Nathan	Cardiff & District	12.34q
5	Loxley, Eli	Eastlakes	13.22
6	McManus, Aidan	Southlakes	14.82

Heat 2 Heats

1	Macpherson, Jai	Macquarie Hunter	Z 11.28Q
2	Dobbins, Rhys	Kotara South	11.85Q
3	Pettett, Patrick	Kotara South	11.96Q
4	Maher, Oscar	Kotara South	12.26q
5	Ekezie, Gregory	Southlakes	12.35
6	Barnes, Jack	Eastlakes	12.60

Boys U 17 - 100 Metre Sprint

=====
 Zone: Z 11.41 1/12/2018 Leroy Reid, Macquarie Hunter
 Name Age Centre Final
 =====

Section 1 Final

1	Macpherson, Jai	Macquarie Hunter	11.35Z
2	Wickremaratchy, Dinush	Macquarie Hunter	11.42
3	Granato, Liam	Eastlakes	11.46
4	Dobbins, Rhys	Kotara South	11.47
5	Pettett, Patrick	Kotara South	11.48

Boys U 7 - 200 Metre Sprint

=====
 Zone: Z 34.04 2/12/2006 Isaac Davis, Macquarie Shores
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Poole, Arlie-James	Eastlakes	39.02Q
2	Samuels, Elijah	Cardiff & District	39.67Q
3	Burke, Lachlan	Kotara South	39.70Q
4	Jeffrey, Ashton	Edgeworth	39.94q
5	Potter, Toby	Kotara South	43.64q
6	Thompson, Zachary	Westlakes	46.97
7	Lavelle, Sam	Cardiff & District	47.10

Heat 2 Heats

1	Campbell, Billy	Macquarie Hunter	41.67Q
2	Barnes, Alistair	Southlakes	41.81Q
3	Shelly, Lachlan	Edgeworth	42.76Q
4	Peterson, Levi	Cardiff & District	44.36
5	Baker, Oliver	Cardiff & District	46.73

Boys U 7 - 200 Metre Sprint

=====
 Zone: Z 34.04 2/12/2006 Isaac Davis, Macquarie Shores
 Name Age Centre Final
 =====

Section 1 Final

1	Poole, Arlie-James	Eastlakes	40.08
2	Samuels, Elijah	Cardiff & District	40.54
3	Burke, Lachlan	Kotara South	41.09

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 7 - 200 Metre Sprint**

4 Campbell, Billy	Macquarie Hunter	41.83
5 Jeffrey, Ashton	Edgeworth	41.98
6 Potter, Toby	Kotara South	43.90
7 Shelly, Lachlan	Edgeworth	44.90
8 Barnes, Alistair	Southlakes	45.56

Boys U 8 - 200 Metre Sprint

=====			
Zone: Z 32.74	14/12/2008	Isaac Davis, Macquarie Shores	
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Stokes, Jordan	Macquarie Hunter	37.65Q
2 Ashley, Zachary	Macquarie Hunter	38.57Q
3 Urane, Dominik	Edgeworth	38.89Q
4 Delaney, Isaac	Cardiff & District	38.95q
5 Johnson, Billy	Edgeworth	41.15q
6 Allan, Lawson	Westlakes	42.90

Heat 2 Heats

1 McBride, Cruz	Kotara South	38.01Q
2 Playdon, Angus	Kotara South	39.46Q
3 Hopton, Aaron	Macquarie Hunter	39.69Q
4 Barker, Dominic	Westlakes	41.78
5 Slisar, Sean	Southlakes	45.06

Boys U 8 - 200 Metre Sprint

=====			
Zone: Z 32.74	14/12/2008	Isaac Davis, Macquarie Shores	
Name	Age	Centre	Final
=====			

Section 1 Final

1 Stokes, Jordan	Macquarie Hunter	36.77
2 McBride, Cruz	Kotara South	37.30
3 Ashley, Zachary	Macquarie Hunter	38.17
4 Delaney, Isaac	Cardiff & District	38.25
5 Urane, Dominik	Edgeworth	39.19
6 Hopton, Aaron	Macquarie Hunter	39.70
7 Playdon, Angus	Kotara South	39.87
8 Johnson, Billy	Edgeworth	41.11

Boys U 9 - 200 Metre Sprint

=====			
Zone: Z 29.54	1993	J Sams, Eastlakes	
Name	Age	Centre	Final
=====			

Section 1

1 Haouchar, Tarek	Macquarie Hunter	32.64
2 Mascini, Justin	Macquarie Hunter	33.13
3 Sturmann, Logan	Southlakes	34.26
4 Bell, Urban	Eastlakes	35.81
5 Bremmell, Noah	Kotara South	36.16
6 Carl, Louis	Macquarie Hunter	36.32
7 Forsythe, Charlie	Cardiff & District	37.93
8 Kellty, Lucas	Edgeworth	39.17
9 Sewell, Jack	Westlakes	41.82

Lake Macquarie Zone Championships**LANSW****Results****Boys U 10 - 200 Metre Sprint**

Zone: Z 28.54 16/12/2012 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Davies, Mitchell		Eastlakes	31.57Q
2 Blundell, Noah		Macquarie Hunter	32.16Q
3 Playdon, Oliver		Kotara South	33.06Q
4 Chalmers, Mitchell		Kotara South	33.88
5 Watts, Harrison		Cardiff & District	36.49
6 Kapsaskis, Christopher		Edgeworth	38.71
Heat 2 Heats			
1 Gallard, Eamon		Cardiff & District	30.50Q
2 Faavae-Eli, Malachi		Macquarie Hunter	31.52Q
3 McBride, Noah		Kotara South	32.09Q
4 Chalmers, Thomas		Kotara South	33.39q
5 Ingall, Kye		Kotara South	33.63q
6 Ward, Flynn		Kotara South	33.74

Boys U 10 - 200 Metre Sprint

Zone: Z 28.54 16/12/2012 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Final
Section 1 Final			
1 Gallard, Eamon		Cardiff & District	30.79
2 Faavae-Eli, Malachi		Macquarie Hunter	31.68
3 McBride, Noah		Kotara South	32.19
4 Davies, Mitchell		Eastlakes	32.51
5 Blundell, Noah		Macquarie Hunter	32.53
6 Chalmers, Thomas		Kotara South	32.60
7 Playdon, Oliver		Kotara South	34.58

Boys U 11 - 200 Metre Sprint

Zone: Z 28.34 4/12/2005 Sam Tarrant, Macquarie Shores			
Name	Age	Centre	Final
Section 1			
1 Turner, Cody		Macquarie Hunter	29.45
2 Humphries-Wilson, Max		Eastlakes	29.81
3 Cashion, Thomas		Macquarie Hunter	30.32
4 Bunn, Cohen		Macquarie Hunter	31.72
5 Wright, Xander		Southlakes	33.47
6 Hopton, Jamie		Macquarie Hunter	33.94
7 Keene, Benjamin		Edgeworth	40.28
8 Dein, Thomas		Southlakes	42.13

Boys U 12 - 200 Metre Sprint

Zone: Z 25.94 1998 Todd Shanahan, Macquarie Shor			
Name	Age	Centre	Final
1 Ward, Nate		Kotara South	29.62
2 Welch, Jackson		Macquarie Hunter	29.74
3 White, Issak		Southlakes	30.04
4 Willott, Madden		Kotara South	30.30
5 Goodier, Domonic		Kotara South	30.91
6 Manning, William		Cardiff & District	32.33
7 Wright, Jaxon		Southlakes	33.28

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 12 - 200 Metre Sprint**

8 Edmunds, Braith	Edgeworth	33.34
9 Watson, Alex	Kotara South	34.87

Boys U 13 - 200 Metre Sprint

=====			
Zone:	Z 25.20	29/11/2015	Jai MacPherson, Macquarie Hun
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Ferguson, Logan	Eastlakes	26.07Q
2 Sharrock, Beau	Westlakes	26.68Q
3 Oliver, Cameron	Kotara South	27.99Q
4 Jensen, Samuel	Macquarie Hunter	28.58q
5 Cubis, Ethan	Southlakes	30.13q
6 Leary, William	Southlakes	32.39

