

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.88 04/12/2022 Evie Collie, Terrigal/Wambera			
Name	Age	Centre	Final
Section 1			
1 Macy Ahio		Tuggerah Lakes M	9.65
2 Georgia Lester		Toukley	9.66
3 Pearl Wilkin		Gosford	9.88
4 Stella Phillips		Tuggerah Lakes M	9.93
5 Zara Dennehy		Terrigal/Wamberal	10.39
6 Evie Fazekas		Wyong	10.96
7 Jordanna Townsend		Gosford	11.28
-- Arielle Paparestis		Terrigal/Wamberal	DNS

Girls U 8 - 70 Metre Sprint

Zone: Z 10.60 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Evie Collie		Terrigal/Wamberal	12.15
2 Lyla Williams		Gosford	12.91
3 Zyla Houghton		Terrigal/Wamberal	13.01
4 Torah Torchia		Gosford	13.18
5 Willow Clayton		Terrigal/Wamberal	13.78
-- Lara Wealand		Wyong	DNS
-- Armani Baxter		Wyong	DNS
-- Olivia Said		Terrigal/Wamberal	DNS

Girls U 9 - 70 Metre Sprint

Zone: Z 10.30 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
1 Nellie Lowbridge		Terrigal/Wamberal	11.60
2 Billie Heighington		Terrigal/Wamberal	12.02
3 Lucy House		Tuggerah Lakes M	12.38
4 Dahlia Howick		Terrigal/Wamberal	12.51
4 Halle Stables		Tuggerah Lakes M	12.51
6 Kendrix Mitchell		Gosford	13.02
7 Grace Harriott		Gosford	13.39
-- Georgia Schultz		Woy Woy Peninsula	DNS
Section 2			
1 Lyla Morris		Gosford	11.14
2 Ellis Douglas		Tuggerah Lakes M	11.79
3 Abbey Flannery		Gosford	12.03
4 Lola Terjesen-Soem		Woy Woy Peninsula	13.15
-- Bronte Dean		Tuggerah Lakes M	DNS
-- Tess Hardy		Terrigal/Wamberal	DNS
-- Amelia Mailey		Tuggerah Lakes M	DNS

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Girls U 10 - 70 Metre Sprint

Zone: Z 10.20 2005 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
Section 1			
1 Frankie Mumford		Terrigal/Wamberal	11.81
2 Zali Hansen		Gosford	12.00
3 Olivia Hardey		Terrigal/Wamberal	12.01
4 Grace Ashton		Tuggerah Lakes M	12.05
5 Kyra Tight		Gosford	12.56
-- Samara Wickens		Terrigal/Wamberal	DNS
Section 2			
1 Sienna Metcalfe		Tuggerah Lakes M	10.84
2 Abigail Perrot		Wyong	11.86
3 Rosie Friend		Tuggerah Lakes M	12.38
4 Jade Wilkin		Gosford	12.68
5 Adalise Beringer		Gosford	12.84
-- Nova Reynell		Woy Woy Peninsula	DNS

Girls U 7 - 100 Metre Sprint

Zone: Z 16.60 03/12/2022 Evie Collie, Terrigal/Wambera			
Name	Age	Centre	Final
Section 1			
1 Georgia Lester		Toukley	18.91
2 Macy Ahio		Tuggerah Lakes M	19.24
3 Pearl Wilkin		Gosford	19.33
4 Holly Davies		Terrigal/Wamberal	19.42
-- Farrah Anderson		Terrigal/Wamberal	DNS
Section 2			
1 Famke Filart		Terrigal/Wamberal	19.06
2 Stella Phillips		Tuggerah Lakes M	19.77
3 Evie Fazekas		Wyong	21.75
4 Jordanna Townsend		Gosford	22.64
-- Arielle Paparestis		Terrigal/Wamberal	DNS

Girls U 8 - 100 Metre Sprint

Zone: Z 14.90 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1			
1 Evie Collie		Terrigal/Wamberal	16.87
2 Lyla Williams		Gosford	18.40
3 Torah Torchia		Gosford	18.51
-- Lara Wealand		Wyong	DNS
-- Armani Baxter		Wyong	DNS
-- Olivia Said		Terrigal/Wamberal	DNS

Girls U 9 - 100 Metre Sprint

Zone: Z 14.90 2010 Jenna Bird, Tuggerah Lakes Mi			
Name	Age	Centre	Final
1 Willow Cannan-Hofbauer		Terrigal/Wamberal	17.03

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....Girls U 9 - 100 Metre Sprint

1 Abbey Flannery	Gosford	17.03
3 Ashlyn Le Roy	Wyong	18.31
4 Lola Terjesen-Soem	Woy Woy Peninsula	18.50
-- Amelia Mailey	Tuggerah Lakes M	DNS

Section 2

1 Nellie Lowbridge	Terrigal/Wamberal	15.96
2 Lyla Morris	Gosford	16.16
3 Lucy House	Tuggerah Lakes M	16.89
4 Carla Schulz	Gosford	18.49
-- Clara Grange	Toukley	DNS
-- Chloe Parkinson	Gosford	DNS

Section 3

1 Lucy Imberger	Wyong	16.98
2 Billie Heighington	Terrigal/Wamberal	17.01
3 Dahlia Howick	Terrigal/Wamberal	17.64
4 River James	Woy Woy Peninsula	17.95
-- Bronte Dean	Tuggerah Lakes M	DNS
-- Georgia Schultz	Woy Woy Peninsula	DNS

Girls U 10 - 100 Metre Sprint

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 Zone: Z 14.10 1991 Rosemary Hayward, Wyong
 Name Age Centre Final
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Section 1

1 Abigail Perrot	Wyong	16.55
2 Callie Stanley	Gosford	16.80
3 Sophia Iszard	Terrigal/Wamberal	16.86
4 Esther Menzies	Gosford	17.78
-- Lorenza Sant	Gosford	DNS
-- Charlie Wealand	Wyong	DNS
-- Ava Jones	Terrigal/Wamberal	DNS
-- Chloe McLennan	Woy Woy Peninsula	DNS

Section 2

1 Sienna Metcalfe	Tuggerah Lakes M	15.21
2 Olivia Hardey	Terrigal/Wamberal	16.60
3 Zali Hansen	Gosford	16.66
4 Samara Wickens	Terrigal/Wamberal	17.03
-- Nina Markey	Terrigal/Wamberal	DNS
-- Nova Reynell	Woy Woy Peninsula	DNS
-- Georgie Dean	Woy Woy Peninsula	DNS

Girls U 11 - 100 Metre Sprint

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 Zone: Z 13.40 2007 Sara Marshall, Gosford
 Name Age Centre Final
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Section 1

1 Alori Akamarmoi	Tuggerah Lakes M	14.38
2 Addison Pink	Terrigal/Wamberal	15.63
-- Eve Schultz	Woy Woy Peninsula	DNS
-- Naiyah Calleja	Toukley	DNS
-- Lucy Asmanas	Gosford	DNS
-- Mia Cooley	Tuggerah Lakes M	DNS
-- Amelia Smith	Toukley	DNS

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....Girls U 11 - 100 Metre Sprint

Section 2

1	Claire Frost	Terrigal/Wamberal	15.00
2	Aurey Juergens	Tuggerah Lakes M	15.76
3	Sophie Symes	Wyong	18.13
--	Azalea Malietoa	Gosford	DNS
--	Zoe Coulson	Woy Woy Peninsula	DNS
--	Kyiarrah Jessup	Terrigal/Wamberal	DNS

Girls U 12 - 100 Metre Sprint

Zone: Z 12.70 2008 Sara Marshall, Gosford

Name Age Centre Final

Section 1

1	Chloe Allen	Tuggerah Lakes M	15.51
2	Lexie Martin	Gosford	15.97
--	Isabella Woods	Tuggerah Lakes M	DNS
--	Caylee Roberts	Terrigal/Wamberal	DNS
--	Harper Beatty	Terrigal/Wamberal	DNS

Section 2

1	Annabelle Hayes	Gosford	14.83
2	Imogen Hyslop	Tuggerah Lakes M	15.10
3	Chelsea Rhodes	Tuggerah Lakes M	16.10
4	Ava Strappazon	Terrigal/Wamberal	16.33
5	Milla Champion	Tuggerah Lakes M	16.83

Girls U 13 - 100 Metre Sprint

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

Name Age Centre Final

Section 1

1	Andie Schokman	Terrigal/Wamberal	14.49
2	scarlett clark	Wyong	15.45
3	Tehya Kalolo	Tuggerah Lakes M	15.96
--	Sylvie Cresswell	Terrigal/Wamberal	DNS
--	Eva Mcintyre	Tuggerah Lakes M	DNS

Section 2

1	Paige Casey	Terrigal/Wamberal	13.84
2	Bethan Kos	Terrigal/Wamberal	14.07
3	Ruby Wilkin	Gosford	14.10
4	Chloe Jones	Terrigal/Wamberal	15.28
--	Annalena Thomas	Gosford	DNS
--	Jazmin McCusker	Woy Woy Peninsula	DNS

Girls U 14 - 100 Metre Sprint

Zone: Z 12.50 2005 Dannielle Bradbury, Terrigal

Name Age Centre Final

Section 1

1	Kara Tobey	Tuggerah Lakes M	13.57
2	Carmela Marie Nocedo	Gosford	14.02
3	Kyah Chalmers	Tuggerah Lakes M	14.05
4	Charlotte Otoole	Toukley	14.42

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....Girls U 14 - 100 Metre Sprint

5 Ruth Brown	Terrigal/Wamberal	14.44
6 Allyson Rodriguez	Gosford	15.77
-- Lily Davidson	Tuggerah Lakes M	DNS

Girls U 15 - 100 Metre Sprint

Zone: Z 12.40 2008 Kasey Tysoe, Gosford		
Name	Age Centre	Final
1 Dana Gonzalez	Wyong	13.34
2 Tahlia Goy	Tuggerah Lakes M	13.44
3 Olivia Peacock	Terrigal/Wamberal	14.53

Girls U 17 - 100 Metre Sprint

Zone: Z 11.90 01/12/2018 Katie Gunn, Gosford LAC		
Name	Age Centre	Final
1 Katelyn Wardell	Gosford	13.48
2 Ruby McTernan	Gosford	13.50
3 Abby McTernan	Gosford	13.64
4 Abbie Andrews	Tuggerah Lakes M	13.88
5 Jessika Mackie	Tuggerah Lakes M	13.97
6 Eva Lynch	Woy Woy Peninsula	15.19
7 Margrete Arthur	Gosford	15.35
-- Paige Wallace	Tuggerah Lakes M	DNS

Girls U 7 - 200 Metre Sprint

Zone: Z 36.00 1983 R Furguson, Wyong		
Name	Age Centre	Final
1 Georgia Lester	Toukley	40.04
2 Lila Knowles	Gosford	41.03
3 Holly Davies	Terrigal/Wamberal	43.15
4 Zara Dennehy	Terrigal/Wamberal	48.93
Section 2		
1 Famke Filart	Terrigal/Wamberal	41.22
2 Stella Phillips	Tuggerah Lakes M	43.78
3 Evie Fazekas	Wyong	51.77
-- Macy Ahio	Tuggerah Lakes M	DNS
-- Arielle Paparestis	Terrigal/Wamberal	DNS

Girls U 8 - 200 Metre Sprint

Zone: Z 31.50 1989 Rosemary Hayward, Wyong		
Name	Age Centre	Final
Section 1		
1 Evie Collie	Terrigal/Wamberal	37.46
2 Lily Stephenson	Tuggerah Lakes M	38.96
3 Kit Akamarmoi	Tuggerah Lakes M	41.28
4 Zoe Smith	Woy Woy Peninsula	46.33
-- Lara Wealand	Wyong	DNS
-- Armani Baxter	Wyong	DNS

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Zone: Z 31.00 1990				Rosemary Hayward, Wyong	
Name	Age	Centre		Final	
1 Nellie Lowbridge		Terrigal/Wamberal		34.00	
2 Billie Heighington		Terrigal/Wamberal		35.23	
3 Dahlia Howick		Terrigal/Wamberal		35.84	
4 Lucy House		Tuggerah Lakes M		39.11	
5 Grace Harriott		Gosford		40.07	
-- Charlie Tillott		Gosford		DNS	
-- Bronte Dean		Tuggerah Lakes M		DNS	
Section 2					
1 Violet Miller		Terrigal/Wamberal		35.29	
2 Lucy Imberger		Wyong		35.44	
3 Evie Gray		Terrigal/Wamberal		37.08	
4 Hallee Stables		Tuggerah Lakes M		38.18	
5 Clara Grange		Toukley		38.23	
6 Kendrix Mitchell		Gosford		38.33	
-- Georgia Schultz		Woy Woy Peninsula		DNS	

Girls U 10 - 200 Metre Sprint

Zone: Z 29.00 1991				Rosemary Hayward, Wyong	
Name	Age	Centre		Final	
Section 1					
1 Sienna Metcalfe		Tuggerah Lakes M		31.34	
2 Lola Adeleke		Woy Woy Peninsula		33.60	
3 Zali Hansen		Gosford		34.34	
4 Flora Norris		Gosford		34.87	
5 Samara Wickens		Terrigal/Wamberal		35.18	
6 Indiana Dennehy		Terrigal/Wamberal		38.24	
-- Sasha Strykowski		Terrigal/Wamberal		DNS	
Section 2					
1 Josie Vanden Bergh		Terrigal/Wamberal		34.40	
2 Frankie Mumford		Terrigal/Wamberal		34.94	
3 Kyra Tight		Gosford		35.60	
4 Rosie Friend		Tuggerah Lakes M		37.27	
5 Grace Ashton		Tuggerah Lakes M		37.30	
6 Amelia Coulter		Gosford		40.77	
-- Charlie Wealand		Wyong		DNS	
-- Nova Reynell		Woy Woy Peninsula		DNS	

Girls U 11 - 200 Metre Sprint

Zone: Z 27.80 2007				Sara Marshall, Gosford	
Name	Age	Centre		Final	
Section 1					
1 Alori Akamarmoi		Tuggerah Lakes M		31.86	
2 Emmanuelle Durand		Tuggerah Lakes M		33.06	
3 Kalyse Shearer		Tuggerah Lakes M		35.77	
-- Mia Cooley		Tuggerah Lakes M		DNS	
-- Amelia Smith		Toukley		DNS	
-- Eleanor Fleming		Woy Woy Peninsula		DNS	
-- Zoe Coulson		Woy Woy Peninsula		DNS	

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....Girls U 11 - 200 Metre Sprint

-- Kyiarrah Jessup Terrigal/Wamberal DNS

Girls U 12 - 200 Metre Sprint

Zone: Z 26.80 2008		Sara Marshall, Gosford	
Name	Age	Centre	Final
1 Imogen Hyslop		Tuggerah Lakes M	30.92
-- Annabelle Hayes		Gosford	DNS
-- Isabella Woods		Tuggerah Lakes M	DNS
-- Harper Beatty		Terrigal/Wamberal	DNS
-- Olivia Clegg		Tuggerah Lakes M	DNS

Section 2

1 Emmy Clark		Gosford	31.55
2 Sophia Arkhipova		Woy Woy Peninsula	33.02
3 Chelsea Rhodes		Tuggerah Lakes M	34.02
4 Lexie Martin		Gosford	34.68
-- Ava Strappazzon		Terrigal/Wamberal	DNS

Girls U 13 - 200 Metre Sprint

Zone: Z 26.30 1994		Rosemary Hayward, Toukley	
Name	Age	Centre	Final
Section 1			
1 Paige Casey		Terrigal/Wamberal	29.47
2 Ruby Wilkin		Gosford	30.07
3 Andie Schokman		Terrigal/Wamberal	30.39
4 Rose Domotor		Tuggerah Lakes M	32.24
5 Tehya Kalolo		Tuggerah Lakes M	33.16

Section 2

1 Bethan Kos		Terrigal/Wamberal	30.38
2 Eva Mcintyre		Tuggerah Lakes M	33.54
-- Annalena Thomas		Gosford	DNS
-- Audrey Neil		Gosford	DNS
-- Chloe Jones		Terrigal/Wamberal	DNS

Girls U 14 - 200 Metre Sprint

Zone: Z 25.90 2005		Dannielle Bradbury, Terrigal	
Name	Age	Centre	Final
Section 1			
1 Kara Tobey		Tuggerah Lakes M	27.59
2 Carmela Marie Nocedo		Gosford	29.49
3 Charlotte Otoole		Toukley	30.05
4 Quinn Llewellyn		Woy Woy Peninsula	30.84
-- Kyah Chalmers		Tuggerah Lakes M	DNS
-- Lily Davidson		Tuggerah Lakes M	DNS

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Girls U 15 - 200 Metre Sprint

Zone: Z 24.60 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Tahlia Goy		Tuggerah Lakes M	27.55
2 Dana Gonzalez		Wyong	28.21
-- Bronte Scahill		Woy Woy Peninsula	DNS
-- Olivia Peacock		Terrigal/Wamberal	DNS

Girls U 17 - 200 Metre Sprint

Zone: Z 24.70 2011 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Ruby McTernan		Gosford	27.99
2 Katelyn Wardell		Gosford	28.70
3 Abby McTernan		Gosford	28.74
4 Abbie Andrews		Tuggerah Lakes M	29.20
5 Melanie Bendeovski		Tuggerah Lakes M	30.38
6 Jessika Mackie		Tuggerah Lakes M	31.04
-- Paige Wallace		Tuggerah Lakes M	DNS
-- Sienna Scahill		Woy Woy Peninsula	DNS

Girls U 8 - 400 Metre Sprint

Zone: Z 1:18.70 1989 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Evie Collie		Terrigal/Wamberal	1:22.30
2 Lily Stephenson		Tuggerah Lakes M	1:26.52
3 Matilda Aulsebrook		Gosford	1:27.46
4 Kit Akamarmoi		Tuggerah Lakes M	1:31.52
-- Olivia Said		Terrigal/Wamberal	DNS

Girls U 9 - 400 Metre Sprint

Zone: Z 1:13.50 1990 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Violet Miller		Terrigal/Wamberal	1:20.16
2 Hallee Stables		Tuggerah Lakes M	1:25.32
3 Evie Fortey		Terrigal/Wamberal	1:25.95
4 Clara Grange		Toukley	1:26.20
5 Grace Small		Terrigal/Wamberal	1:32.54
-- Charlie Tillott		Gosford	DNS
-- Evie Gray		Terrigal/Wamberal	DNS

Girls U 10 - 400 Metre Sprint

Zone: Z 1:07.70 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
1 Sophie Aulsebrook		Gosford	1:23.36
2 Sophia Iszard		Terrigal/Wamberal	1:23.43
3 Isabella Spedding		Tuggerah Lakes M	1:28.04
4 Ava Jones		Terrigal/Wamberal	1:35.03

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....Girls U 10 - 400 Metre Sprint

-- Nina Markey	Terrigal/Wamberal	DNS
Section 2		
1 Flora Norris	Gosford	1:17.53
2 Sasha Strykowski	Terrigal/Wamberal	1:20.09
3 Samara Wickens	Terrigal/Wamberal	1:22.96
-- Georgie Dean	Woy Woy Peninsula	DNS
-- Amelie Wech	Gosford	DNS

Girls U 11 - 400 Metre Sprint

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Zone: Z 1:05.15 09/12/2023 Emma Shiels, Gosford			
Name	Age Centre		Final
=====			
Section 1			
1 Emma Shiels	Gosford		1:05.15Z
2 Jade Zalbergs	Tuggerah Lakes M		1:17.56
3 Kalyse Shearer	Tuggerah Lakes M		1:20.86
4 Aaliyah Tight	Gosford		1:25.51
-- Kyiarrah Jessup	Terrigal/Wamberal		DNS
-- Lara Griffin	Tuggerah Lakes M		DNS
-- Eleanor Fleming	Woy Woy Peninsula		DNS
-- Mia Cooley	Tuggerah Lakes M		DNS

Girls U 12 - 400 Metre Sprint

=====			
Zone: Z 1:01.80 2008 Sara Marshall, Gosford			
Name	Age Centre		Final
=====			
1 Emily Munkman	Gosford		1:08.02
2 Sienna Small	Terrigal/Wamberal		1:09.21
3 Harmony Mudrazija	Gosford		1:12.19
4 Sophia Arkhipova	Woy Woy Peninsula		1:12.56
5 Mia-Rose Bowering	Tuggerah Lakes M		1:22.23
-- Caylee Roberts	Terrigal/Wamberal		DNS
-- Olivia Clegg	Tuggerah Lakes M		DNS

Girls U 13 - 400 Metre Sprint

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Zone: Z 59.60 1994 Rosemary Hayward, Toukley			
Name	Age Centre		Final
=====			
1 Bethan Kos	Terrigal/Wamberal		1:08.11
2 Willow Smith	Gosford		1:16.42
3 Tehya Kalolo	Tuggerah Lakes M		1:16.96
-- Jazmin McCusker	Woy Woy Peninsula		DNS
-- Sylvie Cresswell	Terrigal/Wamberal		DNS
Section 2			
1 Rose Domotor	Tuggerah Lakes M		1:08.34
2 Clara Roder	Terrigal/Wamberal		1:10.67
3 Kirra Meale	Gosford		1:11.41
4 Chloe Wilson	Gosford		1:13.45
5 Milla Davies	Tuggerah Lakes M		1:16.16
6 Chloe Jones	Terrigal/Wamberal		1:22.45

