

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 7 - 50 Metre Sprint

Zone: Z 8.94 2012		A.Martin, Doonside	
Name	Age Centre	Final	H#
Final			
1 Mariah Mariner	Minchinbury	9.52	2
2 Aganoa Iosefo-Fuavaa	Minchinbury	9.55	1
3 Alessandra Birkic	Tallawong Park	9.82	2
4 Harriet Edwards	Tallawong Park	9.85	2
5 Vineta Leleimalefaga	Quakers Hill	10.06	1
6 Ava Mercer	Tallawong Park	10.11	1
7 Akut Malueth	Prospect	10.12	1
8 Amiah Vini	Minchinbury	10.16	1
9 Violetta Leleimalefaga	Quakers Hill	11.02	1
10 Lilith Green	Tallawong Park	11.47	1
11 Arianna Kaena	Lethbridge Park	11.55	1

Girls U 7 - 70 Metre Sprint

Zone: Z 12.06 1980		J.Fineberg, BLACK	
Zone: Z 12.06 1984		J.Hass, BLACK	
Name	Age Centre	Heats	H#
Heats			
1 Wynter Le	The Ponds	13.71Q	3
2 Vineta Leleimalefaga	Quakers Hill	13.77Q	2
3 Amiah Vini	Minchinbury	14.20Q	1
4 Alessandra Birkic	Tallawong Park	14.00Q	2
5 Ava Mercer	Tallawong Park	14.14Q	3
6 Akut Malueth	Prospect	14.85Q	1
7 Valentina Jagurdzij	Blacktown	14.33q	3
8 Avalee Mathieson	Lethbridge Park	14.42q	2
9 Phoebe Petersen	Doonside	15.45	3
10 Violet Barrett-kay	Lethbridge Park	15.51	1
11 Jasmine Judge	Minchinbury	15.52	1
12 Isla Maniscalco	The Ponds	15.58	3
13 Gurnaaz Grewal	Blacktown	15.69	1
14 Violetta Leleimalefaga	Quakers Hill	15.70	2
15 Ava Maniscalco	The Ponds	16.19	2

Girls U 7 - 70 Metre Sprint

Zone: Z 12.06 1980		J.Fineberg, BLACK	
Zone: Z 12.06 1984		J.Hass, BLACK	
Name	Age Centre	Final	
Final			
1 Alessandra Birkic	Tallawong Park	13.68	
2 Vineta Leleimalefaga	Quakers Hill	13.82	
3 Ava Mercer	Tallawong Park	14.05	
4 Wynter Le	The Ponds	14.16	
4 Akut Malueth	Prospect	14.16	
6 Avalee Mathieson	Lethbridge Park	14.23	
7 Amiah Vini	Minchinbury	16.07	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 8 - 70 Metre Sprint

Name	Age	Centre	Heats	H#
Zone: Z 11.20	2020	M.Baxter, Doonside		
Zone: Z 11.20	1980	A.Cavanagh, Doonside		
Zone: Z 11.20	1982	E.Fernandes, Blacktown		
Heats				
1 Zevana Vini		Minchinbury	11.53Q	2
2 Indiannah Zammit		Mt Druitt	12.33Q	3
3 Madeleine Davis		Minchinbury	15.27Q	1
4 Meena Visweswaran		The Ponds	12.58Q	2
5 Malia Wykes		Quakers Hill	12.84Q	3
6 Maiyah Nirsimloo		The Ponds	15.33Q	1
7 Aria Halangahu		Doonside	13.40q	3
8 Aurora Ng		Blacktown	13.49q	3
9 Charlotte Pauni		Prospect	13.69	2
10 Lilian Malueth		Prospect	14.31	3
11 Delta Bugeja		Minchinbury	15.08	2
12 Emily Freeman		Lethbridge Park	15.22	2

Girls U 8 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 11.20	2020	M.Baxter, Doonside	
Zone: Z 11.20	1980	A.Cavanagh, Doonside	
Zone: Z 11.20	1982	E.Fernandes, Blacktown	
Final			
1 Zevana Vini		Minchinbury	11.54
2 Meena Visweswaran		The Ponds	12.64
3 Indiannah Zammit		Mt Druitt	12.66
4 Malia Wykes		Quakers Hill	12.91
5 Aria Halangahu		Doonside	13.20
6 Aurora Ng		Blacktown	13.60
7 Maiyah Nirsimloo		The Ponds	15.24
8 Madeleine Davis		Minchinbury	15.32

Girls U 9 - 70 Metre Sprint

Name	Age	Centre	Heats	H#
Zone: Z 11.04	2005	J.Kilititi, Lethbridge Park		
Zone: Z 11.04	2005	M.Grnovic, Blacktown		
Zone: Z 11.04	2013	O.Airhumwunde, Mount Druitt		
Heats				
1 Blake O'Donohue		Quakers Hill	11.79Q	2
2 Ava Littlejohn		The Ponds	11.98Q	3
3 Kahlani Gallagher		Tallawong Park	12.94Q	1
4 Chloe Lobo		Minchinbury	12.63Q	3
5 Georgia Malcolm		Tallawong Park	12.64Q	2
6 Annabelle Macri		Tallawong Park	13.75Q	1
7 Keeley Gabriel		The Ponds	12.65q	2
8 Manohwa Sydney Arangi		Quakers Hill	12.66q	2
9 Sienna Pauni		Prospect	13.08	2
10 Rosalee Harvey		Doonside	13.11	3
11 Charlotte Kuehne		Lethbridge Park	13.18	3

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....Girls U 9 - 70 Metre Sprint

12 Aaradhya Uppugunduri	The Ponds	14.02	3
13 Kiara Krosman	Tallawong Park	16.74	2

Girls U 9 - 70 Metre Sprint

Zone: Z 11.04	2005	J.Kilititi, Lethbridge Park
Zone: Z 11.04	2005	M.Grnovic, Blacktown
Zone: Z 11.04	2013	O.Airhumwunde, Mount Druitt
Name	Age Centre	Final

Final

1 Ava Littlejohn	The Ponds	11.36
2 Blake O'Donohue	Quakers Hill	11.75
3 Georgia Malcolm	Tallawong Park	11.84
4 Chloe Lobo	Minchinbury	12.13
5 Keeley Gabriel	The Ponds	12.38
6 Manohwa Sydney Arangi	Quakers Hill	12.49

Girls U 10 - 70 Metre Sprint

Zone: Z 10.52	2015	C.Nourdine, Doonside	
Name	Age Centre	Heats	H#

Heats

1 Aleksa Kesten	Minchinbury	11.21Q	3
2 Madison Adams	Doonside	11.39Q	2
3 Katrina Dhiman	Blacktown	11.99Q	1
4 Therese Dal Broi	The Ponds	11.29Q	3
5 Holly Bugeja	Minchinbury	12.24Q	2
6 Amelia Kannangara	Blacktown	12.77Q	1
7 Harlow Pinto	Minchinbury	11.89q	3
8 Amaya Koopu	Doonside	12.27q	2
9 Sahara Swanson-Tu'umatav	Mt Druitt	12.47	2
10 Sally Dunn	The Ponds	12.55	2
11 Amelia Leleimalefaga	Quakers Hill	12.72	2
12 Mikayla Shaw	Mt Druitt	13.39	3
13 Chloe Davis	Minchinbury	14.88	1
14 Paige Heap	Lethbridge Park	14.99	1
15 Scarlett Conaty	Tallawong Park	19.35	3

Girls U 10 - 70 Metre Sprint

Zone: Z 10.52	2015	C.Nourdine, Doonside
Name	Age Centre	Final

Final

1 Aleksa Kesten	Minchinbury	10.94
2 Madison Adams	Doonside	11.30
3 Therese Dal Broi	The Ponds	11.40
4 Katrina Dhiman	Blacktown	11.44
5 Harlow Pinto	Minchinbury	11.81
6 Holly Bugeja	Minchinbury	12.07
7 Amaya Koopu	Doonside	12.43
8 Amelia Kannangara	Blacktown	12.54

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 7 - 100 Metre Sprint

Zone: Z 16.94 1985		B.Smith, BLACK			
Name	Age	Centre	Final	H#	
1 Georgia Oxley		Quakers Hill	18.04	2	
2 Mariah Mariner		Minchinbury	18.40	3	
3 Laura Abusalah		Quakers Hill	18.82	3	
4 Harriet Edwards		Tallawong Park	18.96	1	
5 Vineta Leleimalefaga		Quakers Hill	18.99	1	
6 Elyse Knight		The Ponds	19.75	3	
7 Ria Naithani		Blacktown	20.05	1	
8 Avalee Mathieson		Lethbridge Park	20.07	2	
9 Ava Mercer		Tallawong Park	20.14	2	
10 Amiah Vini		Minchinbury	20.34	2	
11 Wynter Le		The Ponds	20.46	3	
12 Phoebe Petersen		Doonside	20.60	2	
13 Audrey Dartnell		Lethbridge Park	20.93	1	
14 Violetta Leleimalefaga		Quakers Hill	21.31	1	
15 Gurnaaz Grewal		Blacktown	21.71	2	
16 Violet Barrett-kay		Lethbridge Park	22.18	3	
17 Taylah Burke		The Ponds	22.19	1	
18 Ava Maniscalco		The Ponds	22.67	3	
19 Isla Maniscalco		The Ponds	22.76	3	
20 Alicia Rajalingam		Blacktown	23.18	3	

Girls U 8 - 100 Metre Sprint

Zone: Z 16.14 1982		E.Fernandes, C.S.C			
Zone: Z 16.14 2004		J.Kilititi, Lethbridge Park			
Zone: Z 16.14 2009		R.Vaughan, Lethbridge Park			
Name	Age	Centre	Final	H#	
1 Zevana Vini		Minchinbury	16.82	3	
2 Kuir Michael		Prospect	17.07	2	
3 Meena Visweswaran		The Ponds	17.11	2	
4 Indiannah Zammit		Mt Druitt	17.22	1	
5 April Thomas		The Ponds	17.24	1	
6 Aaliyah Karbon		The Ponds	17.44	1	
7 Kenzie Dauw		Doonside	17.71	3	
8 Malia Wykes		Quakers Hill	17.77	1	
9 Nylah Swanson-Tu'umatava		Mt Druitt	17.79	2	
10 Kalane Oto		Minchinbury	18.13	3	
11 Aria Halangahu		Doonside	18.61	2	
12 Emily Pollard		The Ponds	19.69	3	
13 Dhyani Soni		The Ponds	20.73	3	
14 Delta Bugeja		Minchinbury	20.89	3	
15 Ruby-Rose Chalouf		Tallawong Park	21.49	2	
16 Mehreet Kaur		Blacktown	23.02	1	

Girls U 9 - 100 Metre Sprint

Zone: Z 15.24 1984		J.Hass, BLACK			
Name	Age	Centre	Final	H#	
1 Amelia Oxley		Quakers Hill	15.58	1	
2 Ava Littlejohn		The Ponds	16.08	3	

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...Girls U 9 - 100 Metre Sprint

3	Blake O'Donohue	Quakers Hill	16.18	1
4	Ngairé Te Kowhai	Quakers Hill	16.93	3
5	Chloe Lobo	Minchinbury	16.93	1
6	Achol Madour	Blacktown	16.94	2
7	Matilda Edwards	Tallawong Park	17.39	1
8	Giuliana Ullo	Prospect	17.86	2
9	Kahlani Gallagher	Tallawong Park	17.89	3
10	Manohwa Sydney Arangi	Quakers Hill	17.92	2
11	Sienna Pauni	Prospect	18.44	1
12	Amina Hamdani	The Ponds	18.67	3
13	Elizabeth Taufia	Mt Druitt	19.23	3

Girls U 10 - 100 Metre Sprint

Zone: Z 14.54 2014		O.Airhumwunde, Mount Druitt			
Name	Age	Centre	Final	H#	
1	Aleksa Kesten	Minchinbury	15.07	1	
2	Madison Adams	Doonside	15.28	1	
3	Therese Dal Broi	The Ponds	15.64	1	
4	Sarah Malueth	Prospect	15.98	1	
5	Katrina Dhiman	Blacktown	16.15	1	
6	Grace Mow	Prospect	16.34	3	
7	Harlow Pinto	Minchinbury	16.43	3	
8	Aubrey Howell	The Ponds	16.65	1	
9	Ava Choo	Blacktown	16.74	1	
10	Holly Bugeja	Minchinbury	16.82	2	
11	Athieng Achiek	Quakers Hill	17.12	3	
12	Chloe Abbott	The Ponds	17.23	2	
13	Amelia Leleimalefaga	Quakers Hill	17.57	3	
14	Swara Ahir	The Ponds	17.63	3	
15	Paige Heap	Lethbridge Park	20.61	3	
16	Scarlett Conaty	Tallawong Park	26.13	2	

Girls U 11 - 100 Metre Sprint

Zone: Z 13.84 2001		R.Asonitis, Mount Druitt			
Name	Age	Centre	Final	H#	
1	Ava Siataga	Quakers Hill	14.40	2	
2	Mia Ebejer	Minchinbury	14.84	3	
3	Azalyah Halangahu	Doonside	15.01	3	
4	Deena Sinno	Quakers Hill	15.13	2	
5	Josephine Peter	Quakers Hill	15.30	2	
6	Alarnah Mckeown-Flack	Tallawong Park	15.52	2	
7	Arok Michael	Prospect	15.60	3	
8	Repeta Masoe-Galo	The Ponds	15.64	1	
9	Caitlyn Lee	Quakers Hill	15.70	1	
10	Caroline Davidson	Lethbridge Park	16.36	1	
11	Paige Nolan-Thompson	Minchinbury	17.00	1	
12	Rene Abu Ganaba	Prospect	17.21	2	
13	Adhieu Achiek	Quakers Hill	17.81	3	
14	Kiara Telford	Mt Druitt	17.89	3	
15	Alex-Jane Burns	Doonside	17.98	2	

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Results

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 2017		C.Nourdine, Doonside			
Name	Age	Centre	Final	H#	
1	Scarlett Nest	The Ponds	13.90	4	
2	Luvini Dissanyake	Doonside	14.13	2	
3	Rubie Dauw	Doonside	14.13	2	
4	Avani Balini	The Ponds	14.14	4	
5	Achok Mow	Prospect	14.40	2	
6	Eva Gorringer	Blacktown	14.69	1	
7	Ria Kaponikolos	Blacktown	14.76	3	
8	Emily Oyoo	Prospect	15.06	2	
9	Caylee Thornton	Quakers Hill	15.12	1	
10	Tahlia Nolan	Minchinbury	15.18	3	
11	Olivia Vrataric	Blacktown	15.26	3	
12	Jesinta Thornton	Quakers Hill	15.82	4	
13	Alexis Conaty	Tallawong Park	15.89	1	
14	Samantha Stanley	Prospect	16.12	3	
15	Jupmunn Grewal	Blacktown	16.46	3	
16	Achala Athum	Blacktown	17.07	1	
17	Laura Freeman	Lethbridge Park	18.45	3	
18	Emalyn Shaw	Mt Druitt	18.50	4	

Girls U 13 - 100 Metre Sprint

Zone: Z 13.04 2008		D.Defoe, Mount Druitt			
Name	Age	Centre	Final	H#	
1	Stuti Thakur	The Ponds	13.62	2	
2	Nadira Khoury	Quakers Hill	13.84	1	
3	Gabriella Caccamo	Tallawong Park	14.06	3	
4	Lauren Swindells	Quakers Hill	14.52	2	
5	Emily Dawes	Tallawong Park	14.55	3	
6	Aliyah Mariner	Minchinbury	14.64	2	
7	Gabriela Tenefrancia	Mt Druitt	15.01	1	
8	Adhieu Michael	Prospect	15.71	1	
9	Jade Latta	Quakers Hill	15.73	1	
10	Abuk Majak	Minchinbury	16.25	2	
11	Addison Jeyaratnam	Quakers Hill	16.27	1	
12	Isabella Parker	Doonside	16.44	1	
13	Mikayla Findlay	Tallawong Park	18.32	2	

Girls U 14 - 100 Metre Sprint

Zone: Z 12.79 2017		G.Bingham, Prospect			
Name	Age	Centre	Final	H#	
1	Amelia Farag	Doonside	13.11	1	
2	Mary Dal Broi	The Ponds	13.56	2	
3	Matilda Oxley	Quakers Hill	13.58	2	
4	Nyidier Mow	Prospect	13.89	1	
5	Bronte Parkin	Quakers Hill	13.90	1	
6	Larissa Ingram	Quakers Hill	14.15	2	
7	Akur Malueth	Prospect	14.51	2	
8	Mahalea Pinto	Minchinbury	14.52	1	
9	Ruby Dunn	The Ponds	14.62	1	

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Results

....Girls U 14 - 100 Metre Sprint

10	Dekota Howie	Mt Druitt	14.66	1
11	Dilpreet Kaur	Blacktown	16.28	2
12	Stella-rose Deluca	Doonside	16.84	2

Girls U 15 - 100 Metre Sprint

Zone: Z 12.56 2018		G.Bingham, Prospect			
Name	Age	Centre	Final	H#	
1	Gabriella Baker	Blacktown	12.79	2	
2	Amber Reveley	Tallawong Park	13.01	1	
3	Charlotte Blyth	Quakers Hill	13.04	1	
4	Kasey Wallace	Quakers Hill	13.51	1	
5	Amy Christie	The Ponds	14.07	2	
6	Vera Boafo	Prospect	14.39	2	
7	Shay-Leigh Punter	Lethbridge Park	15.14	1	
8	Sarah Cummins	Quakers Hill	15.24	1	
9	Skye Marz	Lethbridge Park	16.06	2	