Heat 2 Heats

1 Bieler, Ethan	Macquarie Hunter	27.76Q
2 Ackland, Riley	Edgeworth	28.52Q
3 Barnes, Lachlan	Eastlakes	29.45Q
4 Beresztan, Jamie	Edgeworth	34.91

Boys U 13 - 200 Metre Sprint

=====			
Zone:	Z 25.20	29/11/2015	Jai MacPherson, Macquarie Hun
Name	Age	Centre	Final
=====			

Section 1 Final

1 Ferguson, Logan	Eastlakes	26.78
2 Sharrock, Beau	Westlakes	27.17
3 Bieler, Ethan	Macquarie Hunter	27.31
4 Ackland, Riley	Edgeworth	28.83
5 Jensen, Samuel	Macquarie Hunter	29.13
6 Barnes, Lachlan	Eastlakes	36.43

Boys U 14 - 200 Metre Sprint

=====			
Zone:	Z 23.84	16/12/2012	Lachlan Bent, Macquarie Hunte
Name	Age	Centre	Final
=====			

Section 1

1 Werner, Zachary	Cardiff & District	27.50
2 Flint, Isaac	Southlakes	29.17
3 Richter, Liam	Southlakes	29.40

Boys U 15 - 200 Metre Sprint

=====			
Zone:	Z 23.44	16/12/2012	Trent Halton, Edgeworth
Name	Age	Centre	Final
=====			

1 Gray, Kedha	Eastlakes	26.23
2 Ayres, Darcy	Kotara South	26.66
3 Wilson, Andrew	Southlakes	28.04

Lake Macquarie Zone Championships

LANSW

Results

Boys U 17 - 200 Metre Sprint

=====
 Zone: Z 22.24 2/12/2018 Leroy Reid, Macquarie Hunter
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Macpherson, Jai	Macquarie Hunter	23.63Q
2	Dobbins, Rhys	Kotara South	24.08Q
3	Granato, Liam	Eastlakes	24.47Q
4	Henshall, Josh	Kotara South	25.30q
5	Webber, Bryce	Southlakes	26.82

Heat 2 Heats

1	Wickremaratchy, Dinush	Macquarie Hunter	23.87Q
2	Richens, Luke	Kotara South	25.11Q
3	Ekezie, Gregory	Southlakes	25.20Q
4	Barnes, Jack	Eastlakes	25.39q
5	McClymont, Samuel	Kotara South	26.24
6	Loxley, Eli	Eastlakes	28.25

Boys U 17 - 200 Metre Sprint

=====
 Zone: Z 22.24 2/12/2018 Leroy Reid, Macquarie Hunter
 Name Age Centre Final
 =====

Section 1 Final

1	Macpherson, Jai	Macquarie Hunter	23.17
2	Wickremaratchy, Dinush	Macquarie Hunter	24.01
3	Dobbins, Rhys	Kotara South	24.53
4	Granato, Liam	Eastlakes	25.10
5	Ekezie, Gregory	Southlakes	25.71
6	Richens, Luke	Kotara South	25.86
7	Barnes, Jack	Eastlakes	26.00

Boys U 8 - 400 Metre Sprint

=====
 Zone: Z 1:15.04 1985 Grant Bransgrove, Macquarie
 Name Age Centre Final
 =====

Section 1

1	Stokes, Jordan	Macquarie Hunter	1:25.05
2	Barker, Dominic	Westlakes	1:31.16
3	Cross, Riley	Kotara South	1:40.61
4	Slisar, Sean	Southlakes	1:49.90

Section 2

1	McBride, Cruz	Kotara South	1:24.21
2	Swadling, Kye	Kotara South	1:25.41
3	Ralph, Kyden	Macquarie Hunter	1:26.35
4	Hopton, Aaron	Macquarie Hunter	1:29.12
5	Sharrock, Axel	Westlakes	1:42.08
6	Dickie, Samuel	Westlakes	1:45.43

Boys U 9 - 400 Metre Sprint

=====
 Zone: Z 1:10.54 10/12/2011 Kieran Scott-Harden, Southl
 Name Age Centre Final
 =====

Section 1

1	Carlsson, Max	Southlakes	1:20.81
2	Bremmell, Noah	Kotara South	1:20.84
3	McCarthy, Finn	Macquarie Hunter	1:23.28

Lake Macquarie Zone Championships**LANSW****Results****Boys U 10 - 400 Metre Sprint**

Zone: Z 1:06.04 1988 Bradley Coburn, Edgeworth &			
Name	Age	Centre	Final
=====			
1 Chalmers, Thomas		Kotara South	1:09.89
2 Cross, Sam		Kotara South	1:16.56
3 Cowling, Logan		Cardiff & District	1:16.72
4 Sturmann, Cooper		Southlakes	1:24.17
Section 2			
1 Gallard, Eamon		Cardiff & District	1:13.31
2 Ward, Flynn		Kotara South	1:16.03
3 Blundell, Noah		Macquarie Hunter	1:20.84
4 Field, George		Kotara South	1:25.27
5 Kapsaskis, Christopher		Edgeworth	1:28.19
Section 3			
1 Chalmers, Mitchell		Kotara South	1:14.13
2 Taylor, Jayden		Kotara South	1:16.93
3 Ingall, Kye		Kotara South	1:21.83
4 Griffin, Jayden		Cardiff & District	1:22.56
5 Oakey, Lucas		Eastlakes	1:24.48
6 Roberts, Thomas		Westlakes	1:28.96

Boys U 11 - 400 Metre Sprint

Zone: Z 1:05.94 30/11/2013 Jaylen Boyce, Cardiff			
Name	Age	Centre	Final
=====			
Section 1			
1 Turner, Cody		Macquarie Hunter	1:14.60
2 Hopton, Jamie		Macquarie Hunter	1:19.62
3 Croft, Oliver		Macquarie Hunter	1:25.24

Boys U 12 - 400 Metre Sprint

Zone: Z 1:03.69 1/12/2018 Archie Mcilwain, Macquarie			
Name	Age	Centre	Final
=====			
1 Ward, Nate		Kotara South	1:03.59Z
2 Goodier, Domic		Kotara South	1:15.71
3 Zawierucha, Bodie		Westlakes	1:18.53
4 Kroeze, Kryn		Macquarie Hunter	1:22.06
Section 2			
1 Kemp, Blake		Kotara South	1:05.72
2 Carl, Miles		Macquarie Hunter	1:09.29
3 Manning, William		Cardiff & District	1:10.72

Boys U 13 - 400 Metre Sprint

Zone: Z 59.34 1999 Kyle Lawson, Kotara South			
Name	Age	Centre	Final
=====			
Section 1			
1 Mcilwain, Archie		Kotara South	1:01.76
2 Sharrock, Beau		Westlakes	1:02.69
3 Jensen, Samuel		Macquarie Hunter	1:06.85
Section 2			
1 Fuller, Luke		Kotara South	1:05.21
2 Gawn, Cameron		Westlakes	1:08.71
3 Knapman, Oliver		Macquarie Hunter	1:09.65
4 Wheeler, Jacob		Westlakes	1:30.64

Lake Macquarie Zone Championships**LANSW****Results****Boys U 14 - 400 Metre Sprint**

Zone: Z 55.85 1/12/2018 Leo Lannuzel, Macquarie Hunte			
Name	Age	Centre	Final
Section 1			
1 Werner, Zachary		Cardiff & District	1:03.03
2 Flint, Isaac		Southlakes	1:03.26
3 Cowling, Ethan		Cardiff & District	1:06.82
4 Richter, Liam		Southlakes	1:07.31

Boys U 15 - 400 Metre Sprint

Zone: Z 52.24 6/12/2003 Heath Stellmacher, Macquarie			
Name	Age	Centre	Final
1 Abbott, Finnegan		Cardiff & District	1:00.73
2 Gray, Kedha		Eastlakes	1:02.39
3 Fuller, Jordie		Kotara South	1:06.61
4 Bennett, Lachlen		Westlakes	1:10.64