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Girls U 14 - 400 Metre Sprint

Zone: Z 1:00.50 1995 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1			
1 Kyah Chalmers		Tuggerah Lakes M	1:07.49
2 Quinn Llewellyn		Woy Woy Peninsula	1:08.77
3 Charlotte Otoole		Toukley	1:13.29
-- Lily Davidson		Tuggerah Lakes M	DNS

Girls U 15 - 400 Metre Sprint

Zone: Z 56.10 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
1 Tahlia Goy		Tuggerah Lakes M	1:03.85
2 Bronte Scahill		Woy Woy Peninsula	1:06.14
3 Olivia Peacock		Terrigal/Wamberal	1:09.14

Girls U 17 - 400 Metre Sprint

Zone: Z 58.82 30/11/2019 Ashley Pernecker, Tuggerah La			
Name	Age	Centre	Final
1 emily Clissold		Gosford	1:05.43
2 Katelyn Wardell		Gosford	1:06.74
3 Jessika Mackie		Tuggerah Lakes M	1:13.97
4 Margrete Arthur		Gosford	1:15.86
-- Abby McTernan		Gosford	DNS
-- Sienna Scahill		Woy Woy Peninsula	DNS
-- Paige Wallace		Tuggerah Lakes M	DNS

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:52.90 2007 Ashlee Frorbes, Tuggerah L			
Name	Age	Centre	Final
1 Lila Knowles		Gosford	2:02.01
2 Holly Davies		Terrigal/Wamberal	2:09.63
-- Famke Filart		Terrigal/Wamberal	DNS
-- Macy Ahio		Tuggerah Lakes M	DNS

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:33.83 11/12/2016 Keira Callaghan, Wyong			
Name	Age	Centre	Final
1 Lily Stephenson		Tuggerah Lakes M	2:50.96
2 Matilda Aulsebrook		Gosford	2:52.22
3 Kit Akamarmoi		Tuggerah Lakes M	2:56.27
4 Zoe Smith		Woy Woy Peninsula	3:18.77
-- Olivia Said		Terrigal/Wamberal	DNS
-- Zyla Houghton		Terrigal/Wamberal	DNS

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Girls U 9 - 800 Metre Run

Zone: Z 2:47.53 26/11/2017 Keira Callaghan, Wyong			
Name	Age	Centre	Final
1 Violet Miller		Terrigal/Wamberal	3:04.00
2 Evie Gray		Terrigal/Wamberal	3:11.52
3 Halle Stables		Tuggerah Lakes M	3:16.32
4 Bronwyn Watkins		Gosford	3:17.06
5 Lucy Imberger		Wyong	3:23.08
6 Kendrix Mitchell		Gosford	3:30.31
7 Grace Small		Terrigal/Wamberal	3:32.07
8 Marni Overton		Wyong	3:51.39
-- Willow Cannan-Hofbauer		Terrigal/Wamberal	DNF
-- Clara Grange		Toukley	DNS
-- River James		Woy Woy Peninsula	DNS
-- Sienna Reed		Terrigal/Wamberal	DNS

Girls U 10 - 800 Metre Run

Zone: Z 2:37.30 2010 Ashlee Forbes, Tuggerah Lak			
Name	Age	Centre	Final
1 Flora Norris		Gosford	2:51.20
2 Malia Keenan		Woy Woy Peninsula	2:58.59
3 Nina Markey		Terrigal/Wamberal	2:59.11
4 Sasha Strykowski		Terrigal/Wamberal	3:09.01
5 Sophia Iszard		Terrigal/Wamberal	3:09.58
6 Rosie Friend		Tuggerah Lakes M	3:12.88
7 Indiana Dennehy		Terrigal/Wamberal	3:17.62
8 Sophie Aulsebrook		Gosford	3:19.57
9 Kyra Tight		Gosford	3:23.86
10 Ava Jones		Terrigal/Wamberal	3:32.56
11 Isabella Spedding		Tuggerah Lakes M	3:42.39
-- Amelie Wech		Gosford	DNS

Girls U 11 - 800 Metre Run

Zone: Z 2:30.87 15/12/2013 Charlotte Lowe, Tuggerah La			
Name	Age	Centre	Final
1 Emma Shiels		Gosford	2:34.43
2 Lara Griffin		Tuggerah Lakes M	3:12.09
3 Aaliyah Tight		Gosford	3:25.33
4 Molly Jamieson		Toukley	3:47.84
-- Mia Cooley		Tuggerah Lakes M	DNS
-- Jade Zalbergs		Tuggerah Lakes M	DNS
-- Eleanor Fleming		Woy Woy Peninsula	DNS
-- Amelia Smith		Toukley	DNS
-- Ella Stevenson		Woy Woy Peninsula	DNS

Girls U 12 - 800 Metre Run

Zone: Z 2:27.10 1991 A Zucca, Wyong			
Name	Age	Centre	Final
1 Sophia Arkhipova		Woy Woy Peninsula	2:39.95

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

2	Sienna Small	Terrigal/Wamberal	2:39.97
3	Chloe Allen	Tuggerah Lakes M	3:01.28
4	Harmony Mudrazija	Gosford	3:04.07
5	Lexie Martin	Gosford	3:13.89
6	Mia-Rose Bowering	Tuggerah Lakes M	3:20.46
7	Milla Campion	Tuggerah Lakes M	3:26.52
--	Olivia Clegg	Tuggerah Lakes M	DNS
--	Emily Munkman	Gosford	DNS

Girls U 13 - 800 Metre Run

Zone: Z 2:20.48 16/12/2012 Elizabeth Chippendale, Gosf

Name	Age Centre	Final
1 scarlett clark	Wyong	2:46.22
2 Clara Roder	Terrigal/Wamberal	2:46.24
3 Chloe Wilson	Gosford	2:50.88
4 Rose Domotor	Tuggerah Lakes M	2:56.57
5 Willow Smith	Gosford	3:15.19
-- Ruby Wilkin	Gosford	DNS
-- Milla Davies	Tuggerah Lakes M	DNS
-- Audrey Neil	Gosford	DNS

Girls U 14 - 800 Metre Run

Zone: Z 2:20.00 15/12/2013 Elizabeth Chippendale, Gosf

Name	Age Centre	Final
1 Quinn Llewellyn	Woy Woy Peninsula	2:43.88
2 Ivy Fietz	Terrigal/Wamberal	2:47.20
3 Ebony Mcdonald	Terrigal/Wamberal	2:55.73
4 Allyson Rodriguez	Gosford	3:38.87
-- Izzie Milos	Tuggerah Lakes M	DNS
-- Lily Davidson	Tuggerah Lakes M	DNS

Girls U 15 - 800 Metre Run

Zone: Z 2:14.83 02/12/2018 Ashley Pernecker, Tuggerah

Name	Age Centre	Final
1 Bronte Scahill	Woy Woy Peninsula	2:33.17
2 Tahlia Lucas	Gosford	2:42.57
3 Olivia Peacock	Terrigal/Wamberal	3:04.01
-- Caetlin Ashby	Gosford	DNS

Girls U 17 - 800 Metre Run

Zone: Z 2:23.11 04/12/2022 Sienna Scahill, Woy Woy

Zone: Z 2:24.34

Name	Age Centre	Final
1 emily Clissold	Gosford	2:30.34
2 Katelyn Wardell	Gosford	2:40.44
3 Melanie Bendeviski	Tuggerah Lakes M	2:54.17
-- Margrete Arthur	Gosford	DNS

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...Girls U 17 - 800 Metre Run

-- Sienna Scahill	Woy Woy Peninsula	DNS
-- Paige Wallace	Tuggerah Lakes M	DNS

Girls U 11 - 1500 Metre Run

Zone: Z 5:14.44 09/12/2023 Emma Shiels, Gosford

Name	Age Centre	Final
1 Emma Shiels	Gosford	5:14.44Z
2 Aurey Juergens	Tuggerah Lakes M	6:09.26
3 Emmanuelle Durand	Tuggerah Lakes M	6:13.79
4 Madison Reed	Terrigal/Wamberal	6:16.41
5 Ella Stevenson	Woy Woy Peninsula	6:21.65
6 Jade Zalbergs	Tuggerah Lakes M	6:23.38
7 Aaliyah Tight	Gosford	6:51.32
8 Molly Jamieson	Toukley	7:11.46
-- Amelia Smith	Toukley	DNS
-- Eleanor Fleming	Woy Woy Peninsula	DNS

Girls U 12 - 1500 Metre Run

Zone: Z 5:03.40 1979 C Borg, Gosford

Name	Age Centre	Final
1 Sophia Arkhipova	Woy Woy Peninsula	5:15.62
2 Sienna Small	Terrigal/Wamberal	5:22.62
3 Emily Munkman	Gosford	5:36.41
4 Harmony Mudrazija	Gosford	5:45.87
5 Olivia Clegg	Tuggerah Lakes M	5:58.08
6 Chloe Allen	Tuggerah Lakes M	6:02.09
-- Caylee Roberts	Terrigal/Wamberal	DNF

Girls U 13 - 1500 Metre Run

Zone: Z 4:55.78 12/12/2015 Charlotte Lowe, Tuggerah La

Name	Age Centre	Final
1 Chloe Wilson	Gosford	5:50.34
2 Rose Domotor	Tuggerah Lakes M	5:53.18
3 Clara Roder	Terrigal/Wamberal	5:55.93
4 Willow Smith	Gosford	6:30.87

Girls U 14 - 1500 Metre Run

Zone: Z 4:55.80 1991 M Underhill, Woy Woy Penins

Name	Age Centre	Final
1 Quinn Llewellyn	Woy Woy Peninsula	5:25.02
2 Ivy Fietz	Terrigal/Wamberal	5:40.76
3 Ebony Mcdonald	Terrigal/Wamberal	5:56.55
4 Georgie Andrews	Tuggerah Lakes M	6:03.35
-- Lily Davidson	Tuggerah Lakes M	DNS
-- Izzie Milos	Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Girls U 15 - 1500 Metre Run**

Zone: Z 4:53.00 2009 Caitlin Delaney, Tuggerah L			
Name	Age	Centre	Final
1 Bronte Scahill		Woy Woy Peninsula	5:18.79
2 Tahlia Lucas		Gosford	5:47.08
3 Olivia Peacock		Terrigal/Wamberal	6:11.25
-- Caetlin Ashby		Gosford	DNS

Girls U 17 - 1500 Metre Run

Zone: Z 4:57.33 03/12/2022 Sienna Scahill, Woy Woy			
Zone: Z 5:09.80			
Name	Age	Centre	Final
1 emily Clissold		Gosford	5:10.65
-- Sienna Scahill		Woy Woy Peninsula	DNS

Girls U 13 - 3000 Metre Run

Zone: Z 10:44.96 04/12/2022 Piper Sweeny, Gosford			
Name	Age	Centre	Final
1 Willow Smith		Gosford	13:37.65
-- Chloe Wilson		Gosford	DNS
-- Audrey Neil		Gosford	DNS

Girls U 14 - 3000 Metre Run

Zone: Z 10:39.70 09/12/2016 Allanah Pitcher, Gosford			
Name	Age	Centre	Final
1 Quinn Llewellyn		Woy Woy Peninsula	11:53.99
2 Ivy Fietz		Terrigal/Wamberal	12:29.18
3 Ebony Mcdonald		Terrigal/Wamberal	13:12.91
-- Lily Davidson		Tuggerah Lakes M	DNS
-- Izzie Milos		Tuggerah Lakes M	DNS

Girls U 15 - 3000 Metre Run

Zone: Z 10:32.70 2009 Caitlin Delaney, Tuggerah			
Name	Age	Centre	Final
1 Tahlia Lucas		Gosford	14:09.29
2 Caetlin Ashby		Gosford	15:11.01
-- Bronte Scahill		Woy Woy Peninsula	DNS

Girls U 17 - 3000 Metre Run

Zone: Z 10:50.80 04/12/2022 Sienna Scahill, Woy Woy			
Name	Age	Centre	Final
-- Sienna Scahill		Woy Woy Peninsula	DNS

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Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.17 15/12/2012 Tori Robertson, Tuggerah Lake			
Name	Age	Centre	Final
1 Matilda Aulsebrook		Gosford	12.52
2 Lyla Williams		Gosford	13.52
-- Armani Baxter		Wyong	DNS

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.40 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Violet Miller		Terrigal/Wamberal	11.84Q
2 Evie Fortey		Terrigal/Wamberal	11.85Q
3 Lyla Morris		Gosford	12.12Q
4 Abbey Flannery		Gosford	12.40q
5 Lucy Imberger		Wyong	12.68q
6 Lola Terjesen-Soem		Woy Woy Peninsula	13.25
7 Grace Small		Terrigal/Wamberal	13.27
Heat 2 Heats			
1 Dahlia Howick		Terrigal/Wamberal	12.34Q
2 River James		Woy Woy Peninsula	12.47Q
3 Carla Schulz		Gosford	13.54Q
4 Tess Hardy		Terrigal/Wamberal	13.67
5 Ivy Ross		Wyong	13.79
6 Chloe Parkinson		Gosford	15.13
-- Sienna Reed		Terrigal/Wamberal	DNS

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.40 2004 Bianca Mould, Terrigal / Wamb			
Name	Age	Centre	Final
Section 1 Final			
1 Evie Fortey		Terrigal/Wamberal	11.85
2 Lyla Morris		Gosford	11.97
3 Dahlia Howick		Terrigal/Wamberal	11.98
4 Lucy Imberger		Wyong	12.19
5 Violet Miller		Terrigal/Wamberal	12.25
6 Abbey Flannery		Gosford	12.28
6 River James		Woy Woy Peninsula	12.28
8 Carla Schulz		Gosford	13.52

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.80 1996 Nicole Beaton, Tuggerah Lakes			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Josie Vanden Bergh		Terrigal/Wamberal	12.65Q
2 Esther Menzies		Gosford	12.95Q
3 Nina Markey		Terrigal/Wamberal	13.32Q
4 Elsie Kos		Terrigal/Wamberal	13.93q
5 Chloe McLennan		Woy Woy Peninsula	14.85q

Central Coast Zone Track & Field Championships
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....Girls U 10 - 60 Metre Hurdles (60cm)

-- Amelia Coulter	Gosford	DNS
Heat 2 Heats		
1 Callie Stanley	Gosford	12.46Q
2 Sophie Aulsebrook	Gosford	12.94Q
3 Georgie Dean	Woy Woy Peninsula	13.18Q
4 Emily Bendeovski	Tuggerah Lakes M	14.98
5 Lorenza Sant	Gosford	18.91

Girls U 10 - 60 Metre Hurdles (60cm)

=====		
Zone: Z 10.80	1996	Nicole Beaton, Tuggerah Lakes
Name	Age Centre	Final
=====		
Section 1 Final		
1 Callie Stanley	Gosford	12.44
1 Josie Vanden Bergh	Terrigal/Wamberal	12.44
3 Sophie Aulsebrook	Gosford	12.73
4 Esther Menzies	Gosford	13.20
5 Elsie Kos	Terrigal/Wamberal	14.28
-- Nina Markey	Terrigal/Wamberal	DNS
-- Georgie Dean	Woy Woy Peninsula	DNS
-- Chloe McLennan	Woy Woy Peninsula	DNS

Girls U 11 - 80 Metre Hurdles (60cm)

=====		
Zone: Z 15.39	03/12/2022	Sienna Small, Terrigal/Wamber
Zone: Z 15.70		
Name	Age Centre	Final
=====		
Section 1		
1 Emmanuelle Durand	Tuggerah Lakes M	16.22
2 Addison Pink	Terrigal/Wamberal	16.44
3 Kalyse Shearer	Tuggerah Lakes M	16.51
4 Claire Frost	Terrigal/Wamberal	16.65
5 Aurey Juergens	Tuggerah Lakes M	17.11
6 Lucy Asmanas	Gosford	18.75

Girls U 12 - 80 Metre Hurdles (68cm)

=====		
Zone: Z 16.29	03/12/2022	Chloe Jones, Terrigal/Wambera
Zone: Z 16.63		
Name	Age Centre	Final
=====		
1 Imogen Hyslop	Tuggerah Lakes M	16.90
2 Sienna Small	Terrigal/Wamberal	16.93
3 Lexie Martin	Gosford	18.23
4 Olivia Clegg	Tuggerah Lakes M	18.79
5 Ava Strappazzon	Terrigal/Wamberal	19.00
6 Chelsea Rhodes	Tuggerah Lakes M	19.59

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Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 13.30 1999 Nicole Beaton, Tuggerah Lakes			
Name	Age	Centre	Final
1 scarlett clark		Wyong	15.5h
2 Kirra Meale		Gosford	15.8h
3 Sylvie Cresswell		Terrigal/Wamberal	16.0h
4 Paige Casey		Terrigal/Wamberal	16.2h
5 Tehya Kalolo		Tuggerah Lakes M	16.9h
6 Chloe Jones		Terrigal/Wamberal	17.5h
7 Clara Roder		Terrigal/Wamberal	19.6h
8 Zahli Fisher		Gosford	20.9h

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 13.00 02/12/2018 Tori Robertson, Tuggerah Lake			
Name	Age	Centre	Final
1 Bonnie Hardman		Gosford	14.55
2 Kara Tobey		Tuggerah Lakes M	14.74
-- Kiani Morrison		Terrigal/Wamberal	DNS

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.90 2011 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Melanie Bendeviski		Tuggerah Lakes M	19.70
2 Eva Lynch		Woy Woy Peninsula	19.93

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.60 1999 Nicole Beaton, Tuggerah Lakes			
Name	Age	Centre	Final
1 Paige Casey		Terrigal/Wamberal	31.84
2 Kirra Meale		Gosford	33.71
3 Zahli Fisher		Gosford	45.16
-- Clara Roder		Terrigal/Wamberal	DNS
-- Audrey Neil		Gosford	DNS

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 29.30 2009 Jamie Carr, Gosford			
Name	Age	Centre	Final
1 Allyson Rodriguez		Gosford	41.08

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 45.49 01/12/2019 Ashley Pernecker, Tuggerah La			
Name	Age	Centre	Final
1 Melanie Bendeviski		Tuggerah Lakes M	55.20

**Central Coast Zone Track & Field Championships
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Girls U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 58.70 2007		, Gosford	
Centre			Final
1 Gosford			1:01.71
1) Lyla Morris 9		2) Zali Hansen 10	
3) Emma Shiels 11		4) Emmy Clark 12	
2 Terrigal/Wamberal			1:02.34
1) Claire Frost 11		2) Addison Pink 11	
3) Frankie Mumford 10		4) Nellie Lowbridge 9	
3 Tuggerah Lakes Mingara			1:02.41
1) Ellis Douglas 9		2) Sienna Metcalfe 10	
3) Emmanuelle Durand 11		4) Chelsea Rhodes 12	

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

Zone: Z 51.30 2008		, Gosford	
Centre			Final
1 Gosford			54.72
1) Ruby Wilkin 13		2) Bonnie Hardman 14	
3) Carmela Marie Nocedo 14		4) Ruby McTernan 17	
2 Tuggerah Lakes Mingara			55.86
1) Chloe Allen 12		2) Kyah Chalmers 14	
3) Tahlia Goy 15		4) Jessika Mackie 17	
3 Terrigal/Wamberal			57.83
1) Olivia Peacock 15		2) Pollyanna Howes 14	
3) Paige Casey 13		4) Andie Schokman 13	

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

Zone: Z 1.15m 1992		H Batten, Terrigal / Wamberal	
Name	Age Centre		Final
Flight 1			
1 Ellis Douglas		Tuggerah Lakes M	1.01m
0.80 0.85 0.90 0.95 0.97 0.99 1.01 1.03			
o o o o XO o o XXX			
2 Evie Fortey		Terrigal/Wamberal	0.99m
0.80 0.85 0.90 0.95 0.97 0.99 1.01			
o o o XXO o XXO XXX			
3 Grace Small		Terrigal/Wamberal	0.97m
0.80 0.85 0.90 0.95 0.97 0.99			
o o XO XO o XXX			
4 Tess Hardy		Terrigal/Wamberal	0.90m
0.80 0.85 0.90 0.95			
o XXO XXO XXX			
4 Lola Terjesen-Soem		Woy Woy Peninsula	0.90m
0.80 0.85 0.90 0.95			
o XXO XXO XXX			
6 Carla Schulz		Gosford	0.80m
0.80 0.85			
XO XXX			
-- Amelia Mailey		Tuggerah Lakes M	DNS
-- Billie Heighington		Terrigal/Wamberal	DNS