Girls U 17 - 100 Metre Sprint

Zone: Z 12.48 2019		G.Bingham, BLACK			
Name	Age	Centre	Final		
1	Mya Scott	The Ponds	13.60		
2	Winy Lual	Prospect	13.95		
3	Mia Patel	Prospect	14.07		
4	Achol Mow	Prospect	14.20		
5	Umara Hamdani	The Ponds	17.12		
6	Isobel Gross	Mt Druitt	17.33		

Girls U 7 - 200 Metre Sprint

Zone: Z 34.04 1985		B.Smith, BLACK			
Name	Age	Centre	Heats	H#	
Heats					
1	Vineta Leleimalefaga	Quakers Hill	41.54Q	2	
2	Georgia Oxley	Quakers Hill	41.75Q	1	
3	Amiah Vini	Minchinbury	46.98Q	3	
4	Avalee Mathieson	Lethbridge Park	43.17Q	1	
5	Ria Naithani	Blacktown	43.41Q	2	
6	Violet Barrett-kay	Lethbridge Park	47.49Q	3	
7	Wynter Le	The Ponds	43.84q	1	
8	Valentina Jagurdzij	Blacktown	44.66q	2	
9	Violetta Leleimalefaga	Quakers Hill	44.77	2	
10	Evie Moore	The Ponds	48.81	1	
11	Jasmine Judge	Minchinbury	48.86	2	
12	Amelia Wallace	Quakers Hill	49.24	1	
13	Ava Sharma	Tallawong Park	51.25	3	
--	Elyse Knight	The Ponds	DQ	3	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 7 - 200 Metre Sprint

Zone: Z 34.04 1985 B.Smith, BLACK			
Name	Age	Centre	Final
Final			
1 Georgia Oxley		Quakers Hill	42.21
2 Avalee Mathieson		Lethbridge Park	42.78
3 Wynter Le		The Ponds	43.91
4 Ria Naithani		Blacktown	44.14
5 Vineta Leleimalefaga		Quakers Hill	44.88
6 Violet Barrett-kay		Lethbridge Park	47.16
7 Amiah Vini		Minchinbury	48.44

Girls U 8 - 200 Metre Sprint

Zone: Z 32.24 1980 A.Cavanagh, Blacktown				
Name	Age	Centre	Heats	H#
Heats				
1 Zevana Vini		Minchinbury	35.75Q	2
2 April Thomas		The Ponds	37.30Q	1
3 Indiannah Zammit		Mt Druitt	38.51Q	1
4 Nylah Swanson-Tu'umatava		Mt Druitt	39.47Q	2
5 Kenzie Dauw		Doonside	38.87Q	1
6 Mackenzie Fuavaa		Minchinbury	40.30Q	2
7 Malia Wykes		Quakers Hill	40.53q	2
8 Aaliyah Karbon		The Ponds	40.82q	1
9 Ayra Sangwan		The Ponds	41.78	1
10 Aria Halangahu		Doonside	42.29	1
11 Charlotte Pauni		Prospect	42.91	2
12 Isadora Argall		Blacktown	46.85	2
13 Kuir Michael		Prospect	48.58	1

Girls U 8 - 200 Metre Sprint

Zone: Z 32.24 1980 A.Cavanagh, Blacktown			
Name	Age	Centre	Final
Final			
1 Zevana Vini		Minchinbury	35.59
2 April Thomas		The Ponds	37.25
3 Kenzie Dauw		Doonside	37.37
4 Nylah Swanson-Tu'umatava		Mt Druitt	38.72
5 Mackenzie Fuavaa		Minchinbury	39.61
5 Aaliyah Karbon		The Ponds	39.61
7 Malia Wykes		Quakers Hill	39.76
8 Indiannah Zammit		Mt Druitt	39.76

Girls U 9 - 200 Metre Sprint

Zone: Z 31.64 1981 A.Cavanagh, BLACK				
Name	Age	Centre	Heats	H#
Heats				
1 Amelia Oxley		Quakers Hill	32.91Q	2
2 Achol Madour		Blacktown	35.45Q	3

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3	Ava Littlejohn	The Ponds	36.26Q	1
4	Bella Mammoliti	Doonside	34.75Q	2
5	Melody Latta	Quakers Hill	36.88Q	3
6	Taylor Morgan	The Ponds	39.74Q	1
7	Blake O'Donohue	Quakers Hill	37.26q	2
8	Angulla Dimo	Minchinbury	37.78q	3
9	Georgia Malcolm	Tallawong Park	38.96	2
10	Mia Jacob-Flores	Quakers Hill	39.00	3
11	Hayley Pittman	Doonside	39.81	1
12	Mia Caccamo	Tallawong Park	41.42	2
13	Jasvitha Kadiri	The Ponds	42.67	1
14	Hannah Fletcher	Tallawong Park	43.42	2
15	Elizabeth Taufia	Mt Druitt	45.74	1

Girls U 9 - 200 Metre Sprint

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 Zone: Z 31.64 1981 A.Cavanagh, BLACK
 Name Age Centre Final
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Final

1	Amelia Oxley	Quakers Hill	34.18
2	Ava Littlejohn	The Ponds	34.97
3	Achol Madour	Blacktown	35.31
4	Bella Mammoliti	Doonside	35.32
5	Melody Latta	Quakers Hill	37.32
6	Blake O'Donohue	Quakers Hill	37.77
7	Taylor Morgan	The Ponds	39.27

Girls U 10 - 200 Metre Sprint

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 Zone: Z 29.84 1978 L.Hopkins, PEN
 Name Age Centre Heats H#
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Heats

1	Grace Mow	Prospect	35.46Q	1
2	Amelia Leleimalefaga	Quakers Hill	37.83Q	2
3	Athieng Achiek	Quakers Hill	36.64Q	1
4	Sabrina Dartnell	Lethbridge Park	46.13Q	2
5	Amaya Koopu	Doonside	39.11Q	1
6	Chloe Davis	Minchinbury	46.96Q	2
7	Navneet Kaur	Blacktown	39.19q	1
8	Lacey Hilton	Quakers Hill	39.51q	1
9	Mikayla Shaw	Mt Druitt	41.87	1
10	Charlotte Sterbal	Minchinbury	48.12	2

Girls U 10 - 200 Metre Sprint

=====
 Zone: Z 29.84 1978 L.Hopkins, PEN
 Name Age Centre Final
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Final

1	Grace Mow	Prospect	35.94
2	Athieng Achiek	Quakers Hill	36.85
3	Amaya Koopu	Doonside	38.61
4	Amelia Leleimalefaga	Quakers Hill	38.66

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BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Girls U 10 - 200 Metre Sprint

5 Lacey Hilton	Quakers Hill	38.71
6 Sabrina Dartnell	Lethbridge Park	45.92
7 Chloe Davis	Minchinbury	47.62

Girls U 11 - 200 Metre Sprint

Zone: Z 28.38 2006		C.Nourdine, Doonside	
Name	Age Centre	Heats	H#
Heats			
1 Azalyah Halangahu	Doonside	32.26Q	1
2 Repeta Masoe-Galo	The Ponds	32.32Q	2
3 Josephine Peter	Quakers Hill	32.93Q	3
4 Deena Sinno	Quakers Hill	32.43Q	2
5 Alarnah Mckeown-Flack	Tallawong Park	32.98Q	1
6 Arok Michael	Prospect	33.10Q	3
7 Lilly Huang	Quakers Hill	32.74q	2
8 Ava Anthony	Blacktown	34.23q	1
9 Caroline Davidson	Lethbridge Park	36.10	3
10 Isabelle Farag	Doonside	37.50	1
11 Adhieu Achiek	Quakers Hill	38.35	3
12 Kiara Telford	Mt Drutt	39.79	2
13 Alex-Jane Burns	Doonside	42.45	2

Girls U 11 - 200 Metre Sprint

Zone: Z 28.38 2006		C.Nourdine, Doonside	
Name	Age Centre	Final	
Final			
1 Azalyah Halangahu	Doonside	31.68	
2 Lilly Huang	Quakers Hill	32.16	
3 Josephine Peter	Quakers Hill	32.40	
4 Deena Sinno	Quakers Hill	32.78	
5 Repeta Masoe-Galo	The Ponds	33.02	
6 Ava Anthony	Blacktown	33.39	
7 Arok Michael	Prospect	33.58	
8 Alarnah Mckeown-Flack	Tallawong Park	34.32	

Girls U 12 - 200 Metre Sprint

Zone: Z 27.06 2016		J. Laurance, Doonside	
Name	Age Centre	Heats	H#
Heats			
1 Scarlett Nest	The Ponds	29.43Q	1
2 Rubie Dauw	Doonside	30.48Q	3
3 Luvini Dissanyake	Doonside	31.09Q	2
4 Emily Oyoo	Prospect	31.55Q	3
5 Charlissee Sue-Fong	The Ponds	32.34Q	2
6 Ria Kaponikolos	Blacktown	32.54Q	1
7 Bronte Carr	Blacktown	31.66q	3
8 Elisha Odur	Doonside	32.40q	2
9 Caylee Thornton	Quakers Hill	32.43	3
10 Jesinta Thornton	Quakers Hill	32.73	3

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Girls U 12 - 200 Metre Sprint

11 Achala Athum	Blacktown	33.26	1
12 Elke-Rose Bourne	Quakers Hill	33.44	1
13 Tahlia Nolan	Minchinbury	33.85	2
14 Georgia Williams	Blacktown	34.62	2
15 Samantha Stanley	Prospect	35.34	3
16 Arieana Smith	Tallawong Park	36.65	2
17 Dinuri Hettiarachchi	Doonside	39.24	2

Girls U 12 - 200 Metre Sprint

=====			
Zone: Z 27.06 2016		J. Laurance, Doonside	
Name	Age Centre		Final
=====			

Final

1 Scarlett Nest	The Ponds	29.25
2 Rubie Dauw	Doonside	29.63
3 Luvini Dissanyake	Doonside	30.03
4 Bronte Carr	Blacktown	31.35
5 Emily Oyoo	Prospect	31.40
6 Ria Kaponikolos	Blacktown	31.58
7 Charlisse Sue-Fong	The Ponds	33.74

Girls U 13 - 200 Metre Sprint

=====			
Zone: Z 26.59 2017		J.Laurance	
Name	Age Centre		Final
=====			

1 Stuti Thakur	The Ponds	27.68
2 Gabriella Caccamo	Tallawong Park	29.09
3 Aliyah Mariner	Minchinbury	30.65
4 Adhieu Michael	Prospect	31.06
5 Emily Dawes	Tallawong Park	32.31
6 Jade Latta	Quakers Hill	33.26
7 Isabella Parker	Doonside	34.42
8 Rihanna Abu Ganaba	Prospect	35.60

Girls U 14 - 200 Metre Sprint

=====			
Zone: Z 25.74 2003		L.Verlinden, Doonside	
Name	Age Centre		Final
=====			

1 Amelia Farag	Doonside	27.60
2 Matilda Oxley	Quakers Hill	28.17
3 Nyidier Mow	Prospect	28.45
4 Mary Dal Broi	The Ponds	28.50
5 Mahalea Pinto	Minchinbury	30.96
6 Akur Malueth	Prospect	31.14
7 Dekota Howie	Mt Druitt	31.69
8 Lucia Smith	Blacktown	33.01

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 15 - 200 Metre Sprint

Zone: Z 25.44 1995 R.Ryan, BLACK			
Name	Age	Centre	Final
1 Gabriella Baker		Blacktown	26.28
2 Charlotte Blyth		Quakers Hill	27.06
3 Kasey Wallace		Quakers Hill	29.00
4 Molly Mills		The Ponds	29.39
5 Vera Boafo		Prospect	30.67
6 Skye Marz		Lethbridge Park	32.70
7 Shay-Leigh Punter		Lethbridge Park	33.08

Girls U 17 - 200 Metre Sprint

Zone: Z 11.23 2020 J.Lawrence, Doonside			
Name	Age	Centre	Final
1 Winny Lual		Prospect	28.98
2 Achol Mow		Prospect	29.68
3 Mia Patel		Prospect	29.82
4 Taya Zammit		Blacktown	30.12

Girls U 9 - 400 Metre Sprint

Zone: Z 1:11.34 1981 A.Cavanagh, BLACK				
Name	Age	Centre	Final	H#
1 Georgia Malcolm		Tallawong Park	1:25.51	2
2 Charlotte Strautins		The Ponds	1:26.15	1
3 Matilda Edwards		Tallawong Park	1:27.41	2
4 Hayley Pittman		Doonside	1:27.62	2
5 Melody Latta		Quakers Hill	1:29.48	1
6 Tayler Morgan		The Ponds	1:29.77	2
7 Ngairé Te Kowhai		Quakers Hill	1:35.08	1
8 Mia Caccamo		Tallawong Park	1:35.62	2
9 Emma Dawson		The Ponds	1:37.97	2
10 Gabriella Zaghet		Quakers Hill	1:49.90	1
11 Alison Koany		Prospect	1:59.58	1
-- Sienna Pauni		Prospect	DQ	2

Girls U 10 - 400 Metre Sprint

Zone: Z 1:07.24 1982 S.Page, NEP			
Name	Age	Centre	Final
1 Abigail Dawson		The Ponds	1:22.33
2 Chloe Abbott		The Ponds	1:24.84
3 Sally Dunn		The Ponds	1:27.57
4 Amelia Kannangara		Blacktown	1:28.13
5 Navneet Kaur		Blacktown	1:32.60

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 11 - 400 Metre Sprint

Zone: Z 1:03.34 2001 R.Asonitis, Mount Druitt			
Name	Age	Centre	Final
1 Azalyah Halangahu		Doonside	1:14.73
2 Lilly Huang		Quakers Hill	1:15.37
3 Annabelle Wise		Quakers Hill	1:22.10
4 Skyla Burke		The Ponds	1:33.71
5 Tahlia Punter		Lethbridge Park	1:40.36

Girls U 12 - 400 Metre Sprint

Zone: Z 1:01.86 2016 H.Wright, Prospect				
Name	Age	Centre	Final	H#
1 Rubie Dauw		Doonside	1:08.85	1
2 Achok Mow		Prospect	1:08.91	3
3 Elisha Odur		Doonside	1:11.73	3
4 Charlissee Sue-Fong		The Ponds	1:15.70	1
5 Ariella Foster		Blacktown	1:16.51	3
6 Caylee Thornton		Quakers Hill	1:16.61	3
7 Jesinta Thornton		Quakers Hill	1:16.83	2
8 Sienna Maniscalco		The Ponds	1:18.56	2
9 Georgia Williams		Blacktown	1:18.85	2
10 Samantha Stanley		Prospect	1:23.35	1
11 Arieana Smith		Tallawong Park	1:25.21	2
12 Makenzie Pittman		Doonside	1:28.04	2
13 Eva Gorringer		Blacktown	1:28.75	1

Girls U 13 - 400 Metre Sprint

Zone: Z 58.64 2003 R.Asonitis, Mount Druitt			
Name	Age	Centre	Final
1 Gabriella Caccamo		Tallawong Park	1:07.88
2 Gabriella Tenefrancia		Mt Druitt	1:09.57
3 Aliyah Mariner		Minchinbury	1:13.25
4 Jade Latta		Quakers Hill	1:21.57

Girls U 14 - 400 Metre Sprint

Zone: Z 57.54 2004 R.Asonitis, Mount Druitt			
Name	Age	Centre	Final
1 Matilda Oxley		Quakers Hill	1:06.75
2 Akur Malueth		Prospect	1:12.78
3 Mahalea Pinto		Minchinbury	1:16.38
4 Lucia Smith		Blacktown	1:21.17
5 Guneet Benipal		Quakers Hill	1:28.97

Girls U 15 - 400 Metre Sprint

Zone: Z 1:03.34 2014 C.Vresswyk, Doonside			
Name	Age	Centre	Final
1 Gabriella Baker		Blacktown	1:03.26Z

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Girls U 15 - 400 Metre Sprint

2 Charlotte Blyth	Quakers Hill	1:07.52
3 Amy Christie	The Ponds	1:21.61

Girls U 8 - 400 Metre Run Pack Start

=====			
	Zone: Z 1:14.64	2022	T.Campbell, Blacktown
Name	Age	Centre	Final
=====			
1 April Thomas		The Ponds	1:26.46
2 Kenzie Dauw		Doonside	1:33.21
3 Aurora Ng		Blacktown	1:35.97
4 Aaliyah Karbon		The Ponds	1:40.68
5 Charlotte Pauni		Prospect	1:42.88
6 Ayra Sangwan		The Ponds	1:44.76
7 Isadora Argall		Blacktown	1:48.32
8 Orla Fernando		Doonside	1:49.35
9 Emily Pollard		The Ponds	1:50.45
10 Ava-Leigh Medana		Tallawong Park	1:54.42
11 Dhyani Soni		The Ponds	1:54.80
12 Lilian Hampton-Lander		Tallawong Park	2:02.80

Girls U 7 - 500 Metre Run Pack Start

=====			
	Zone: Z 1:52.20	2007	T.Campbell, Doonside
Name	Age	Centre	Final
=====			
1 Georgia Oxley		Quakers Hill	2:08.68
2 Avalee Mathieson		Lethbridge Park	2:11.50
3 Elyse Knight		The Ponds	2:12.00
4 Mariah Mariner		Minchinbury	2:22.39
5 Audrey Dartnell		Lethbridge Park	2:24.60
6 Ava Sharma		Tallawong Park	2:30.07
7 Valentina Jagurdzij		Blacktown	2:35.22
8 Amelia Wallace		Quakers Hill	2:36.00
9 Jasmine Judge		Minchinbury	2:37.50
10 Arianna Kaena		Lethbridge Park	2:38.00
11 Lilith Green		Tallawong Park	2:38.35
12 Gurnaaz Grewal		Blacktown	2:41.05
13 Harriet Edwards		Tallawong Park	2:46.83