Boys U 17 - 400 Metre Sprint

Zone: Z 52.60 1/12/2018 Leroy Reid, Macquarie Hunter			
Name	Age	Centre	Final
1 Maher, Oscar		Kotara South	54.20
2 Vizintin, Cory		Cardiff & District	1:00.55
3 Field, Zander		Southlakes	1:03.82
Section 2			
1 Henshall, Josh		Kotara South	56.14
2 Ekezie, Gregory		Southlakes	57.46
3 Webber, Bryce		Southlakes	59.50
4 Loxley, Eli		Eastlakes	1:03.61

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:47.22 10/12/2016 Jayden Taylor, Macquarie Hu			
Name	Age	Centre	Final
Section 1			
1 Poole, Arlie-James		Eastlakes	2:00.84
2 Samuels, Elijah		Cardiff & District	2:06.69
3 Barnes, Alistair		Southlakes	2:08.71
4 Clark, Hamish		Kotara South	2:12.45
5 Potter, Toby		Kotara South	2:13.92
6 Shelly, Lachlan		Edgeworth	2:19.48
7 Thompson, Zachary		Westlakes	2:22.74
8 Hurry, Cooper		Edgeworth	2:27.95
9 Manning, Cameron		Cardiff & District	2:28.99
10 Peterson, Levi		Cardiff & District	2:33.13
11 Baker, Oliver		Cardiff & District	2:35.44

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:26.81 1/12/2013 Kobe Monk, Macquarie Hunter			
Name	Age	Centre	Final
1 Swadling, Kye		Kotara South	2:37.31
2 Stokes, Jordan		Macquarie Hunter	2:37.91
3 Barker, Dominic		Westlakes	2:45.76

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 8 - 700 Metre Run Pack Start**

4	Ralph, Kyden	Macquarie Hunter	2:47.95
5	Urane, Dominik	Edgeworth	2:50.10
6	Cross, Riley	Kotara South	3:09.57

Boys U 9 - 800 Metre Run

=====			
	Zone: Z 2:44.80	1991	Jarred McMillan, Macquarie
Name	Age	Centre	Final
=====			
1	Sturmann, Logan	Southlakes	2:59.34
2	Carlsson, Max	Southlakes	3:07.48
3	Cousins, Tyler	Edgeworth	3:11.01
4	Cousins, Lachlan	Edgeworth	3:12.21
5	O'Loughlin, Zac	Kotara South	3:17.97
6	Mackay, Jamie	Kotara South	3:21.54
7	McPherson, Chase	Macquarie Hunter	3:22.42
8	Sevil, Kaiden	Cardiff & District	3:29.07

Boys U 10 - 800 Metre Run

=====			
	Zone: Z 2:35.30	16/12/2012	Jaylen Boyce, Cardiff
Name	Age	Centre	Final
=====			
1	Chalmers, Thomas	Kotara South	2:32.49Z
2	Chalmers, Mitchell	Kotara South	2:41.92
3	Taylor, Jayden	Kotara South	2:43.39
4	Ward, Flynn	Kotara South	2:51.20
5	Cross, Sam	Kotara South	2:57.88
6	Cowling, Logan	Cardiff & District	2:59.29
7	Field, George	Kotara South	3:01.51
8	Ingall, Kye	Kotara South	3:02.45
9	Oakey, Lucas	Eastlakes	3:06.67
10	Griffin, Jayden	Cardiff & District	3:06.71
11	Lavelle, Jack	Cardiff & District	3:11.53
12	Sturmann, Cooper	Southlakes	3:15.42
13	Roberts, Thomas	Westlakes	3:19.97

Boys U 11 - 800 Metre Run

=====			
	Zone: Z 2:27.70	16/12/2012	Luke Young, Macquarie Hunte
Name	Age	Centre	Final
=====			
1	Anson-Smith, Hamish	Kotara South	2:44.97
2	Hopton, Jamie	Macquarie Hunter	2:54.64
3	Watkins, Evan	Eastlakes	2:56.28
4	Bailey, Heath	Southlakes	2:58.91
5	Croft, Oliver	Macquarie Hunter	3:07.60
6	Mahoney, Liam	Macquarie Hunter	3:33.27
7	Keene, Benjamin	Edgeworth	3:35.35

Boys U 12 - 800 Metre Run

=====			
	Zone: Z 2:26.58	1/12/2013	Luke Young, Macquarie Hunte
Name	Age	Centre	Final
=====			
1	Ward, Nate	Kotara South	2:25.28Z
2	Kemp, Blake	Kotara South	2:34.72
3	Edmunds, Braith	Edgeworth	2:59.53
4	Zawierucha, Bodie	Westlakes	3:08.39

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 12 - 800 Metre Run**

5 Kroeze, Kryn	Macquarie Hunter	3:10.17
6 Wade, Riley	Edgeworth	3:33.56

Boys U 13 - 800 Metre Run

=====			
Zone: Z 2:23.80 16/12/2012 Albert Balogh, Macquarie Hu			
Name	Age	Centre	Final
=====			
1 Mcilwain, Archie		Kotara South	2:25.74
2 Anson-Smith, Angus		Kotara South	2:31.45
3 Fuller, Luke		Kotara South	2:33.32
4 Jenkins, Kye		Kotara South	2:35.72
5 Barnes, Lachlan		Eastlakes	2:36.49
6 McClymont, Jackson		Kotara South	2:36.75
7 Gawn, Cameron		Westlakes	2:39.37
8 Leary, William		Southlakes	2:40.23
9 Wheeler, Jacob		Westlakes	2:58.35

Boys U 14 - 800 Metre Run

=====			
Zone: Z 2:12.86 3/12/2006 Joshua Small, Macquarie Sho			
Name	Age	Centre	Final
=====			
1 Harding, Ben		Macquarie Hunter	2:20.13
2 Leadbeatter, Ty		Macquarie Hunter	2:22.02
3 Flint, Isaac		Southlakes	2:22.21
4 Werner, Zachary		Cardiff & District	2:50.94
5 Waters, Jackson		Westlakes	3:10.73

Boys U 15 - 800 Metre Run

=====			
Zone: Z 2:09.00 11/12/2011 Zsolt Balogh, Macquarie Hun			
Name	Age	Centre	Final
=====			
1 Abbott, Finnegan		Cardiff & District	2:17.98
2 Redford, Joshua		Kotara South	2:20.89
3 Price, Cameron		Cardiff & District	2:29.15

Boys U 17 - 800 Metre Run

=====			
Zone: Z 2:10.50 15/12/2009 David Skinner, Macquarie Hu			
Name	Age	Centre	Final
=====			
1 March, Tom		Macquarie Hunter	2:02.68Z
2 Maher, Oscar		Kotara South	2:11.03
3 Barnes, Jack		Eastlakes	2:16.62
4 Flint, Benjamin		Southlakes	2:23.49
5 Vizintin, Cory		Cardiff & District	2:38.52

Boys U 11 - 1500 Metre Run

=====			
Zone: Z 5:00.50 15/12/2012 Luke Young, Macquarie Hunte			
Name	Age	Centre	Final
=====			
1 Anson-Smith, Hamish		Kotara South	5:24.63
2 Hopton, Jamie		Macquarie Hunter	5:56.27
3 Watkins, Evan		Eastlakes	6:01.13

Lake Macquarie Zone Championships**LANSW****Results****Boys U 12 - 1500 Metre Run**

Zone: Z 4:51.00 4/12/2010 Jesse Maxwell, Macquarie Hu			
Name	Age	Centre	Final
1 Ward, Nate		Kotara South	4:58.40
2 Kemp, Blake		Kotara South	5:14.96
3 Walker, Kohan		Edgeworth	5:56.19
4 Wade, Riley		Edgeworth	6:04.09
5 Edmunds, Braith		Edgeworth	6:17.47
6 Kroeze, Kryn		Macquarie Hunter	6:45.73

Boys U 13 - 1500 Metre Run

Zone: Z 4:25.60 2002 Connor Stevenson, Cardiff &			
Name	Age	Centre	Final
1 Anson-Smith, Angus		Kotara South	5:09.94
2 McClymont, Jackson		Kotara South	5:12.89
3 Jenkins, Kye		Kotara South	5:18.36
4 Wheeler, Jacob		Westlakes	5:24.36
5 Hurry, Kye		Edgeworth	5:26.87
6 Barnes, Lachlan		Eastlakes	5:27.39
7 Smith, Louis		Kotara South	5:32.37
8 Spamer, Brodie		Cardiff & District	5:45.02
9 Leary, William		Southlakes	5:48.22
10 Granato, Mason		Eastlakes	5:59.99