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

Zone: Z 1.28m 2006										Nicola McDermott, Gosford		
Name	Age	Centre								Final		
1 Callie Stanley		Gosford								1.11m		
		0.90	0.95	1.00	1.05	1.07	1.09	1.11	1.12			
		O	O	O	XO	O	XO	XXO	XXX			
2 Lola Adeleke		Woy Woy Peninsula								1.09m		
		0.90	0.95	1.00	1.05	1.07	1.09	1.11				
		O	O	O	XXO	O	O	XXX				
3 Malia Keenan		Woy Woy Peninsula								1.05m		
		0.90	0.95	1.00	1.05	1.07						
		O	O	XXO	O	XXX						
4 Josie Vanden Bergh		Terrigal/Wamberal								1.00m		
		0.90	0.95	1.00	1.05							
		O	XO	O	XXX							
5 Abigail Perrot		Wyong								1.00m		
		0.90	0.95	1.00	1.05							
		O	O	XO	XXX							
6 Isla Clayton		Terrigal/Wamberal								0.95m		
		0.90	0.95	1.00								
		O	O	XXX								
6 Emily Bendeovski		Tuggerah Lakes M								0.95m		
		0.90	0.95	1.00								
		O	O	XXX								
8 Olivia Hardey		Terrigal/Wamberal								0.95m		
		0.90	0.95	1.00								
		O	XO	XXX								
9 Esther Menzies		Gosford								0.95m		
		0.90	0.95	1.00								
		O	XXO	XXX								
-- Amelia Coulter		Gosford								NH		
		0.90										
		XXX										
-- Nina Sclavos		Terrigal/Wamberal								NH		
		0.90										
		XXX										
-- Adalise Beringer		Gosford								NH		
		0.90										
		XXX										

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

Zone: Z 1.39m 1993										Amy Carpenter, Tuggerah Lakes		
Name	Age	Centre								Final		
1 Dakota Anderson		Tuggerah Lakes M								1.21m		
		1.00	1.05	1.10	1.15	1.17	1.19	1.21				
		O	O	O	O	O	O	O				
2 Claire Frost		Terrigal/Wamberal								1.19m		
		1.00	1.05	1.10	1.15	1.17	1.19	1.21				
		O	O	O	XO	O	O	XXX				
3 Ava Barton		Tuggerah Lakes M								1.17m		
		1.00	1.05	1.10	1.15	1.17	1.19					
		XXO	XO	O	XXO	O	XXX					

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

4 Aurey Juergens	Tuggerah Lakes M	1.15m
1.00 1.05 1.10 1.15 1.17		
0 0 0 0 XXX		
5 Lara Griffin	Tuggerah Lakes M	1.15m
1.00 1.05 1.10 1.15 1.17		
XO XO 0 XXO XXX		
6 Addison Pink	Terrigal/Wamberal	1.10m
1.00 1.05 1.10 1.15		
0 0 0 XXX		
-- Ella Stevenson	Woy Woy Peninsula	DNS
-- Eve Schultz	Woy Woy Peninsula	DNS
-- Naiyah Calleja	Toukley	DNS

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

=====
 Zone: Z 1.53m 2008 Mercy Agbeze, Gosford
 Name Age Centre Final
 =====

1 Annabelle Hayes	Gosford	1.19m
1.10 1.15 1.17 1.19		
0 0 0 XO		
2 Sienna Small	Terrigal/Wamberal	1.17m
1.10 1.15 1.17 1.19		
0 0 XXO XXX		
3 Mia-Rose Bowering	Tuggerah Lakes M	1.15m
1.10 1.15 1.17		
XXO XXO XXX		
-- Isabella Woods	Tuggerah Lakes M	DNS

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

=====
 Zone: Z 1.60m 2002 Trudy Thompson, Toukley
 Name Age Centre Final
 =====

1 Milla Davies	Tuggerah Lakes M	1.32m
1.15 1.20 1.25 1.30 1.32 1.34		
0 0 0 XXO XO XXX		
2 Kirra Meale	Gosford	1.30m
1.15 1.20 1.25 1.30 1.32		
0 XO 0 0 XXX		
3 Andie Schokman	Terrigal/Wamberal	1.25m
1.15 1.20 1.25 1.30		
0 0 0 XXX		
4 Sylvie Cresswell	Terrigal/Wamberal	1.20m
1.15 1.20 1.25		
0 0 XXX		
5 Jade Price	Terrigal/Wamberal	1.20m
1.15 1.20 1.25		
0 XO XXX		
-- Zara Glasson	Gosford	NH
1.15		
XXX		
-- Honey James	Woy Woy Peninsula	NH
1.15		
XXX		

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

-- Annalena Thomas	Gosford	DNS
-- Eva McIntyre	Tuggerah Lakes M	DNS

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

Zone: Z 1.65m 2010		Nicola McDermott, Gosford	
Name	Age Centre	Final	
1 Kyah Chalmers	Tuggerah Lakes M	1.47m	
1.30 1.35 1.40 1.45 1.47 1.50			
O O O XO XO XXX			
2 Bonnie Hardman	Gosford	1.35m	
1.20 1.25 1.30 1.35 1.40			
O O XO XO X			
3 Kara Tobey	Tuggerah Lakes M	1.30m	
1.20 1.25 1.30			
O O O			
-- Allyson Rodriguez	Gosford	NH	
1.20			
XXX			
-- Kiani Morrison	Terrigal/Wamberal	DNS	

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

Zone: Z 1.70m 2011		Nicola McDermott, Woy Woy Pen	
Name	Age Centre	Final	
1 Hannah Butler	Wyong	1.25m	
1.20 1.25 1.30			
O O XXX			

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

Zone: Z 1.60m 2010		Madeline Bird, Tuggerah Lakes	
Name	Age Centre	Final	
1 Abbie Andrews	Tuggerah Lakes M	1.40m	
1.40 1.45			
O XXX			
2 Abby McTernan	Gosford	1.35m	
1.25 1.30 1.35 1.40			
O O XO XXX			

Girls U 7 - Long Jump

Zone: Z 3.44m 1983		K Ferguson, Wyong	
Name	Age Centre	Final	
1 Lila Knowles	Gosford	2.66m	
2.29m 2.20m 2.66m 2.55m 2.54m FOUL			
2 Holly Davies	Terrigal/Wamberal	2.43m	
2.03m 2.28m 2.37m 2.26m 2.24m 2.43m			
3 Georgia Lester	Toukley	2.28m	
1.95m 2.10m 2.28m 2.21m 2.23m 2.13m			

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....Girls U 7 - Long Jump

4 Pearl Wilkin		Gosford	2.16m
	1.83m 1.98m 1.93m 1.55m	2.16m 2.11m	
5 Stella Phillips		Tuggerah Lakes M	2.09m
	FOUL 2.09m 1.78m 2.06m	FOUL 1.91m	
6 Jordanna Townsend		Gosford	1.70m
	1.49m 1.55m 1.58m 1.65m	1.53m 1.70m	
-- Famke Filart		Terrigal/Wamberal	DNS
-- Farrah Anderson		Terrigal/Wamberal	DNS

Girls U 8 - Long Jump

Zone: Z 3.56m 1984		R Ferguson, Wyong	
Name	Age	Centre	Final
=====			
1 Kit Akamarmoi		Tuggerah Lakes M	2.78m
	2.48m 2.78m 2.56m 2.58m	2.61m 2.46m	
2 Zara Newman		Tuggerah Lakes M	2.41m
	FOUL 2.41m FOUL 2.19m	2.18m 2.34m	
3 Zoe Smith		Woy Woy Peninsula	2.37m
	2.19m 2.37m 2.36m 2.18m	1.51m 2.19m	
4 Willow Clayton		Terrigal/Wamberal	2.37m
	1.99m 2.13m 2.21m 2.23m	2.26m 2.37m	
5 Zyla Houghton		Terrigal/Wamberal	2.07m
	FOUL FOUL 2.01m 1.77m	2.07m 1.86m	
-- Lara Wealand		Wyong	DNS
-- Torah Torchia		Gosford	DNS

Girls U 9 - Long Jump

Zone: Z 3.96m 1987		J Hayden, Gosford	
Name	Age	Centre	Final
=====			
1 Lucy House		Tuggerah Lakes M	3.45m
	3.45m 3.38m 3.34m 3.33m	3.36m FOUL	
2 Evie Fortey		Terrigal/Wamberal	3.20m
	3.20m 3.14m 2.78m 2.91m	3.09m FOUL	
3 Nellie Lowbridge		Terrigal/Wamberal	3.19m
	3.19m 3.05m 2.72m 2.75m	FOUL 3.06m	
4 Willow Cannan-Hofbauer		Terrigal/Wamberal	3.05m
	3.03m 2.95m 2.80m 2.96m	3.00m 3.05m	
5 Ellis Douglas		Tuggerah Lakes M	3.04m
	2.94m 3.00m 3.04m 2.81m	2.94m 2.91m	
6 River James		Woy Woy Peninsula	2.98m
	2.83m 2.86m FOUL 2.97m	2.98m 2.71m	
7 Abbey Flannery		Gosford	2.94m
	2.64m 2.63m 2.78m 2.79m	2.81m 2.94m	
8 Ashlyn Le Roy		Wyong	2.70m
	2.57m 2.54m 2.61m 2.53m	2.68m 2.70m	
9 Ivy Ross		Wyong	2.59m
	2.59m 2.51m 2.42m		
10 Carla Schulz		Gosford	2.47m
	FOUL 2.30m 2.47m		
10 Grace Harriott		Gosford	2.47m
	2.27m 2.39m 2.47m		

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....Girls U 9 - Long Jump

12 Bronwyn Watkins	Gosford	2.39m
2.39m 2.26m 2.30m		
-- Charlie Tillott	Gosford	DNS
-- Amelia Mailey	Tuggerah Lakes M	DNS
-- Tess Hardy	Terrigal/Wamberal	DNS

Girls U 10 - Long Jump

Zone: Z 4.41m 2002		Ellia Green, Gosford	
Name	Age	Centre	Final
1 Josie Vanden Bergh		Terrigal/Wamberal	3.62m
FOUL 3.56m FOUL 3.13m 3.50m 3.62m			
2 Sienna Metcalfe		Tuggerah Lakes M	3.45m
3.24m 3.45m 3.19m FOUL FOUL 3.02m			
3 Abigail Perrot		Wyong	3.39m
3.39m 3.18m 3.13m 3.00m 3.31m 3.35m			
4 Callie Stanley		Gosford	3.33m
3.11m 3.16m 3.08m 2.95m 3.25m 3.33m			
5 Lola Adeleke		Woy Woy Peninsula	3.29m
3.29m 3.10m 3.15m 3.03m 3.26m 3.03m			
6 Sophia Iszard		Terrigal/Wamberal	3.24m
3.13m 3.18m 2.65m 2.85m 2.96m 3.24m			
7 Zali Hansen		Gosford	3.23m
3.15m 3.23m 3.20m 3.03m 3.19m 2.61m			
8 Nina Sclavos		Terrigal/Wamberal	3.16m
3.13m 3.16m 2.75m 2.92m 2.87m 3.09m			
9 Olivia Hardey		Terrigal/Wamberal	3.13m
3.13m 2.34m FOUL			
10 Sophie Aulsebrook		Gosford	2.93m
FOUL 2.93m 2.80m			
11 Jade Wilkin		Gosford	2.83m
2.83m 2.71m 2.76m			
12 Isabella Spedding		Tuggerah Lakes M	2.80m
2.73m 2.80m			
13 Esther Menzies		Gosford	2.60m
2.40m 2.40m 2.60m			
14 Amelia Coulter		Gosford	2.53m
2.47m 2.53m 2.42m			
15 Chloe McLennan		Woy Woy Peninsula	2.52m
2.52m x x			
15 Lorenza Sant		Gosford	2.52m
2.52m 2.19m FOUL			
17 sasa liang		Gosford	2.47m
2.47m 2.12m 2.16m			
18 Elsie Kos		Terrigal/Wamberal	2.32m
1.67m 1.73m 2.32m			
-- Malia Keenan		Woy Woy Peninsula	DNS
-- Charlie Wealand		Wyong	DNS
-- Nova Reynell		Woy Woy Peninsula	DNS
-- Amelie Wech		Gosford	DNS

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Zone: Z 4.61m 1992		Rosemary Hayward, Toukley	
Name	Age	Centre	Final
1 Alori Akamarmoi		Tuggerah Lakes M	4.03m
	3.55m 4.02m 4.03m 3.82m	FOUL FOUL	
2 Kalyse Shearer		Tuggerah Lakes M	3.80m
	3.06m 3.26m 3.73m 3.58m	3.70m 3.80m	
3 Emmanuelle Durand		Tuggerah Lakes M	3.70m
	3.05m 3.49m 3.52m 3.58m	3.70m 3.29m	
4 Addison Pink		Terrigal/Wamberal	3.42m
	FOUL 3.23m 3.42m 3.12m	3.34m FOUL	
-- Sophie Symes		Wyong	DNS
-- Naiyah Calleja		Toukley	DNS
-- Ava Barton		Tuggerah Lakes M	DNS

Girls U 12 - Long Jump

Zone: Z 5.02m 2008		Sara Marshall, Gosford	
Name	Age	Centre	Final
1 Annabelle Hayes		Gosford	3.82m
	3.50m 3.36m 3.25m 3.80m	3.82m 3.73m	
2 Mia-Rose Bowering		Tuggerah Lakes M	3.64m
	3.58m 3.53m 3.40m FOUL	3.46m 3.64m	
3 Harper Beatty		Terrigal/Wamberal	3.58m
	3.38m 3.33m 3.49m 3.43m	3.49m 3.58m	
4 Chelsea Rhodes		Tuggerah Lakes M	3.37m
	3.30m 3.13m 3.29m 3.37m	2.96m 2.89m	
5 Milla Campion		Tuggerah Lakes M	3.26m
	FOUL FOUL 3.06m 2.90m	3.26m 3.11m	
6 Olivia Clegg		Tuggerah Lakes M	3.20m
	3.20m 2.96m 2.99m 3.08m	FOUL FOUL	
7 Ava Strappazon		Terrigal/Wamberal	3.13m
	2.82m 2.85m FOUL 2.83m	2.92m 3.13m	
8 Sienna Small		Terrigal/Wamberal	2.95m
	2.89m FOUL 2.70m 2.83m	2.95m 2.76m	
-- Caylee Roberts		Terrigal/Wamberal	DNS

Girls U 13 - Long Jump

Zone: Z 5.05m 12/12/2015		Jemma Massoud-psaila, Gosford	
Name	Age	Centre	Final
1 Paige Casey		Terrigal/Wamberal	4.24m
	3.94m 4.21m 4.24m 4.17m	4.06m 4.04m	
2 Ruby Wilkin		Gosford	4.21m
	3.64m 4.16m 4.21m FOUL	FOUL 3.99m	
3 Kirra Meale		Gosford	4.17m
	3.90m 4.17m 3.99m 3.87m	3.64m 3.61m	
4 Tehya Kalolo		Tuggerah Lakes M	3.95m
	3.68m FOUL 3.84m 3.80m	3.95m FOUL	
5 Chloe Jones		Terrigal/Wamberal	3.59m
	FOUL 3.56m FOUL 3.59m	FOUL FOUL	
6 Zara Glasson		Gosford	3.12m
	3.12m 3.11m 2.24m 2.85m	2.94m 2.21m	

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....Girls U 13 - Long Jump

-- Annalena Thomas	Gosford	DNS
-- Bethan Kos	Terrigal/Wamberal	DNS
-- Eva McIntyre	Tuggerah Lakes M	DNS
-- Clara Roder	Terrigal/Wamberal	DNS
-- Honey James	Woy Woy Peninsula	DNS

Girls U 14 - Long Jump

Zone: Z 5.17m 1996		Amy Carpenter, Tuggerah Lakes	
Name	Age	Centre	Final
1 Kyah Chalmers		Tuggerah Lakes M	4.57m
4.57m FOUL	2.81m 4.48m	FOUL 3.18m	
2 Kara Tobey		Tuggerah Lakes M	4.50m
4.15m 4.44m 4.50m	FOUL	4.36m FOUL	
3 Bonnie Hardman		Gosford	4.13m
4.13m 4.08m 3.11m	3.22m	3.86m 4.10m	
4 Carmela Marie Nocedo		Gosford	4.05m
4.03m 4.05m 3.91m	3.81m	3.91m 4.01m	
5 Kiani Morrison		Terrigal/Wamberal	3.83m
3.39m 3.65m 3.77m	3.76m	3.83m 3.80m	
6 Ruth Brown		Terrigal/Wamberal	3.83m
3.71m 3.60m 3.35m	3.62m	3.83m 3.60m	
7 Georgie Andrews		Tuggerah Lakes M	3.38m
PASS FOUL 3.38m	3.11m	PASS PASS	
-- Charlotte Otoole		Toukley	DNS

Girls U 15 - Long Jump

Zone: Z 5.53m 26/11/2017		Katie Gunn, Gosford LAC	
Name	Age	Centre	Final
1 Dana Gonzalez		Wyong	4.47m
4.33m 4.39m 3.45m	4.47m	4.43m 4.41m	
2 Tahlia Lucas		Gosford	4.23m
4.01m 3.73m 4.05m	4.23m	4.20m 4.17m	

Girls U 17 - Long Jump

Zone: Z 5.89m 11/12/2019		Katie Gunn, Gosford LAC	
Zone: Z 5.89m			
Name	Age	Centre	Final
1 Ruby McTernan		Gosford	4.66m
4.62m 4.62m 4.63m	4.66m	4.48m PASS	
2 Katelyn Wardell		Gosford	4.44m
4.19m 4.35m FOUL	4.34m	4.38m 4.44m	
3 Melanie Bendeviski		Tuggerah Lakes M	4.30m
3.69m 4.15m 3.97m	FOUL	3.79m 4.30m	
4 Eva Lynch		Woy Woy Peninsula	4.25m
FOUL 3.96m FOUL	FOUL	FOUL 4.25m	
5 Margrete Arthur		Gosford	3.98m
3.73m 3.59m 3.67m	3.96m	3.84m 3.98m	
6 Jessika Mackie		Tuggerah Lakes M	3.62m
3.57m 3.62m 3.26m	3.15m	PASS PASS	

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....Girls U 17 - Long Jump

-- Paige Wallace	Tuggerah Lakes M	DNS
-- Abby McTernan	Gosford	DNS

Girls U 11 - Triple Jump

Zone: Z 9.31m 2002		Amanda Thorpe, Terrigal / Wam	
Name	Age Centre	Final	
1 Dakota Anderson	Tuggerah Lakes M	8.57m	
8.01m 8.12m 8.00m FOUL	8.57m 8.42m		
2 Ava Barton	Tuggerah Lakes M	7.78m	
7.40m 7.69m 7.52m 7.78m	7.22m 7.64m		
3 Jade Zalbergs	Tuggerah Lakes M	7.12m	
7.01m 6.75m 6.94m 6.74m	7.12m 7.02m		
4 Sophie Symes	Wyong	6.00m	
FOUL 5.37m FOUL FOUL	6.00m FOUL		
-- Lucy Asmanas	Gosford	DNS	
-- Madison Reed	Terrigal/Wamberal	DNS	
-- Eve Schultz	Woy Woy Peninsula	DNS	

Girls U 12 - Triple Jump

Zone: Z 10.38m 2008		Mercy Agbeze, Gosford	
Name	Age Centre	Final	
1 Emily Munkman	Gosford	8.97m	
8.15m FOUL 8.65m 8.97m	8.82m 8.86m		
2 Annabelle Hayes	Gosford	7.79m	
7.23m FOUL 7.56m FOUL	7.79m FOUL		
3 Imogen Hyslop	Tuggerah Lakes M	7.34m	
6.90m 6.85m 6.53m 7.34m	FOUL FOUL		
4 Milla Champion	Tuggerah Lakes M	7.09m	
6.03m 6.68m 6.77m 7.09m	7.09m FOUL		
5 Chelsea Rhodes	Tuggerah Lakes M	7.05m	
6.58m 6.19m 6.93m FOUL	6.91m 7.05m		
-- Harper Beatty	Terrigal/Wamberal	DNS	

Girls U 13 - Triple Jump

Zone: Z 10.80m 2009		Merce Agbeze, Gosford	
Name	Age Centre	Final	
1 Kirra Meale	Gosford	8.74m	
8.51m 8.68m 8.61m 8.45m	8.62m 8.74m		
2 Paige Casey	Terrigal/Wamberal	8.16m	
7.91m 7.73m 8.13m 8.11m	FOUL 8.16m		
3 Ruby Wilkin	Gosford	8.06m	
7.97m 8.06m FOUL FOUL	FOUL FOUL		
4 Jade Price	Terrigal/Wamberal	7.87m	
7.87m 7.63m 7.46m FOUL	7.41m 7.14m		
5 Zara Glasson	Gosford	6.41m	
6.41m 6.24m 6.36m 6.40m	FOUL 6.39m		
6 Cara Eades	Terrigal/Wamberal	5.81m	
5.67m 5.81m 5.72m 5.80m	5.33m 5.66m		
-- Honey James	Woy Woy Peninsula	DNS	