Girls U 8 - 700 Metre Run Pack Start

=====			
	Zone: Z 2:31.50	2011	C.Preston, Doonside
Name	Age	Centre	Final
=====			
1 April Thomas		The Ponds	2:49.69
2 Indiannah Zammit		Mt Druitt	3:07.42
3 Aurora Ng		Blacktown	3:13.22
4 Ava-Leigh Medana		Tallawong Park	3:27.55
5 Lilian Hampton-Lander		Tallawong Park	3:35.00
6 Orla Fernando		Doonside	3:37.61
7 Leah Read		The Ponds	3:43.70

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 9 - 800 Metre Run

Zone: Z 2:41.00 1981 K.Power, EMUP			
Name	Age	Centre	Final
1	Amelia Oxley	Quakers Hill	3:07.02
2	Achol Madour	Blacktown	3:18.00
3	Bella Mammoliti	Doonside	3:22.04
4	Hayley Pittman	Doonside	3:24.39
5	Georgia Malcolm	Tallawong Park	3:28.00
6	Chloe Lobo	Minchinbury	3:30.17
7	Taylor Morgan	The Ponds	3:32.86
8	Mia Jacob-Flores	Quakers Hill	3:34.35
9	Hannah Fletcher	Tallawong Park	3:52.89
10	Giuliana Ullo	Prospect	3:57.49
11	Charlotte Kuehne	Lethbridge Park	4:01.41
12	Paityn Parish	Tallawong Park	4:12.62
--	Alison Koany	Prospect	DQ

Girls U 10 - 800 Metre Run

Zone: Z 2:34.50 1979 M.Hartley, GIRR			
Name	Age	Centre	Final
1	Abigail Dawson	The Ponds	3:06.37
2	Chloe Abbott	The Ponds	3:07.44
3	Athieng Achiek	Quakers Hill	3:23.86

Girls U 11 - 800 Metre Run

Zone: Z 2:31.90 1980 M.Morris, BLACK			
Name	Age	Centre	Final
1	Hannah Ingleby	Prospect	2:57.15
2	Maya Bryant	The Ponds	3:07.92
3	Alarnah Mckeown-Flack	Tallawong Park	3:09.63
4	Bella Lobo	Minchinbury	3:19.38
5	Zahlia Ciftci	Quakers Hill	3:20.56
6	Annabelle Mathieson	Lethbridge Park	3:35.40
7	Paige Stahl	Minchinbury	3:41.29
8	Harlow Olson	Quakers Hill	3:42.00
9	Brooke Fletcher	Tallawong Park	3:42.50
10	Indy Pittman	Doonside	3:49.81
11	Naya Nasser	The Ponds	3:50.00

Girls U 12 - 800 Metre Run

Zone: Z 2:27.10 2002 R.Asonitis, MTD RU			
Name	Age	Centre	Final
1	Achok Mow	Prospect	2:50.63
2	Charlisse Sue-Fong	The Ponds	2:50.64
3	Aditi Shetty	Blacktown	2:53.76
4	Sienna Maniscalco	The Ponds	2:57.77
5	Georgia Williams	Blacktown	3:07.88
6	Jesinta Thornton	Quakers Hill	3:10.99
7	Eden Hampton-Lander	Tallawong Park	3:17.50

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Girls U 12 - 800 Metre Run

8	Madeleine Derbyshire	Quakers Hill	3:22.65
9	Eva Gorringer	Blacktown	3:23.04
10	Arieana Smith	Tallawong Park	3:24.64
11	Laura Freeman	Lethbridge Park	3:26.12
12	Makenzie Pittman	Doonside	3:41.87

Girls U 13 - 800 Metre Run

=====			
	Zone: Z 2:25.30	1992	B.Konopka, DOON
Name	Age	Centre	Final
=====			
1	Abuk Majak	Minchinbury	3:15.00
2	Cassandra Sasinszki	Lethbridge Park	3:16.25
3	Mikayla Findlay	Tallawong Park	3:56.29

Girls U 14 - 800 Metre Run

=====			
	Zone: Z 2:25.30	2000	C.Harrison, BLACK
Name	Age	Centre	Final
=====			
1	Mary Dal Broi	The Ponds	2:32.89
2	Eva Bryant	The Ponds	2:39.00
3	Matilda Oxley	Quakers Hill	2:48.26
4	Ruby Dunn	The Ponds	3:11.03

Girls U 15 - 800 Metre Run

=====			
	Zone: Z 2:27.60	1994	M.Crichon, DOON
Name	Age	Centre	Final
=====			
1	Molly Mills	The Ponds	2:45.28
2	Kasey Wallace	Quakers Hill	3:25.82

Girls U 17 - 800 Metre Run

=====			
	Zone: Z 2:40.40	2012	N.Adamson, Blacktown
Name	Age	Centre	Final
=====			
1	Matilda Olson	Quakers Hill	2:59.19
2	Kirra Gibson	Blacktown	3:12.75
3	Catherine Ho	The Ponds	3:20.11

Girls U 11 - 1500 Metre Run

=====			
	Zone: Z 5:12.80	1979	J.Coyen, BLACK
Name	Age	Centre	Final
=====			
1	Hannah Ingleby	Prospect	6:05.24
2	Maya Bryant	The Ponds	6:17.07
3	Bella Lobo	Minchinbury	6:18.59
4	Elise Pauni	Prospect	6:43.85
5	Paige Nolan-Thompson	Minchinbury	6:51.18
6	Indy Pittman	Doonside	7:44.01
7	Annabelle Mathieson	Lethbridge Park	7:53.70
8	Tahlia Punter	Lethbridge Park	8:43.41

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 12 - 1500 Metre Run

Zone: Z 5:03.20 1982 C.Smith, NEP			
Name	Age	Centre	Final
1 Charlissee Sue-Fong		The Ponds	5:56.09
2 Aditi Shetty		Blacktown	6:10.24
3 Eden Hampton-Lander		Tallowong Park	6:22.68
4 Peyton Morgan		The Ponds	6:24.65
5 Pippa Xuereb		Quakers Hill	6:35.91
6 Tahleah Mitchell		Minchinbury	6:59.39
7 Madeleine Derbyshire		Quakers Hill	7:04.77
8 Makenzie Pittman		Doonside	7:22.13
9 Laura Freeman		Lethbridge Park	7:49.60

Girls U 13 - 1500 Metre Run

Zone: Z 4:50.80 1983 C.Smith, NEP			
Name	Age	Centre	Final
1 Gabriela Tenefrancia		Mt Druitt	6:14.73
2 Cassandra Sasinszki		Lethbridge Park	7:24.60
3 Lydia Kaena		Lethbridge Park	8:21.02

Girls U 14 - 1500 Metre Run

Zone: Z 5:02.50 1989 K.Ward, GIRR			
Name	Age	Centre	Final
1 Mary Dal Broi		The Ponds	5:27.77
2 Eva Bryant		The Ponds	5:35.20
3 Bronte Parkin		Quakers Hill	6:29.99
4 Lexie Beacroft		Quakers Hill	7:28.88
5 Guneet Benipal		Quakers Hill	8:15.76

Girls U 15 - 1500 Metre Run

Zone: Z 5:00.90 1994 M.Crichon, DOON			
Name	Age	Centre	Final
1 Molly Mills		The Ponds	5:46.66

Girls U 17 - 1500 Metre Run

Zone: Z 5:31.50 2014 J.Dighton, Lethbridge Park			
Name	Age	Centre	Final
1 Matilda Olson		Quakers Hill	6:20.37
2 Kirra Gibson		Blacktown	7:36.28

Girls U 13 - 3000 Metre Run

Zone: Z 11:18.40 2012 C.Vreeswyk, Doonside			
Name	Age	Centre	Final
1 Cassandra Sasinszki		Lethbridge Park	15:11.70
2 Hannah Farag		Doonside	15:17.20

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 14 - 3000 Metre Run

Zone: Z 11:40.70 2001 C.Jones, Mount Druitt			
Name	Age	Centre	Final
1 Mary Dal Broi		The Ponds	11:41.76
2 Eva Bryant		The Ponds	11:52.86
3 Matilda Oxley		Quakers Hill	12:56.89
4 Rose Rostami		Quakers Hill	14:26.21
5 Lexie Beacroft		Quakers Hill	15:45.45
6 Guneet Benipal		Quakers Hill	17:10.74

Girls U 15 - 3000 Metre Run

Zone: Z 11:18.80 1994 K.Griffiths, Blacktown			
Name	Age	Centre	Final
1 Lilith Dartnell		Lethbridge Park	15:15.63
2 Abigail Sasinszki		Lethbridge Park	19:25.97
3 Elizabeth Sasinszki		Lethbridge Park	21:16.33

Girls U 17 - 3000 Metre Run

Zone: Z 11:29.90 2014 J.Dighton, Lethbridge Park			
Name	Age	Centre	Final
1 Matilda Olson		Quakers Hill	13:21.03

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.54 2007 T.Campbell, Blacktown				
Name	Age	Centre	Heats	H#
Heats				
1 Zevana Vini		Minchinbury	12.13Q	3
2 Indiana Fabrellas		Quakers Hill	13.25Q	2
3 Charlotte Pauni		Prospect	14.60Q	1
4 Nylah Swanson-Tu'umatava		Mt Druitt	13.53Q	3
5 Aria Halangahu		Doonside	13.98Q	2
6 Maiyah Nirsimloo		The Ponds	16.84Q	1
7 Ayra Sangwan		The Ponds	13.70q	3
8 Lilian Hampton-Lander		Tallawong Park	13.77q	3
9 Lilian Malueth		Prospect	14.20	3
10 Orla Fernando		Doonside	14.86	2
11 Esther Osborne		Minchinbury	15.07	2
12 Ruby-Rose Chalouf		Tallawong Park	16.08	2
13 Leah Read		The Ponds	16.66	3
14 Dakota Little		Mt Druitt	18.98	1
15 Meena Visweswaran		The Ponds	1:02.63	1

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.54 2007 T.Campbell, Blacktown			
Name	Age	Centre	Final
Final			
1 Zevana Vini		Minchinbury	12.16

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

2	Indiana Fabrellas	Quakers Hill	13.36
3	Nylah Swanson-Tu'umatava	Mt Druitt	13.46
4	Lilian Hampton-Lander	Tallawong Park	13.64
5	Aria Halangahu	Doonside	13.72
6	Ayra Sangwan	The Ponds	13.76
7	Charlotte Pauni	Prospect	14.03
8	Maiyah Nirsimloo	The Ponds	15.67

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.54 2017		K.Power, Prospect	
Name	Age Centre	Heats	H#
=====			

Heats

1	Achol Madour	Blacktown	12.33Q	2
2	Matilda Edwards	Tallawong Park	13.06Q	1
3	Blake O'Donohue	Quakers Hill	12.47Q	2
4	Jasvitha Kadiri	The Ponds	13.91Q	1
5	Bella Mammoliti	Doonside	12.49Q	2
6	Sienna Pauni	Prospect	13.96Q	1
7	Ngairie Te Kowhai	Quakers Hill	13.28q	2
8	Amalie Kohary	The Ponds	13.59q	2
9	Keiannah Skinner	Blacktown	14.24	1
10	Anika Narayanasingh	Quakers Hill	14.31	1

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.54 2017		K.Power, Prospect	
Name	Age Centre	Final	
=====			

Final

1	Achol Madour	Blacktown	12.42
2	Blake O'Donohue	Quakers Hill	12.70
3	Bella Mammoliti	Doonside	12.71
4	Matilda Edwards	Tallawong Park	12.86
5	Amalie Kohary	The Ponds	13.99
6	Jasvitha Kadiri	The Ponds	14.03
7	Ngairie Te Kowhai	Quakers Hill	14.18
8	Sienna Pauni	Prospect	14.33

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.74 2006		S.Taumaialo, LPARK	
Name	Age Centre	Heats	H#
=====			

Heats

1	Aleksa Kesten	Minchinbury	11.48Q	2
2	Therese Dal Broi	The Ponds	12.60Q	1
3	Sarah Malueth	Prospect	12.20Q	2
4	Harlow Pinto	Minchinbury	13.02Q	1
5	Madison Adams	Doonside	13.00Q	2
6	Aubrey Howell	The Ponds	13.76Q	1
7	Grace Mow	Prospect	13.64q	2
8	Chloe Abbott	The Ponds	13.73q	2
9	Swara Ahir	The Ponds	14.27	1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

10 Amaya Koopu	Doonside	14.37	2
11 Katrina Dhiman	Blacktown	14.99	2
12 Ava Choo	Blacktown	15.30	1

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.74 2006		S.Taumaialo, LPARK	
Name	Age	Centre	Final

Final

1 Aleksa Kesten	Minchinbury	11.96
2 Sarah Malueth	Prospect	12.08
3 Therese Dal Broi	The Ponds	12.36
4 Madison Adams	Doonside	13.19
5 Chloe Abbott	The Ponds	13.34
6 Grace Mow	Prospect	13.46
7 Aubrey Howell	The Ponds	13.73
8 Harlow Pinto	Minchinbury	14.09

Girls U 11 - 80 Metre Hurdles (60cm)

Zone: Z 15.10 2020		A.Burfoed, Blacktown		Heats	H#
Name	Age	Centre	Heats	H#	

Heats

1 Bella Lobo	Minchinbury	16.43Q	1
2 Harlow Olson	Quakers Hill	18.96Q	2
3 Maya Bryant	The Ponds	16.47Q	1
4 Alex-Jane Burns	Doonside	19.29Q	2
5 Zahlia Ciftci	Quakers Hill	16.84Q	1
6 Kiara Telford	Mt Druitt	19.34Q	2
7 Alarnah Mckeown-Flack	Tallawong Park	17.91q	1
8 Naya Nasser	The Ponds	19.49q	2
9 Caroline Davidson	Lethbridge Park	19.84	1
10 Tahlia Punter	Lethbridge Park	22.74	2

Girls U 11 - 80 Metre Hurdles (60cm)

Zone: Z 15.10 2020		A.Burfoed, Blacktown		Final
Name	Age	Centre	Final	

Final

1 Bella Lobo	Minchinbury	16.28
2 Zahlia Ciftci	Quakers Hill	16.40
3 Maya Bryant	The Ponds	16.45
4 Harlow Olson	Quakers Hill	18.87
5 Naya Nasser	The Ponds	19.15
6 Kiara Telford	Mt Druitt	19.26
7 Alarnah Mckeown-Flack	Tallawong Park	23.36
8 Alex-Jane Burns	Doonside	30.64

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 12 - 80 Metre Hurdles (68cm)

Zone: Z 16.47 2020 T.Kumar, PROS			
Name	Age	Centre	Heats H#
Heats			
1 Achala Athum		Blacktown	Z 16.03Q 2
2 Ariella Foster		Blacktown	16.61Q 1
3 Luvini Dissanyake		Doonside	Z 16.12Q 2
4 Ria Kaponikolos		Blacktown	17.74Q 1
5 Olivia Vrataric		Blacktown	17.01Q 2
6 Alexis Conaty		Tallawong Park	19.44Q 1
7 Tahleah Mitchell		Minchinbury	18.37q 2
8 Tahlia Nolan		Minchinbury	19.67q 1
9 Willow Dartnell		Lethbridge Park	20.19 1
10 Emalyn Shaw		Mt Druitt	20.79 2
11 Eva Gorringer		Blacktown	21.98 1
12 Laura Freeman		Lethbridge Park	25.04 1

Girls U 12 - 80 Metre Hurdles (68cm)

Zone: Z 16.47 2020 T.Kumar, PROS			
Name	Age	Centre	Final
Final			
1 Ariella Foster		Blacktown	15.61Z
2 Achala Athum		Blacktown	15.67Z
3 Ria Kaponikolos		Blacktown	15.93Z
4 Luvini Dissanyake		Doonside	16.31Z
5 Olivia Vrataric		Blacktown	16.59
6 Tahlia Nolan		Minchinbury	17.41
7 Tahleah Mitchell		Minchinbury	19.21
8 Alexis Conaty		Tallawong Park	19.52

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 13.84 2010 B.Kirk, Doonside			
Name	Age	Centre	Final
1 Eva Bryant		The Ponds	14.72

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.96 2015 T.Campbell, Doonside			
Name	Age	Centre	Final
1 Shay-Leigh Punter		Lethbridge Park	21.37

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 15.84 2012 B.Kirk, Doonside			
Name	Age	Centre	Final
1 Achol Mow		Prospect	17.36

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
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Results

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 30.07 2016 C.Preston, Blacktown			
Name	Age	Centre	Final
1 Lauren Swindells		Quakers Hill	35.48
2 Mikayla Findlay		Tallawong Park	43.50

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 30.44 1999 B.Kirk, Doonside			
Name	Age	Centre	Final
1 Eva Bryant		The Ponds	35.45
2 Stella-rose Deluca		Doonside	45.21

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 50.20 2018 T.Ma'u, Doonside			
Name	Age	Centre	Final
1 Vera Boafo		Prospect	58.07
2 Shay-Leigh Punter		Lethbridge Park	1:04.43

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 47.96 2020 T.Ma'a, Doonside			
Name	Age	Centre	Final
1 Matilda Olson		Quakers Hill	56.90