Boys U 14 - 1500 Metre Run

Zone: Z 4:26.40 2/12/2006 Joshua Small, Macquarie Sho			
Name	Age	Centre	Final
1 Harding, Ben		Macquarie Hunter	4:32.52
2 Flint, Isaac		Southlakes	4:48.73
3 Leadbeatter, Ty		Macquarie Hunter	4:53.17
4 Totterman, Luke		Kotara South	5:36.31

Boys U 15 - 1500 Metre Run

Zone: Z 4:29.00 10/12/2011 Zsolt Balogh, Macquarie Hun			
Name	Age	Centre	Final
1 Redford, Joshua		Kotara South	4:48.51
2 Price, Cameron		Cardiff & District	4:49.40
3 Spamer, Liam		Cardiff & District	5:09.86
4 Fuller, Jordie		Kotara South	5:48.19

Boys U 17 - 1500 Metre Run

Zone: Z 4:21.20 15/12/2012 Tyson Beatty, Edgeworth			
Name	Age	Centre	Final
1 March, Tom		Macquarie Hunter	4:18.78Z
2 Piggott, James		Kotara South	4:35.04
3 Barnes, Jack		Eastlakes	4:42.47
4 Flint, Benjamin		Southlakes	5:02.57
5 McClymont, Will		Kotara South	5:21.15
-- McClymont, Samuel		Kotara South	DNF

Lake Macquarie Zone Championships**LANSW****Results****Boys U 13 - 3000 Metre Run**

Zone: Z 10:12.49 15/12/2012 Callum Lang, Macquarie Hun			
Name	Age	Centre	Final
1 McClymont, Jackson		Kotara South	11:08.40
2 Jenkins, Kye		Kotara South	11:18.81
3 Anson-Smith, Angus		Kotara South	11:23.57
4 Wheeler, Jacob		Westlakes	11:42.54
5 Gawn, Cameron		Westlakes	12:31.60
6 Barnes, Lachlan		Eastlakes	12:42.96
7 Spamer, Brodie		Cardiff & District	12:45.01
8 Charlton, Peter		Eastlakes	17:25.15

Boys U 14 - 3000 Metre Run

Zone: Z 9:40.28 2/12/2006 Joshua Small, Macquarie Sho			
Name	Age	Centre	Final
1 Harding, Ben		Macquarie Hunter	10:05.00
2 Leadbeatter, Ty		Macquarie Hunter	10:34.40

Boys U 15 - 3000 Metre Run

Zone: Z 9:40.30 1/12/2018 Alvin Craig, Macquarie Hunt			
Name	Age	Centre	Final
1 Redford, Joshua		Kotara South	10:32.86
2 Spamer, Liam		Cardiff & District	11:38.78

Boys U 17 - 3000 Metre Run

Zone: Z 9:55.00 30/11/2013 Callum Mears, Macquarie Hun			
Name	Age	Centre	Final
1 March, Tom		Macquarie Hunter	10:04.64
2 Piggott, James		Kotara South	10:37.63
3 Barnes, Jack		Eastlakes	11:01.20
4 McClymont, Will		Kotara South	11:46.90

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.04 30/11/2013 Jacob Cook, Macquarie Hunter			
Name	Age	Centre	Final
1 Ralph, Kyden		Macquarie Hunter	12.51
2 Maxwell, Charlton		Macquarie Hunter	12.55
3 McBride, Cruz		Kotara South	13.80
4 Walters, George		Eastlakes	13.94
5 Dickie, Samuel		Westlakes	13.95
6 Low, Odin		Macquarie Hunter	17.50

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.74 10/12/2016 Callum Cousins, Edgeworth			
Name	Age	Centre	Final
1 Haouchar, Tarek		Macquarie Hunter	11.32
2 Mascini, Justin		Macquarie Hunter	11.33
3 McCarthy, Finn		Macquarie Hunter	12.03
4 Cousins, Tyler		Edgeworth	12.29

Lake Macquarie Zone Championships

LANSW

Results

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

5 Mackay, Jamie	Kotara South	13.05
6 Kelly, Lucas	Edgeworth	13.73
7 Sewell, Jack	Westlakes	15.28
8 Zawierucha, Oscar	Westlakes	17.37

Boys U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.49 10/12/2016 Willis Hahn, Cardiff			
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Blundell, Noah	Macquarie Hunter	11.59Q	
2 McBride, Noah	Kotara South	12.33Q	
3 Hall, Lukas	Edgeworth	12.38Q	
4 Watts, Harrison	Cardiff & District	12.98q	
5 Roberts, Thomas	Westlakes	13.39q	
6 Whyte, Hugo	Kotara South	14.53	
Heat 2 Heats			
1 Bunn, Laeth	Macquarie Hunter	11.89Q	
2 Weber, Xanden	Kotara South	11.96Q	
3 Rosenthal, Ben	Kotara South	13.44Q	
4 Ingall, Kye	Kotara South	14.65	
5 Muirhead, Carter	Macquarie Hunter	15.02	
6 Dickie, Jack	Westlakes	15.83	

Boys U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.49 10/12/2016 Willis Hahn, Cardiff			
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Blundell, Noah	Macquarie Hunter	11.55	
2 Weber, Xanden	Kotara South	11.82	
3 McBride, Noah	Kotara South	11.86	
4 Bunn, Laeth	Macquarie Hunter	12.19	
5 Hall, Lukas	Edgeworth	12.22	
6 Watts, Harrison	Cardiff & District	12.70	
7 Rosenthal, Ben	Kotara South	12.76	
8 Roberts, Thomas	Westlakes	13.62	

Boys U 11 - 80 Metre Hurdles (60cm)

=====			
Name	Age Centre	Final	
=====			
Section 1			
1 Bunn, Cohen	Macquarie Hunter	14.67	
2 Campbell, Alex	Westlakes	14.90	
3 Ryan, Kelly	Macquarie Hunter	16.40	
4 Allan, Dustin	Westlakes	17.82	
5 Grant, Oliver	Kotara South	18.20	
6 Dein, Thomas	Southlakes	21.96	

Boys U 12 - 80 Metre Hurdles (68cm)

=====			
Name	Age Centre	Final	
=====			
1 Manning, William	Cardiff & District	15.30	
2 Carl, Miles	Macquarie Hunter	15.70	
3 Cook, Riley	Macquarie Hunter	16.13	

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 12 - 80 Metre Hurdles (68cm)**

4 Willott, Madden	Kotara South	16.68
5 Zawierucha, Bodie	Westlakes	17.07
6 Day, Jackson	Cardiff & District	17.26
7 Watson, Alex	Kotara South	17.49
8 Wade, Riley	Edgeworth	17.54
9 Wright, Jaxon	Southlakes	19.03

Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.94 1997 Jonathon Whiting, Macquarie S		
Name	Age Centre	Final
1 Muirhead, Marshall	Macquarie Hunter	14.65
2 Irving, Hayden	Southlakes	15.43
3 Cousins, Callum	Edgeworth	16.27
4 Pitkin, Jonah	Westlakes	17.34
5 Beresztan, Jamie	Edgeworth	17.73
6 Hooker, Tallan	Eastlakes	18.87

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 13.59 17/12/2017 Hugh Sharman, Kotara South		
Name	Age Centre	Final
1 McManus, Reece	Eastlakes	15.61

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 15.34 1/12/2013 Isaac Goodhew, Southlakes		
Name	Age Centre	Final
1 Dobbins, Rhys	Kotara South	14.55Z
2 Vizintin, Cory	Cardiff & District	15.55
3 Granato, Liam	Eastlakes	15.90
4 Richens, Luke	Kotara South	16.22
5 Loxley, Eli	Eastlakes	18.52
6 McManus, Aidan	Southlakes	22.35