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Girls U 14 - Triple Jump

Zone: Z 11.11m 2010 Mercy Agbeze, Gosford							
Name	Age		Centre			Final	
1 Kyah Chalmers			Tuggerah Lakes M			9.74m	
	9.35m	7.40m	FOUL	9.28m	9.60m	9.74m	
2 Kara Tobey			Tuggerah Lakes M			9.31m	
	9.21m	9.30m	8.88m	8.50m	8.90m	9.31m	
3 Carmela Marie Nocedo			Gosford			9.21m	
	7.85m	8.52m	8.48m	9.21m	8.36m	PASS	
4 Ruth Brown			Terrigal/Wamberal			8.44m	
	8.18m	8.08m	8.18m	8.32m	8.44m	8.44m	
5 Bonnie Hardman			Gosford			8.32m	
	FOUL	FOUL	8.13m	8.11m	8.20m	8.32m	
6 Georgie Andrews			Tuggerah Lakes M			8.01m	
	8.01m	7.94m	7.89m	7.84m	7.79m	FOUL	
-- Kiani Morrison			Terrigal/Wamberal			DNS	

Girls U 15 - Triple Jump

Zone: Z 11.30m 25/11/2017 Katie Gunn, Gosford LAC							
Name	Age		Centre			Final	
1 Dana Gonzalez			Wyong			10.14m	
	9.76m	9.86m	10.00m	10.14m	9.88m	PASS	
2 Tahlia Lucas			Gosford			8.19m	
	8.19m	7.75m	7.58m	7.59m	7.90m	8.04m	

Girls U 17 - Triple Jump

Zone: Z 11.85m 01/12/2018 Jezebel Navusolo, Tuggerah L							
Name	Age		Centre			Final	
1 Abbie Andrews			Tuggerah Lakes M			9.72m	
	9.41m	9.72m	9.42m	9.31m	PASS	PASS	
2 Melanie Bendeovski			Tuggerah Lakes M			9.19m	
	FOUL	8.38m	9.02m	9.13m	PASS	9.19m	
3 Eva Lynch			Woy Woy Peninsula			9.00m	
	8.70m	8.48m	8.83m	8.90m	9.00m	8.65m	
4 Ruby McTernan			Gosford			8.78m	
	8.78m	8.67m	PASS	PASS	PASS	PASS	
-- Katelyn Wardell			Gosford			DNS	
-- Paige Wallace			Tuggerah Lakes M			DNS	

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.94m 1983 R Ferguson, Wyong							
Name	Age		Centre			Final	
-- Farrah Anderson			Terrigal/Wamberal			DNS	
-- Arielle Paparestis			Terrigal/Wamberal			DNS	

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Girls U 8 - Shot Put (1.5 Kg)**

Zone: Z 6.12m 1999		K Kinna, Terrigal / Wamberal	
Name	Age	Centre	Final
1 Willow Clayton		Terrigal/Wamberal	4.29m
	3.54m 3.48m 4.29m FOUL	3.11m 3.17m	
2 Lily Stephenson		Tuggerah Lakes M	4.21m
	FOUL 4.21m 3.88m 3.74m	3.51m 3.74m	
3 Zoe Smith		Woy Woy Peninsula	3.69m
	3.35m 3.69m FOUL 2.86m	3.36m 3.47m	

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.90m 1985		R Ferguson, Wyong	
Name	Age	Centre	Final
1 Willow Cannan-Hofbauer		Terrigal/Wamberal	4.05m
	4.01m FOUL 3.86m 2.99m	2.81m 4.05m	
2 Ellis Douglas		Tuggerah Lakes M	3.94m
	2.40m 2.75m 3.94m FOUL	FOUL FOUL	
3 Ivy Ross		Wyong	3.67m
	2.94m 3.28m 3.55m 3.59m	3.67m 3.66m	
4 Marni Overton		Wyong	3.28m
	2.60m 3.24m 2.89m 3.01m	2.94m 3.28m	
-- Charlie Tillott		Gosford	DNS
-- Bronwyn Watkins		Gosford	DNS

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 9.93m 2005		Samantha Farrant, Gosford	
Name	Age	Centre	Final
1 Amalee Inwood		Gosford	6.03m
	5.73m 5.34m 5.38m 5.55m	5.78m 6.03m	
2 Flora Norris		Gosford	4.95m
	4.47m 4.73m 4.95m 4.68m	FOUL 4.66m	
3 Isla Clayton		Terrigal/Wamberal	4.82m
	FOUL 4.39m FOUL 4.82m	4.00m 4.32m	
4 Rosie Friend		Tuggerah Lakes M	4.43m
	FOUL 4.43m 4.14m FOUL	3.21m FOUL	
5 Kyra Tight		Gosford	4.03m
	3.36m 4.03m FOUL 3.97m	3.97m FOUL	
6 Nina Sclavos		Terrigal/Wamberal	4.03m
	FOUL FOUL 3.62m 3.55m	4.03m FOUL	
7 Adalise Beringer		Gosford	3.75m
	3.52m FOUL FOUL 3.75m	3.56m 3.38m	
8 sasa liang		Gosford	3.56m
	3.55m 3.39m 3.08m 3.41m	FOUL 3.56m	
9 Emily Bendeovski		Tuggerah Lakes M	3.39m
	FOUL 3.39m 3.19m		
10 Jade Wilkin		Gosford	3.36m
	3.24m 3.36m 3.29m		
-- Ariana Stuart		Terrigal/Wamberal	DNS

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Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 12.86m 2006 Samantha Farrant, Gosford							
Name	Age		Centre				Final
1 Grace Kelly			Gosford				9.72m
	7.77m	0.50m	8.59m	9.28m	9.72m	7.35m	
2 Dakota Anderson			Tuggerah Lakes M				9.11m
	8.19m	8.51m	9.11m	FOUL	8.35m	8.57m	
3 Zoe Coulson			Woy Woy Peninsula				5.35m
	5.22m	4.95m	FOUL	4.28m	5.35m	4.88m	
4 Lucy Asmanas			Gosford				5.32m
	5.32m	0.50m	FOUL	4.80m	FOUL	4.75m	
5 Molly Jamieson			Toukley				4.80m
	4.29m	4.60m	4.80m	4.47m	4.41m	3.48m	
6 Aaliyah Tight			Gosford				4.75m
	3.95m	4.06m	4.55m	FOUL	4.75m	FOUL	
-- Azalea Malietoa			Gosford				DNS
-- Naiyah Calleja			Toukley				DNS

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.93m 26/11/2017 Angel Bywater, Gosford LAC							
Name	Age		Centre				Final
1 Emmy Clark			Gosford				12.01m
	11.01m	10.74m	12.01m	FOUL	FOUL	11.87m	
2 Imogen Mobberley			Gosford				8.31m
	8.31m	6.96m	FOUL	8.19m	7.70m	6.11m	
3 Emily Munkman			Gosford				6.11m
	FOUL	FOUL	6.11m	PASS	PASS	PASS	
4 Ava Strappazzon			Terrigal/Wamberal				4.90m
	4.90m	FOUL	4.78m	4.72m	FOUL	4.87m	
-- Mackenzie West			Wyong				DNS

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 12.58m 2008 Samantha Farrant, Gosford							
Name	Age		Centre				Final
1 Zahli Fisher			Gosford				8.86m
	7.43m	8.03m	8.48m	8.41m	8.86m	8.42m	
2 Cara Eades			Terrigal/Wamberal				6.20m
	6.08m	6.20m	5.98m	6.20m	6.13m	6.12m	
3 Eva Mcintyre			Tuggerah Lakes M				5.77m
	5.40m	5.58m	5.33m	5.01m	5.36m	5.77m	
4 Ruby Wilkin			Gosford				5.58m
	5.44m	5.54m	4.89m	4.96m	5.32m	5.58m	
5 Zara Glasson			Gosford				4.77m
	4.73m	4.77m	FOUL	0.04m	4.21m	4.67m	
-- Sylvie Cresswell			Terrigal/Wamberal				DNS

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Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.85m 2009		Samantha Farrant, Gosford	
Name	Age	Centre	Final
1 Bonnie Hardman		Gosford	7.95m
	7.29m FOUL 6.97m FOUL	7.91m 7.95m	
2 Pollyanna Howes		Terrigal/Wamberal	6.50m
	5.41m 5.49m 6.41m 6.37m	6.50m 6.00m	
3 Charlotte Otoole		Toukley	6.04m
	5.41m 5.78m 5.86m 6.04m	FOUL 5.88m	
4 Kiani Morrison		Terrigal/Wamberal	5.52m
	5.02m 4.92m 5.50m 5.19m	5.34m 5.52m	
5 Allyson Rodriguez		Gosford	5.34m
	5.08m 4.86m 4.79m 4.41m	FOUL 5.34m	
-- Aishling Watkins		Gosford	DNS
-- Izzie Milos		Tuggerah Lakes M	DNS
-- Ellie Overton		Wyong	DNS

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.10m 1994		Debra Turnbull, Tuggerah Lak	
Name	Age	Centre	Final
1 Sophie Andrews		Tuggerah Lakes M	8.17m
	7.41m 7.94m 8.02m 8.04m	8.17m 8.05m	
2 Hannah Butler		Wyong	6.22m
	6.22m 6.14m 5.68m 6.06m	PASS 5.88m	

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.18m 2011		Samantha Farrant, Wyong	
Name	Age	Centre	Final
1 Emma Blume		Tuggerah Lakes M	9.22m
	9.14m 8.65m 9.22m 9.14m	9.02m 8.34m	
2 Jessika Mackie		Tuggerah Lakes M	8.07m
	7.77m 7.84m 7.84m 8.07m	7.40m 7.88m	

Girls U 7 - Discus (350 Gram)

Zone: Z 13.92m 1997		R Saunders, Tuggerah Lakes M	
Name	Age	Centre	Final
1 Jordanna Townsend		Gosford	5.29m
	4.54m 5.29m FOUL 5.25m	5.17m 4.77m	
-- Pearl Wilkin		Gosford	DNS
-- Lila Knowles		Gosford	DNS

Girls U 8 - Discus (500 Gram)

Zone: Z 15.42m 12/12/2015		Ava-marie Carlson, Tuggerah	
Name	Age	Centre	Final
1 Matilda Aulsebrook		Gosford	11.73m
	9.71m 9.31m 11.73m FOUL	9.27m FOUL	

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

2	Torah Torchia				Gosford					10.98m
	10.68m	FOUL	9.27m	10.98m	8.39m	FOUL				
3	Lyla Williams				Gosford					7.52m
	5.71m	6.51m	7.04m	7.52m	6.23m	6.42m				

Girls U 9 - Discus (500 Gram)

Zone: Z 21.90m 11/12/2016 Ava-Marie Carlson, Wyong										
Name			Age	Centre						Final
1	Lyla Morris				Gosford					14.85m
	5.00m	11.78m	FOUL	12.65m	FOUL	14.85m				
2	Bronwyn Watkins				Gosford					11.72m
	11.04m	10.81m	10.63m	10.41m	11.72m	11.41m				
3	Ivy Ross				Wyong					8.91m
	6.91m	7.90m	7.30m	8.91m	8.72m	8.17m				
4	Ashlyn Le Roy				Wyong					6.85m
	FOUL	6.49m	5.86m	5.71m	6.85m	6.39m				
5	Grace Harriott				Gosford					6.83m
	6.77m	6.63m	6.83m	6.28m	5.39m	6.43m				
6	Marni Overton				Wyong					6.78m
	4.33m	4.79m	3.35m	4.69m	5.55m	6.78m				
7	Evie Gray				Terrigal/Wamberal					6.69m
	FOUL	6.49m	6.69m	6.66m	6.36m	6.69m				

Girls U 10 - Discus (500 Gram)

Zone: Z 26.52m 1995 V Oliver, Gosford										
Name			Age	Centre						Final
1	Ariana Stuart				Terrigal/Wamberal					16.45m
	12.14m	15.32m	FOUL	16.45m	FOUL	15.83m				
2	Amalee Inwood				Gosford					15.11m
	13.67m	14.09m	14.85m	13.69m	14.66m	15.11m				
3	Lola Adeleke				Woy Woy Peninsula					13.85m
	10.11m	13.48m	13.75m	9.25m	FOUL	13.85m				
4	Georgie Dean				Woy Woy Peninsula					13.30m
	11.20m	10.85m	13.30m	FOUL	10.54m	11.46m				
5	Emily Bendeovski				Tuggerah Lakes M					11.54m
	FOUL	8.81m	FOUL	11.54m	9.08m	9.34m				
6	Chloe McLennan				Woy Woy Peninsula					11.40m
	10.40m	11.40m	6.36m	10.88m	8.97m	9.07m				
7	Nina Sclavos				Terrigal/Wamberal					11.00m
	FOUL	10.04m	11.00m	FOUL	10.50m	10.87m				
8	Lorenza Sant				Gosford					9.43m
	PASS	PASS	9.02m	9.43m	8.26m	7.68m				
9	Jade Wilkin				Gosford					8.57m
	8.29m	8.57m	7.73m							
10	Elsie Kos				Terrigal/Wamberal					8.21m
	7.07m	8.21m	6.57m							
11	sasa liang				Gosford					7.28m
	5.45m	6.50m	7.28m							
--	Ava Jones				Terrigal/Wamberal					DNS
--	Grace Ashton				Tuggerah Lakes M					DNS
--	Amelie Wech				Gosford					DNS

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Girls U 11 - Discus (500 Gram)

Zone: Z 32.26m 04/12/2022 Emmy Clark, Gosford						
Name	Age		Centre		Final	
1 Grace Kelly			Gosford		31.76m	
	23.31m	24.50m	26.39m	31.76m	28.62m	25.97m
2 Emma Shiels			Gosford		25.05m	
	20.44m	23.12m	25.05m	24.18m	24.25m	18.94m
3 Lara Griffin			Tuggerah Lakes M		17.08m	
	16.05m	17.08m	15.33m	16.42m	15.27m	FOUL
4 Ava Barton			Tuggerah Lakes M		16.88m	
	FOUL	FOUL	10.74m	FOUL	16.88m	FOUL
5 Sophie Symes			Wyong		11.77m	
	10.20m	11.77m	10.79m	10.93m	FOUL	11.30m
6 Molly Jamieson			Toukley		8.87m	
	FOUL	7.83m	7.22m	7.23m	8.71m	8.87m
-- Azalea Malietoa			Gosford		DNS	

Girls U 12 - Discus (750 Gram)

Zone: Z 35.10m 1991 Debra Turnbull, Tuggerah Lak						
Name	Age		Centre		Final	
1 Emmy Clark			Gosford		30.07m	
	30.07m	28.82m	17.00m	25.78m	29.65m	28.96m
2 Evie Hyde			Gosford		23.27m	
	19.50m	22.43m	23.27m	FOUL	22.09m	FOUL
3 Emily Munkman			Gosford		19.37m	
	15.94m	19.36m	18.69m	FOUL	17.83m	19.37m
4 Imogen Mobberley			Gosford		19.00m	
	FOUL	15.35m	18.38m	17.15m	19.00m	18.60m
5 Milla Champion			Tuggerah Lakes M		16.35m	
	15.83m	13.50m	12.32m	16.35m	13.01m	15.72m
6 Chelsea Rhodes			Tuggerah Lakes M		13.98m	
	FOUL	13.98m	10.35m	13.46m	12.06m	10.36m
7 Imogen Hyslop			Tuggerah Lakes M		13.55m	
	10.57m	11.02m	11.50m	13.55m	13.07m	12.45m
8 Harmony Mudrazija			Gosford		11.52m	
	FOUL	11.05m	11.27m	11.03m	FOUL	11.52m

Girls U 13 - Discus (750 Gram)

Zone: Z 37.32m 2010 Jaimee Farrant, Gosford						
Name	Age		Centre		Final	
1 Zahli Fisher			Gosford		27.57m	
	26.40m	21.94m	FOUL	26.02m	25.76m	27.57m
2 Cara Eades			Terrigal/Wamberal		18.17m	
	15.08m	13.98m	18.17m	FOUL	14.47m	14.26m
3 Willow Smith			Gosford		14.48m	
	FOUL	FOUL	13.53m	12.24m	12.56m	14.48m
4 Zara Glasson			Gosford		12.95m	
	12.95m	FOUL	FOUL	10.20m	12.13m	11.77m
5 Eva McIntyre			Tuggerah Lakes M		11.32m	
	11.32m	10.31m	11.13m	FOUL	10.98m	FOUL

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

6	Chloe Jones					Terrigal/Wamberal	11.26m
		11.26m	10.64m	FOUL	10.90m	10.21m	10.31m
--	Audrey Neil					Gosford	DNS

Girls U 14 - Discus (1.0 Kg)

=====							
	Zone: Z	34.80m	1993			Debra Turnbull, Tuggerah Lak	
Name			Age			Centre	Final
=====							
1	Allyson Rodriguez					Gosford	16.52m
		15.56m	16.01m	FOUL	14.89m	FOUL	16.52m
2	Carmela Marie Nocedo					Gosford	14.25m
		FOUL	12.23m	12.93m	14.25m	FOUL	11.08m
--	Izzie Milos					Tuggerah Lakes M	DNS
--	Kiani Morrison					Terrigal/Wamberal	DNS

Girls U 15 - Discus (1.0 Kg)

=====							
	Zone: Z	39.46m	1996			Debra Turnbull, Tuggerah Lak	
Name			Age			Centre	Final
=====							
1	Hannah Butler					Wyong	19.17m
		19.17m	18.84m	FOUL	18.72m	FOUL	18.14m

Girls U 17 - Discus (1.0 Kg)

=====							
	Zone: Z	40.77m	14/12/2014			Tegan Fennell, Tuggerah Lake	
Name			Age			Centre	Final
=====							
1	Emma Blume					Tuggerah Lakes M	23.49m
		18.63m	22.29m	23.49m	21.17m	21.24m	23.20m
2	Margrete Arthur					Gosford	18.07m
		FOUL	FOUL	16.56m	18.07m	16.40m	18.05m

Girls U 11 - Javelin (400 Gram)

=====							
	Zone: Z	21.22m	30/11/2018			Ava-Marie Carlson, Wyong LAC	
Name			Age			Centre	Final
=====							
1	Grace Kelly					Gosford	19.03m
		14.55m	17.24m	19.03m	16.37m	16.25m	16.87m
2	Dakota Anderson					Tuggerah Lakes M	16.17m
		12.60m	15.80m	16.17m	15.87m	15.49m	14.35m

Girls U 12 - Javelin (400 Gram)

=====							
	Zone: Z	26.80m	11/12/2019			Ava-Marie Carlson, Wyong	
	Zone: Z	26.80m					
Name			Age			Centre	Final
=====							
1	Imogen Mobberley					Gosford	14.24m
		12.95m	14.24m	13.45m	13.00m	FOUL	13.38m
2	Evie Hyde					Gosford	13.82m
		9.45m	13.82m	FOUL	FOUL	FOUL	11.66m

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

3 Imogen Hyslop	Tuggerah Lakes M	11.99m
11.43m 11.99m FOUL FOUL FOUL 10.78m		
4 Emmy Clark	Gosford	2.83m
FOUL FOUL FOUL FOUL 2.83m FOUL		
-- Mackenzie West	Wyong	DNS

Girls U 13 - Javelin (400 Gram)

Zone: Z 31.35m 2008			Samantha Farrant, Gosford		
Name	Age Centre	Final			
1 Zahli Fisher	Gosford	18.70m			
16.68m 18.70m 14.16m 16.51m FOUL FOUL					
2 Cara Eades	Terrigal/Wamberal	11.82m			
FOUL 11.82m FOUL FOUL 9.71m 11.18m					
3 Willow Smith	Gosford	8.48m			
8.03m 8.18m 8.48m 6.50m 7.74m 7.69m					

Girls U 14 - Javelin (400 Gram)

Zone: Z 30.46m 04/12/2022			Taylah Sankey, Gosford		
Zone: Z 28.98m					
Name	Age Centre	Final			
1 Bonnie Hardman	Gosford	26.52m			
24.61m FOUL FOUL 22.03m FOUL 26.52m					
2 Ellie Overton	Wyong	10.42m			
8.45m 10.42m 9.99m PASS PASS PASS					
-- Pollyanna Howes	Terrigal/Wamberal	DNS			

Girls U 15 - Javelin (500 Gram)

Zone: Z 31.13m 13/12/2013			Brianna Shipley, Tuggerah La		
Name	Age Centre	Final			
1 Sophie Andrews	Tuggerah Lakes M	23.84m			
20.21m 21.03m 19.72m 20.29m 23.84m 22.32m					
2 Hannah Butler	Wyong	19.06m			
18.27m FOUL 19.06m 18.91m 16.04m 16.98m					

Girls U 17 - Javelin (500 Gram)

Zone: Z 33.09m 2011			Casey Judge, Tuggerah Lakes		
Name	Age Centre	Final			
1 Emma Blume	Tuggerah Lakes M	25.79m			
21.95m 25.59m 24.63m 25.79m FOUL 24.19m					
2 Jessika Mackie	Tuggerah Lakes M	23.79m			
21.00m FOUL 21.40m 23.52m 23.42m 23.79m					

Central Coast Zone Track & Field Championships
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Girls U 9 - 700 Metre Walk