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

Zone: Z 59.44 2001 Blacktown, BLACK				
Centre			Final	H#
1 The Ponds			1:02.25	1
1) Ava Littlejohn 9	2) Aubrey Howell 10			
3) Arielle Burville 11	4) Scarlett Nest 12			
2 Doonside			1:02.82	1
1) Bella Mammoliti 9	2) Madison Adams 10			
3) Azalyah Halangahu 11	4) Rubie Dauw 12			
3 Quakers Hill			1:03.03	2
1) Blake O'Donohue 9	2) Amelia Oxley 9			
3) Josephine Peter 11	4) Caylee Thornton 12			
4 Prospect			1:04.89	1
1) Giuliana Ullo 9	2) Grace Mow 10			
3) Arok Michael 11	4) Achok Mow 12			
5 Blacktown			1:06.27	1
1) Gabriella Delgado 9	2) Katrina Dhiman 10			
3) Ava Anthony 11	4) Achala Athum 12			
6 Minchinbury			1:07.52	1
1) Chloe Lobo 9	2) Holly Bugeja 10			
3) Harlow Pinto 10	4) Bella Lobo 11			
7 Tallawong Park			1:08.96	2
1) Georgia Malcolm 9	2) Matilda Edwards 9			
3) Alarnah Mckeown-Flack 11	4) Alexis Conaty 12			

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

8 Mt Druitt		1:14.36	1
1) Te-Reinga Talau 9	2) Sahara Swanson-Tu'umatavai 10		
3) Kiara Telford 11	4) Emalyn Shaw 12		
9 Lethbridge Park		1:14.44	2
1) Charlotte Kuehne 9	2) Sabrina Dartnell 10		
3) Annabelle Mathieson 11	4) Caroline Davidson 11		

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

Zone: Z 54.44 2010		Blacktown, Blacktown	
Centre			Final
1 Quakers Hill			52.61Z
1) Nadira Khoury 13	2) Matilda Oxley 14		
3) Kasey Wallace 15	4) Charlotte Blyth 15		
2 The Ponds			54.36Z
1) Stuti Thakur 13	2) Mary Dal Broi 14		
3) Avani Balini 12	4) Mya Scott 17		
3 Prospect			55.83
1) Adhieu Michael 13	2) Nyidier Mow 14		
3) Vera Boafo 15	4) Mia Patel 17		
4 Blacktown			57.47
1) Ria Kaponikolos 12	2) Lucia Smith 14		
3) Gabriella Baker 15	4) Taya Zammit 17		
5 Minchinbury			1:00.36
1) Tahlia Nolan 12	2) Abuk Majak 13		
3) Aliyah Mariner 13	4) Mahalea Pinto 14		
6 Lethbridge Park			1:06.56
1) Willow Dartnell 12	2) Cassandra Sasinszki 13		
3) Shay-Leigh Punter 15	4) Skye Marz 15		
-- Doonside			DQ
1) Luvini Dissanyake 12	2) Amelia Farag 14		
3) Hannah Farag 13	4) Isabella Parker 13		

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

Zone: Z 1.19m 1976		R.Burton, NEP	
Name	Age Centre		Final
1 Amelia Oxley	Quakers Hill		0.99m
2 Bella Mammoliti	Doonside		0.97m
3 Matilda Edwards	Tallawong Park		0.90m
4 Manohwa Sydney Arangi	Quakers Hill		0.90m
5 Amalie Kohary	The Ponds		0.90m
6 Anika Narayanasingh	Quakers Hill		0.85m
6 Melody Latta	Quakers Hill		0.85m
-- Kiara Krosman	Tallawong Park		NH
-- Paityn Parish	Tallawong Park		NH

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

Zone: Z 1.40m 2008		K.Shaw, Doonside	
Name	Age Centre		Final
1 Ava Choo	Blacktown		1.11m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

2	Aubrey Howell	The Ponds	0.96m
--	Sahara Swanson-Tu'umatav	Mt Druitt	NH

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

=====			
Zone: Z 1.42m 2009		K.Shaw, Doonside	
Name	Age	Centre	Final
=====			
1	Arielle Burville	The Ponds	1.32m
2	Ava Siataga	Quakers Hill	1.30m
3	Josephine Peter	Quakers Hill	1.14m
4	Elise Pauni	Prospect	1.12m
5	Deena Sinno	Quakers Hill	1.10m
--	Mia Ebejer	Minchinbury	NH

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

=====			
Zone: Z 1.53m 1995		J.Fisher, GIRR	
Name	Age	Centre	Final
=====			
1	Scarlett Nest	The Ponds	1.30m
2	Bronte Carr	Blacktown	1.28m
3	Elisha Odur	Doonside	1.20m
4	Olivia Vrataric	Blacktown	1.20m
5	Ria Kaponikolos	Blacktown	1.15m
6	Achala Athum	Blacktown	1.15m
6	Ariella Foster	Blacktown	1.15m
8	Eva Gorringe	Blacktown	1.15m
--	Jupmunn Grewal	Blacktown	NH

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

=====			
Zone: Z 1.55m 2004		S.Langridge, Blacktown	
Zone: Z 1.55m 2015		J.Airhumwunde, Mount Druitt	
Name	Age	Centre	Final
=====			
--	Emily Dawes	Tallawong Park	NH

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

=====			
Zone: Z 1.60m 1997		J.Fisher, DIRR	
Name	Age	Centre	Final
=====			
1	Bronte Parkin	Quakers Hill	1.45m
2	Mahalea Pinto	Minchinbury	1.25m
3	Ruby Dunn	The Ponds	1.20m
--	Lexie Beacroft	Quakers Hill	NH

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

=====			
Zone: Z 1.65m 2017		J.Airhumwundi, Minchinbury	
Name	Age	Centre	Final
=====			
1	Kasey Wallace	Quakers Hill	1.43m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

Zone: Z 1.55m 2018 C.Thorley, Doonside			
Name	Age	Centre	Final
1 Winny Lual		Prospect	1.45m
2 Mya Scott		The Ponds	1.25m
3 Catherine Ho		The Ponds	1.25m

Girls U 7 - Long Jump

Zone: Z 3.34m 1985 B.Smith, BLACK			
Name	Age	Centre	Final
1 Aganoa Iosefo-Fuavaa		Minchinbury	2.76m
2 Alessandra Birkic		Tallawong Park	2.74m
3 Georgia Oxley		Quakers Hill	2.62m
4 Mariah Mariner		Minchinbury	2.29m
5 Akut Malueth		Prospect	2.20m
6 Phoebe Petersen		Doonside	2.12m
7 Gurnaaz Grewal		Blacktown	1.97m
8 Evie Moore		The Ponds	1.92m
9 Ava Sharma		Tallawong Park	1.85m
10 Audrey Dartnell		Lethbridge Park	1.83m
11 Jasmine Judge		Minchinbury	1.82m
12 Montana De Roo		The Ponds	1.63m
13 Amelia Wallace		Quakers Hill	1.62m

Girls U 8 - Long Jump

Zone: Z 3.79m 1986 B.Smith, BLACK			
Name	Age	Centre	Final
1 Kuir Michael		Prospect	3.00m
2 Aaliyah Karbon		The Ponds	2.67m
3 Indiana Fabrellas		Quakers Hill	2.65m
4 Mackenzie Fuavaa		Minchinbury	2.59m
5 Lilian Hampton-Lander		Tallawong Park	2.55m
6 Kenzie Dauw		Doonside	2.44m
7 Lilian Malueth		Prospect	2.41m
8 Orla Fernando		Doonside	2.38m
9 Nylah Swanson-Tu'umatava		Mt Druitt	2.34m
10 Satori Saad		Prospect	2.23m
11 Kalane Oto		Minchinbury	2.23m
12 Meena Visweswaran		The Ponds	2.20m
13 Isadora Argall		Blacktown	2.12m
14 Aurora Ng		Blacktown	2.02m
15 Leilah Manesa		Lethbridge Park	1.98m
16 Dakota Little		Mt Druitt	1.95m
17 Ava-Leigh Medana		Tallawong Park	1.81m
18 Emily Freeman		Lethbridge Park	1.80m
19 Delta Bugeja		Minchinbury	1.76m
20 Dhyani Soni		The Ponds	1.50m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 9 - Long Jump

Zone: Z 3.83m 1985		M.Graham, DOON	
Name	Age Centre		Final
1	Ava Littlejohn	The Ponds	3.15m
2	Manohwa Sydney Arangi	Quakers Hill	3.11m
3	Mia Jacob-Flores	Quakers Hill	2.85m
4	Giuliana Ullo	Prospect	2.83m
5	Keeley Gabriel	The Ponds	2.82m
6	Taylor Morgan	The Ponds	2.79m
7	Charlotte Kuehne	Lethbridge Park	2.64m
8	Kahlani Gallagher	Tallawong Park	2.59m
9	Amalie Kohary	The Ponds	2.35m
10	Annabelle Macri	Tallawong Park	2.34m
11	Sophia Jug	Prospect	2.27m
12	Pahuldeep Kaur	Blacktown	1.88m

Girls U 10 - Long Jump

Zone: Z 4.29m 2002		F.Kelemete, MTDRU	
Name	Age Centre		Final
1	Therese Dal Broi	The Ponds	3.60m
2	Ava Choo	Blacktown	3.37m
3	Sarah Malueth	Prospect	3.25m
4	Navneet Kaur	Blacktown	3.09m
5	Harlow Pinto	Minchinbury	3.09m
6	Athieng Achiek	Quakers Hill	3.07m
7	Sahara Swanson-Tu'umatav	Mt Druitt	2.87m
8	Grace Mow	Prospect	2.87m
9	Aubrey Howell	The Ponds	2.79m
10	Larissa Jones	Tallawong Park	2.72m
11	Amelia Kannangara	Blacktown	2.62m
12	Swara Ahir	The Ponds	2.58m
13	Nilani Venba Sakthe Bala	Quakers Hill	2.49m
14	Holly Bugeja	Minchinbury	2.45m
15	Caitlin March	Quakers Hill	2.35m
16	Sabrina Dartnell	Lethbridge Park	2.10m
17	Paige Heap	Lethbridge Park	1.92m

Girls U 11 - Long Jump

Zone: Z 4.77m 2016		C.Nourdine, DOO	
Name	Age Centre		Final
1	Arielle Burville	The Ponds	4.23m
2	Maya Bryant	The Ponds	3.59m
3	Caitlyn Lee	Quakers Hill	3.53m
4	Repeta Masoe-Galo	The Ponds	3.51m
5	Paige Nolan-Thompson	Minchinbury	3.45m
6	Arok Michael	Prospect	3.42m
7	Azalyah Halangahu	Doonside	3.40m
8	Lilly Huang	Quakers Hill	3.34m
9	Alexa Fabrellas	Quakers Hill	2.98m
10	Deena Sinno	Quakers Hill	2.95m
11	Paige Stahl	Minchinbury	2.86m

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE**

Results

....Girls U 11 - Long Jump

12 Annabelle Mathieson	Lethbridge Park	2.80m
13 Naya Nasser	The Ponds	2.78m
14 Kiara Telford	Mt Druitt	2.77m
15 Brooke Fletcher	Tallawong Park	2.70m
16 Caroline Davidson	Lethbridge Park	2.20m
17 Tahlia Punter	Lethbridge Park	2.16m

Girls U 12 - Long Jump

Zone: Z 4.93m 2015		J.Laurance, DOO	
Name	Age Centre	Final	
1 Bronte Carr	Blacktown	4.10m	
2 Ariella Foster	Blacktown	3.95m	
3 Rubie Dauw	Doonside	3.73m	
4 Emily Oyoo	Prospect	3.73m	
5 Achala Athum	Blacktown	3.69m	
6 Alexis Conaty	Tallawong Park	3.67m	
7 Georgia Williams	Blacktown	3.65m	
8 Achok Mow	Prospect	3.64m	
9 Dakota Parkin	Quakers Hill	3.55m	
10 Elizabeth Malueth	Prospect	3.54m	
11 Tahlia Nolan	Minchinbury	3.49m	
12 Aditi Shetty	Blacktown	3.48m	
13 Caylee Thornton	Quakers Hill	3.46m	
14 Jesinta Thornton	Quakers Hill	3.34m	
15 Sienna Maniscalco	The Ponds	3.25m	
16 Madeleine Derbyshire	Quakers Hill	3.23m	
17 Jupmunn Grewal	Blacktown	3.11m	
18 Azal Kaur	Quakers Hill	3.11m	
19 Avani Balini	The Ponds	3.00m	
20 Luvini Dissanyake	Doonside	2.89m	
21 Willow Dartnell	Lethbridge Park	2.63m	
22 Emalyn Shaw	Mt Druitt	2.50m	
-- Makenzie Pittman	Doonside	ND	

Girls U 13 - Long Jump

Zone: Z 5.08m 2009		J.Kilititi, DOON	
Name	Age Centre	Final	
1 Stuti Thakur	The Ponds	4.56m	
2 Lauren Swindells	Quakers Hill	4.20m	
3 Aliyah Mariner	Minchinbury	3.82m	
4 Adhieu Michael	Prospect	3.72m	
5 Emily Dawes	Tallawong Park	3.59m	
6 Addison Jeyaratnam	Quakers Hill	3.54m	
7 Jade Latta	Quakers Hill	2.83m	

Girls U 14 - Long Jump

Zone: Z 5.58m 2017		Jessica Laurance, Doonside	
Name	Age Centre	Final	
1 Bronte Parkin	Quakers Hill	4.61m	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Girls U 14 - Long Jump

2	Mary Dal Broi	The Ponds	4.56m
3	Nyidier Mow	Prospect	4.47m
4	Amelia Farag	Doonside	4.46m
5	Akur Malueth	Prospect	4.24m
6	Larissa Ingram	Quakers Hill	4.21m
7	Ruby Dunn	The Ponds	4.03m
8	Dekota Howie	Mt Druitt	4.01m
9	Matilda Oxley	Quakers Hill	3.85m
10	Lucia Smith	Blacktown	3.64m
11	Lialeti Oto	Minchinbury	3.51m
12	Anvi Sharma	Blacktown	3.28m
13	Mahalea Pinto	Minchinbury	3.20m
14	Stella-rose Deluca	Doonside	2.79m
15	Dilpreet Kaur	Blacktown	2.49m

Girls U 15 - Long Jump

Zone: Z 5.14m 2010		D.Defoe, MTD RU	
Name	Age	Centre	Final
1	Kasey Wallace	Quakers Hill	4.82m
2	Kiana Banza	The Ponds	3.56m
3	Olivia Briggs	The Ponds	3.49m

Girls U 17 - Long Jump

Zone: Z 5.52m 2020		J.Lawrence, Doonside	
Name	Age	Centre	Final
1	Winy Lual	Prospect	4.65m
2	Mia Patel	Prospect	4.17m
3	Achol Mow	Prospect	3.74m
4	Mia-lee Evans Conn	Mt Druitt	3.71m
--	Isobel Gross	Mt Druitt	FOUL
--	Umara Hamdani	The Ponds	FOUL

Girls U 11 - Triple Jump

Zone: Z 10.47m 2016		C.Nourdine, DOO	
Name	Age	Centre	Final
1	Arielle Burville	The Ponds	8.73m
2	Ava Siataga	Quakers Hill	8.18m
3	Mia Ebejer	Minchinbury	7.68m
4	Zahlia Ciftci	Quakers Hill	7.49m
5	Isabelle Farag	Doonside	5.90m
6	Annabelle Mathieson	Lethbridge Park	5.58m

Girls U 12 - Triple Jump

Zone: Z 10.62m 2004		F.Asiata, DOON	
Name	Age	Centre	Final
1	Bronte Carr	Blacktown	8.85m
2	Scarlett Nest	The Ponds	8.71m

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE**

Results

...Girls U 12 - Triple Jump

3	Achala Athum	Blacktown	8.24m
4	Ariella Foster	Blacktown	7.87m
5	Emily Oyoo	Prospect	7.79m
6	Elizabeth Malueth	Prospect	7.76m
7	Rubie Dauw	Doonside	7.51m
8	Jupmunnn Grewal	Blacktown	7.40m
9	Dakota Parkin	Quakers Hill	7.34m
10	Tahleah Mitchell	Minchinbury	7.00m
11	Sienna Maniscalco	The Ponds	6.82m
12	Madeleine Derbyshire	Quakers Hill	6.52m
13	Arieana Smith	Tallawong Park	6.09m
14	Emalyn Shaw	Mt Druitt	5.41m

Girls U 13 - Triple Jump

=====
 Zone: Z 10.85m 2009 J.Kilititi, DOON
 Name Age Centre Final
 =====

1	Lauren Swindells	Quakers Hill	8.83m
2	Leah Mcsweeney	Doonside	8.76m
3	Stuti Thakur	The Ponds	8.59m
4	Aliyah Mariner	Minchinbury	7.86m
5	Emily Dawes	Tallawong Park	7.58m
6	Hannah Farag	Doonside	7.43m
7	Mikayla Findlay	Tallawong Park	7.11m
8	Japji Kaur	Blacktown	6.89m
9	Isabella Parker	Doonside	6.53m
10	Cassandra Sasinszki	Lethbridge Park	5.65m

Girls U 14 - Triple Jump

=====
 Zone: Z 10.94m 1996 E.O'Neill, GIRR
 Name Age Centre Final
 =====

1	Bronte Parkin	Quakers Hill	9.89m
2	Amelia Farag	Doonside	9.85m
3	Akur Malueth	Prospect	9.46m
4	Larissa Ingram	Quakers Hill	9.07m
5	Dekota Howie	Mt Druitt	8.49m
6	Lucia Smith	Blacktown	8.20m
7	Anvi Sharma	Blacktown	7.22m