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 27.90 28/11/2015 Jai MacPherson, Macquarie Hun		
Name	Age Centre	Final
1 Muirhead, Marshall	Macquarie Hunter	32.00
2 Cousins, Callum	Edgeworth	32.45
3 Granato, Mason	Eastlakes	33.33
4 Beresztan, Jamie	Edgeworth	37.43
5 Walkerden, Nate	Eastlakes	38.10

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 25.34 10/12/2016 Jai MacPherson, Macquarie Hun		
Name	Age Centre	Final
1 McManus, Reece	Eastlakes	31.15

Lake Macquarie Zone Championships

LANSW

Results

Boys U 17 - 300 Metre Hurdles (76cm)

=====
 Zone: Z 45.49 10/12/2016 Luke Gibbons, Westlakes
 Name Age Centre Final
 =====

1	Dobbins, Rhys	Kotara South	42.38Z
2	Flint, Benjamin	Southlakes	45.23Z
3	Vizintin, Cory	Cardiff & District	46.31
4	Loxley, Eli	Eastlakes	48.31

Boys U 15-17 100 Metre Multi Class Run

=====
 Zone: Z 16.54 15/12/2012 Bryce Lloyd, Macquarie Hunter
 Name Age Centre Final
 =====

1	Field, Zander	Southlakes	13.89Z
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Boys U 15-17 200 Metre Multi Class Run

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

1	Field, Zander	Southlakes	27.53
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Boys U 15-17 800 Metre Multi Class Run

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

1	Field, Zander	Southlakes	2:47.82
---	---------------	------------	---------

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

=====
 Zone: Z 55.20 12/2008 Edgeworth & District, Edgewor
 Centre Final
 =====

1	Macquarie Hunter	58.06
	1) Bunn, Cohen 11	2) Carl, Miles 12
	3) Mascini, Justin 9	4) Faavae-Eli, Malachi 10
2	Southlakes	1:01.32
	1) Sturmman, Logan 9	2) White, Issak 12
	3) Bailey, Heath 11	4) Ekezie, Benjamin 9
3	Kotara South	1:01.40
	1) Bremmell, Noah 9	2) Weber, Xanden 10
	3) McBride, Noah 10	4) Ward, Nate 12
4	Eastlakes	1:04.72
	1) Davies, Mitchell 10	2) Humphries-Wilson, Max 11
	3) Ferguson, Lucas 9	4) Oakey, Lucas 10
5	Edgeworth	1:05.64
	1) Cousins, Tyler 9	2) Cousins, Lachlan 9
	3) Hall, Lukas 10	4) Wade, Riley 12
6	Cardiff & District	1:05.66
	1) Watts, Harrison 10	2) Manning, William 12
	3) Forsythe, Charlie 9	4) Gallard, Eamon 10

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

=====
 Zone: Z 47.05 29/11/2015 Macquarie Hunter, Macquarie H
 J MacPherson, L Reid, A Fenech, R Pentecost
 Centre Final
 =====

1	Eastlakes	49.46
	1) Granato, Liam 17	2) McManus, Reece 14

Lake Macquarie Zone Championships

LANSW

Results

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

3) Gray, Kedha 15	4) Ferguson, Logan 13	
2 Macquarie Hunter	50.26	
1) Muirhead, Marshall 13	2) O'Brien, Lachlan 15	
3) Bieler, Ethan 13	4) Macpherson, Jai 17	
3 Kotara South	51.77	
1) Redford, Joshua 15	2) Oliver, Cameron 13	
3) Harvey Cossettini, Lucas 13	4) Maher, Oscar 17	
4 Cardiff & District	52.76	
1) Cowling, Ethan 14	2) Vizintin, Cory 17	
3) Werner, Zachary 14	4) Abbott, Finnegan 15	
5 Southlakes	55.68	
1) Irving, Hayden 13	2) Flint, Isaac 14	
3) Cubis, Ethan 13	4) Ekezie, Gregory 17	
6 Westlakes	58.51	
1) Bennett, Lachlan 15	2) Gawn, Cameron 13	
3) Waters, Jackson 14	4) Sharrock, Beau 13	
7 Edgeworth	58.79	
1) Edmunds, Braith 12	2) Cousins, Callum 13	
3) Beresztan, Jamie 13	4) Ackland, Riley 13	

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

Zone: Z 1.06m 1/12/2018 Thomas Steel, Macquarie Hunte

Name Age Centre Final

Flight 1

1 Cousins, Lachlan	Edgeworth	0.98m
2 McCarthy, Finn	Macquarie Hunter	0.96m
3 Hopkins, Blake	Macquarie Hunter	0.94m
4 Kellty, Lucas	Edgeworth	0.92m
-- Waters, Charlie	Westlakes	NH

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

Zone: Z 1.17m 17/12/2017 Miles Carl, Macquarie Hunter

Name Age Centre Final

1 Weber, Xanden	Kotara South	1.18mZ
2 Steele, Thomas	Macquarie Hunter	1.09m
3 Cowling, Logan	Cardiff & District	1.09m
4 Hall, Lukas	Edgeworth	1.05m
5 Thomas, Caden	Kotara South	1.05m
6 Watts, Harrison	Cardiff & District	1.00m
-- Dickie, Jack	Westlakes	NH

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

Zone: Z 1.49m 1986 Matthew Farley, Macquarie Sho

Name Age Centre Final

1 Campbell, Alex	Westlakes	1.30m
2 Mulhearn, Hayden	Kotara South	1.14m
-- Keene, Benjamin	Edgeworth	NH
-- Barker, Caleb	Westlakes	NH

Lake Macquarie Zone Championships**LANSW****Results****Boys U 12 - High Jump (S/H 1.15m)**

Zone: Z 1.55m 1998 S Bartlem, Macquarie Shores			
Name	Age	Centre	Final
1 Carl, Miles		Macquarie Hunter	1.38m
2 Waters, Hayden		Westlakes	1.30m
3 Manning, William		Cardiff & District	1.20m
4 Goodier, Domic		Kotara South	1.20m
-- Wade, Riley		Edgeworth	NH
-- Kroeze, Kryn		Macquarie Hunter	NH

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

Zone: Z 1.64m 1997 Andrew Ianna, Charlestown			
Name	Age	Centre	Final
1 King, Max		Cardiff & District	1.48m
2 Knapman, Oliver		Macquarie Hunter	1.46m
3 Harvey Cossettini, Lucas		Kotara South	1.46m
4 Gawn, Cameron		Westlakes	1.42m
5 Sharrock, Beau		Westlakes	1.42m
6 Oliver, Cameron		Kotara South	1.30m
7 Barnes, Lachlan		Eastlakes	1.30m
8 Jensen, Samuel		Macquarie Hunter	1.30m
9 Irving, Hayden		Southlakes	1.25m

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

Zone: Z 1.72m 1992 M Raper, Macquarie Shores			
Name	Age	Centre	Final
1 Richter, Liam		Southlakes	1.43m
2 McManus, Reece		Eastlakes	1.41m
3 Waters, Jackson		Westlakes	1.35m
4 Cowling, Ethan		Cardiff & District	1.30m

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

Zone: Z 1.85m 1999 Andrew Ianna, Charlestown			
Name	Age	Centre	Final
1 Marshall, Jacob		Cardiff & District	1.55m
2 Gray, Kedha		Eastlakes	1.30m
-- Bennett, Lachlen		Westlakes	NH

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

Zone: Z 1.96m 30/11/2013 Jake Ellis, Southlakes			
Name	Age	Centre	Final
1 Hungerford, Liam		Macquarie Hunter	1.65m
2 Granato, Liam		Eastlakes	1.60m
3 Beatty, Joel		Macquarie Hunter	1.50m

Boys U 7 - Long Jump

Zone: Z 3.27m 3/12/2006 Isaac Davis, Macquarie Shores			
Name	Age	Centre	Final
1 Poole, Arlie-James		Eastlakes	2.78m

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 7 - Long Jump**

2 Shelly, Lachlan	Edgeworth	2.52m
3 Campbell, Billy	Macquarie Hunter	2.30m
4 Burke, Lachlan	Kotara South	2.26m
5 Lavelle, Sam	Cardiff & District	2.24m
6 Hooker, Laikyn	Eastlakes	1.99m
7 Manning, Cameron	Cardiff & District	1.94m
8 Bowker, Keeley	Westlakes	1.21m