Zone: Z 4:04.00 1997 S Tomlin, Woy Woy Peninsula			
Name	Age	Centre	Final
Section 1			
1 Ashlyn Le Roy		Wyong	5:07.19
2 Kendrix Mitchell		Gosford	5:07.21
3 Marni Overton		Wyong	5:13.59

Girls U 10 - 1100 Metre Walk

Zone: Z 5:59.10 1998 S Tomlin, Woy Woy Peninsula			
Name	Age	Centre	Final
-- Charlie Wealand		Wyong	DNS

Girls U 11 - 1100 Metre Walk

Zone: Z 5:47.00 11/12/2015 Amalia Patterson, Tuggerah			
Name	Age	Centre	Final
1 Grace Kelly		Gosford	7:33.05

Girls U 12 - 1500 Metre Walk

Zone: Z 7:26.94 09/12/2016 Amalia Patterson, Tuggerah			
Name	Age	Centre	Final
1 Milla Champion		Tuggerah Lakes M	10:38.28
2 Mia-Rose Bowering		Tuggerah Lakes M	10:43.46
-- Caylee Roberts		Terrigal/Wamberal	DNS

Girls U 13 - 1500 Metre Walk

Zone: Z 7:34.20 1993 A Wells, Gosford			
Name	Age	Centre	Final
1 Zara Glasson		Gosford	10:38.27
2 Zahli Fisher		Gosford	11:36.79
3 Cara Eades		Terrigal/Wamberal	11:50.85

Girls U 14 - 1500 Metre Walk

Zone: Z 6:58.63 24/11/2017 Hannah Bolton, Tuggerah Lak			
Name	Age	Centre	Final
-- Izzie Milos		Tuggerah Lakes M	DNS

Girls U 15 - 1500 Metre Walk

Zone: Z 6:50.36 24/11/2017 Allannah Pitcher, Gosford LA			
Name	Age	Centre	Final
1 Caetlin Ashby		Gosford	8:38.06
2 Hannah Butler		Wyong	9:35.88

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Boys U 7 - 50 Metre Sprint**

Zone: Z 8.50 2004 Patrick Flint, Tuggerah Lakes			
Name	Age	Centre	Final
=====			
1 Braxton Dowell		Terrigal/Wamberal	9.05
2 Tanner Ellery		Tuggerah Lakes M	9.35
3 Ace Stanley		Gosford	9.38
4 Hudson Featherby		Terrigal/Wamberal	9.68
5 Oliver Edgerton		Tuggerah Lakes M	10.90
6 Kooper Macey		Wyong	11.20
-- Flynn Watt		Gosford	DNS
-- Zachary McGinlay		Gosford	DNS
Section 2			
1 Knox Mumford		Terrigal/Wamberal	9.28
2 Charlton Dworjanyan		Gosford	9.71
3 Owen Gosselink		Tuggerah Lakes M	9.75
4 Oscar Hyslop		Tuggerah Lakes M	9.76
5 Oliver Powell		Toukley	10.90
6 Henri Schulz		Gosford	10.95
-- Silas Rodwell		Terrigal/Wamberal	DNS
-- Chace Weddell		Tuggerah Lakes M	DNS

Boys U 8 - 70 Metre Sprint

Zone: Z 10.70 2002 Byron Cavender, Gosford			
Name	Age	Centre	Final
=====			
Section 1			
1 Koa Hansen		Gosford	13.46
2 Archer McIntyre		Tuggerah Lakes M	13.68
3 Max Jamieson		Toukley	13.74
-- Kit Llewellyn		Woy Woy Peninsula	DNS
-- Oscar Cresswell		Terrigal/Wamberal	DNS
-- Harrison Ward		Woy Woy Peninsula	DNS
Section 2			
1 Chase Drewett		Terrigal/Wamberal	11.66
2 Darcy Doyle		Terrigal/Wamberal	11.73
3 Lucas Vella		Tuggerah Lakes M	12.38
4 Otis Keenan		Woy Woy Peninsula	12.98
5 Aleksander Thompson		Tuggerah Lakes M	13.25
6 Byron Cawsey		Tuggerah Lakes M	13.58

Boys U 9 - 70 Metre Sprint

Zone: Z 10.20 1999 J Mulligan, Gosford			
Name	Age	Centre	Final
=====			
Section 1			
1 Kody Carter		Tuggerah Lakes M	11.76
2 Leo Gray		Terrigal/Wamberal	11.81
3 Thomas Martin		Terrigal/Wamberal	12.04
4 Lachlan Hanna		Tuggerah Lakes M	12.15
-- Austin Antonio		Gosford	DNS
Section 2			
1 Hunter Acland		Terrigal/Wamberal	12.44
2 Alex Stevenson		Woy Woy Peninsula	12.69

Central Coast Zone Track & Field Championships
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....Boys U 9 - 70 Metre Sprint

3 Tyler Bennett	Gosford	13.92
-- Klayton Wallace	Tuggerah Lakes M	DNS

Boys U 10 - 70 Metre Sprint

=====			
Zone: Z 9.50 2005		Jayden Priest, Gosford	
Name	Age Centre	Final	
=====			
Section 1			
1 James Featherby	Terrigal/Wamberal	11.05	
2 Beau Wallace	Woy Woy Peninsula	11.59	
3 Charlie Mobbs	Tuggerah Lakes M	11.86	
3 Lincoln Moss	Gosford	11.86	
5 George Neil	Gosford	12.13	
-- Kingston White	Tuggerah Lakes M	DNS	
-- Jensen Stuart	Terrigal/Wamberal	DNS	

Boys U 7 - 100 Metre Sprint

=====			
Zone: Z 15.60 1989		G Towle, Gosford	
Name	Age Centre	Final	
=====			
Section 1			
1 Hudson Featherby	Terrigal/Wamberal	19.30	
2 Charlton Dworjany	Gosford	19.41	
3 Oliver Edgerton	Tuggerah Lakes M	20.08	
4 Remi Manca	Toukley	21.20	
-- Zachary McGinlay	Gosford	DNS	
-- Chace Weddell	Tuggerah Lakes M	DNS	
Section 2			
1 Braxton Dowell	Terrigal/Wamberal	17.78	
2 Tanner Ellery	Tuggerah Lakes M	18.42	
3 Kobe Adeleke	Woy Woy Peninsula	18.46	
4 Oscar Hyslop	Tuggerah Lakes M	18.48	
-- Silas Rodwell	Terrigal/Wamberal	DNS	
-- Flynn Watt	Gosford	DNS	

Boys U 8 - 100 Metre Sprint

=====			
Zone: Z 15.00 1989		J Hirst, Terrigal / Wamberal	
Name	Age Centre	Final	
=====			
Section 1			
1 Chase Drewett	Terrigal/Wamberal	16.61	
2 Lucas Vella	Tuggerah Lakes M	17.55	
3 Sebastian Banks	Woy Woy Peninsula	17.60	
4 Byron Cawsey	Tuggerah Lakes M	19.24	
5 Max Jamieson	Toukley	19.29	
-- Kit Llewellyn	Woy Woy Peninsula	DNS	
-- Hudson Lee	Wyong	DNS	
Section 2			
1 Fletcher Daley	Tuggerah Lakes M	17.30	
2 Ethan Bottrill	Toukley	17.65	
3 Koa Courte	Toukley	18.97	
4 Van Pulo	Tuggerah Lakes M	19.40	
5 Archer McIntyre	Tuggerah Lakes M	20.35	

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****....Boys U 8 - 100 Metre Sprint**

-- Clayton McLennan Woy Woy Peninsula DNS

Boys U 9 - 100 Metre Sprint

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=====
Zone: Z 14.10 2011                      Sandon Smith, Tuggerah Lakes
Name                                      Age Centre                                      Final
=====

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Section 1

1	Leo Gray	Terrigal/Wamberal	16.02
2	Kody Carter	Tuggerah Lakes M	16.36
3	Lachlan Hanna	Tuggerah Lakes M	17.08
4	Lachlan Perry	Gosford	17.88
--	Theo Anderson	Terrigal/Wamberal	DNS
--	Callen West	Wyong	DNS
--	Klayton Wallace	Tuggerah Lakes M	DNS

Section 2

1	Hunter Acland	Terrigal/Wamberal	16.54
2	Thomas Martin	Terrigal/Wamberal	16.62
3	Aston Rhodes	Tuggerah Lakes M	16.93
4	Tyler Bennett	Gosford	18.86
5	Xander Townsend	Gosford	20.65
--	Flint Filart	Terrigal/Wamberal	DNS

Boys U 10 - 100 Metre Sprint

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=====
Zone: Z 13.50 1992                      T Donaldson, Tuggerah Lakes M
Name                                      Age Centre                                      Final
=====

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Section 1

1	James Featherby	Terrigal/Wamberal	15.22
2	Kingston White	Tuggerah Lakes M	15.42
3	Beau Wallace	Woy Woy Peninsula	15.99
4	Luca Manca	Toukley	16.09
5	Lennox Tight	Gosford	16.14
6	Charlie Mobbs	Tuggerah Lakes M	16.28
--	Jensen Stuart	Terrigal/Wamberal	DNS
--	Hugo McCusker	Woy Woy Peninsula	DNS

Boys U 11 - 100 Metre Sprint

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Zone: Z 13.00 2007                      Joshua Parkinson, Tuggerah La
Name                                      Age Centre                                      Final
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1	Ethan Mcintyre	Tuggerah Lakes M	16.05
2	Jenson Allen	Tuggerah Lakes M	16.27
3	Hunter Pulo	Tuggerah Lakes M	16.56
4	Blake Masters	Gosford	19.05
--	Rocco Heighington	Terrigal/Wamberal	DNS
--	Jac Dowling	Terrigal/Wamberal	DNS

Section 2

1	Parker Davies	Tuggerah Lakes M	14.67
2	Liam Potter	Wyong	15.32
--	Dylan Caulfield	Woy Woy Peninsula	DNS
--	Mason Woods	Tuggerah Lakes M	DNS
--	Ethan Hitchenson	Terrigal/Wamberal	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****....Boys U 11 - 100 Metre Sprint**

-- Paxton Anderson	Terrigal/Wamberal	DNS
Section 3		
1 Cooper Daley	Tuggerah Lakes M	15.26
2 Thomas Jukich-Cabral	Tuggerah Lakes M	16.11
3 Noah Plunkett	Gosford	16.58
4 Levi Jespersen	Terrigal/Wamberal	16.66
-- Lachlan Guthrie	Gosford	DNS
-- Isaac Smith	Tuggerah Lakes M	DNS
-- Alby Mutton	Woy Woy Peninsula	DNS
Section 4		
1 Cooper Newman	Tuggerah Lakes M	14.26
2 Wilbur Plunkett	Gosford	15.40
3 Elijah Snopek	Tuggerah Lakes M	15.48
4 Elliot Osborn	Terrigal/Wamberal	15.82
5 Aidan McHale	Tuggerah Lakes M	15.91
-- Emyr Mutton	Woy Woy Peninsula	DNS

Boys U 12 - 100 Metre Sprint

=====			
Zone: Z 12.69 15/12/2012 Aaron Dudman, Gosford			
Name	Age	Centre	Final
=====			
Section 1			
1 Maxwell Moss		Gosford	15.30
2 Chris Doroudgar		Woy Woy Peninsula	15.72
3 George Collie		Terrigal/Wamberal	15.78
-- Zach Mailey		Tuggerah Lakes M	DNS
-- Hayden Dowse		Gosford	DNS
Section 2			
1 Zavier Briggs		Gosford	16.57
-- Owen Watkins		Gosford	DNS
-- Jermaine Da silva		Tuggerah Lakes M	DNS
-- Bodhi Jorgensen		Terrigal/Wamberal	DNS
-- Kade Davidson		Tuggerah Lakes M	DNS

Boys U 13 - 100 Metre Sprint

=====			
Zone: Z 12.10 2004 Tommy Robinson, Terrigal / Wa			
Name	Age	Centre	Final
=====			
Section 1			
1 Cooper Manser		Gosford	13.73
2 Ambrose Plunkett		Gosford	13.89
3 Rylan Bennett		Gosford	14.41
4 Liam Morris		Terrigal/Wamberal	14.46
5 Max Collie		Terrigal/Wamberal	15.33
6 Addison Pulo		Tuggerah Lakes M	16.42
-- Ethan Ampoma-Gyamfi		Tuggerah Lakes M	DNS
-- William King		Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Boys U 14 - 100 Metre Sprint**

Zone: Z 11.46 01/12/2018 Luka Szymanski, Woy Woy			
Name	Age	Centre	Final
1 Riley Gough		Tuggerah Lakes M	11.93
2 Lyndon Miletic		Gosford	12.55
3 William Coote		Gosford	12.81

Boys U 15 - 100 Metre Sprint

Zone: Z 11.00 2001 Owen Martin, Terrigal / Wambe			
Name	Age	Centre	Final
1 Thabisa Madzinga		Tuggerah Lakes M	12.18
2 Linkin Haddad		Tuggerah Lakes M	12.22
3 Jason Oakes		Tuggerah Lakes M	12.48
4 Zac Barton		Tuggerah Lakes M	12.64
-- Rory Scott		Tuggerah Lakes M	DNS
-- Kai Onozawa		Gosford	DNS

Boys U 17 - 100 Metre Sprint

Zone: Z 10.91 01/12/2018 Cameron Steer, Tuggerah Lak			
Name	Age	Centre	Final
1 Levi Osborn		Gosford	11.57
2 Blake Mcdonald		Tuggerah Lakes M	12.12
3 Raniel Meigo Nocedo		Gosford	12.39
4 Riley Paine		Gosford	12.93
-- Hudson Brown		Tuggerah Lakes M	DNS
Section 2			
1 Connor Gunn		Gosford	12.23
2 Kirby Wilding		Tuggerah Lakes M	12.25
3 Isaac Plunkett		Gosford	12.36
4 Jesse Masters		Tuggerah Lakes M	12.38
5 Jack Brown		Terrigal/Wamberal	13.22

Boys U 7 - 200 Metre Sprint

Zone: Z 32.20 2008 Jamal Belkadi, Gosford			
Name	Age	Centre	Final
Section 1			
1 Knox Mumford		Terrigal/Wamberal	39.17
2 Oliver Edgerton		Tuggerah Lakes M	42.26
3 Hudson Featherby		Terrigal/Wamberal	42.32
4 Owen Gosselink		Tuggerah Lakes M	42.44
5 Murph Ellison		Terrigal/Wamberal	45.00
-- Silas Rodwell		Terrigal/Wamberal	DNS
-- Zachary McGinlay		Gosford	DNS
Section 2			
1 Tanner Ellery		Tuggerah Lakes M	38.25
2 Braxton Dowell		Terrigal/Wamberal	38.28
3 Oscar Hyslop		Tuggerah Lakes M	38.99
4 Ace Stanley		Gosford	39.71
5 Henri Schulz		Gosford	46.68

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****....Boys U 7 - 200 Metre Sprint**

-- Flynn Watt	Gosford	DNS
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Boys U 8 - 200 Metre Sprint

=====		
Zone: Z 32.36	15/12/2013	Dylan Coyte, Wyong
Name	Age Centre	Final
=====		

Section 1

1 Chase Drewett	Terrigal/Wamberal	33.45
2 Fletcher Daley	Tuggerah Lakes M	35.22
3 Darcy Doyle	Terrigal/Wamberal	35.68
4 Ethan Bottrill	Toukley	37.13
5 Koa Courte	Toukley	43.19
6 Max Jamieson	Toukley	44.10
7 Van Pulo	Tuggerah Lakes M	52.37
-- Kit Llewellyn	Woy Woy Peninsula	DNS

Boys U 9 - 200 Metre Sprint

=====		
Zone: Z 30.40	1985	D Binskin, Gosford
Name	Age Centre	Final
=====		

1 Leo Gray	Terrigal/Wamberal	34.49
2 Constantine Arkhipov	Woy Woy Peninsula	35.72
3 Lachlan Hanna	Tuggerah Lakes M	36.53
4 Levi Ohlback	Terrigal/Wamberal	37.77
5 Lachlan Perry	Gosford	39.35
6 Walter Domotor	Tuggerah Lakes M	41.14
-- Klayton Wallace	Tuggerah Lakes M	DNS
-- Callen West	Wyong	DNS

Boys U 10 - 200 Metre Sprint

=====		
Zone: Z 28.80	2009	Tyler Gunn, Gosford
Name	Age Centre	Final
=====		

1 James Featherby	Terrigal/Wamberal	31.89
2 Kingston White	Tuggerah Lakes M	32.84
3 Lennox Tight	Gosford	32.99
4 Jamin Wu	Woy Woy Peninsula	34.85
5 Luke Morris	Terrigal/Wamberal	34.95
6 George Neil	Gosford	37.09

Boys U 11 - 200 Metre Sprint

=====		
Zone: Z 27.60	2010	Tyler Gunn, Gosford
Name	Age Centre	Final
=====		

1 Cooper Newman	Tuggerah Lakes M	30.58
2 Noah Plunkett	Gosford	35.18
3 Mason Woods	Tuggerah Lakes M	35.67
4 Levi Jespersion	Terrigal/Wamberal	36.45
5 Ethan McIntyre	Tuggerah Lakes M	36.65
6 Hunter Pulo	Tuggerah Lakes M	38.05
-- Rocco Heighington	Terrigal/Wamberal	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****....Boys U 11 - 200 Metre Sprint**

Section 2

1	Cooper Daley	Tuggerah Lakes M	30.73
2	Parker Davies	Tuggerah Lakes M	31.02
3	Elijah Snopek	Tuggerah Lakes M	31.80
4	Liam Potter	Wyong	32.80
5	Wilbur Plunkett	Gosford	33.96
6	Emyr Mutton	Woy Woy Peninsula	34.37
--	Isaac Smith	Tuggerah Lakes M	DNS
--	Jenson Allen	Tuggerah Lakes M	DNS

Boys U 12 - 200 Metre Sprint

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

Name Age Centre Final

Section 1

1	Callan Atherton	Gosford	31.77
2	Chris Doroudgar	Woy Woy Peninsula	33.67
3	Zavier Briggs	Gosford	34.64
--	Kade Davidson	Tuggerah Lakes M	DNS

Boys U 13 - 200 Metre Sprint

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

Name Age Centre Final

1	Ambrose Plunkett	Gosford	28.18
2	Liam Morris	Terrigal/Wamberal	29.35
3	Rylan Bennett	Gosford	29.70
4	Ewan McHale	Tuggerah Lakes M	30.84
5	Max Collie	Terrigal/Wamberal	32.29
6	Addison Pulo	Tuggerah Lakes M	35.76
--	Ethan Ampoma-Gyamfi	Tuggerah Lakes M	DNS
--	William King	Tuggerah Lakes M	DNS

Boys U 14 - 200 Metre Sprint

Zone: Z 23.40 2004 Thomas Andrew, Gosford

Name Age Centre Final

1	Riley Gough	Tuggerah Lakes M	26.05
2	William Coote	Gosford	27.52

Boys U 15 - 200 Metre Sprint

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

Name Age Centre Final

1	Linkin Haddad	Tuggerah Lakes M	24.70
2	Thabisa Madzinga	Tuggerah Lakes M	25.09
--	Rory Scott	Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Boys U 17 - 200 Metre Sprint**

Zone: Z 22.19 26/11/2017 Taine Petersen, Tuggerah Lak			
Name	Age	Centre	Final
1 Connor Gunn		Gosford	24.32
2 Blake Mcdonald		Tuggerah Lakes M	24.59
3 Raniel Meigo Nocedo		Gosford	25.06
-- Jack Brown		Terrigal/Wamberal	DNS
-- Riley Paine		Gosford	DNS
-- Cade Hancock		Tuggerah Lakes M	DNS
Section 2			
1 Levi Osborn		Gosford	23.54
2 Kirby Wilding		Tuggerah Lakes M	23.81
3 Isaac Plunkett		Gosford	24.74
4 Jesse Masters		Tuggerah Lakes M	25.67
-- Hudson Brown		Tuggerah Lakes M	DNS
-- Sanderson Keyser		Woy Woy Peninsula	DNS

Boys U 8 - 400 Metre Sprint

Zone: Z 1:15.40 1989 R Hall, Woy Woy Peninsula			
Name	Age	Centre	Final
Section 1			
1 Ford Ellison		Terrigal/Wamberal	1:16.59
2 Chase Drewett		Terrigal/Wamberal	1:17.15
3 Fletcher Daley		Tuggerah Lakes M	1:23.39
4 Archer McIntyre		Tuggerah Lakes M	1:39.48
-- Clayton McLennan		Woy Woy Peninsula	DNS
Section 2			
1 Sebastian Banks		Woy Woy Peninsula	1:25.38
2 Ethan Bottrill		Toukley	1:30.47
3 Koa Courte		Toukley	1:33.96
4 Hooper Townsend		Gosford	1:41.25
-- Hudson Lee		Wyong	DNS
-- Kit Llewellyn		Woy Woy Peninsula	DNS