Girls U 15 - Triple Jump

=====
 Zone: Z 11.45m 2010 D.Defoe, MTDRU
 Name Age Centre Final
 =====

1	Kasey Wallace	Quakers Hill	9.98m
2	Vera Boafo	Prospect	8.65m
3	Sarah Cummins	Quakers Hill	7.40m
4	Shay-Leigh Punter	Lethbridge Park	7.24m
5	Amy Christie	The Ponds	7.05m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 17 - Triple Jump

Zone: Z 11.76m 2022 R.Idris, BLA			
Name	Age	Centre	Final
1 Winny Lual		Prospect	10.76m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.25m 1994 T.Bird, MTDRU			
Name	Age	Centre	Final
1 Aganoa Iosefo-Fuavaa		Minchinbury	5.58m
2 Evie Moore		The Ponds	3.62m
3 Harriet Edwards		Tallawong Park	3.25m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.93m 2008 J.Moeroa, LPARK			
Name	Age	Centre	Final
1 Mackenzie Fuavaa		Minchinbury	4.90m
2 Kalane Oto		Minchinbury	4.79m
3 Indiana Fabrellas		Quakers Hill	4.52m
4 Madeleine Davis		Minchinbury	4.13m
5 Leilah Manesa		Lethbridge Park	3.68m
6 Emily Freeman		Lethbridge Park	2.79m
7 Dakota Little		Mt Druitt	2.21m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.81m 2010 S.Saua, DOON			
Name	Age	Centre	Final
1 Te-Reinga Talau		Mt Druitt	6.40m
2 Rosalee Harvey		Doonside	5.92m
3 Charlotte Strautins		The Ponds	5.44m
4 Paityn Parish		Tallawong Park	4.99m
5 Elizabeth Taufia		Mt Druitt	4.38m
6 Annabelle Macri		Tallawong Park	4.25m
7 Sierra Longhurst		Quakers Hill	3.85m
8 Anika Narayanasingh		Quakers Hill	3.75m
9 Emma Dawson		The Ponds	3.70m
10 Alison Koany		Prospect	2.98m
11 Pahuldeep Kaur		Blacktown	2.89m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 11.47m 2006 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Chloe Davis		Minchinbury	5.92m
2 Sally Dunn		The Ponds	5.11m
3 Grace Fenech		Prospect	5.08m
4 Lacey Hilton		Quakers Hill	4.82m
5 Elle Narkjang		Quakers Hill	4.72m
6 Caitlin March		Quakers Hill	4.55m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

7 Sarah Malueth	Prospect	4.29m
8 Alea van der Merwe	Quakers Hill	4.08m
9 Charlotte Sterbal	Minchinbury	3.40m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 13.64m 2007			F.Aokuso, BLACK
Name	Age Centre		Final
1 Arielle Burville	The Ponds		7.38m
2 Arok Michael	Prospect		6.38m
3 Isabelle Farag	Doonside		5.35m
4 Alexa Fabrellas	Quakers Hill		4.67m
5 Adhieu Achiek	Quakers Hill		4.24m
6 Mary Kay	Minchinbury		4.13m
7 Indy Pittman	Doonside		4.03m
8 Bethany Kay	Minchinbury		4.02m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 15.51m 2008			F.Aokuso, BLACK
Name	Age Centre		Final
1 Sanya Gupta	The Ponds		9.08m
2 Elizabeth Malueth	Prospect		8.62m
3 Scarlett Nest	The Ponds		8.53m
4 Mikaela Fenech	Prospect		8.33m
5 Ariella Foster	Blacktown		8.19m
6 Bronte Carr	Blacktown		7.15m
7 Georgia Williams	Blacktown		6.58m
8 Sally Malcolm	Tallawong Park		6.24m
9 Eva Gorringer	Blacktown		5.52m
10 Oceana Manesa	Lethbridge Park		5.23m
11 Addison Gall	Tallawong Park		5.10m
12 Katie Lucas	Quakers Hill		4.58m
13 Laura Freeman	Lethbridge Park		3.42m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 13.62m 2009			F.Aokuso, BLACK
Name	Age Centre		Final
1 Nadira Khoury	Quakers Hill		8.94m
2 Lauren Swindells	Quakers Hill		8.23m
3 Isabella Parker	Doonside		6.50m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 13.72m 2010			F.Aokuso, BLACK
Name	Age Centre		Final
1 Larissa Ingram	Quakers Hill		8.89m
2 Ruby Dunn	The Ponds		8.65m
3 Akur Malueth	Prospect		7.82m
4 Lexie Beacroft	Quakers Hill		6.50m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

5 Lialeti Oto	Minchinbury	6.41m
6 Hayley Yousef	Blacktown	5.95m
7 Anvi Sharma	Blacktown	5.82m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.03m 1998 S.Wood, BLACK			
Name	Age	Centre	Final
1 Jasmine Kaur		Quakers Hill	7.99m
2 Georgia Parsell		The Ponds	7.69m
3 Kiana Banza		The Ponds	7.28m
4 Olivia Briggs		The Ponds	7.04m
5 Reeghan Zammit		Blacktown	6.29m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 11.70m 2014 E.Rotunno, TAL			
Name	Age	Centre	Final
1 Mia-lee Evans Conn		Mt Druitt	9.56m
2 Achol Mow		Prospect	9.43m
3 Isobel Gross		Mt Druitt	4.52m

Girls U 7 - Discus (350 Gram)

Zone: Z 15.95m 2013 A.Scicluna, QUA			
Name	Age	Centre	Final
1 Aganoa Iosefo-Fuavaa		Minchinbury	11.95m
2 Alessandra Birkic		Tallawong Park	11.73m
3 Laura Abusalah		Quakers Hill	7.52m
4 Evie Moore		The Ponds	7.42m
5 Phoebe Petersen		Doonside	6.27m
6 Audrey Dartnell		Lethbridge Park	5.85m
7 Amelia Wallace		Quakers Hill	4.07m

Girls U 8 - Discus (500 Gram)

Zone: Z 20.04m 2009 S.Saua, LPARK			
Name	Age	Centre	Final
1 Madeleine Davis		Minchinbury	14.23m
2 Mackenzie Fuavaa		Minchinbury	13.99m
3 Indiana Fabrellas		Quakers Hill	12.85m
4 Kalane Oto		Minchinbury	9.98m
5 Kuir Michael		Prospect	9.03m
6 Emily Freeman		Lethbridge Park	6.86m
7 Delta Bugeja		Minchinbury	6.65m
8 Leilah Manesa		Lethbridge Park	6.58m
9 Dakota Little		Mt Druitt	6.03m
10 Ava-Leigh Medana		Tallawong Park	4.58m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 9 - Discus (500 Gram)

Zone: Z 25.72m 2010 S.Saua, DOON			
Name	Age	Centre	Final
1 Te-Reinga Talau		Mt Druitt	16.46m
2 Rosalee Harvey		Doonside	14.05m
3 Annabelle Macri		Tallawong Park	12.82m
4 Anika Narayanasingh		Quakers Hill	12.41m
5 Charlotte Strautins		The Ponds	10.84m
6 Paityn Parish		Tallawong Park	10.56m
7 Keeley Gabriel		The Ponds	9.74m
8 Sierra Longhurst		Quakers Hill	8.39m
9 Charlotte Kuehne		Lethbridge Park	8.27m
10 Pahuldeep Kaur		Blacktown	8.11m
11 Kiara Krosman		Tallawong Park	7.47m
12 Sophia Jug		Prospect	6.24m
13 Giuliana Ullo		Prospect	5.45m
14 Amina Hamdani		The Ponds	3.10m

Girls U 10 - Discus (500 Gram)

Zone: Z 34.11m 2006 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Chloe Davis		Minchinbury	14.16m
2 Sahara Swanson-Tu'umatav		Mt Druitt	14.12m
3 Sally Dunn		The Ponds	14.09m
4 Lacey Hilton		Quakers Hill	12.06m
5 Katrina Dhiman		Blacktown	11.99m
6 Holly Bugeja		Minchinbury	11.67m
7 Abigail Dawson		The Ponds	11.59m
8 Amelia Kannangara		Blacktown	10.32m
9 Mikayla Shaw		Mt Druitt	9.38m
10 Hargun Kaur Mettla		Blacktown	9.09m
11 Charlotte Sterbal		Minchinbury	9.07m
12 Swara Ahir		The Ponds	8.88m
13 Grace Fenech		Prospect	8.61m
14 Caitlin March		Quakers Hill	8.17m
15 Amelia Leleimalefaga		Quakers Hill	5.45m

Girls U 11 - Discus (500 Gram)

Zone: Z 30.56m 2019 A.Wong, MTD			
Name	Age	Centre	Final
1 Zahlia Ciftci		Quakers Hill	22.97m
2 Harlow Olson		Quakers Hill	17.89m
3 Alexa Fabrellas		Quakers Hill	17.22m
4 Caitlyn Lee		Quakers Hill	17.22m
5 Elise Pauni		Prospect	16.08m
6 Bethany Kay		Minchinbury	13.03m
7 Rene Abu Ganaba		Prospect	12.08m
8 Paige Stahl		Minchinbury	11.65m
9 Mary Kay		Minchinbury	10.30m
10 Indy Pittman		Doonside	9.86m
11 Adhieu Achiek		Quakers Hill	9.42m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 12 - Discus (750 Gram)

Zone: Z 45.83m 2008 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Azal Kaur		Quakers Hill	19.85m
2 Elizabeth Malueth		Prospect	16.94m
3 Mikaela Fenech		Prospect	16.51m
4 Sanya Gupta		The Ponds	16.38m
5 Bronte Carr		Blacktown	15.04m
6 Elke-Rose Bourne		Quakers Hill	14.47m
7 Dakota Parkin		Quakers Hill	13.88m
8 Jupmunn Grewal		Blacktown	13.68m
9 Oceana Manesa		Lethbridge Park	11.86m
10 Sally Malcolm		Tallawong Park	11.62m
11 Georgia Williams		Blacktown	10.69m
12 Willow Dartnell		Lethbridge Park	9.73m
13 Emalyn Shaw		Mt Druitt	8.30m
14 Laura Freeman		Lethbridge Park	6.28m

Girls U 13 - Discus (750 Gram)

Zone: Z 45.12m 2009 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Lauren Swindells		Quakers Hill	22.11m
2 Isabella Parker		Doonside	15.33m
3 Mikayla Findlay		Tallawong Park	15.26m
4 Aria Shah		The Ponds	14.28m
5 Jade Latta		Quakers Hill	11.36m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 42.60m 2010 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Ruby Dunn		The Ponds	21.12m
2 Larissa Ingram		Quakers Hill	20.49m
3 Nyidier Mow		Prospect	19.73m
4 Lexie Beacroft		Quakers Hill	19.40m
5 Dekota Howie		Mt Druitt	16.83m
6 Lialeti Oto		Minchinbury	16.70m
7 Destiny Pelasio		Lethbridge Park	16.02m
8 Hayley Yousef		Blacktown	15.56m
9 Lucia Smith		Blacktown	13.82m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 37.69m 2003 T.Richardson, BLACK			
Name	Age	Centre	Final
1 Vera Boafo		Prospect	21.73m
2 Jasmine Kaur		Quakers Hill	20.71m
3 Olivia Briggs		The Ponds	18.23m
4 Kiana Banza		The Ponds	17.93m
5 Reeghan Zammit		Blacktown	15.91m
6 Georgia Parsell		The Ponds	13.09m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

7 Elizabeth Sasinszki	Lethbridge Park	11.87m
8 Abigail Sasinszki	Lethbridge Park	9.49m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 37.88m 2014 E.Rotunno, TAL		
Name	Age Centre	Final
1 Matilda Olson	Quakers Hill	27.80m
2 Mia-lee Evans Conn	Mt Druitt	26.48m
3 Taya Zammit	Blacktown	20.08m
4 Kirra Gibson	Blacktown	17.69m
5 Ella O'Shea	Quakers Hill	11.19m

Girls U 11 - Javelin (400 Gram)

Zone: Z 19.42m 2018 S.Stanic, Prospect		
Name	Age Centre	Final
1 Bella Lobo	Minchinbury	10.14m
2 Isabelle Farag	Doonside	9.70m
3 Lilly Huang	Quakers Hill	7.12m

Girls U 12 - Javelin (400 Gram)

Zone: Z 25.34m 2022 S.Hill, DOON		
Name	Age Centre	Final
1 Dakota Parkin	Quakers Hill	20.37m
2 Oceana Manesa	Lethbridge Park	12.55m
3 Katie Lucas	Quakers Hill	12.34m
4 Eden Hampton-Lander	Tallowong Park	11.99m
5 Mikaela Fenech	Prospect	11.83m
6 Addison Gall	Tallowong Park	6.32m

Girls U 13 - Javelin (400 Gram)

Zone: Z 35.49m 2009 F.Aokuso, Blacktown		
Name	Age Centre	Final
1 Isabella Parker	Doonside	19.29m
2 Mikayla Findlay	Tallowong Park	15.50m
3 Hannah Farag	Doonside	12.95m
4 Japji Kaur	Blacktown	10.90m
5 Lydia Kaena	Lethbridge Park	10.25m
6 Adhieu Michael	Prospect	9.85m

Girls U 14 - Javelin (400 Gram)

Zone: Z 30.64m 2015 T.McLean, Blacktown		
Name	Age Centre	Final
1 Larissa Ingram	Quakers Hill	18.09m
2 Amelia Farag	Doonside	17.78m
3 Destiny Pelasio	Lethbridge Park	10.98m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

4	Hayley Yousef	Blacktown	10.59m
5	Stella-rose Deluca	Doonside	10.15m
6	Gianna Tabone	Tallawong Park	9.63m

Girls U 15 - Javelin (500 Gram)

Zone: Z 35.85m 2016 T.McClean, Blacktown			
Name	Age	Centre	Final
1	Olivia Briggs	The Ponds	23.99m
2	Jasmine Kaur	Quakers Hill	16.52m
3	Georgia Parsell	The Ponds	14.71m
4	Amy Christie	The Ponds	14.11m
5	Elizabeth Sasinszki	Lethbridge Park	13.97m
6	Abigail Sasinszki	Lethbridge Park	12.52m

Girls U 17 - Javelin (500 Gram)

Zone: Z 37.72m 2018 T.McLean, Doonside			
Name	Age	Centre	Final
1	Samantha Wilkinson	Quakers Hill	29.86m
2	Mia-lee Evans Conn	Mt Druitt	24.92m
3	Kirra Gibson	Blacktown	22.89m

Girls U 9 - 700 Metre Walk

Zone: Z 3:53.20 1997 K.Pertel, BLACK			
Name	Age	Centre	Final
1	Melody Latta	Quakers Hill	4:36.12
2	Hayley Pittman	Doonside	4:56.00
3	Sierra Longhurst	Quakers Hill	5:02.22
4	Rosalee Harvey	Doonside	5:19.96
5	Charlotte Strautins	The Ponds	5:53.17
6	Kiara Krosman	Tallawong Park	8:04.02

Girls U 10 - 1100 Metre Walk

Zone: Z 5:50.30 1996 P.Gough, DOON			
Name	Age	Centre	Final
1	Sabrina Dartnell	Lethbridge Park	8:53.77
2	Paige Heap	Lethbridge Park	10:43.67
--	Mikayla Shaw	Mt Druitt	DQ

Girls U 11 - 1100 Metre Walk

Zone: Z 5:40.80 1997 K.Evans, DOON			
Name	Age	Centre	Final
1	Harlow Olson	Quakers Hill	7:13.01
2	Naya Nasser	The Ponds	7:42.68
3	Alex-Jane Burns	Doonside	9:41.69
--	Paige Nolan-Thompson	Minchinbury	DQ

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Girls U 12 - 1500 Metre Walk

Zone: Z 7:31.70 1982 K.Strub, NEP			
Name	Age	Centre	Final
1 Gisele Jagurdzija		Blacktown	10:01.32
2 Eden Hampton-Lander		Tallawong Park	11:05.15
3 Makenzie Pittman		Doonside	11:18.65

Girls U 13 - 1500 Metre Walk

Zone: Z 7:23.40 1989 M.Coulter, BLACK			
Name	Age	Centre	Final
1 Hannah Farag		Doonside	9:42.30
2 Emily Dawes		Tallawong Park	10:37.83

Girls U 14 - 1500 Metre Walk

Zone: Z 7:16.30 2014 R.Roukos, Doonside			
Name	Age	Centre	Final
1 Lexie Beacroft		Quakers Hill	9:09.60
2 Dekota Howie		Mt Druitt	10:13.82
-- Rose Rostami		Quakers Hill	DQ
-- Guneet Benipal		Quakers Hill	DQ

Girls U 15 - 1500 Metre Walk

Zone: Z 6:26.90 1997 R.McAskill, DOON			
Name	Age	Centre	Final
1 Lilith Dartnell		Lethbridge Park	10:16.16

Girls U 17 - 1500 Metre Walk

Zone: Z 7:00.50 2014 J.Dighton, Lethbridge Park			
Name	Age	Centre	Final
1 Matilda Olson		Quakers Hill	8:06.23
2 Isobel Gross		Mt Druitt	11:27.40

Boys U 7 - 50 Metre Sprint

Zone: Z 8.68 2018 Z. Trindal, Doonside				
Name	Age	Centre	Final	H#
1 Kaiden Kasman		Quakers Hill	9.88	1
2 Udit Goyal		The Ponds	10.03	1
3 Esera Pelasio		Lethbridge Park	10.13	1
4 Zachary Medana		Tallawong Park	10.52	2
5 Kyrie Koopu		Doonside	10.76	2
6 Brodie Losos		Lethbridge Park	11.15	2
7 Michael Conaty		Tallawong Park	11.32	1
-- Joshua Koany		Prospect	DQ	2