Boys U 8 - Long Jump

Zone: Z 3.71m 2001			Jack Jones, Macquarie Shores
Name	Age Centre		Final
1 Ralph, Kyden	Macquarie Hunter		3.07m
2 Maxwell, Charlton	Macquarie Hunter		3.06m
3 Urane, Dominik	Edgeworth		3.06m
4 Ashley, Zachary	Macquarie Hunter		2.98m
5 Hopton, Aaron	Macquarie Hunter		2.95m
6 Gerick, Kye	Cardiff & District		2.75m
7 Eather, Mason	Edgeworth		2.70m
8 Walters, George	Eastlakes		2.69m
9 Dickie, Samuel	Westlakes		2.39m
10 Lane, Hayden	Kotara South		2.35m
11 Macneill, Hamish	Kotara South		2.06m
12 Sharrock, Axel	Westlakes		1.84m

Boys U 9 - Long Jump

Zone: Z 4.29m 2001			Damian Hart, Macquarie Shores
Name	Age Centre		Final
1 Ekezie, Benjamin	Southlakes		3.87m
2 Haouchar, Tarek	Macquarie Hunter		3.60m
3 Hopkins, Blake	Macquarie Hunter		3.24m
4 McPherson, Chase	Macquarie Hunter		3.12m
5 Forsythe, Charlie	Cardiff & District		3.08m
6 Ferguson, Lucas	Eastlakes		2.98m
7 Sewell, Jack	Westlakes		2.74m

Boys U 10 - Long Jump

Zone: Z 4.57m 1988			Bradley Coburn, Edgeworth & D
Name	Age Centre		Final
1 Gallard, Eamon	Cardiff & District		3.95m
2 Steele, Thomas	Macquarie Hunter		3.80m
3 Davies, Mitchell	Eastlakes		3.80m
4 Faavae-Eli, Malachi	Macquarie Hunter		3.73m
5 Playdon, Oliver	Kotara South		3.72m
6 Bunn, Laeth	Macquarie Hunter		3.38m
7 Whyte, Hugo	Kotara South		3.32m
8 Oakey, Lucas	Eastlakes		3.29m
9 Cross, Sam	Kotara South		3.21m
10 Kapsaskis, Christopher	Edgeworth		2.80m
11 Dickie, Jack	Westlakes		2.61m

Lake Macquarie Zone Championships**LANSW****Results****Boys U 11 - Long Jump**

Zone: Z 4.77m 2008 Callen Meir, Macquarie Hunter			
Name	Age	Centre	Final
1 Campbell, Alex		Westlakes	4.12m
2 Turner, Cody		Macquarie Hunter	3.99m
3 Cashion, Thomas		Macquarie Hunter	3.88m
4 Harris, Xander		Southlakes	3.82m
5 Humphries-Wilson, Max		Eastlakes	3.72m
6 Mulhearn, Hayden		Kotara South	3.34m
7 Mahoney, Liam		Macquarie Hunter	3.22m
8 Grant, Oliver		Kotara South	3.10m
9 Watkins, Evan		Eastlakes	3.04m
10 Croft, Oliver		Macquarie Hunter	2.98m
11 Wright, Xander		Southlakes	2.97m

Boys U 12 - Long Jump

Zone: Z 5.30m 13/12/2014 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Final
1 Cook, Riley		Macquarie Hunter	4.06m
2 Waters, Hayden		Westlakes	4.00m
3 Manning, William		Cardiff & District	3.99m
4 Welch, Jackson		Macquarie Hunter	3.74m
5 Wade, Riley		Edgeworth	3.53m
6 Wright, Jaxon		Southlakes	3.35m
7 Kroeze, Kryn		Macquarie Hunter	3.30m

Boys U 13 - Long Jump

Zone: Z 5.49m 4/12/2005 Damian Hart, Macquarie Shores			
Name	Age	Centre	Final
1 King, Max		Cardiff & District	5.73mZ
2 Ferguson, Logan		Eastlakes	5.11m
3 Muirhead, Marshall		Macquarie Hunter	4.63m
4 Harvey Cossettini, Lucas		Kotara South	4.58m
5 Knapman, Oliver		Macquarie Hunter	4.50m
6 Sharrock, Beau		Westlakes	4.43m
7 Cubis, Ethan		Southlakes	4.13m
8 Parsons, Kye		Cardiff & District	3.70m
9 Spamer, Brodie		Cardiff & District	3.48m

Boys U 14 - Long Jump

Zone: Z 5.86m 11/12/2016 Jai MacPherson, Macquarie Hun			
Name	Age	Centre	Final
1 McManus, Reece		Eastlakes	4.70m
2 Cowling, Ethan		Cardiff & District	4.32m
3 Waters, Jackson		Westlakes	4.12m
4 Day, Cooper		Cardiff & District	4.11m

Boys U 15 - Long Jump

Zone: Z 6.41m 1999 Jonathon Whiting, Macquarie S			
Name	Age	Centre	Final
1 Marshall, Jacob		Cardiff & District	5.41m

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 15 - Long Jump**

2 Bennett, Lachlen	Westlakes	4.53m
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Boys U 17 - Long Jump

Zone: Z 6.53m 16/12/2017 Leroy Reid, Macquarie Hunter

Name	Age Centre	Final
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1 Macpherson, Jai	Macquarie Hunter	6.35m
2 Granato, Liam	Eastlakes	5.41m
3 Beatty, Joel	Macquarie Hunter	5.35m
4 King, Nathan	Cardiff & District	5.16m
5 Pettett, Patrick	Kotara South	5.11m
6 Richens, Luke	Kotara South	5.09m
7 Vizintin, Cory	Cardiff & District	5.00m
8 McManus, Aidan	Southlakes	4.12m

Boys U 11 - Triple Jump

Zone: Z 9.60m 6/12/2003 Damian Hart, Macquarie Shores

Name	Age Centre	Final
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1 Wright, Xander	Southlakes	6.86m
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Boys U 12 - Triple Jump

Zone: Z 10.44m 16/12/2012 Cohan Geelan, Macquarie Hunt

Zone: Z 10.44m 2/12/2018 Max King, Cardiff & District

Name	Age Centre	Final
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1 Carl, Miles	Macquarie Hunter	8.77m
2 Zawierucha, Bodie	Westlakes	7.78m
3 Kemp, Blake	Kotara South	7.58m
4 Wade, Riley	Edgeworth	7.39m
5 Day, Jackson	Cardiff & District	7.18m

Boys U 13 - Triple Jump

Zone: Z 11.28m 3/12/2005 Damian Hart, Macquarie Shore

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

1 King, Max	Cardiff & District	10.92m
2 Sharrock, Beau	Westlakes	9.78m
3 Muirhead, Marshall	Macquarie Hunter	8.99m
4 Cubis, Ethan	Southlakes	8.50m
5 Cousins, Callum	Edgeworth	8.34m
6 Irving, Hayden	Southlakes	8.30m
7 Beresztan, Jamie	Edgeworth	8.29m
8 Hooker, Tallan	Eastlakes	7.38m
-- Granato, Mason	Eastlakes	ND

Boys U 14 - Triple Jump

Zone: Z 11.63m 2002 Sam Darroch, Cardiff & Distr

Name	Age Centre	Final
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1 McManus, Reece	Eastlakes	10.50m
2 Cowling, Ethan	Cardiff & District	8.74m
3 Day, Cooper	Cardiff & District	8.05m

Lake Macquarie Zone Championships**LANSW****Results****Boys U 15 - Triple Jump**

Zone: Z 12.82m 1999 Jonathon Whiting, Macquarie			
Name	Age	Centre	Final
1 Marshall, Jacob		Cardiff & District	11.51m