Boys U 9 - 400 Metre Sprint

Zone: Z 1:08.90 1991 G Towle, Gosford			
Name	Age	Centre	Final
Section 1			
1 Constantine Arkhipov		Woy Woy Peninsula	1:24.46
2 Avery Wrigley		Toukley	1:32.85
3 Callen West		Wyong	1:43.49
-- Walter Domotor		Tuggerah Lakes M	DNS
-- Thomas Pickham		Terrigal/Wamberal	DNS
Section 2			
1 Levi Ohlback		Terrigal/Wamberal	1:18.63
2 Leo Gray		Terrigal/Wamberal	1:20.02
3 Alex Stevenson		Woy Woy Peninsula	1:22.00
-- Theo Anderson		Terrigal/Wamberal	DNS
-- Jude Casper		Gosford	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Boys U 10 - 400 Metre Sprint**

Zone: Z 1:07.30 2009 Tyler Gunn, Gosford			
Name	Age	Centre	Final
Section 1			
1 James Featherby		Terrigal/Wamberal	1:12.98
2 Lennox Polmear		Terrigal/Wamberal	1:17.93
3 Luca Manca		Toukley	1:22.80
4 Eli Williams		Gosford	1:25.86
Section 2			
1 Lennox Tight		Gosford	1:14.90
2 Luke Morris		Terrigal/Wamberal	1:23.66
3 Oliver Wilson		Gosford	1:28.80
-- Phoenix Knowles		Gosford	DNS
-- Hugo McCusker		Woy Woy Peninsula	DNS

Boys U 11 - 400 Metre Sprint

Zone: Z 1:05.40 2007 Scott Drinkwater, Tuggerah			
Name	Age	Centre	Final
Section 1			
1 Lakin Barber		Terrigal/Wamberal	1:07.10
2 Elijah Snopek		Tuggerah Lakes M	1:09.53
3 Noah Plunkett		Gosford	1:21.77
4 Hunter Pulo		Tuggerah Lakes M	1:24.80
-- Jenson Allen		Tuggerah Lakes M	DNS
Section 2			
1 Cooper Daley		Tuggerah Lakes M	1:09.77
2 Otto Mudge		Terrigal/Wamberal	1:14.77
3 Wilbur Plunkett		Gosford	1:22.80
4 Ethan Mcintyre		Tuggerah Lakes M	1:24.38
-- Isaac Smith		Tuggerah Lakes M	DNS
-- Ethan Hitchenson		Terrigal/Wamberal	DNS

Boys U 12 - 400 Metre Sprint

Zone: Z 1:00.10 2011 Tyler Gunn, Gosford			
Name	Age	Centre	Final
Section 1			
1 tye liang		Gosford	1:08.64
2 Phoenix Smith		Gosford	1:13.18
3 George Collie		Terrigal/Wamberal	1:14.71
-- Jermaine Da silva		Tuggerah Lakes M	DNS
-- Zach Mailey		Tuggerah Lakes M	DNS
-- Kade Davidson		Tuggerah Lakes M	DNS

Boys U 13 - 400 Metre Sprint

Zone: Z 57.50 2007 Byron Cavender, Gosford			
Name	Age	Centre	Final
1 Ambrose Plunkett		Gosford	1:03.38
2 Flynn Wilson		Gosford	1:06.41
3 Liam Morris		Terrigal/Wamberal	1:08.37

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

4 Kai Dunn	Tuggerah Lakes M	1:08.42
5 Rylan Bennett	Gosford	1:14.36
6 Addison Pulo	Tuggerah Lakes M	1:24.94
-- Daniel Draper	Gosford	DNS

Boys U 14 - 400 Metre Sprint

=====			
Zone: Z 55.10		2004	Thomas Andrew, Gosford
Name	Age	Centre	Final
=====			
1 Riley Gough		Tuggerah Lakes M	57.18
2 William Coote		Gosford	59.39
3 Tobias Gray		Terrigal/Wamberal	1:03.64
4 Luke Small		Terrigal/Wamberal	1:07.00
-- Eziekial Bugden		Gosford	DNS

Boys U 15 - 400 Metre Sprint

=====			
Zone: Z 52.30		2011	Jack Collett, Gosford
Name	Age	Centre	Final
=====			
1 Lachlan Glasson		Gosford	58.02
-- Kai Onozawa		Gosford	DNS

Boys U 17 - 400 Metre Sprint

=====			
Zone: Z 51.34		12/12/2015	Tyler Gunn, Gosford
Name	Age	Centre	Final
=====			
1 Kirby Wilding		Tuggerah Lakes M	53.62
2 Connor Gunn		Gosford	55.07
3 Levi Osborn		Gosford	55.61
4 Blake Mcdonald		Tuggerah Lakes M	55.96
5 Sanderson Keyser		Woy Woy Peninsula	1:00.04
6 Tyler Palmer		Tuggerah Lakes M	1:06.03
-- Hudson Brown		Tuggerah Lakes M	DNS
-- Cade Hancock		Tuggerah Lakes M	DNS

Boys U 7 - 500 Metre Run Pack Start

=====			
Zone: Z 1:45.60		2011	Lorcan Hayes, Woy Woy Penin
Name	Age	Centre	Final
=====			
1 Knox Mumford		Terrigal/Wamberal	1:50.27
2 Braxton Dowell		Terrigal/Wamberal	1:57.61
3 Ace Stanley		Gosford	1:59.58
4 Murph Ellison		Terrigal/Wamberal	2:00.71
5 Owen Gosselink		Tuggerah Lakes M	2:07.52
6 Henri Schulz		Gosford	2:19.71
7 Oliver Edgerton		Tuggerah Lakes M	2:22.91
8 Kooper Macey		Wyong	2:26.30
-- Hudson Featherby		Terrigal/Wamberal	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****Boys U 8 - 700 Metre Run Pack Start**

Zone: Z 2:29.90 2006 Sam Collett, Terrigal / Wam			
Name	Age	Centre	Final
1 Ford Ellison		Terrigal/Wamberal	2:41.31
2 Otis Keenan		Woy Woy Peninsula	3:00.06
3 Koa Courte		Toukley	3:07.46
4 Hooper Townsend		Gosford	3:21.27
5 Xavier Edgerton		Tuggerah Lakes M	3:37.27

Boys U 9 - 800 Metre Run

Zone: Z 2:40.10 1990 R Wall, Woy Woy Peninsula			
Name	Age	Centre	Final
1 Constantine Arkhipov		Woy Woy Peninsula	3:01.52
2 Alex Stevenson		Woy Woy Peninsula	3:02.67
3 Levi Ohlback		Terrigal/Wamberal	3:04.43
4 Thomas Pickham		Terrigal/Wamberal	3:13.06
5 Avery Wrigley		Toukley	3:37.31
-- Callen West		Wyong	DNS

Boys U 10 - 800 Metre Run

Zone: Z 2:32.60 1982 L O'Neill, Gosford			
Name	Age	Centre	Final
1 Lennox Tight		Gosford	2:50.04
2 Lennox Polmear		Terrigal/Wamberal	2:55.06
3 Kingston White		Tuggerah Lakes M	3:05.31
4 Joel Munkman		Gosford	3:06.03
5 Oliver Wilson		Gosford	3:10.72
6 George Neil		Gosford	3:17.72
-- Eli Williams		Gosford	DNS

Boys U 11 - 800 Metre Run

Zone: Z 2:26.30 2001 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Lakin Barber		Terrigal/Wamberal	2:37.57
2 Parker Davies		Tuggerah Lakes M	2:44.82
3 Otto Mudge		Terrigal/Wamberal	2:46.53
4 Elijah Snopek		Tuggerah Lakes M	2:52.33
5 Archie Zuk		Tuggerah Lakes M	2:56.10
6 Liam Meale		Gosford	3:01.02
7 Bowen Perry		Gosford	3:02.94
8 Alby Mutton		Woy Woy Peninsula	3:30.47
-- Ethan Hitchenson		Terrigal/Wamberal	DNS
-- Ethan McIntyre		Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships
Mingara Athletics Facility
Results

Boys U 12 - 800 Metre Run

Zone: Z 2:23.82 15/12/2013 Joel Durrington, Wyong			
Name	Age	Centre	Final
1	Jermaine Da silva	Tuggerah Lakes M	2:36.46
2	tye liang	Gosford	2:39.61
3	Phoenix Smith	Gosford	2:46.07
4	Maxwell Moss	Gosford	2:50.63
--	Brax Hansen	Gosford	DNS
--	Zach Mailey	Tuggerah Lakes M	DNS
--	Henry Rowland	Tuggerah Lakes M	DNS
--	Kade Davidson	Tuggerah Lakes M	DNS
--	George Collie	Terrigal/Wamberal	DNS

Boys U 13 - 800 Metre Run

Zone: Z 2:18.10 2007 Byron Cavender, Gosford			
Name	Age	Centre	Final
1	Alex Williams	Gosford	2:32.72
2	Kai Dunn	Tuggerah Lakes M	2:34.37
3	Toby Way	Gosford	2:41.41
4	Ewan McHale	Tuggerah Lakes M	2:44.55
5	Flynn Wilson	Gosford	3:11.65
6	Addison Pulo	Tuggerah Lakes M	3:22.23
--	Daniel Draper	Gosford	DNS
--	Ambrose Plunkett	Gosford	DNS

Boys U 14 - 800 Metre Run

Zone: Z 2:10.80 2008 Byron Cavender, Gosford			
Name	Age	Centre	Final
1	Bryson Norris	Gosford	2:29.69
2	Tobias Gray	Terrigal/Wamberal	2:34.09
3	Luke Small	Terrigal/Wamberal	2:38.67
--	William Coote	Gosford	DNS
--	Ezekial Bugden	Gosford	DNS
--	Kaleb Mcdonald	Tuggerah Lakes M	DNS

Boys U 15 - 800 Metre Run

Zone: Z 2:02.00 2011 Jack Collett, Gosford			
Name	Age	Centre	Final
1	Lachlan Glasson	Gosford	2:38.36

Boys U 17 - 800 Metre Run

Zone: Z 2:01.64 11/12/2016 Terry Mihellis, Gosford			
Name	Age	Centre	Final
1	Joshua Ireland	Gosford	2:04.58
2	Sanderson Keyser	Woy Woy Peninsula	2:34.54
--	Harrison McClusky	Gosford	DNS
--	Tyler Palmer	Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships**Mingara Athletics Facility****Results****....Boys U 17 - 800 Metre Run**

-- Cade Hancock	Tuggerah Lakes M	DNS
-- Kirby Wilding	Tuggerah Lakes M	DNS
-- Connor Gunn	Gosford	DNS
-- Blake Mcdonald	Tuggerah Lakes M	DNS

Boys U 11 - 1500 Metre Run

=====			
	Zone: Z 4:54.40	2001	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1 Lakin Barber		Terrigal/Wamberal	5:19.02
2 Liam Meale		Gosford	5:53.48
3 Bowen Perry		Gosford	5:59.65
4 Archie Zuk		Tuggerah Lakes M	6:01.27
5 William Morrison		Terrigal/Wamberal	6:17.01
6 Jac Dowling		Terrigal/Wamberal	6:31.44
-- Paxton Anderson		Terrigal/Wamberal	DNS
-- Lachlan Guthrie		Gosford	DNS

Boys U 12 - 1500 Metre Run

=====			
	Zone: Z 4:58.80	2008	James Cox, Gosford
Name	Age	Centre	Final
=====			
1 tye liang		Gosford	5:24.94
2 Jermaine Da silva		Tuggerah Lakes M	5:26.74
3 Maxwell Moss		Gosford	5:41.44
4 Phoenix Smith		Gosford	6:06.05
5 Zach Mailey		Tuggerah Lakes M	6:13.96
6 Mason Hardey		Terrigal/Wamberal	6:39.48

Boys U 13 - 1500 Metre Run

=====			
	Zone: Z 4:46.84	14/12/2013	Luke Jacobs, Tuggerah Lakes
Name	Age	Centre	Final
=====			
1 Alex Williams		Gosford	5:09.44
2 Toby Way		Gosford	5:10.39
3 Kai Dunn		Tuggerah Lakes M	5:31.66
4 Flynn Wilson		Gosford	5:34.43
-- Daniel Draper		Gosford	DNS

Boys U 14 - 1500 Metre Run

=====			
	Zone: Z 4:37.00	2004	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1 Bryson Norris		Gosford	4:51.50
2 Luke Small		Terrigal/Wamberal	5:20.08
3 Xavier Dickeson		Gosford	5:23.15
4 Kaleb Mcdonald		Tuggerah Lakes M	5:29.33

Central Coast Zone Track & Field Championships
Mingara Athletics Facility
Results

Boys U 15 - 1500 Metre Run

Zone: Z 4:27.40 1994 Martin Dent, Tuggerah Lakes			
Name	Age	Centre	Final
1 Lachlan Glasson		Gosford	6:16.88

Boys U 17 - 1500 Metre Run

Zone: Z 4:13.89 09/12/2023 Harrison McClusky, Gosford			
Name	Age	Centre	Final
1 Harrison McClusky		Gosford	4:13.89Z
2 Joshua Ireland		Gosford	4:40.02

Boys U 13 - 3000 Metre Run

Zone: Z 10:09.00 2009 James Cox, Gosford			
Name	Age	Centre	Final
1 Toby Way		Gosford	11:18.01
2 Kai Dunn		Tuggerah Lakes M	11:59.90
-- Xavier Wech		Gosford	DNS
-- Daniel Draper		Gosford	DNS
-- Flynn Wilson		Gosford	DNS

Boys U 14 - 3000 Metre Run

Zone: Z 10:02.90 2009 Charlie Hunter, Gosford			
Name	Age	Centre	Final
1 Bryson Norris		Gosford	10:14.83
2 Xavier Dickeson		Gosford	11:07.80
3 Luke Small		Terrigal/Wamberal	11:35.15
4 Kaleb Mcdonald		Tuggerah Lakes M	12:21.67

Boys U 17 - 3000 Metre Run

Zone: Z 8:58.66 10/12/2023 Harrison McClusky, Gosford			
Zone: Z 9:28.08			
Name	Age	Centre	Final
1 Harrison McClusky		Gosford	8:58.66Z

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 2010 Sandon Smith, Tuggerah Lakes			
Name	Age	Centre	Final
1 Sebastian Banks		Woy Woy Peninsula	12.27
2 Archer McIntyre		Tuggerah Lakes M	12.99
3 Harrison Ward		Woy Woy Peninsula	13.36
4 Hudson Lee		Wyong	13.86
5 Oscar Cresswell		Terrigal/Wamberal	14.39
6 Stephen Wilkin		Gosford	14.89
7 Xavier Edgerton		Tuggerah Lakes M	15.80
8 Clayton McLennan		Woy Woy Peninsula	17.24

Central Coast Zone Track & Field Championships
Mingara Athletics Facility
Results

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.00 2011 Sandon Smith, Tuggerah Lakes			
Name	Age	Centre	Final
1 Hunter Acland		Terrigal/Wamberal	11.70
2 Lachlan Perry		Gosford	11.71
3 Jude Casper		Gosford	11.73
4 Alex Stevenson		Woy Woy Peninsula	11.81
5 Kody Carter		Tuggerah Lakes M	12.10
6 Klay Morris		Gosford	13.10
7 Xander Townsend		Gosford	14.43

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.10 15/12/2012 Benjamin Martin, Wyong			
Name	Age	Centre	Final
1 Luca Manca		Toukley	13.26
2 Jamin Wu		Woy Woy Peninsula	13.41
3 Joel Munkman		Gosford	13.58
-- Phoenix Knowles		Gosford	DNS

Boys U 11 - 80 Metre Hurdles (60cm)

Zone: Z 13.80 03/12/2022 Dane Horne, Tuggerah Lakes M			
Zone: Z 15.94			
Name	Age	Centre	Final
1 Levi Jespersen		Terrigal/Wamberal	16.18
2 Elliot Osborn		Terrigal/Wamberal	16.29
3 Liam Meale		Gosford	16.54
4 Dylan Caulfield		Woy Woy Peninsula	16.62

Boys U 12 - 80 Metre Hurdles (68cm)

Zone: Z 15.14 03/12/2022 Cooper Manser, Gosford			
Zone: Z 15.20			
Name	Age	Centre	Final
1 Dane Horne		Tuggerah Lakes M	14.53Z
2 George Collie		Terrigal/Wamberal	16.40
3 Xavier Briggs		Gosford	16.61
4 Chris Doroudgar		Woy Woy Peninsula	19.33
-- Bodhi Jorgensen		Terrigal/Wamberal	DNS

Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.90 2000 R Roberts, Gosford			
Name	Age	Centre	Final
1 Cooper Manser		Gosford	14.41
2 Ewan McHale		Tuggerah Lakes M	16.04
3 Rylan Bennett		Gosford	16.28
4 Liam Coulter		Gosford	17.97
-- Ethan Ampoma-Gyamfi		Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships
Mingara Athletics Facility
Results

Boys U 15 - 100 Metre Hurdles (76cm)

Zone: Z 13.30 2001 Karl Hewett, Gosford			
Name	Age	Centre	Final
1 Daniel Gallo		Gosford	16.80
2 Hayden Palmer		Tuggerah Lakes M	17.67

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 14.26 15/12/2013 Zac Simunovic, Gosford			
Name	Age	Centre	Final
1 Jesse Masters		Tuggerah Lakes M	16.10
2 Connor Gunn		Gosford	16.76
3 Riley Paine		Gosford	17.50
4 Jack Brown		Terrigal/Wamberal	18.31
-- Oliver Szymanski		Woy Woy Peninsula	DNS

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.62 11/12/2015 Nicholas Hathway, Gosford			
Name	Age	Centre	Final
1 Cooper Manser		Gosford	31.52
2 Max Collie		Terrigal/Wamberal	34.55
3 Liam Coulter		Gosford	38.39

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 25.70 2004 Thomas Andrew, Gosford			
Name	Age	Centre	Final
1 Tobias Gray		Terrigal/Wamberal	32.72
2 Luke Small		Terrigal/Wamberal	36.00
3 Kaleb Mcdonald		Tuggerah Lakes M	36.61

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 46.25 11/12/2019 Riley Smith, Wyong			
Zone: Z 46.25			
Name	Age	Centre	Final
1 Lachlan Glasson		Gosford	2:38.69

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 42.22 11/12/2019 Jelle van der Ham, Tuggerah L			
Zone: Z 42.22			
Name	Age	Centre	Final
1 Connor Gunn		Gosford	52.10

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

Boys U 11-12 100 Metre Multi Class Run

Name	Age Centre	Final
1 Zane Graham	Tuggerah Lakes M	16.38 62.33%
2 Aiden Knevett	Gosford	20.35 54.99%

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

Centre	Final
Zone: Z 56.30 02/12/2007 , Tuggerah Lakes Mingara J Carroll , A Pohla , S Drinkwater , N Martin	

1 Tuggerah Lakes Mingara	59.95
1) Aston Rhodes 9	2) Kingston White 10
3) Cooper Newman 11	4) Parker Davies 11
2 Terrigal/Wamberal	1:03.65
1) Lakin Barber 11	2) Elliot Osborn 11
3) James Featherby 10	4) Hunter Acland 9
3 Gosford	1:04.78
1) Jude Casper 9	2) Lennox Tight 10
3) Lincoln Moss 10	4) Maxwell Moss 12

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

Centre	Final
Zone: Z 48.09 26/11/2017 Tuggerah Lakes Mingara LAC, T J McMillan, J Smedley, C Steer, T Petersen	

1 Gosford	53.50
1) Cooper Manser 13	2) Lyndon Miletic 14
3) William Coote 14	4) Connor Gunn 17
2 Terrigal/Wamberal	55.73
1) Jack Brown 17	2) Luke Small 14
3) Tobias Gray 14	4) Liam Morris 13
-- Tuggerah Lakes Mingara	DNS
1) Zane Graham 12	2) Riley Gough 14
3) Jason Oakes 15	4) Jesse Masters 17

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

Name	Age Centre	Final
Zone: Z 1.29m 1997 T Allard, Gosford		
Flight 1		
1 Jude Casper	Gosford	1.05m
0.85 0.90 0.95 1.00 1.02 1.05		
O O O XO O O		
2 Klay Morris	Gosford	0.95m
0.85 0.90 0.95 1.00		
O O O XXX		
3 Thomas Martin	Terrigal/Wamberal	0.95m
0.85 0.90 0.95 1.00		
O O XO XXX		
4 Lachlan Perry	Gosford	0.95m
0.85 0.90 0.95 1.00		
XO O XO XXX		

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

-- Xander Townsend	Gosford	NH
0.85		
XXX		
-- Flint Filart	Terrigal/Wamberal	DNS

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

Zone: Z 1.33m 1987		D Whitehead, Woy Woy Peninsul
Name	Age Centre	Final
=====		
1 Benjamin Sullivan	Gosford	1.09m
0.90 1.00 1.05 1.07 1.09		
XO O O O O		
2 Lincoln Moss	Gosford	1.07m
0.90 1.00 1.05 1.07 1.09		
O O XO XO XXX		
3 Jamin Wu	Woy Woy Peninsula	1.00m
0.90 1.00 1.05		
XO XO XXX		
-- Charlie Mobbs	Tuggerah Lakes M	NH
0.90		
XXX		
-- Oliver Wilson	Gosford	NH
0.90		
XXX		