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 7 - 70 Metre Sprint

Zone: Z 11.34 1984		N.Gale, GIRR	
Name	Age Centre	Heats	H#
Heats			
1 Kyrie Koopu	Doonside	13.96Q	2
2 Udit Goyal	The Ponds	13.98Q	1
3 Blake Taylor	Minchinbury	14.15Q	2
4 Akashveer Singh	Blacktown	14.32Q	1
5 Declan Ramasamy	The Ponds	14.25Q	2
6 Josiah Guardia	Prospect	14.58Q	1
7 Ranveer Singh	Blacktown	14.40q	2
8 Kohen Adams	Doonside	14.52q	2
9 Neth Agampodi De Zoysa	Doonside	14.53	2
10 Brodie Losos	Lethbridge Park	15.50	1
11 Michael Conaty	Tallawong Park	15.72	1

Boys U 7 - 70 Metre Sprint

Zone: Z 11.34 1984		N.Gale, GIRR	
Name	Age Centre	Final	
Final			
1 Kyrie Koopu	Doonside	13.70	
2 Udit Goyal	The Ponds	13.89	
3 Declan Ramasamy	The Ponds	14.03	
4 Josiah Guardia	Prospect	14.20	
5 Blake Taylor	Minchinbury	14.35	
6 Kohen Adams	Doonside	14.65	

Boys U 8 - 70 Metre Sprint

Zone: Z 11.24 2001		A.Neville, Blacktown	
Zone: Z 11.24 1976		J.Burell, GIRR	
Zone: Z 11.24 1981		J.Zabiello, NEP	
Name	Age Centre	Heats	H#
Heats			
1 Reupena-roman Tuiafiso	Doonside	11.46Q	1
2 Rylan Potoi	Quakers Hill	11.64Q	3
3 Luke Lincoln	The Ponds	12.50Q	2
4 Oliver Wenban	The Ponds	12.18Q	3
5 Isaiah N Williams	Minchinbury	12.58Q	1
6 Daniel Chetty	Blacktown	12.60Q	2
7 Grayson Nasio	Doonside	12.37q	3
8 Ishaan Balamurali	The Ponds	12.97q	2
9 Spencer Thompson	Tallawong Park	13.06	1
10 Harry Lee	Quakers Hill	13.29	1
11 Orlando Osborne	Blacktown	13.34	3
12 Barnabas Taku	Doonside	13.44	3
13 Jeremiah Shuker	The Ponds	13.57	3
14 Divit Saxena	The Ponds	14.46	3
15 Blake Upton	Quakers Hill	14.56	1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 8 - 70 Metre Sprint

Zone: Z 11.24	2001	A.Neville, Blacktown
Zone: Z 11.24	1976	J.Burell, GIRR
Zone: Z 11.24	1981	J.Zabiello, NEP

Name	Age	Centre	Final
Final			
1 Reupena-roman Tuiafiso		Doonside	11.04Z
2 Rylan Potoi		Quakers Hill	11.32
3 Oliver Wenban		The Ponds	11.97
4 Luke Lincoln		The Ponds	12.15
5 Grayson Nasio		Doonside	12.34
6 Isaiah N Williams		Minchinbury	12.45
7 Daniel Chetty		Blacktown	12.64
8 Ishaan Balamurali		The Ponds	13.05

Boys U 9 - 70 Metre Sprint

Zone: Z 10.74	2000	G.Waddell, LPARK
Zone: Z 10.74	2008	T.Lene, Doonside

Name	Age	Centre	Heats	H#
Heats				
1 Louis Lee		Lethbridge Park	11.08Q	1
2 Stanley Jug		Prospect	11.61Q	2
3 Kyran Mckeown-Flack		Tallawong Park	11.75Q	3
4 Cohen Millard		The Ponds	11.53Q	1
5 Ueta Masoe-Galo		The Ponds	12.28Q	2
6 Moule Isaac		Mt Druitt	12.38Q	3
7 Meth Agampodi De Zoysa		Doonside	11.55q	1
8 Savindu Senevirathna		Quakers Hill	12.20q	1
9 Logan Huang		Quakers Hill	12.34	2
10 Rishaank Mayank Kansal		Blacktown	12.63	2
11 Arin Dixit		Blacktown	12.70	3
12 Riyon Kosvinna		Quakers Hill	12.90	3
13 Sanithu Hettiarachchi		Doonside	13.25	1
14 Blake Laing		The Ponds	13.32	2
15 Elijah Tripney		The Ponds	13.53	1
16 Shaarav Saxena		The Ponds	15.06	2
17 Jayan Maharjan		Minchinbury	15.60	3

Boys U 9 - 70 Metre Sprint

Zone: Z 10.74	2000	G.Waddell, LPARK
Zone: Z 10.74	2008	T.Lene, Doonside

Name	Age	Centre	Final
Final			
1 Louis Lee		Lethbridge Park	11.03
2 Cohen Millard		The Ponds	11.28
3 Meth Agampodi De Zoysa		Doonside	11.32
4 Stanley Jug		Prospect	11.52
5 Kyran Mckeown-Flack		Tallawong Park	11.78
6 Savindu Senevirathna		Quakers Hill	12.02
7 Ueta Masoe-Galo		The Ponds	12.27
8 Moule Isaac		Mt Druitt	12.44

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 10 - 70 Metre Sprint

Name	Age	Centre	Heats	H#
Zone: Z 10.14 2018 M.Konstantino, Doonside				
Zone: Z 10.14 2009 T.Lene, Doonside				
Heats				
1 Tyreece Stanley		Lethbridge Park	10.99Q	1
2 Harlem Pinto		Minchinbury	11.33Q	2
3 Samisoni Wykes		Quakers Hill	11.35Q	2
4 Caleb Irving		Doonside	11.42Q	1
5 Sreyaan Banik		Blacktown	11.51Q	1
6 Nathaniel Oyoo		Prospect	11.69Q	2
7 Lucas Conti		Blacktown	11.57q	1
8 Cooper Smith		Tallawong Park	12.03q	1
9 Jacob Spadaro		Prospect	12.61	2
10 Isaiah Nasio		Doonside	12.88	2
11 Ethan Chetty		Blacktown	13.06	1
12 Kayleb Annabel		Mt Druitt	13.07	1
13 Ivan Aguasa		Quakers Hill	13.85	2

Boys U 10 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 10.14 2018 M.Konstantino, Doonside			
Zone: Z 10.14 2009 T.Lene, Doonside			
Final			
1 Tyreece Stanley		Lethbridge Park	10.81
2 Caleb Irving		Doonside	10.98
3 Samisoni Wykes		Quakers Hill	11.29
4 Sreyaan Banik		Blacktown	11.35
5 Lucas Conti		Blacktown	11.39
6 Harlem Pinto		Minchinbury	11.47
7 Nathaniel Oyoo		Prospect	11.70
8 Cooper Smith		Tallawong Park	12.04

Boys U 7 - 100 Metre Sprint

Name	Age	Centre	Final	H#
Zone: Z 16.54 1982 J.Fineberg, BLACK				
1 Kody Krosman		Tallawong Park	18.54	3
2 Kaiden Kasman		Quakers Hill	18.61	3
3 Mangar Dot		Prospect	18.79	2
4 Udit Goyal		The Ponds	19.12	2
5 Kyrie Koopu		Doonside	19.56	1
6 Declan Ramasamy		The Ponds	19.69	3
7 Akashveer Singh		Blacktown	20.07	1
8 Ranveer Singh		Blacktown	20.15	1
9 Esera Pelasio		Lethbridge Park	20.49	3
10 Kohen Adams		Doonside	20.53	2
11 Neth Agampodi De Zoysa		Doonside	20.85	2
12 Gurman Singh		Minchinbury	20.97	1
13 Tom Costina		Quakers Hill	21.09	3
14 Daniel Richardson		Blacktown	21.86	3
15 Oliver Tripney		The Ponds	22.53	3

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 7 - 100 Metre Sprint

16 Xavier Tyler	Doonside	22.59	2
17 Wyatt Parish	Tallawong Park	22.62	2
18 Michael Conaty	Tallawong Park	22.89	2
19 Dale Petersen	Doonside	23.71	1

Boys U 8 - 100 Metre Sprint

Zone: Z 15.54 1999		G.Waddell, LPARK	
Name	Age Centre	Final	H#
1 Reupena-roman Tuiafiso	Doonside	15.32Z	2
2 Rylan Potoi	Quakers Hill	16.06	3
3 Zion Ruka	Doonside	16.27	2
4 Ojas Thakur	The Ponds	16.50	1
5 Luke Lincoln	The Ponds	16.54	1
6 Oliver Wenban	The Ponds	16.82	2
7 Grayson Nasio	Doonside	17.35	1
8 Suvir Jain	Quakers Hill	17.44	3
9 Akech Achiek	Quakers Hill	17.48	3
10 Isaiah N Williams	Minchinbury	17.49	2
11 Kaylis Bhatt	Prospect	17.84	3
12 Harry Lee	Quakers Hill	18.17	2
13 Ishaan Balamurali	The Ponds	18.19	2
14 Barnabas Taku	Doonside	18.71	2
15 Spencer Thompson	Tallawong Park	18.85	3
16 Luca Abbott	The Ponds	19.47	3
17 Julian Stojanovski	Blacktown	19.80	1
18 Amay Soni	The Ponds	20.47	1
19 Mahir Bhanot	Blacktown	20.59	1

Boys U 9 - 100 Metre Sprint

Zone: Z 14.64 2001		A.Jenner, Blacktown	
Name	Age Centre	Final	H#
1 Louis Lee	Lethbridge Park	14.92	2
2 Joshua Abusalah	Quakers Hill	15.05	1
3 Cohen Millard	The Ponds	15.84	3
4 Stanley Jug	Prospect	15.90	1
5 Meth Agampodi De Zoysa	Doonside	15.93	3
6 Benji Mikirtoumov	Minchinbury	16.00	3
7 Kyran Mckeown-Flack	Tallawong Park	16.30	2
8 Neil Bapat	Blacktown	16.44	2
9 Dot Dot	Prospect	16.48	1
10 Savindu Senevirathna	Quakers Hill	16.55	1
11 Ueta Masoe-Galo	The Ponds	17.16	3
12 Anish Gurram	The Ponds	17.30	2
13 Arin Dixit	Blacktown	17.50	3
14 Maddison Caines	Doonside	17.97	1
15 Jack Little	Mt Drutt	19.32	2

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 10 - 100 Metre Sprint

Zone: Z 14.14 2001		G.Waddell, Lethbridge Park	
Zone: Z 14.14 2009		T.Lene, Doonside	
Name	Age Centre	Final	H#
1 Jackson Brown	The Ponds	14.92	2
2 Harlem Pinto	Minchinbury	15.23	3
3 Oliver Sathiavan	Quakers Hill	15.41	1
4 Shiva Visweswaran	The Ponds	15.45	3
5 Nathaniel Oyoo	Prospect	15.80	3
6 Lucas Conti	Blacktown	15.88	2
7 Samisoni Wykes	Quakers Hill	15.90	2
8 Sreyaan Banik	Blacktown	15.93	2
9 Harrison Wenban	The Ponds	16.31	3
10 Lucas Odur	Doonside	16.38	1
11 Malek Michael	Prospect	16.66	1
12 Cooper Smith	Tallawong Park	17.04	1
13 Vihaan Naithani	Blacktown	17.92	2
14 Ivan Aguasa	Quakers Hill	18.27	1
15 Jack Richardson	Blacktown	18.91	3

Boys U 11 - 100 Metre Sprint

Zone: Z 13.69 2015		N.Ohiaeri, Lethbridge Park	
Name	Age Centre	Final	H#
1 Ben Spadaro	Prospect	13.67Z	1
2 Patrick Boafo	Prospect	14.29	1
3 Elijah Guardia	Prospect	14.54	1
4 Francis Fernando	Doonside	14.95	1
5 Dorian Vakarau	Prospect	15.09	1
6 Tristan Ramasamy	The Ponds	15.12	1
7 Tate De Roo	The Ponds	15.30	2
8 Samual Angallo	Prospect	15.74	2
9 Keenan Pennycook	Prospect	16.13	3
10 Harrison Freeman	Lethbridge Park	17.25	1
11 Mohammad Barham	The Ponds	17.53	1
12 Austin Howard	Doonside	19.88	3

Boys U 12 - 100 Metre Sprint

Zone: Z 13.10 2016		N.Ohiaeri, Lethbridge Park	
Name	Age Centre	Final	H#
1 Joshua Olarewaju	Mt Druitt	13.67	3
2 Ryder Chalouf	Tallawong Park	14.62	2
3 Quinn Jeffrey	Tallawong Park	14.83	3
4 Kylan Zammit	Blacktown	14.90	2
5 Sam Kome	Prospect	15.31	3
6 Noah Onorato	Quakers Hill	15.69	2
7 Hunter Howie	Mt Druitt	16.20	1
8 Joel Martin	Doonside	16.33	1
9 Mason Howell	The Ponds	16.34	1
10 Jacob Mammoliti	Doonside	16.67	3
11 Elijah Taufia	Mt Druitt	17.49	3

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 13 - 100 Metre Sprint

Zone: Z 12.14 2009		A.Ganaba Abu, Blacktown	
Name	Age Centre	Final	H#
1 Noah Bajada	Tallowong Park	12.19	1
2 Jeremy Boafo	Prospect	12.76	2
3 Riley Ncube	Prospect	13.12	3
4 Jude Dunn	Minchinbury	13.38	2
5 Cohen Burville	The Ponds	13.43	1
6 Elijah Koopu	Doonside	13.54	3
7 Benjamin Nasio	Doonside	14.07	3
8 Vishnu Visweswaran	The Ponds	14.30	2
9 Jarwyn Quartey	Doonside	14.79	3
10 Steve Elton	Mt Druitt	14.93	1
11 Prithvi Prakash Stalin	Quakers Hill	15.23	2
12 Jacob Olive	Tallowong Park	15.43	3
13 Kianoaloha Masoe-Galo	The Ponds	16.32	1
14 Latu Manako	Doonside	16.49	3
15 Aarav Gairola	Quakers Hill	16.56	2
16 Ruvindu Senevirathna	Quakers Hill	16.61	2

Boys U 14 - 100 Metre Sprint

Zone: Z 11.74 2012		B.O'Donnell, Doonside	
Name	Age Centre	Final	H#
1 Sevy Tom Fenil	The Ponds	12.17	3
2 Adam Nasser	The Ponds	12.29	2
3 Aiden Slater	Minchinbury	12.78	1
4 Thomas Clarke	Tallowong Park	12.84	2
5 Kaiden Laing	The Ponds	12.96	2
6 Payton Tuifelasi	Doonside	12.98	3
7 Kori Torrisheba	Quakers Hill	13.01	1
8 Owen Davis	Blacktown	13.13	3
9 Maxx Patel	Prospect	13.46	1
10 Sasa Koji	Mt Druitt	13.78	2
11 Maanan Arora	Blacktown	14.31	1
12 Jarryd Rawlings	Tallowong Park	14.45	1
13 Prince-Tao Masoe-Galo	The Ponds	14.71	3
14 Harley Pittman	Doonside	14.95	3
15 Jason Hart	Doonside	15.74	1
16 Bailee Dewberry	Tallowong Park	15.83	2
17 Ryan Roberts	Tallowong Park	30.11	1

Boys U 15 - 100 Metre Sprint

Zone: Z 11.54 2009		T. Soliman, Blacktown	
Name	Age Centre	Final	
1 Alex Spadaro	Prospect	11.77	
2 Ethan Aguasa	Quakers Hill	12.19	
3 Xavier Fenech	Prospect	12.54	
4 Christian Derbyshire	Quakers Hill	13.01	
5 Nikhel Raj	The Ponds	13.50	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 17 - 100 Metre Sprint

Zone: Z 11.20 2019		J.Hayter, Doonside	
Name	Age Centre	Final	H#
1 Zackary Armitage	Prospect	11.50	2
2 Lachlan Findlay	Tallawong Park	11.76	1
3 Michael Jabbour	Prospect	11.79	2
4 James Utete	Quakers Hill	11.83	2
5 Kevin Bosco	The Ponds	11.91	2
6 Derrick Acellam Oyoo	Prospect	11.94	2
7 Rhyu Torrisheba	Quakers Hill	12.41	2
8 Connor Crisp	The Ponds	12.45	2
9 Tanmay Chandekar	The Ponds	12.48	1
10 Dhruvan Obineedi	Blacktown	13.05	1
11 Jad Nasser	The Ponds	13.12	1
12 Robbie Parker	Lethbridge Park	13.71	2
13 Steven Holbourn	Prospect	14.88	1
14 Zachary Dawes	Tallawong Park	21.99	1
15 Bradwell Kwok	Prospect	26.00	1

Boys U 7 - 200 Metre Sprint

Zone: Z 34.24 1980		B.Scanlon, PEN	
Zone: Z 34.24 1982		J.Fineberg, BLACK	
Name	Age Centre	Heats	H#
Heats			
1 Mangar Dot	Prospect	39.36Q	1
2 Udit Goyal	The Ponds	42.67Q	2
3 Kody Krosman	Tallawong Park	39.44Q	1
4 Gurman Singh	Minchinbury	45.16Q	2
5 Kyrie Koopu	Doonside	41.15Q	1
6 Blake Taylor	Minchinbury	46.18Q	2
7 Zachary Medana	Tallawong Park	45.85q	1
8 Daniel Richardson	Blacktown	47.35q	1
9 Josiah Guardia	Prospect	48.89	1
10 Dale Petersen	Doonside	49.65	2
-- Kohen Adams	Doonside	DQ	2
-- Xavier Tyler	Doonside	DQ	2