Boys U 17 - Triple Jump

Zone: Z 12.32m 16/12/2012 Joshua Milford, Macquarie Hu			
Name	Age	Centre	Final
1 Granato, Liam		Eastlakes	11.72m
2 Beatty, Joel		Macquarie Hunter	11.39m
3 King, Nathan		Cardiff & District	10.49m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 8.48m 1996 Cameron Whiting, Macquarie Sh			
Name	Age	Centre	Final
1 Shelly, Lachlan		Edgeworth	4.72m
2 Tonga, Jacob		Macquarie Hunter	4.26m
3 Hooker, Laikyn		Eastlakes	3.65m
4 Mahoney, Evan		Macquarie Hunter	3.50m
5 Maiden, Jonas		Cardiff & District	3.44m
6 Jeffrey, Ashton		Edgeworth	3.38m
7 Bowker, Keeley		Westlakes	2.93m
8 Hurry, Cooper		Edgeworth	2.76m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 7.99m 13/12/2008 Jay Sneddon, Macquarie Hunter			
Name	Age	Centre	Final
1 Maxwell, Charlton		Macquarie Hunter	5.16m
2 Allan, Lawson		Westlakes	4.93m
3 Latter, Tex		Westlakes	4.60m
4 Walters, George		Eastlakes	4.54m
5 Cross, Riley		Kotara South	4.41m
6 Eather, Mason		Edgeworth	4.26m
7 Johnson, Billy		Edgeworth	4.15m
8 Lane, Hayden		Kotara South	3.25m
9 Sharrock, Axel		Westlakes	2.82m
10 Low, Odin		Macquarie Hunter	2.81m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 8.37m 6/12/2003 Matthew Probert, Macquarie Sh			
Name	Age	Centre	Final
1 Cousins, Lachlan		Edgeworth	5.04m
2 Zawierucha, Oscar		Westlakes	4.75m
3 McPherson, Chase		Macquarie Hunter	4.04m
4 Jevic, Logan		Edgeworth	3.88m

Lake Macquarie Zone Championships**LANSW****Results****Boys U 10 - Shot Put (2.0 Kg)**

Zone: Z 10.85m 15/12/2009 Payne Haas, Macquarie Hunter			
Name	Age	Centre	Final
1 Tonga, Noah		Macquarie Hunter	8.97m
2 Bunn, Laeth		Macquarie Hunter	6.90m
3 Taylor, Jayden		Kotara South	6.51m
4 Muirhead, Carter		Macquarie Hunter	5.96m
5 Hall, Lukas		Edgeworth	5.95m
6 Griffin, Jayden		Cardiff & District	5.89m
7 Roberts, Oliver		Macquarie Hunter	3.71m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.33m 4/12/2010 Payne Haas, Macquarie Hunter			
Name	Age	Centre	Final
1 Andrews, Caden		Macquarie Hunter	9.21m
2 Cashion, Thomas		Macquarie Hunter	8.15m
3 Cousins, Jackson		Edgeworth	8.04m
4 Allan, Dustin		Westlakes	7.50m
5 Bailey, Heath		Southlakes	6.39m
6 Mahoney, Liam		Macquarie Hunter	6.05m
7 Grant, Oliver		Kotara South	5.92m
8 Dein, Thomas		Southlakes	4.72m

Boys U 12 - Shot Put (2.0 Kg)

Zone: Z 11.52m 2/12/2018 Lucas Harvey Cossettini, Car			
Name	Age	Centre	Final
1 Day, Jackson		Cardiff & District	10.44m
2 Cook, Riley		Macquarie Hunter	9.35m
3 Waters, Hayden		Westlakes	8.79m
4 Graham, Cody		Cardiff & District	7.66m
5 Bunn, Taj		Macquarie Hunter	7.53m
6 Feenan, Connor		Eastlakes	6.54m
7 Ward, Benjamin		Edgeworth	6.51m
8 White, Issak		Southlakes	6.39m
9 Edmunds, Braith		Edgeworth	5.81m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 15.60m 1986 Chad Stephenson, Macquarie S			
Name	Age	Centre	Final
1 Irving, Hayden		Southlakes	10.78m
2 Harvey Cossettini, Lucas		Kotara South	10.65m
3 Martinella, Sonny		Kotara South	9.63m
4 Pitkin, Jonah		Westlakes	8.40m
5 Klepzig, Harry		Southlakes	8.09m
6 Parsons, Kye		Cardiff & District	7.16m
7 Hooker, Tallan		Eastlakes	6.84m
8 Charlton, Peter		Eastlakes	6.28m

Lake Macquarie Zone Championships

LANSW

Results

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 15.05m 17/12/2017 Travis Petersen, Cardiff			
Name	Age	Centre	Final
1 Waters, Jackson		Westlakes	6.05m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 15.71m 2/12/2006 Liam Speers, Macquarie Shore			
Name	Age	Centre	Final
1 Bennett, Lachlen		Westlakes	7.22m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 16.59m 12/2008 Liam Speers, Macquarie Hunte			
Name	Age	Centre	Final
1 Petersen, Travis		Cardiff & District	12.97m
2 McManus, Aidan		Southlakes	10.47m
3 Flint, Benjamin		Southlakes	9.77m
4 Klepzig, Alan		Southlakes	8.06m

Boys U 7 - Discus (350 Gram)

Zone: Z 22.86m 2/1996 Cameron Whiting, Macquarie S			
Name	Age	Centre	Final
1 Samuels, Elijah		Cardiff & District	9.17m
2 Hooker, Laikyn		Eastlakes	8.37m
3 Manning, Cameron		Cardiff & District	8.26m
4 Barnes, Alistair		Southlakes	8.11m
5 Bolakis, Emmanuel		Westlakes	7.90m
6 Campbell, Billy		Macquarie Hunter	7.07m
7 Jeffrey, Ashton		Edgeworth	6.79m
8 Mahoney, Evan		Macquarie Hunter	5.06m
9 Bowker, Keeley		Westlakes	4.20m
10 Thompson, Zachary		Westlakes	3.63m

Boys U 8 - Discus (500 Gram)

Zone: Z 22.66m 12/1996 Cameron Whiting, Macquarie S			
Name	Age	Centre	Final
1 Allan, Lawson		Westlakes	12.43m
2 Delaney, Isaac		Cardiff & District	12.29m
3 Walters, George		Eastlakes	11.55m
4 Urane, Dominik		Edgeworth	11.52m
5 Low, Odin		Macquarie Hunter	9.74m
6 Cross, Riley		Kotara South	9.71m
7 Eather, Mason		Edgeworth	8.55m
8 Latter, Tex		Westlakes	3.77m

Boys U 9 - Discus (500 Gram)

Zone: Z 30.32m 1997 Cameron Whiting, Macquarie S			
Name	Age	Centre	Final
1 Mascini, Justin		Macquarie Hunter	21.03m
2 McPherson, Chase		Macquarie Hunter	14.10m

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 9 - Discus (500 Gram)**

3 Cousins, Tyler	Edgeworth	13.40m
4 Bell, Urban	Eastlakes	12.32m
5 Ferguson, Lucas	Eastlakes	11.84m
6 Waters, Charlie	Westlakes	10.57m
7 Zawierucha, Oscar	Westlakes	8.31m

Boys U 10 - Discus (500 Gram)

=====			
Zone: Z 32.48m		1997	B Richards, Macquarie Shores
Name	Age	Centre	Final
=====			
1 Tonga, Noah		Macquarie Hunter	23.72m
2 Sturmann, Cooper		Southlakes	18.94m
3 Oakey, Lucas		Eastlakes	17.17m
4 Dickie, Jack		Westlakes	15.14m
5 Griffin, Jayden		Cardiff & District	14.31m
6 Muirhead, Carter		Macquarie Hunter	13.99m
7 Taylor, Jayden		Kotara South	13.81m

Boys U 11 - Discus 500 Gram)

=====			
Zone: Z 28.08m		2/12/2018	Jackson Day, Cardiff & Distr
Name	Age	Centre	Final
=====			
1 Cashion, Thomas		Macquarie Hunter	30.72mZ
2 Andrews, Caden		Macquarie Hunter	30.58mZ
3 Cousins, Jackson		Edgeworth	26.54m
4 Allan, Dustin		Westlakes	23.47m
5 Bailey, Heath		Southlakes	19.52m
6 Croft, Oliver		Macquarie Hunter	17.63m
7 Humphries-Wilson, Max		Eastlakes	17.25m

Boys U 12 - Discus (750 Gram)