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

Zone: Z 1.46m 1988		D Whitehead, Woy Woy Peninsul
Name	Age Centre	Final
=====		
1 Wilbur Plunkett	Gosford	1.15m
1.05 1.10 1.15 1.20		
O O O XXX		
2 William Morrison	Terrigal/Wamberal	1.15m
1.05 1.10 1.15 1.20		
XO O O XXX		
3 Mason Woods	Tuggerah Lakes M	1.15m
1.05 1.10 1.15 1.20		
O XO XXO XXX		
4 Bowen Perry	Gosford	1.10m
1.05 1.10 1.15		
O O XXX		
5 Aidan McHale	Tuggerah Lakes M	1.10m
1.05 1.10 1.15		
XO XXO XXX		
6 Elliot Osborn	Terrigal/Wamberal	1.05m
1.05 1.10		
O XXX		
7 Leo Terjesen-Soem	Woy Woy Peninsula	1.05m
1.05 1.10		
XO XXX		
-- Hunter Pulo	Tuggerah Lakes M	NH
1.05		
XXX		

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

-- Rocco Heighington	Terrigal/Wamberal	DNS
-- Lachlan Guthrie	Gosford	DNS

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

Zone: Z 1.55m 1989		D Whitehead, Woy Woy Peninsul	
Name	Age Centre	Final	
=====			
1 Dane Horne	Tuggerah Lakes M	1.32m	
1.15 1.20 1.25 1.30 1.32 1.35			
0 0 0 0 0 XXX			
2 Hayden Dowse	Gosford	1.30m	
1.15 1.20 1.25 1.30 1.32			
0 0 0 0 XXX			
3 Jack Sullivan	Gosford	1.25m	
1.15 1.20 1.25 1.30			
XO XO 0 XXX			
4 Zavier Briggs	Gosford	1.20m	
1.15 1.20 1.25			
XO 0 XXX			
5 Phoenix Smith	Gosford	1.20m	
1.15 1.20 1.25			
0 XXO XXX			
6 Callan Atherton	Gosford	1.15m	
1.15 1.20			
XXO XXX			
-- Chris Doroudgar	Woy Woy Peninsula	NH	
1.15			
XXX			
-- Mason Hardey	Terrigal/Wamberal	NH	
1.15			
XXX			
-- Owen Watkins	Gosford	NH	
1.15			
XXX			
-- Kade Davidson	Tuggerah Lakes M	DNS	

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

Zone: Z 1.70m 1995		N Smithers, Gosford	
Name	Age Centre	Final	
=====			
1 Cooper Manser	Gosford	1.50m	
1.20 1.25 1.30 1.35 1.40 1.50 1.55			
0 0 0 0 XO 0 X			
2 Alex Williams	Gosford	1.40m	
1.20 1.25 1.30 1.35 1.40 1.50			
0 0 0 0 0 XXX			
3 Max Collie	Terrigal/Wamberal	1.30m	
1.20 1.25 1.30 1.35			
0 0 XO XXX			
-- Daniel Draper	Gosford	DNS	

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....Boys U 7 - Long Jump

3	Kobe Adeleke				Woy Woy Peninsula	2.35m
	2.30m	2.30m	2.28m	2.09m	2.35m 2.23m	
4	Henri Schulz				Gosford	2.27m
	2.14m	1.97m	2.27m	2.03m	FOUL 2.18m	
5	Oliver Powell				Toukley	1.85m
	1.71m	1.53m	FOUL	1.80m	1.85m 1.41m	
6	Kooper Macey				Wyong	1.54m
	1.54m	FOUL	1.48m	1.35m	1.52m 1.44m	
--	Chace Weddell				Tuggerah Lakes M	DNS
--	Silas Rodwell				Terrigal/Wamberal	DNS

Boys U 8 - Long Jump

=====						
	Zone: Z	3.73m	1989		R Hall, Woy Woy Peninsula	
	Name		Age	Centre		Final
=====						
1	Darcy Doyle				Terrigal/Wamberal	3.25m
	2.97m	2.65m	3.11m	2.84m	2.64m 3.25m	
2	Fletcher Daley				Tuggerah Lakes M	3.23m
	3.18m	3.23m	2.89m	3.19m	3.12m 3.20m	
3	Aleksander Thompson				Tuggerah Lakes M	2.88m
	FOUL	2.50m	2.61m	2.43m	2.51m 2.88m	
4	Koa Hansen				Gosford	2.80m
	2.64m	2.67m	2.17m	2.43m	2.63m 2.80m	
5	Otis Keenan				Woy Woy Peninsula	2.68m
	2.51m	FOUL	2.61m	2.44m	2.68m FOUL	
6	Lucas Vella				Tuggerah Lakes M	2.60m
	2.57m	2.48m	FOUL	2.60m	2.54m 2.40m	
7	Van Pulo				Tuggerah Lakes M	2.58m
	1.78m	2.53m	2.53m	2.53m	2.58m 2.23m	
8	Max Jamieson				Toukley	2.38m
	2.18m	2.11m	2.12m	2.33m	2.24m 2.38m	
9	Xavier Edgerton				Tuggerah Lakes M	2.27m
	2.12m	2.27m	FOUL	1.53m	FOUL 2.03m	
10	Stephen Wilkin				Gosford	1.83m
	1.82m	1.83m	PASS			
--	Oscar Cresswell				Terrigal/Wamberal	DNS

Boys U 9 - Long Jump

=====						
	Zone: Z	4.17m	1986		D Whitehead, Woy Woy Peninsul	
	Name		Age	Centre		Final
=====						
1	Hunter Acland				Terrigal/Wamberal	3.44m
	3.30m	3.44m	3.34m	3.34m	3.33m 3.27m	
2	Kody Carter				Tuggerah Lakes M	3.40m
	3.40m	FOUL	3.33m	3.08m	FOUL FOUL	
3	Constantine Arkhipov				Woy Woy Peninsula	3.29m
	3.29m	3.21m	FOUL	FOUL	3.12m 3.20m	
4	Walter Domotor				Tuggerah Lakes M	2.90m
	FOUL	2.68m	2.79m	FOUL	2.73m 2.90m	
--	Austin Antonio				Gosford	DNS
--	Flint Filart				Terrigal/Wamberal	DNS

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Boys U 10 - Long Jump

Zone: Z 4.63m 1987		D Whitehead, Woy Woy Peninsul	
Name	Age	Centre	Final
1 Lincoln Moss		Gosford	3.60m
	3.23m 3.25m 3.19m 3.24m	FOUL 3.60m	
2 Eli Williams		Gosford	3.37m
	3.37m FOUL 3.34m 3.32m	3.22m 3.30m	
3 Charlie Mobbs		Tuggerah Lakes M	3.31m
	3.31m 3.17m 3.12m 3.21m	3.22m 3.26m	
4 Luca Manca		Toukley	3.30m
	3.30m 3.07m 3.30m 3.07m	FOUL FOUL	
5 Jamin Wu		Woy Woy Peninsula	3.21m
	3.09m 3.01m 2.98m FOUL	3.21m 2.92m	
6 Joel Munkman		Gosford	3.07m
	3.01m 2.93m 2.73m 3.01m	3.07m 3.02m	
7 Luke Morris		Terrigal/Wamberal	3.05m
	2.89m FOUL 3.05m 2.97m	2.90m 2.44m	
-- Phoenix Knowles		Gosford	DNS

Boys U 11 - Long Jump

Zone: Z 4.86m 1992		Joshua Ross, Woy Woy Peninsul	
Name	Age	Centre	Final
1 Cooper Newman		Tuggerah Lakes M	4.10m
	3.85m 3.97m 3.97m 4.10m	3.99m 4.01m	
2 Lakin Barber		Terrigal/Wamberal	4.03m
	3.78m 3.97m 3.80m FOUL	4.03m 3.72m	
3 Cooper Daley		Tuggerah Lakes M	3.79m
	3.79m 3.69m 3.01m FOUL	3.66m 3.73m	
4 Bowen Perry		Gosford	3.55m
	3.03m 3.55m 3.50m 3.38m	FOUL 2.89m	
5 Otto Mudge		Terrigal/Wamberal	3.49m
	3.24m 3.43m 3.49m 3.22m	3.35m 3.43m	
6 Aidan McHale		Tuggerah Lakes M	3.44m
	3.44m 3.35m 3.44m 3.27m	3.19m 3.14m	
7 Dylan Caulfield		Woy Woy Peninsula	3.33m
	3.19m 3.33m FOUL FOUL	3.27m 3.15m	
8 Thomas Jukich-Cabral		Tuggerah Lakes M	2.95m
	2.89m 2.75m 2.95m FOUL	2.85m 2.88m	
-- Jac Dowling		Terrigal/Wamberal	DNS
-- Parker Davies		Tuggerah Lakes M	DNS
-- William Morrison		Terrigal/Wamberal	DNS

Boys U 12 - Long Jump

Zone: Z 5.04m 1984		S Orr, Gosford	
Name	Age	Centre	Final
1 Dane Horne		Tuggerah Lakes M	4.14m
	3.08m 3.58m FOUL FOUL	3.83m 4.14m	
2 Maxwell Moss		Gosford	3.94m
	FOUL 3.38m 3.79m 3.79m	3.94m FOUL	
3 tye liang		Gosford	3.93m
	3.82m 3.80m 3.93m 3.79m	FOUL FOUL	

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....Boys U 12 - Long Jump

4	Zavier Briggs				Gosford		3.59m
		3.35m	3.49m	3.59m	3.55m	3.59m	3.37m
5	Owen Watkins				Gosford		3.53m
		3.51m	FOUL	3.53m	FOUL	3.45m	3.52m
6	Chris Doroudgar				Woy Woy Peninsula		3.38m
		2.62m	2.78m	3.27m	2.91m	3.28m	3.38m
7	Mason Hardey				Terrigal/Wamberal		3.24m
		3.18m	3.24m	FOUL	3.06m	FOUL	3.18m
--	Kade Davidson				Tuggerah Lakes M		DNS
--	Zach Mailey				Tuggerah Lakes M		DNS

Boys U 13 - Long Jump

=====							
		Zone: Z 5.41m		1984		M Scarth, Wyong	
Name	Age	Centre					Final
=====							
1	Alex Williams				Gosford		4.80m
		4.58m	4.80m	4.66m	4.71m	4.25m	FOUL
2	Ewan McHale				Tuggerah Lakes M		4.42m
		FOUL	4.42m	4.22m	4.27m	4.25m	4.33m
3	Rylan Bennett				Gosford		4.40m
		3.97m	FOUL	4.32m	4.40m	4.13m	4.29m
4	Liam Coulter				Gosford		3.80m
		3.21m	3.63m	3.35m	3.58m	3.78m	3.80m
5	Addison Pulo				Tuggerah Lakes M		3.57m
		3.57m	3.30m	3.50m	3.25m	FOUL	3.31m
--	William King				Tuggerah Lakes M		DNS
--	Xavier Wech				Gosford		DNS

Boys U 14 - Long Jump

=====							
		Zone: Z 5.89m		2010		Joshua Parkinson, Tuggerah La	
Name	Age	Centre					Final
=====							
1	Lyndon Miletic				Gosford		4.73m
		4.60m	FOUL	4.70m	4.73m	4.68m	PASS

Boys U 15 - Long Jump

=====							
		Zone: Z 6.31m		2003		Christopher Dodd, Terrigal /	
Name	Age	Centre					Final
=====							
1	Zac Barton				Tuggerah Lakes M		5.70m
		5.53m	5.70m	5.53m	FOUL	FOUL	5.44m
2	Hayden Palmer				Tuggerah Lakes M		5.68m
		5.15m	5.67m	5.68m	5.42m	FOUL	5.33m
3	Daniel Gallo				Gosford		5.61m
		5.51m	5.61m	5.53m	FOUL	5.61m	5.60m
4	Jason Oakes				Tuggerah Lakes M		5.47m
		5.30m	5.31m	5.47m	4.94m	5.04m	4.87m
5	Kai Onozawa				Gosford		5.28m
		4.93m	5.19m	5.14m	4.96m	5.14m	5.28m
--	Thabisa Madzinga				Tuggerah Lakes M		DNS

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Boys U 17 - Long Jump

Zone: Z 6.51m 12/12/2015 John Dahan, Wyong							
Name	Age Centre						Final
1 Raniel Meigo Nocedo	Gosford						5.80m
	FOUL	5.49m	5.80m	5.48m	5.80m	5.53m	
2 Jesse Masters	Tuggerah Lakes M						5.57m
	5.21m	5.36m	5.57m	FOUL	FOUL	5.40m	
3 Blake Mcdonald	Tuggerah Lakes M						5.52m
	5.37m	FOUL	5.43m	5.52m	5.33m	FOUL	
4 Riley Paine	Gosford						5.52m
	FOUL	5.24m	FOUL	FOUL	5.52m	FOUL	
5 Kirby Wilding	Tuggerah Lakes M						5.21m
	3.98m	4.66m	5.21m	FOUL	4.63m	5.01m	
-- William Hunter	Gosford						DNS
-- Kyden Morris	Wyong						DNS
-- Oliver Szymanski	Woy Woy Peninsula						DNS
-- Jack Brown	Terrigal/Wamberal						DNS
-- Sebastien Abbott	Terrigal/Wamberal						DNS

Boys U 11 - Triple Jump

Zone: Z 9.81m 2007 Joshua Parkinson, Tuggerah La							
Name	Age Centre						Final
1 Cooper Newman	Tuggerah Lakes M						9.03m
	7.80m	8.61m	8.00m	8.74m	9.03m	8.20m	
2 Hamish Mulrooney	Gosford						7.48m
	FOUL	7.04m	7.45m	7.48m	7.43m	7.47m	
3 Elliot Osborn	Terrigal/Wamberal						6.82m
	6.77m	6.75m	6.19m	6.82m	6.18m	FOUL	
-- Jenson Allen	Tuggerah Lakes M						DNS

Boys U 12 - Triple Jump

Zone: Z 10.51m 02/12/2018 Jai Callaghan, Wyong LAC							
Name	Age Centre						Final
1 Dane Horne	Tuggerah Lakes M						8.49m
	8.07m	7.84m	8.01m	8.49m	7.78m	7.97m	
2 Zach Mailey	Tuggerah Lakes M						8.41m
	FOUL	FOUL	8.41m	FOUL	8.06m	PASS	
3 Hayden Dowse	Gosford						8.14m
	7.73m	7.86m	7.77m	FOUL	8.14m	FOUL	
4 Zavier Briggs	Gosford						8.04m
	7.23m	7.97m	7.79m	7.30m	8.04m	FOUL	
5 Jermaine Da silva	Tuggerah Lakes M						7.83m
	7.15m	7.83m	7.36m	7.70m	PASS	PASS	
6 Mason Hardey	Terrigal/Wamberal						7.05m
	6.85m	6.73m	6.53m	6.53m	FOUL	7.05m	
-- Owen Watkins	Gosford						DNS
-- Brax Hansen	Gosford						DNS

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Boys U 13 - Triple Jump

Zone: Z 10.99m 01/12/2018 Liam Coles, Toukley						
Name	Age		Centre		Final	
1 Ewan McHale			Tuggerah Lakes M		9.47m	
	8.81m	8.78m	9.15m	8.97m	8.70m	9.47m
2 Alex Williams			Gosford		9.38m	
	9.38m	FOUL	8.45m	FOUL	9.26m	9.12m
3 Rylan Bennett			Gosford		9.27m	
	8.79m	8.89m	9.10m	9.27m	8.93m	9.05m
4 Liam Morris			Terrigal/Wamberal		9.16m	
	7.96m	8.43m	8.94m	8.78m	8.86m	9.16m
5 Max Collie			Terrigal/Wamberal		9.00m	
	FOUL	8.41m	8.25m	8.66m	FOUL	9.00m

Boys U 14 - Triple Jump

Zone: Z 12.31m 2011 Johnathon Dobb, Tuggerah Lak						
Name	Age		Centre		Final	
1 William Coote			Gosford		10.26m	
	9.86m	9.05m	9.22m	9.21m	10.26m	10.09m

Boys U 15 - Triple Jump

Zone: Z 12.50m 2003 Christopher Dodd, Terrigal /						
Name	Age		Centre		Final	
1 Daniel Gallo			Gosford		11.98m	
	11.72m	FOUL	11.98m	PASS	11.62m	FOUL
2 Hayden Palmer			Tuggerah Lakes M		11.79m	
	11.52m	11.79m	FOUL	FOUL	FOUL	FOUL
3 Kai Onozawa			Gosford		11.23m	
	10.78m	10.86m	11.01m	11.05m	11.04m	11.23m
4 Zac Barton			Tuggerah Lakes M		10.80m	
	10.80m	10.00m	10.57m	10.77m	FOUL	10.62m

Boys U 17 - Triple Jump

Zone: Z 13.07m 15/12/2013 Zac Simunovic, Gosford						
Name	Age		Centre		Final	
1 Jesse Masters			Tuggerah Lakes M		12.07m	
	11.86m	FOUL	11.88m	FOUL	11.62m	12.07m
2 Raniel Meigo Nocedo			Gosford		11.38m	
	10.96m	10.99m	11.21m	11.38m	10.94m	10.76m
3 Riley Paine			Gosford		10.93m	
	10.53m	10.79m	FOUL	10.89m	FOUL	10.93m
4 William Hunter			Gosford		10.88m	
	10.43m	10.69m	10.88m	10.46m	9.79m	10.54m
5 Kyden Morris			Wyong		10.17m	
	10.17m	10.01m	FOUL	9.88m	9.76m	FOUL
-- Oliver Szymanski			Woy Woy Peninsula		DNS	
-- Blake McDonald			Tuggerah Lakes M		DNS	

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Zone: Z 11.54m 12/12/2015 Oscar Furey, Tuggerah Lakes						
Name	Age		Centre		Final	
1 Kobe Adeleke			Woy Woy Peninsula		6.56m	
	4.40m	4.94m	6.10m	6.56m	6.48m	6.40m
2 Ace Stanley			Gosford		3.99m	
	3.82m	3.72m	FOUL	FOUL	3.00m	3.99m
3 Oliver Powell			Toukley		3.88m	
	3.45m	FOUL	FOUL	3.59m	FOUL	3.88m
4 Murph Ellison			Terrigal/Wamberal		3.55m	
	2.83m	2.87m	3.20m	3.07m	2.29m	3.55m
-- Chace Weddell			Tuggerah Lakes M		DNS	

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 11.12m 10/12/2016 Oscar Furey, Tuggerah Lakes						
Name	Age		Centre		Final	
1 Byron Cawsey			Tuggerah Lakes M		5.30m	
	5.30m	5.02m	FOUL	4.91m	5.10m	FOUL
2 Ford Ellison			Terrigal/Wamberal		5.27m	
	4.98m	4.67m	5.27m	5.02m	4.51m	5.26m
3 Harrison Ward			Woy Woy Peninsula		5.01m	
	4.31m	5.01m	FOUL	4.28m	4.30m	3.34m
4 Sebastian Banks			Woy Woy Peninsula		4.76m	
	4.76m	FOUL	4.60m	FOUL	3.95m	FOUL
5 Ethan Bottrill			Toukley		4.71m	
	4.71m	4.69m	4.31m	FOUL	FOUL	FOUL
6 Aleksander Thompson			Tuggerah Lakes M		4.41m	
	4.26m	4.41m	3.56m	FOUL	4.37m	4.29m
7 Koa Hansen			Gosford		3.86m	
	FOUL	3.79m	3.86m	3.55m	3.79m	3.70m
8 Hooper Townsend			Gosford		3.70m	
	3.55m	3.67m	3.45m	3.70m	3.70m	3.37m
9 Clayton McLennan			Woy Woy Peninsula		3.42m	
	3.42m	2.95m	3.18m			
10 Xavier Edgerton			Tuggerah Lakes M		2.90m	
	2.59m	FOUL	2.90m			
11 Stephen Wilkin			Gosford		2.51m	
	PASS	FOUL	2.51m			
-- Oscar Cresswell			Terrigal/Wamberal		FOUL	
	FOUL	FOUL	FOUL			
-- Hudson Lee			Wyong		DNS	

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 10.59m 25/11/2017 Oscar Furey, Gosford						
Name	Age		Centre		Final	
1 Klay Morris			Gosford		6.19m	
	5.24m	5.26m	5.94m	5.77m	FOUL	6.19m
2 Aston Rhodes			Tuggerah Lakes M		5.62m	
	5.15m	5.59m	5.13m	5.62m	5.55m	5.52m
3 Tyler Bennett			Gosford		5.24m	
	4.71m	FOUL	5.24m	4.49m	FOUL	4.40m

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

4 Avery Wrigley		Toukley	4.71m
3.66m 4.00m 3.99m 4.36m 4.71m		FOUL	

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.18m 11/12/2019 Ezekiel Bugden, Gosford
 Zone: Z 10.18m