Boys U 7 - 200 Metre Sprint

Zone: Z 34.24 1980		B.Scanlon, PEN	
Zone: Z 34.24 1982		J.Fineberg, BLACK	
Name	Age Centre	Final	
Final			
1 Kody Krosman	Tallawong Park	38.97	
2 Mangar Dot	Prospect	39.22	
3 Kyrie Koopu	Doonside	42.39	
4 Udit Goyal	The Ponds	42.67	
5 Gurman Singh	Minchinbury	44.20	
6 Zachary Medana	Tallawong Park	45.34	
7 Blake Taylor	Minchinbury	45.85	
8 Daniel Richardson	Blacktown	49.03	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 8 - 200 Metre Sprint

Zone: Z 32.14 1981 B.Rogers, LAL			
Name	Age	Centre	Heats H#
Heats			
1 Zion Ruka		Doonside	33.93Q 1
2 Oliver Wenban		The Ponds	37.90Q 3
3 Ojas Thakur		The Ponds	39.00Q 2
4 Isaiah N Williams		Minchinbury	39.00Q 1
5 Julian Stojanovski		Blacktown	39.88Q 2
6 Jeremiah Shuker		The Ponds	41.17Q 3
7 Ishaan Balamurali		The Ponds	39.70q 1
8 Harry Lee		Quakers Hill	41.31q 2
9 Marly Cabardo		Doonside	41.43 3
10 Dylan Karannagoda		Doonside	43.02 1
11 Blake Upton		Quakers Hill	43.20 3
12 Mahir Bhanot		Blacktown	45.19 2
13 Divit Saxena		The Ponds	45.30 2

Boys U 8 - 200 Metre Sprint

Zone: Z 32.14 1981 B.Rogers, LAL			
Name	Age	Centre	Final
Final			
1 Zion Ruka		Doonside	33.59
2 Oliver Wenban		The Ponds	34.74
3 Ojas Thakur		The Ponds	34.82
4 Isaiah N Williams		Minchinbury	38.97
5 Julian Stojanovski		Blacktown	39.33
6 Harry Lee		Quakers Hill	39.87
7 Ishaan Balamurali		The Ponds	40.05
8 Jeremiah Shuker		The Ponds	40.62

Boys U 9 - 200 Metre Sprint

Zone: Z 30.54 1984 P.Zelasko, GIRR			
Name	Age	Centre	Heats H#
Heats			
1 Stanley Jug		Prospect	33.42Q 2
2 Dot Dot		Prospect	34.60Q 1
3 Aaron Sangwan		The Ponds	33.97Q 2
4 Neil Bapat		Blacktown	34.61Q 1
5 Savindu Senevirathna		Quakers Hill	35.47Q 2
6 Hayden Upton		Quakers Hill	36.86Q 1
7 Samuel Thompson		Prospect	37.28q 2
8 Hayden Le		The Ponds	37.42q 1
9 Moule Isaac		Mt Druitt	38.04 2
10 Sanithu Hettiarachchi		Doonside	40.03 1
11 Jack Little		Mt Druitt	40.14 1
12 Austin De Roo		The Ponds	42.23 1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 9 - 200 Metre Sprint

Zone: Z 30.54 1984 P.Zelasko, GIRR			
Name	Age	Centre	Final
Final			
1 Stanley Jug		Prospect	33.25
2 Aaron Sangwan		The Ponds	33.32
3 Neil Bapat		Blacktown	35.22
4 Dot Dot		Prospect	35.56
5 Hayden Le		The Ponds	36.79
6 Savindu Senevirathna		Quakers Hill	36.96
7 Hayden Upton		Quakers Hill	38.86
8 Samuel Thompson		Prospect	40.71

Boys U 10 - 200 Metre Sprint

Zone: Z 29.64 2001 G.Waddell, Lethbridge Park				
Name	Age	Centre	Heats	H#
Heats				
1 Harlem Pinto		Minchinbury	32.71Q	2
2 Nathaniel Oyoo		Prospect	34.34Q	1
3 Oliver Sathiavan		Quakers Hill	32.92Q	2
4 Shiva Visweswaran		The Ponds	34.47Q	1
5 Jacob Onorato		Quakers Hill	33.75Q	2
6 Malek Michael		Prospect	36.13Q	1
7 Tyreece Stanley		Lethbridge Park	34.37q	2
8 Sreyaan Banik		Blacktown	35.56q	2
9 Lucas Odur		Doonside	36.27	1
10 Harrison Wenban		The Ponds	36.49	1
11 Jack Richardson		Blacktown	41.11	1
12 Dylan Zhou		The Ponds	41.64	1
13 Jax Collins		Mt Druitt	41.68	1

Boys U 10 - 200 Metre Sprint

Zone: Z 29.64 2001 G.Waddell, Lethbridge Park			
Name	Age	Centre	Final
Final			
1 Harlem Pinto		Minchinbury	31.86
2 Oliver Sathiavan		Quakers Hill	31.95
3 Nathaniel Oyoo		Prospect	33.70
4 Tyreece Stanley		Lethbridge Park	33.82
5 Sreyaan Banik		Blacktown	34.02
6 Malek Michael		Prospect	34.92
6 Shiva Visweswaran		The Ponds	34.92

Boys U 11 - 200 Metre Sprint

Zone: Z 27.69 2015 N.Ohiaeri, Lethbridge Par				
Name	Age	Centre	Heats	H#
Heats				
1 Ben Spadaro		Prospect	29.97Q	3
2 Patrick Boafo		Prospect	31.15Q	2

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 11 - 200 Metre Sprint

3	Levi Mikirtoumov	Minchinbury	32.43Q	1
4	Elijah Guardia	Prospect	31.69Q	3
5	Tristan Ramasamy	The Ponds	32.46Q	2
6	Mohammad Barham	The Ponds	39.01Q	1
7	Koby Watson	Quakers Hill	32.51q	2
8	Samual Angallo	Prospect	32.84q	3
9	Aaron Job	Tallawong Park	33.36	3
10	Oscar Baker	Blacktown	35.05	2
11	Jay May	Lethbridge Park	40.36	3
12	Cooper Paegle-Wright	Lethbridge Park	53.42	3

Boys U 11 - 200 Metre Sprint

=====
 Zone: Z 27.69 2015 N.Ohiaeri, Lethbridge Par
 Name Age Centre Final
 =====

Final

1	Ben Spadaro	Prospect	29.47
2	Patrick Boafo	Prospect	29.61
3	Elijah Guardia	Prospect	30.98
4	Levi Mikirtoumov	Minchinbury	31.33
5	Koby Watson	Quakers Hill	32.39
6	Samual Angallo	Prospect	33.01
7	Tristan Ramasamy	The Ponds	33.41
8	Mohammad Barham	The Ponds	40.91

Boys U 12 - 200 Metre Sprint

=====
 Zone: Z 26.34 1989 S.Brooker, DOON
 Name Age Centre Final
 =====

1	Callum McMillan	The Ponds	30.19
2	Ryder Chalouf	Tallawong Park	30.55
3	Kylan Zammit	Blacktown	31.08
4	Sam Kome	Prospect	31.38
5	Quinn Jeffrey	Tallawong Park	31.83
6	Sage Villacorta	Tallawong Park	33.03
7	Jenson van der Merwe	Quakers Hill	34.20

Boys U 13 - 200 Metre Sprint

=====
 Zone: Z 25.14 2009 T.Soliman, Blacktown
 Zone: Z 25.14 2011 B.O'Donnell, Doonside
 Name Age Centre Heats H#
 =====

Heats

1	Noah Bajada	Tallawong Park	25.52Q	2
2	Cohen Burville	The Ponds	27.17Q	1
3	Jeremy Boafo	Prospect	27.51Q	2
4	Riley Ncube	Prospect	28.27Q	1
5	Benjamin Nasio	Doonside	28.59Q	2
6	Jarwyn Quartey	Doonside	30.52Q	1
7	Seth Rigoli	Prospect	31.49q	2
8	Christopher Morgan	Prospect	32.56q	2
9	Steve Elton	Mt Drutt	32.78	1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 13 - 200 Metre Sprint

10 Prithvi Prakash Stalin	Quakers Hill	33.22	1
11 Aarav Gairola	Quakers Hill	35.24	2
12 Ruvindu Senevirathna	Quakers Hill	35.55	1
13 Hayden Barbuto	Quakers Hill	38.32	2

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 25.14	2009	T.Soliman, Blacktown	
Zone: Z 25.14	2011	B.O'Donnell, Doonside	
Name	Age	Centre	Final
=====			

Final

1 Noah Bajada	Tallawong Park	25.11Z
2 Jeremy Boafo	Prospect	26.51
3 Cohen Burville	The Ponds	27.43
4 Riley Ncube	Prospect	27.51
5 Benjamin Nasio	Doonside	28.06
6 Seth Rigoli	Prospect	36.07

Boys U 14 - 200 Metre Sprint

=====			
Zone: Z 23.74	2012	B.O'Donnell, Doonside	
Name	Age	Centre	Heats H#
=====			

Heats

1 Sevy Tom Fenil	The Ponds	24.45Q	2
2 Thomas Clarke	Tallawong Park	25.93Q	3
3 Kori Torrisheba	Quakers Hill	26.99Q	1
4 Adam Nasser	The Ponds	26.00Q	2
5 Payton Tuifelasi	Doonside	26.57Q	3
6 Kaiden Laing	The Ponds	27.63Q	1
7 Owen Davis	Blacktown	26.57q	2
8 Aiden Slater	Minchinbury	26.60q	3
9 Maxx Patel	Prospect	28.00	3
10 Sasa Koji	Mt Druitt	28.57	2
11 Maanan Arora	Blacktown	30.37	1
12 Harley Pittman	Doonside	31.31	2
13 Prince-Tao Masoe-Galo	The Ponds	32.20	1
14 Jason Hart	Doonside	34.74	1

Boys U 14 - 200 Metre Sprint

=====			
Zone: Z 23.74	2012	B.O'Donnell, Doonside	
Name	Age	Centre	Final
=====			

Final

1 Sevy Tom Fenil	The Ponds	24.87
2 Adam Nasser	The Ponds	25.10
3 Thomas Clarke	Tallawong Park	25.85
4 Kori Torrisheba	Quakers Hill	26.42
5 Kaiden Laing	The Ponds	26.45
6 Aiden Slater	Minchinbury	26.45
7 Owen Davis	Blacktown	27.28

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 15 - 200 Metre Sprint

Zone: Z 22.54 1995 A.Pomeroy, DOON			
Name	Age	Centre	Final
1 Alex Spadaro		Prospect	24.36
2 Xavier Fenech		Prospect	26.51
3 Christian Derbyshire		Quakers Hill	26.93
4 Nikhel Raj		The Ponds	27.43

Boys U 17 - 200 Metre Sprint

Zone: Z 22.44 2012 A.Abuganaba, Blacktown				
Name	Age	Centre	Heats	H#
Heats				
1 Zackary Armitage		Prospect	24.24Q	1
2 Lachlan Findlay		Tallawong Park	24.61Q	2
3 Derrick Acellam Oyoo		Prospect	24.32Q	1
4 Michael Jabbour		Prospect	25.26Q	2
5 Alexander Ayre		Tallawong Park	24.70Q	1
6 Tanmay Chandekar		The Ponds	25.75Q	2
7 Jad Nasser		The Ponds	28.11q	2
8 Zachary Dawes		Tallawong Park	1:05.79q	1
-- James Utete		Quakers Hill	DQ	1

Boys U 17 - 200 Metre Sprint

Zone: Z 22.44 2012 A.Abuganaba, Blacktown			
Name	Age	Centre	Final
Final			
1 Zackary Armitage		Prospect	23.40
2 Lachlan Findlay		Tallawong Park	23.79
3 Derrick Acellam Oyoo		Prospect	24.06
4 Alexander Ayre		Tallawong Park	24.16
5 Michael Jabbour		Prospect	25.34
6 Tanmay Chandekar		The Ponds	25.59
7 Jad Nasser		The Ponds	29.33
8 Zachary Dawes		Tallawong Park	1:36.98

Boys U 9 - 400 Metre Sprint

Zone: Z 1:08.04 2001 D.Asonitis, Mount Druitt				
Name	Age	Centre	Final	H#
1 Joshua Abusalah		Quakers Hill	1:15.80	2
2 Aaron Sangwan		The Ponds	1:19.27	2
3 Samarth Sathwick Iyer		Quakers Hill	1:22.06	1
4 Benji Mikirtoumov		Minchinbury	1:22.15	1
5 Felix Gartshore		Tallawong Park	1:24.04	1
6 Hayden Le		The Ponds	1:24.57	2
7 James deVos		Prospect	1:24.66	2
8 Logan Huang		Quakers Hill	1:30.74	1
9 Lachlan Burke		The Ponds	1:31.70	1
10 Jack Little		Mt Druitt	1:37.45	2
-- Dot Dot		Prospect	DQ	2

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 10 - 400 Metre Sprint

Zone: Z 1:06.54 1982 R.Clark, EMUP				
Name	Age	Centre	Final	H#
1 Hadriel Fernando		Quakers Hill	1:15.44	2
2 Senal Liyanage		The Ponds	1:15.55	1
3 Harrison Wenban		The Ponds	1:19.89	2
4 Emilio Osborne		Blacktown	1:21.11	1
5 Gabriel Oto		Minchinbury	1:23.62	1
6 Rhys Straub		Doonside	1:26.75	2
7 Malek Michael		Prospect	1:27.28	1
8 Jax Connolly		Mt DrUITT	1:29.07	2
9 Carter Thomas		The Ponds	1:32.04	2
10 Jack Richardson		Blacktown	1:35.46	1
11 Jax Collins		Mt DrUITT	1:37.56	2

Boys U 11 - 400 Metre Sprint

Zone: Z 1:05.64 1984 D.Paabo, DOON				
Name	Age	Centre	Final	
1 Koby Watson		Quakers Hill	1:11.12	
2 Levi Mikirtoumov		Minchinbury	1:11.50	
3 Jalen Karbon		The Ponds	1:12.95	
4 Oscar Baker		Blacktown	1:19.50	
5 Alexander Zammit		Tallawong Park	1:30.11	
6 Angus O'Shea		Quakers Hill	1:36.80	

Boys U 12 - 400 Metre Sprint

Zone: Z 1:01.64 2005 V.Borg				
Name	Age	Centre	Final	H#
1 Mitchell Darlow		The Ponds	1:04.68	2
2 Ryder Chalouf		Tallawong Park	1:09.90	2
3 Israel Broady		Quakers Hill	1:11.15	1
4 Callum McMillan		The Ponds	1:12.01	2
5 Thomas Dabbagh		Minchinbury	1:15.18	2
6 Jenson van der Merwe		Quakers Hill	1:16.19	2
7 Sage Villacorta		Tallawong Park	1:16.38	1
8 Sam Kome		Prospect	1:17.74	2
9 Riley Adams		Doonside	1:19.77	1
10 Andrei Bichescu		Minchinbury	1:22.24	1

Boys U 13 - 400 Metre Sprint

Zone: Z 59.74 2001 S.Condon, Doonside				
Name	Age	Centre	Final	H#
1 Jeremy Boafo		Prospect	1:00.54	2
2 Vishnu Visweswaran		The Ponds	1:04.53	1
3 Adrian Rostami		Quakers Hill	1:05.41	1
4 Brock Doran		Quakers Hill	1:08.42	1
5 Steve Elton		Mt DrUITT	1:15.81	2
6 Aarav Gairola		Quakers Hill	1:22.77	1
7 Keenan Krosman		Tallawong Park	1:23.69	1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 14 - 400 Metre Sprint

Zone: Z 56.32 2018		O.Duck, The Ponds	
Name	Age Centre	Final	H#
1 Kori Torrisheba	Quakers Hill	59.18	1
2 Kaiden Laing	The Ponds	59.70	2
3 Owen Davis	Blacktown	1:01.36	2
4 Sasa Koji	Mt Druitt	1:07.22	1
5 Maanan Arora	Blacktown	1:08.78	1
6 Jarryd Rawlings	Tallawong Park	1:12.27	1
7 Harley Pittman	Doonside	1:13.70	2

Boys U 15 - 400 Metre Sprint

Zone: Z 54.34 1996		M.Pedrana, BLACK	
Name	Age Centre	Final	
1 Xavier Fenech	Prospect	1:03.72	

Boys U 17 - 400 Metre Sprint

Zone: Z 52.24 2012		Z.Amos, Blacktown	
Name	Age Centre	Final	H#
1 Zackary Armitage	Prospect	52.88	2
2 Derrick Acellam Oyoo	Prospect	53.75	2
3 Lachlan Findlay	Tallawong Park	54.17	1
4 Kevin Bosco	The Ponds	55.08	2
5 Connor Crisp	The Ponds	58.28	1
6 Thomas Varga-Strike	Quakers Hill	1:00.77	2
7 Robbie Parker	Lethbridge Park	1:11.32	2

Boys U 8 - 400 Metre Run Pack Start

Zone: Z 1:13.14 1983		B.Ball, Blacktown	
Name	Age Centre	Final	
1 Suvir Jain	Quakers Hill	1:22.65	
2 Nate Milroy	Doonside	1:23.25	
3 Akech Achiek	Quakers Hill	1:26.94	
4 Oliver Farag	Doonside	1:27.61	
5 Oliver Wenban	The Ponds	1:27.62	
6 Orlando Osborne	Blacktown	1:36.60	
7 Julian Stojanovski	Blacktown	1:37.27	
8 Jackson Howells	Blacktown	1:41.55	
9 Harry Lee	Quakers Hill	1:42.66	
10 Amay Soni	The Ponds	1:52.25	