=====			
Zone: Z 37.70m		1995	Benn Harradine, Macquarie Sh
Name	Age	Centre	Final
=====			
1 Day, Jackson		Cardiff & District	29.95m
2 Waters, Hayden		Westlakes	24.94m
3 Graham, Cody		Cardiff & District	18.84m
4 Welch, Jackson		Macquarie Hunter	14.25m
5 Edmunds, Braith		Edgeworth	14.03m
6 Ward, Benjamin		Edgeworth	12.44m
7 Feenan, Connor		Eastlakes	11.77m

Boys U 13 - Discus (750 Gram)

=====			
Zone: Z 34.30m		1/12/2018	Izaeje Ikihele, Cardiff & Di
Name	Age	Centre	Final
=====			
1 Klepzig, Harry		Southlakes	33.82m
2 Hooker, Tallan		Eastlakes	28.63m
3 Jubb, Alex		Westlakes	27.33m
4 Gawn, Cameron		Westlakes	27.03m
5 Harvey Cossettini, Lucas		Kotara South	26.82m
6 Martinella, Sonny		Kotara South	26.77m
7 Charlton, Peter		Eastlakes	19.99m
8 Beresztan, Jamie		Edgeworth	19.72m
9 Irving, Hayden		Southlakes	18.97m

Lake Macquarie Zone Championships**LANSW****Results****....Boys U 13 - Discus (750 Gram)**

10 Cousins, Callum	Edgeworth	17.41m
11 Parsons, Kye	Cardiff & District	8.57m

Boys U 14 - Discus (1.0 Kg)

=====			
Zone: Z 51.62m	4/12/2005	Jake Bardior, Edgeworth & Di	
Name	Age Centre	Final	
=====			
1 McManus, Reece	Eastlakes	27.10m	
2 Flint, Isaac	Southlakes	19.54m	
3 Waters, Jackson	Westlakes	19.03m	
4 Day, Cooper	Cardiff & District	16.09m	

Boys U 15 - Discus (1.0 Kg)

=====			
Zone: Z 55.88m	7/12/2003	Tarquin Pollock, Edgeworth &	
Name	Age Centre	Final	
=====			
1 O'Brien, Lachlan	Macquarie Hunter	37.72m	
2 Martinelli, Hayden	Eastlakes	23.30m	
3 Colefax, Jesse	Edgeworth	16.79m	

Boys U 17 - Discus (1.5 Kg)

=====			
Zone: Z 54.81m	12/2008	Liam Speers, Macquarie Hunte	
Name	Age Centre	Final	
=====			
1 Petersen, Travis	Cardiff & District	43.46m	
2 King, Nathan	Cardiff & District	27.03m	
3 McManus, Aidan	Southlakes	26.91m	
4 Flint, Benjamin	Southlakes	26.17m	

Boys U 11 - Javelin (400 Gram)

=====			
Zone: Z 25.55m	29/11/2015	Jai Rawlings, Westlakes	
Name	Age Centre	Final	
=====			
1 Campbell, Alex	Westlakes	29.06mZ	
2 Andrews, Caden	Macquarie Hunter	25.27m	
3 Bailey, Heath	Southlakes	22.27m	
4 Cousins, Jackson	Edgeworth	18.55m	
5 Mulhearn, Hayden	Kotara South	13.70m	
6 Mahoney, Liam	Macquarie Hunter	11.12m	
7 Allan, Dustin	Westlakes	10.90m	
8 Keene, Benjamin	Edgeworth	10.32m	

Boys U 12 - Javelin (400 Gram)

=====			
Zone: Z 31.25m	2/12/2018	Harry Klepzig, Southlakes	
Name	Age Centre	Final	
=====			
1 Day, Jackson	Cardiff & District	25.42m	
2 Edmunds, Braith	Edgeworth	15.77m	
3 Waters, Hayden	Westlakes	12.72m	
4 Ward, Benjamin	Edgeworth	11.40m	

Lake Macquarie Zone Championships

LANSW

Results

Boys U 13 - Javelin (600 Gram)

Zone: Z 37.27m 3/12/2005 Jared Daley, Edgeworth & Dis			
Name	Age	Centre	Final
1 Harvey Cossettini, Lucas		Kotara South	31.81m
2 Irving, Hayden		Southlakes	27.69m
3 Klepzig, Harry		Southlakes	24.05m
4 Jensen, Samuel		Macquarie Hunter	21.10m
5 Cousins, Callum		Edgeworth	19.42m
6 Hooker, Tallan		Eastlakes	14.70m
7 Parsons, Kye		Cardiff & District	14.38m
8 Jubb, Alex		Westlakes	14.13m
9 Beresztan, Jamie		Edgeworth	9.83m
-- Charlton, Peter		Eastlakes	ND

Boys U 14 - Javelin (600 Gram)

Zone: Z 47.31m 5/12/2010 Daniel Mazzantinni, Cardiff			
Name	Age	Centre	Final
1 Flint, Isaac		Southlakes	28.07m
2 Day, Cooper		Cardiff & District	16.41m

Boys U 15 - Javelin (700 Gram)

Zone: Z 45.76m 10/12/2011 Daniel Mazzantini, Cardiff &			
Name	Age	Centre	Final
1 Bennett, Lachlen		Westlakes	17.97m

Boys U 17 - Javelin (700 Gram)

Zone: Z 55.55m 12/2008 Liam Speers, Macquarie Hunte			
Name	Age	Centre	Final
1 Flint, Benjamin		Southlakes	33.55m
2 Pettett, Patrick		Kotara South	33.48m
3 McManus, Aidan		Southlakes	31.28m
4 Klepzig, Alan		Southlakes	29.00m

Boys U 15-17 Multi Class Long Jump

Zone: Z 2.93m 10/12/2011 Matthew Kiely, Macquarie Hunt			
Name	Age	Centre	Final
1 Field, Zander		Southlakes	4.47mZ

Boys U 15-17 Multi Class Shot Put

Name	Age	Centre	Final
1 Field, Zander		Southlakes	7.20m

Boys U 9 - 700 Metre Walk

Zone: Z 4:24.40 2/12/2018 Lukas Hall, Edgeworth			
Name	Age	Centre	Final

Section 1

1 Carl, Louis		Macquarie Hunter	5:00.23
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Lake Macquarie Zone Championships**LANSW****Results****....Boys U 9 - 700 Metre Walk**

2 Jevic, Logan	Edgeworth	6:27.85
-- Cousins, Tyler	Edgeworth	DQ

Boys U 10 - 1100 Metre Walk

Zone: Z 6:23.90 1999 Bryce Baber, Cardiff & Dist		
Name	Age Centre	Final
1 Hall, Lukas	Edgeworth	5:54.32Z
2 Cowling, Logan	Cardiff & District	7:42.55

Boys U 11 - 1100 Metre Walk

Zone: Z 5:53.50 1999 Chris Sessions, Edgeworth &		
Name	Age Centre	Final
1 Cousins, Jackson	Edgeworth	8:29.47

Boys U 12 - 1500 Metre Walk

Zone: Z 8:07.20 1991 B Farley, Macquarie Shores		
Name	Age Centre	Final
1 Ward, Benjamin	Edgeworth	9:47.06
2 Day, Jackson	Cardiff & District	10:18.43
3 Maddison, Tom	Cardiff & District	10:21.51
4 Whiddon, Jack	Eastlakes	10:47.04

Boys U 13 - 1500 Metre Walk

Zone: Z 7:57.00 2001 Chris Sessions, Edgeworth &		
Name	Age Centre	Final
1 Cousins, Callum	Edgeworth	8:02.82
2 Spamer, Brodie	Cardiff & District	8:06.44
3 Wheeler, Jacob	Westlakes	9:37.38
4 Charlton, Peter	Eastlakes	11:12.41

Boys U 15 - 1500 Metre Walk

Zone: Z 6:41.51 17/12/2017 Jack McGinniskin, Edgeworth		
Name	Age Centre	Final
1 Spamer, Liam	Cardiff & District	7:38.54

Boys U 17 - 1500 Metre Walk

Zone: Z 6:28.60 16/12/2012 Carl Gibbons, Westlakes		
Name	Age Centre	Final
1 Vizintin, Cory	Cardiff & District	11:22.48