Name	Age	Centre	Final
1 Benjamin Sullivan		Gosford	9.72m
9.21m 8.73m 9.72m 9.61m 9.46m 8.81m			
2 Lincoln Moss		Gosford	5.70m
5.70m FOUL 5.13m 5.24m 5.50m 5.25m			
3 Max Ellison		Terrigal/Wamberal	4.37m
FOUL 3.77m 4.37m FOUL 4.13m 4.25m			
-- Beau Wallace		Woy Woy Peninsula	DNS

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.40m 2011 Mason Leef, Wyong

Name	Age	Centre	Final
1 Hamish Mulrooney		Gosford	10.37m
FOUL 8.45m 9.73m 10.32m 10.37m 9.70m			
2 Leo Terjesen-Soem		Woy Woy Peninsula	9.17m
8.95m 8.54m 9.17m 8.89m 8.89m 8.84m			
3 Dylan Caulfield		Woy Woy Peninsula	7.33m
6.65m 6.08m 6.41m 6.17m 6.40m 7.33m			
4 Lennox Hardman		Gosford	7.24m
6.60m 6.64m 6.94m 7.00m 7.01m 7.24m			
5 Emyr Mutton		Woy Woy Peninsula	6.96m
6.71m 6.96m 6.40m 6.96m 6.29m 6.24m			
6 Thomas Jukich-Cabral		Tuggerah Lakes M	5.94m
5.94m 5.45m 5.38m 5.39m 4.99m 5.39m			
7 William Morrison		Terrigal/Wamberal	5.85m
5.81m 5.85m 5.58m FOUL 5.57m 5.59m			
8 Kallum Otoole		Toukley	5.53m
5.29m 5.23m 5.53m 5.35m 4.88m 5.14m			
-- Blake Masters		Gosford	FOUL
FOUL FOUL FOUL			
-- Rocco Heighington		Terrigal/Wamberal	DNS
-- Kalen Hallett		Terrigal/Wamberal	DNS

Boys U 12 - Shot Put (2.0 Kg)

Zone: Z 12.91m 09/12/2023 Callan Atherton, Gosford

Name	Age	Centre	Final
1 Callan Atherton		Gosford	12.91mZ
11.86m 11.97m 12.73m 12.83m 11.35m 12.91m			
2 Jack Sullivan		Gosford	11.07m
10.38m 8.87m 10.62m 10.04m 10.57m 11.07m			
3 tye liang		Gosford	8.12m
7.46m FOUL 7.47m 8.01m 8.12m 8.06m			

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

4 Owen Watkins		Gosford	8.00m
	7.95m 7.67m 7.81m 7.94m 7.68m 8.00m		
5 Hayden Dowse		Gosford	7.41m
	FOUL 7.07m 7.04m 7.41m 6.76m FOUL		
6 Dane Horne		Tuggerah Lakes M	6.97m
	FOUL 6.97m FOUL PASS PASS PASS		
7 Phoenix Smith		Gosford	6.58m
	FOUL 6.20m 5.89m 6.58m FOUL 6.12m		
8 Mason Hardey		Terrigal/Wamberal	6.24m
	5.87m 6.24m 6.06m 5.99m 5.66m FOUL		
9 George Collie		Terrigal/Wamberal	6.01m
	5.80m 6.01m 5.80m		

Boys U 13 - Shot Put (3.0 Kg)

=====
 Zone: Z 15.49m 02/12/2018 George Wells, Tuggerah Lak
 Name Age Centre Final
 =====

1 Archer Todd		Gosford	10.61m
	9.87m 9.03m 10.33m 9.60m 10.61m 10.59m		
2 Liam Morris		Terrigal/Wamberal	8.50m
	7.22m 8.18m 8.22m 8.50m 7.28m 7.69m		
-- William King		Tuggerah Lakes M	DNS

Boys U 14 - Shot Put (3.0 Kg)

=====
 Zone: Z 18.16m 11/12/2019 George Wells, Tuggerah Lakes
 Zone: Z 18.16m
 Name Age Centre Final
 =====

1 Lachlan Moore		Gosford	13.25m
	13.07m 13.25m 12.79m 0.05m 12.87m 12.52m		
2 Eziekial Bugden		Gosford	11.34m
	11.34m 10.87m 10.80m 10.95m 10.40m 11.28m		

Boys U 15 - Shot Put (4.0 Kg)

=====
 Zone: Z 15.78m 2001 Tom Mutch, Terrigal / Wamber
 Name Age Centre Final
 =====

1 Zac Barton		Tuggerah Lakes M	12.52m
	10.64m 11.08m 12.52m 12.16m 12.00m PASS		
2 Hayden Palmer		Tuggerah Lakes M	9.82m
	8.50m 8.66m 9.82m 9.63m 9.50m FOUL		
3 Lachlan Glasson		Gosford	9.41m
	8.97m 8.99m 8.78m FOUL 9.41m 8.89m		
4 Daniel Bugeja		Tuggerah Lakes M	7.85m
	0.27m 7.63m 7.35m 7.85m 7.16m 7.19m		

Boys U 17 - Shot Put (5.0 Kg)

=====
 Zone: Z 16.48m 03/12/2022 George Wells, Tuggerah Lakes
 Name Age Centre Final
 =====

Central Coast Zone Track & Field Championships
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....Boys U 17 - Shot Put (5.0 Kg)

1	Joshua Eslick		Toukley				11.31m
	FOUL	10.47m	10.72m	11.31m	11.31m	11.07m	
2	William Hunter		Gosford				11.02m
		10.81m	10.92m	11.02m	10.23m	10.38m	
3	Sebastien Abbott		Terrigal/Wamberal				10.43m
		9.37m	9.99m	10.43m	10.13m	8.81m	8.96m
4	Tyler Palmer		Tuggerah Lakes M				9.05m
		8.01m	9.05m	7.86m	8.79m	7.66m	8.51m
--	Kyden Morris		Wyong				DNS
--	Hudson Brown		Tuggerah Lakes M				DNS

Boys U 7 - Discus (350 Gram)

Zone: Z 24.42m 13/12/2015 Oscar Furey, Tuggerah Lakes							
Name	Age	Centre					Final
1	Kobe Adeleke		Woy Woy Peninsula				12.81m
	FOUL	10.59m	10.90m	FOUL	12.22m	12.81m	
2	Charlton Dworjanyan		Gosford				9.04m
		7.70m	6.57m	2.49m	FOUL	6.24m	9.04m
3	Oliver Powell		Toukley				6.74m
	FOUL	FOUL	6.74m	FOUL	5.88m	FOUL	
4	Kooper Macey		Wyong				5.39m
		5.18m	FOUL	FOUL	5.39m	5.04m	5.39m
--	Murph Ellison		Terrigal/Wamberal				DNS

Boys U 8 - Discus (500 Gram)

Zone: Z 25.62m 11/12/2016 Oscar Furey, Tuggerah Lakes							
Name	Age	Centre					Final
1	Byron Cawsey		Tuggerah Lakes M				16.82m
		3.30m	FOUL	14.89m	15.50m	16.28m	16.82m
2	Darcy Doyle		Terrigal/Wamberal				12.48m
		12.48m	10.30m	11.78m	11.02m	9.49m	12.35m
3	Aleksander Thompson		Tuggerah Lakes M				10.82m
		10.82m	FOUL	FOUL	10.30m	FOUL	FOUL
4	Ford Ellison		Terrigal/Wamberal				9.70m
		9.70m	8.40m	9.59m	7.04m	7.22m	7.83m
5	Hooper Townsend		Gosford				8.52m
		8.52m	8.51m	7.86m	8.03m	FOUL	8.50m
6	Van Pulo		Tuggerah Lakes M				7.08m
	FOUL	FOUL	6.02m	7.08m	6.01m	6.33m	
7	Stephen Wilkin		Gosford				5.95m
		5.95m	5.31m	FOUL	4.36m	3.40m	2.83m
--	Harrison Ward		Woy Woy Peninsula				DNS

Boys U 9 - Discus (500 Gram)

Zone: Z 34.48m 26/11/2017 Oscar Furey, Gosford							
Name	Age	Centre					Final
1	Klay Morris		Gosford				24.52m
		20.92m	21.25m	22.91m	FOUL	22.44m	24.52m
2	Aston Rhodes		Tuggerah Lakes M				20.95m
	FOUL	13.90m	FOUL	18.34m	FOUL	20.95m	

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

3	Jude Casper				Gosford	15.60m
	14.61m	14.68m	12.44m	14.82m	14.29m	15.60m
4	Avery Wrigley				Toukley	12.97m
	9.33m	11.17m	5.14m	5.05m	11.59m	12.97m
5	Tyler Bennett				Gosford	11.77m
	FOUL	11.77m	FOUL	10.10m	10.97m	11.20m
6	Xander Townsend				Gosford	10.83m
	10.07m	10.41m	9.87m	10.83m	8.51m	FOUL
--	Theo Anderson				Terrigal/Wamberal	DNS
--	Thomas Martin				Terrigal/Wamberal	DNS

Boys U 10 - Discus (500 Gram)

=====						
	Zone: Z	33.62m	1995		C Bown, Terrigal / Wamberal	
	Name		Age	Centre		Final
=====						
1	Benjamin Sullivan				Gosford	28.35m
	21.60m	27.14m	27.59m	25.32m	26.25m	28.35m
2	Joel Munkman				Gosford	21.75m
	5.73m	6.88m	17.10m	FOUL	20.57m	21.75m
3	Beau Wallace				Woy Woy Peninsula	15.44m
	13.52m	14.96m	13.05m	13.05m	15.44m	14.16m
4	Eli Williams				Gosford	15.33m
	FOUL	14.69m	15.33m	FOUL	14.18m	FOUL
5	George Neil				Gosford	14.44m
	11.64m	13.40m	10.13m	9.83m	10.74m	14.44m
6	Max Ellison				Terrigal/Wamberal	10.46m
	9.00m	FOUL	9.40m	8.44m	10.46m	9.64m
--	Jensen Stuart				Terrigal/Wamberal	DNS

Boys U 11 - Discus 500 Gram)

=====						
	Zone: Z	37.68m	03/12/2022		Callan Atherton, Gosford	
	Name		Age	Centre		Final
=====						
1	Hamish Mulrooney				Gosford	35.10m
	FOUL	29.49m	34.60m	35.10m	FOUL	FOUL
2	Leo Terjesen-Soem				Woy Woy Peninsula	30.30m
	FOUL	21.90m	30.30m	23.31m	25.90m	25.66m
3	Kalen Hallett				Terrigal/Wamberal	25.05m
	22.74m	25.05m	24.94m	23.39m	23.24m	22.50m
4	Lennox Hardman				Gosford	23.03m
	18.16m	21.39m	FOUL	FOUL	20.87m	23.03m
5	Otto Mudge				Terrigal/Wamberal	17.18m
	14.42m	16.45m	17.18m	15.91m	16.65m	15.39m
6	Ethan Hitchenson				Terrigal/Wamberal	16.65m
	13.58m	14.10m	FOUL	14.42m	15.55m	16.65m
7	Blake Masters				Gosford	15.91m
	15.91m	FOUL	14.23m	FOUL	14.19m	14.06m
8	Liam Potter				Wyong	14.56m
	13.53m	14.56m	14.21m	FOUL	FOUL	13.77m
--	Thomas Jukich-Cabral				Tuggerah Lakes M	FOUL
	FOUL	FOUL	FOUL			
--	Paxton Anderson				Terrigal/Wamberal	DNS
--	Isaac Smith				Tuggerah Lakes M	DNS

Central Coast Zone Track & Field Championships
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Boys U 12 - Discus (750 Gram)

Zone: Z 37.43m 15/12/2012 Mason Leef, Wyong						
Name	Age		Centre		Final	
1 Callan Atherton			Gosford		34.50m	
	FOUL	29.29m	34.50m	24.56m	33.73m	FOUL
2 tye liang			Gosford		28.31m	
	FOUL	17.89m	25.11m	22.96m	23.68m	28.31m
3 Jack Sullivan			Gosford		27.81m	
		25.30m	21.05m	20.74m	21.00m	27.81m 24.67m
4 Dane Horne			Tuggerah Lakes M		16.82m	
		15.16m	16.66m	15.23m	FOUL	15.23m 16.82m
5 Hayden Dowse			Gosford		16.16m	
		13.95m	14.20m	12.47m	FOUL	15.40m 16.16m
6 Owen Watkins			Gosford		15.46m	
	FOUL	12.66m	FOUL	FOUL	13.75m	15.46m
7 George Collie			Terrigal/Wamberal		13.75m	
		12.19m	12.87m	12.39m	FOUL	12.83m 13.75m
7 Max House			Tuggerah Lakes M		13.75m	
		10.44m	10.62m	13.75m	11.06m	11.82m 12.77m
9 Phoenix Smith			Gosford		12.16m	
		12.16m	11.80m	11.46m		
10 Mason Hardey			Terrigal/Wamberal		11.64m	
		11.35m	11.64m	9.74m		
-- Henry Rowland			Tuggerah Lakes M		DNS	
-- Bodhi Jorgensen			Terrigal/Wamberal		DNS	

Boys U 13 - Discus (750 Gram)

Zone: Z 50.24m 01/12/2018 George Wells, Tuggerah Lak						
Name	Age		Centre		Final	
1 Archer Todd			Gosford		34.72m	
		34.72m	34.07m	33.70m	FOUL	32.00m 33.17m
2 Cooper Manser			Gosford		33.31m	
		33.31m	30.81m	28.41m	29.09m	30.10m 28.28m
3 Liam Morris			Terrigal/Wamberal		20.55m	
		17.00m	19.81m	20.55m	17.22m	16.48m 17.65m
4 Max Collie			Terrigal/Wamberal		17.28m	
		14.98m	16.09m	FOUL	16.24m	FOUL 17.28m
-- William King			Tuggerah Lakes M		DNS	

Boys U 14 - Discus (1.0 Kg)

Zone: Z 49.29m 11/12/2019 George Wells, Tuggerah Lakes						
Zone: Z 49.29m						
Name	Age		Centre		Final	
1 Lachlan Moore			Gosford		37.49m	
		26.26m	FOUL	34.05m	29.24m	35.14m 37.49m
2 Eziekial Bugden			Gosford		37.19m	
		30.02m	35.67m	35.95m	37.19m	32.14m 35.07m
3 Bryson Norris			Gosford		18.91m	
		16.77m	16.61m	14.29m	14.39m	16.71m 18.91m
4 Luke Small			Terrigal/Wamberal		18.39m	
		14.61m	18.39m	16.21m	16.80m	17.07m 13.57m

Central Coast Zone Track & Field Championships
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Boys U 15 - Discus (1.0 Kg)

Zone: Z 54.52m 2000 A Hamstra, Woy Woy Peninsula						
Name	Age Centre					Final
1 Zac Barton	Tuggerah Lakes M					38.53m
	34.54m	36.28m	32.67m	31.76m	26.93m	38.53m
2 Daniel Bugeja	Tuggerah Lakes M					30.40m
	26.33m	28.37m	29.11m	29.81m	30.40m	29.90m
3 Lachlan Glasson	Gosford					25.98m
	FOUL	FOUL	FOUL	FOUL	25.98m	FOUL
4 Hayden Palmer	Tuggerah Lakes M					23.02m
	17.64m	23.02m	FOUL	22.89m	21.90m	FOUL
-- Kai Onozawa	Gosford					DNS

Boys U 17 - Discus (1.5 Kg)

Zone: Z 52.98m 04/12/2022 George Wells, Tuggerah Lakes						
Name	Age Centre					Final
1 William Hunter	Gosford					31.86m
	27.90m	28.58m	26.86m	FOUL	25.01m	31.86m
2 Sebastien Abbott	Terrigal/Wamberal					24.08m
	22.61m	21.98m	24.08m	PASS	PASS	PASS
-- Joshua Eslick	Toukley					DNS

Boys U 11-12 Multi Class Discus

Name	Age Centre					Final
1 Zane Graham	Tuggerah Lakes M					16.13m 25.95%
	16.13m	14.53m	15.34m	FOUL	14.92m	13.64m
2 Aiden Knevett	Gosford					15.61m 26.13%
	15.61m	FOUL	FOUL	14.21m	FOUL	FOUL

Boys U 11 - Javelin (400 Gram)

Zone: Z 28.01m 09/12/2016 George Wells, Tuggerah Lakes						
Name	Age Centre					Final
1 Hamish Mulrooney	Gosford					22.29m
	18.56m	19.04m	20.92m	22.29m	17.63m	19.32m
2 Leo Terjesen-Soem	Woy Woy Peninsula					20.83m
	20.57m	19.41m	FOUL	20.82m	20.41m	20.83m
3 Lennox Hardman	Gosford					11.76m
	8.94m	11.76m	9.82m	9.72m	8.69m	10.20m
4 Blake Masters	Gosford					9.04m
	9.04m	8.54m	FOUL	8.42m	7.36m	FOUL

Boys U 12 - Javelin (400 Gram)

Zone: Z 35.52m 03/12/2022 Archer Todd, Gosford						
Name	Age Centre					Final
1 Callan Atherton	Gosford					31.60m
	28.48m	26.48m	28.16m	31.60m	29.20m	29.05m

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2	Jack Sullivan				Gosford	28.68m
	25.52m	27.57m	23.38m	25.54m	FOUL	28.68m
3	Jermaine Da silva				Tuggerah Lakes M	12.57m
	FOUL	FOUL	9.16m	11.08m	12.48m	12.57m
4	Max House				Tuggerah Lakes M	8.27m
	FOUL	6.45m	8.27m	6.75m	FOUL	FOUL
--	Henry Rowland				Tuggerah Lakes M	DNS

Boys U 13 - Javelin (600 Gram)

Zone: Z 35.70m 10/12/2023 Archer Todd, Gosford

Name	Age	Centre	Final
1 Archer Todd		Gosford	35.70mZ
	35.70m	FOUL	FOUL
	29.85m	31.07m	FOUL
2 Cooper Manser		Gosford	21.67m
	FOUL	18.15m	19.31m
	19.80m	21.67m	21.59m
3 Liam Coulter		Gosford	14.61m
	FOUL	11.08m	10.37m
	14.61m	10.32m	14.16m
--	William King		Tuggerah Lakes M
			DNS

Boys U 14 - Javelin (600 Gram)

Zone: Z 46.56m 2000 A Crump, Wyong

Name	Age	Centre	Final
1 Eziekial Bugden		Gosford	25.61m
	21.56m	21.99m	FOUL
	23.15m	24.16m	25.61m
2 Bryson Norris		Gosford	19.74m
	16.69m	FOUL	19.01m
	FOUL	19.74m	FOUL

Boys U 15 - Javelin (700 Gram)

Zone: Z 36.74m 14/12/2014 Tyler Gunn, Gosford

Name	Age	Centre	Final
1 Kai Onozawa		Gosford	31.85m
	27.97m	28.13m	31.85m
	30.04m	28.70m	29.57m
2 Zac Barton		Tuggerah Lakes M	24.35m
	FOUL	17.59m	23.39m
	22.24m	24.35m	FOUL
3 Hayden Palmer		Tuggerah Lakes M	23.68m
	17.54m	19.11m	FOUL
	20.07m	23.68m	21.46m
4 Daniel Bugeja		Tuggerah Lakes M	15.81m
	15.81m	14.04m	14.18m
	FOUL	11.29m	14.52m

Boys U 17 - Javelin (700 Gram)

Zone: Z 51.00m 04/12/2022 lincoln markulin, Tuggerah L

Name	Age	Centre	Final
1 Tyler Palmer		Tuggerah Lakes M	15.18m
	FOUL	2.00m	15.18m
--	Joshua Eslick		Toukley
			DNS
--	Kyden Morris		Wyong
			DNS

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Boys U 11-12 Multi Class Long Jump

Name	Age	Centre	Final
1 Zane Graham		Tuggerah Lakes M	3.78m 47.60%
	3.57m 3.48m 3.44m 3.18m 3.78m 3.68m		
2 Aiden Knevett		Gosford	2.16m 31.91%-
	FOUL 2.09m 2.02m 1.94m 2.05m 2.16m		

Boys U 9 - 700 Metre Walk

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

Section 1

1 Aston Rhodes		Tuggerah Lakes M	5:00.32
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Boys U 10 - 1100 Metre Walk

Name	Age	Centre	Final
Zone: Z 6:00.61 09/12/2016 Myles Ashby, Gosford			

-- Phoenix Knowles		Gosford	DNS
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Boys U 11 - 1100 Metre Walk

Name	Age	Centre	Final
Zone: Z 5:37.90 2011 Dylan Richardson, Wyong			

1 Liam Meale		Gosford	7:56.45
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Boys U 12 - 1500 Metre Walk

Name	Age	Centre	Final
Zone: Z 7:18.57 14/12/2012 Dylan Richardson, Gosford			

1 Max House		Tuggerah Lakes M	13:41.27
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Boys U 13 - 1500 Metre Walk

Name	Age	Centre	Final
Zone: Z 6:54.89 13/12/2013 Dylan Richardson, Gosford			

1 Addison Pulo		Tuggerah Lakes M	11:32.80
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