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:46.20 2005		E. Dhu, MIN	
Name	Age Centre	Final	
1 Kody Krosman	Tallawong Park	2:04.11	
2 Marcus Lea-Martin	Doonside	2:06.05	
3 Zachary Medana	Tallawong Park	2:07.49	

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE**

Results

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

4	Gurman Singh	Minchinbury	2:08.26
5	Kohen Adams	Doonside	2:09.83
6	Daniel Richardson	Blacktown	2:13.52
7	Xavier Tyler	Doonside	2:20.58
8	Brodie Losos	Lethbridge Park	2:24.15
9	Dale Petersen	Doonside	2:24.78
10	Wyatt Parish	Tallawong Park	2:36.72

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:19.50 2003 J.Thompson, DOO			
Name	Age	Centre	Final
1	Suvir Jain	Quakers Hill	2:39.22
2	Nate Milroy	Doonside	2:42.07
3	Oliver Farag	Doonside	2:44.34
4	Akech Achiek	Quakers Hill	2:46.95
5	Orlando Osborne	Blacktown	2:55.93
6	Hayden Mizzi	Minchinbury	2:58.95
7	Noah Zirilli	Blacktown	2:58.96
8	Blake Upton	Quakers Hill	3:18.56
9	Jackson Howells	Blacktown	3:20.40
10	Mahir Bhanot	Blacktown	3:47.04

Boys U 9 - 800 Metre Run

Zone: Z 2:36.20 1984 B.Ball, BLACK			
Name	Age	Centre	Final
1	Kyran Mckeown-Flack	Tallawong Park	3:06.00
2	Louis Halbert	The Ponds	3:08.36
3	Hayden Upton	Quakers Hill	3:16.24
4	James deVos	Prospect	3:17.99
5	Blake Petersen	Doonside	3:18.00
6	Samarth Sathwick Iyer	Quakers Hill	3:20.99
7	Felix Gartshore	Tallawong Park	3:24.98
8	Maddison Caines	Doonside	3:25.00
9	Samuel Thompson	Prospect	3:28.17
10	Nivedh Samarasinghe	Quakers Hill	3:42.07
11	Jack Little	Mt Druitt	3:59.79

Boys U 10 - 800 Metre Run

Zone: Z 2:30.50 2003 V.Borg, Mount Druitt			
Name	Age	Centre	Final
1	Hadriel Fernando	Quakers Hill	2:48.22
2	Senal Liyanage	The Ponds	2:56.69
3	Emilio Osborne	Blacktown	3:03.95
4	Harrison Wenban	The Ponds	3:11.55
5	Rhys Hampton-Lander	Tallawong Park	3:17.55
6	Rhys Straub	Doonside	3:22.44
7	Cooper Smith	Tallawong Park	3:28.33
8	Carter Thomas	The Ponds	3:30.15
9	Dylan Zhou	The Ponds	3:34.98

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 10 - 800 Metre Run

10 Ethan Chetty Blacktown 3:39.01

Boys U 11 - 800 Metre Run

Zone: Z 2:24.20 2004 V.Borg, Mount Druitt			
Name	Age	Centre	Final
1 Jalen Karbon		The Ponds	2:55.10
2 Oscar Baker		Blacktown	3:04.53
3 Koby Watson		Quakers Hill	3:10.31
4 Harry Bajada		Tallowong Park	3:10.73
5 Angus O'Shea		Quakers Hill	3:36.47
6 Tyler Losos		Lethbridge Park	4:01.79

Boys U 12 - 800 Metre Run

Zone: Z 2:20.50 1976 V.Borg			
Name	Age	Centre	Final
1 Mitchell Darlow		The Ponds	2:35.48
2 Yavniel Fernando		Quakers Hill	2:39.28
3 Callum McMillan		The Ponds	2:44.91
4 Israel Broady		Quakers Hill	2:48.78
5 Thomas Dabbagh		Minchinbury	2:59.75
6 Sudhith Chittam Ramesh		The Ponds	3:02.37
7 Riley Adams		Doonside	3:06.38
8 Sage Villacorta		Tallowong Park	3:10.73
9 Jacob Mammoliti		Doonside	3:14.07
10 Saswin Sivapragas		Prospect	3:32.97

Boys U 13 - 800 Metre Run

Zone: Z 2:15.16 2018 S.Adhikari, Blacktown			
Name	Age	Centre	Final
1 Hayden Straub		Doonside	2:30.21
2 Brock Doran		Quakers Hill	2:38.42
3 Aviel Fernando		Quakers Hill	2:45.18
4 Boaz Proschogo		Prospect	2:46.29
5 Seth Rigoli		Prospect	2:48.62
6 Christopher Morgan		Prospect	3:06.67
7 Keenan Krosman		Tallowong Park	3:10.08
8 Ruvindu Senevirathna		Quakers Hill	3:43.06

Boys U 14 - 800 Metre Run

Zone: Z 2:11.30 2007 V. Borg, Mount Druitt			
Name	Age	Centre	Final
1 Owen Davis		Blacktown	2:28.31
2 Aidan Jeffrey		Tallowong Park	2:39.11
3 Sasa Koji		Mt Druitt	2:46.70
4 Harley Pittman		Doonside	2:56.40
5 Jarryd Rawlings		Tallowong Park	3:04.24

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 15 - 800 Metre Run

Zone: Z 2:03.20 2008 V. Borg, Mount Druitt			
Name	Age	Centre	Final
1 Jamie Chestnut		Lethbridge Park	2:54.87

Boys U 17 - 800 Metre Run

Zone: Z 2:01.39 2016 B.Rushby, Minchinbury			
Name	Age	Centre	Final
1 Kevin Bosco		The Ponds	2:16.04
2 Oscar Waring		Tallawong Park	2:24.58
3 Jayash Krishna		Tallawong Park	2:25.85
4 Logan Dartnell		Lethbridge Park	2:41.26

Boys U 11 - 1500 Metre Run

Zone: Z 4:52.40 2004 V.Borg, Mount Druitt			
Name	Age	Centre	Final
1 Jalen Karbon		The Ponds	5:43.78
2 Francis Fernando		Doonside	5:53.06
3 Angus O'Shea		Quakers Hill	6:54.69
4 Harrison Freeman		Lethbridge Park	7:15.15

Boys U 12 - 1500 Metre Run

Zone: Z 4:49.30 2004 D.Asonitis, Mount Druitt			
Name	Age	Centre	Final
1 Yavniel Fernando		Quakers Hill	5:10.97
2 Mitchell Darlow		The Ponds	5:20.03
3 Layton Mills		Prospect	5:48.16
4 Sam Kome		Prospect	6:08.53
5 Thomas Dabbagh		Minchinbury	6:11.90
6 Sage Villacorta		Tallawong Park	6:20.19
7 Riley Adams		Doonside	6:23.86
8 Dinel Patabendige		Mt Druitt	6:30.50
9 Jacob Mammoliti		Doonside	6:52.47
10 Andrei Bichescu		Minchinbury	7:13.89

Boys U 13 - 1500 Metre Run

Zone: Z 4:42.40 2006 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Hayden Straub		Doonside	5:04.63
2 Darcy Waring		Tallawong Park	5:25.17
3 Aviel Fernando		Quakers Hill	5:27.02
4 Brock Doran		Quakers Hill	5:37.30
5 Boaz Proschogo		Prospect	6:44.55
-- Keenan Krosman		Tallawong Park	DNF

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE**

Results

Boys U 14 - 1500 Metre Run

Zone: Z 4:28.20 2007 V. Borg, Mount Druitt			
Name	Age	Centre	Final
1 Onel Patabendige		Mt Druitt	5:38.82
2 Aidan Jeffrey		Tallowong Park	5:43.02
3 Charlie Xuereb		Quakers Hill	5:49.15
4 Harley Pittman		Doonside	5:51.99
5 Cooper Findlay		Tallowong Park	6:21.60
6 Panagiotis Kaena		Lethbridge Park	6:44.32
7 Dylan Borg		Tallowong Park	6:54.36

Boys U 15 - 1500 Metre Run

Zone: Z 4:14.60 2008 V. Borg, Mount Druitt			
Name	Age	Centre	Final
1 Jamie Chestnut		Lethbridge Park	6:01.29

Boys U 17 - 1500 Metre Run

Zone: Z 4:35.40 2014 C.Baggs, Tallowong Park			
Name	Age	Centre	Final
1 Oscar Waring		Tallowong Park	5:01.90
2 Jayash Krishna		Tallowong Park	5:10.65
3 Logan Dartnell		Lethbridge Park	5:40.59

Boys U 13 - 3000 Metre Run

Zone: Z 10:10.80 2006 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Darcy Waring		Tallowong Park	11:20.84
2 Aviel Fernando		Quakers Hill	11:37.38
3 Brock Doran		Quakers Hill	12:34.19
4 Keenan Krosman		Tallowong Park	14:12.58

Boys U 14 - 3000 Metre Run

Zone: Z 9:30.80 2007 V. Borg, Mount Druitt			
Name	Age	Centre	Final
1 Harley Pittman		Doonside	12:40.71
2 Charlie Xuereb		Quakers Hill	12:59.22
3 Dylan Borg		Tallowong Park	13:55.22

Boys U 17 - 3000 Metre Run

Zone: Z 10:04.20 2014 C.Baggs, Blacktown			
Name	Age	Centre	Final
1 Oscar Waring		Tallowong Park	10:47.92
2 Jayash Krishna		Tallowong Park	11:13.12
3 Logan Dartnell		Lethbridge Park	12:46.84

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 8 - 60 Metre Hurdles (45cm)

Name	Age	Centre	Heats	H#
Zone: Z 11.24 1999 G.Waddell, LPARK				
Zone: Z 11.24 2001 A.Neville				
Heats				
1 Zion Ruka		Doonside	12.84Q	2
2 Dylan Karannagoda		Doonside	13.19Q	3
3 Grayson Nasio		Doonside	13.52Q	1
4 Ishaan Balamurali		The Ponds	12.98Q	2
5 Daniel Chetty		Blacktown	13.26Q	3
6 Blake Upton		Quakers Hill	14.83Q	1
7 Jeremiah Shuker		The Ponds	13.68q	2
8 Oliver Farag		Doonside	14.25q	2
9 Luca Abbott		The Ponds	14.66	3
10 Jackson Howells		Blacktown	14.91	1
11 Cooper Amiet		Tallawong Park	15.04	2
12 Kaylis Bhatt		Prospect	15.09	1
13 Noah Zirilli		Blacktown	15.99	1
14 Rhys O'Neill		Quakers Hill	16.05	2

Boys U 8 - 60 Metre Hurdles (45cm)

Name	Age	Centre	Final
Zone: Z 11.24 1999 G.Waddell, LPARK			
Zone: Z 11.24 2001 A.Neville			
Final			
1 Zion Ruka		Doonside	12.82
2 Daniel Chetty		Blacktown	12.89
3 Ishaan Balamurali		The Ponds	12.96
4 Grayson Nasio		Doonside	13.07
5 Jeremiah Shuker		The Ponds	13.27
6 Dylan Karannagoda		Doonside	13.28
7 Blake Upton		Quakers Hill	14.62
7 Oliver Farag		Doonside	14.62

Boys U 9 - 60 Metre Hurdles (45cm)

Name	Age	Centre	Heats	H#
Zone: Z 10.14 2002 A.Neville, BLACK				
Heats				
1 Meth Agampodi De Zoysa		Doonside	11.36Q	2
2 Benji Mikirtoumov		Minchinbury	11.95Q	1
3 Felix Gartshore		Tallawong Park	12.02Q	2
4 Alexander Matic		The Ponds	12.31Q	1
5 Aaron Sangwan		The Ponds	12.16Q	2
6 Hayden Upton		Quakers Hill	12.69Q	1
7 Tyga-john Saad		Prospect	12.38q	2
8 Savindu Senevirathna		Quakers Hill	12.55q	2
9 Kyran Mckeown-Flack		Tallawong Park	12.74	1
10 Samuel Thompson		Prospect	12.89	1
11 Kaleb Green		Tallawong Park	13.18	1
12 Riyon Kosvinna		Quakers Hill	13.30	2
13 Blake Petersen		Doonside	13.80	2

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

14 Maddison Caines	Doonside	14.01	1
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Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.14 2002 A.Neville, BLACK

Name	Age Centre	Final
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Final

1 Meth Agampodi De Zoysa	Doonside	11.43
2 Aaron Sangwan	The Ponds	11.88
3 Benji Mikirtoumov	Minchinbury	11.92
4 Felix Gartshore	Tallawong Park	12.04
5 Tyga-john Saad	Prospect	12.23
6 Hayden Upton	Quakers Hill	12.76
7 Alexander Matic	The Ponds	15.86

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.54 1994 C.Browne, BLACK

Name	Age Centre	Heats	H#
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Heats

1 Jackson Brown	The Ponds	11.55Q	1
2 Harlem Pinto	Minchinbury	12.34Q	2
3 Caleb Irving	Doonside	12.66Q	3
4 Oliver Sathiavan	Quakers Hill	12.48Q	2
5 Tyreece Stanley	Lethbridge Park	12.81Q	3
6 Carter Thomas	The Ponds	13.29Q	1
7 Emilio Osborne	Blacktown	12.57q	2
8 Jacob Spadaro	Prospect	13.07q	3
9 Lucas Odur	Doonside	13.62	2
10 Jax Connolly	Mt Druitt	13.91	3
11 Rhys Hampton-Lander	Tallawong Park	14.27	1
12 Garv Khurana	The Ponds	14.35	3
13 Kayleb Annabel	Mt Druitt	14.69	1
14 Jacob Onorato	Quakers Hill	15.36	1
15 Ivan Aguasa	Quakers Hill	16.94	3

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.54 1994 C.Browne, BLACK

Name	Age Centre	Final
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Final

1 Jackson Brown	The Ponds	11.04
2 Harlem Pinto	Minchinbury	12.20
3 Oliver Sathiavan	Quakers Hill	12.32
4 Emilio Osborne	Blacktown	12.40
5 Tyreece Stanley	Lethbridge Park	12.91
6 Carter Thomas	The Ponds	12.99
7 Jacob Spadaro	Prospect	13.02
8 Caleb Irving	Doonside	13.66

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 11 - 80 Metre Hurdles (60cm)

Zone: Z 14.00 2022 E.Koopu, DOON				
Name	Age	Centre	Heats	H#
Heats				
1 Ben Spadaro		Prospect	Z 13.73Q	3
2 Patrick Boafo		Prospect	14.28Q	1
3 Samual Angallo		Prospect	17.75Q	2
4 Tristan Ramasamy		The Ponds	16.37Q	1
5 Zachary Teo		Quakers Hill	17.19Q	3
6 Koby Watson		Quakers Hill	17.91Q	2
7 Toby Said		The Ponds	17.19q	3
8 Harrison Freeman		Lethbridge Park	17.74q	1
9 Aaron Job		Tallawong Park	17.79	1
10 Gurfateh Singh		Blacktown	18.40	3
11 Blake Read		The Ponds	18.48	2
12 Lucas Heys		Minchinbury	19.28	2
13 Jay May		Lethbridge Park	21.66	1

Boys U 11 - 80 Metre Hurdles (60cm)

Zone: Z 14.00 2022 E.Koopu, DOON			
Name	Age	Centre	Final
Final			
1 Ben Spadaro		Prospect	13.34Z
2 Patrick Boafo		Prospect	13.96Z
3 Tristan Ramasamy		The Ponds	15.73
4 Zachary Teo		Quakers Hill	16.19
5 Toby Said		The Ponds	16.66
6 Samual Angallo		Prospect	16.79
7 Koby Watson		Quakers Hill	17.07
8 Harrison Freeman		Lethbridge Park	17.70

Boys U 12 - 80 Metre Hurdles (68cm)

Zone: Z 14.74 11/12/2022 Amjad Mousa, Blacktown				
Name	Age	Centre	Heats	H#
Heats				
1 Mitchell Darlow		The Ponds	15.62Q	1
2 Israel Broady		Quakers Hill	17.09Q	2
3 Riley Adams		Doonside	16.16Q	1
4 Jenson van der Merwe		Quakers Hill	17.40Q	2
5 Ryder Chalouf		Tallawong Park	16.65Q	1
6 Vinal Liyanage		The Ponds	17.75Q	2
7 Lukas Hill		Prospect	17.87q	2
8 Thomas Dabbagh		Minchinbury	18.15q	1
9 Jacob Mammoliti		Doonside	19.24	1

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 12 - 80 Metre Hurdles (68cm)

Zone: Z 14.74 11/12/2022 Amjad Mousa, Blacktown			
Name	Age	Centre	Final
Final			
1 Mitchell Darlow		The Ponds	15.17
2 Riley Adams		Doonside	15.79
3 Israel Broady		Quakers Hill	16.22
4 Thomas Dabbagh		Minchinbury	16.64
5 Ryder Chalouf		Tallawong Park	16.88
6 Jenson van der Merwe		Quakers Hill	17.05
7 Vinal Liyanage		The Ponds	18.25

Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 13.14 2007 R.Sultana, Blacktown			
Name	Age	Centre	Final
1 Benjamin Nasio		Doonside	14.86
2 Riley Ncube		Prospect	15.08
3 Cohen Burville		The Ponds	15.26
4 Jarwyn Quartey		Doonside	15.76
5 Prithvi Prakash Stalin		Quakers Hill	18.68
6 Steve Elton		Mt Druitt	19.03
7 Ruvindu Senevirathna		Quakers Hill	19.67
8 Hayden Barbuto		Quakers Hill	22.59

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 13.04 2008 J. Venzlauskas, Blacktown			
Name	Age	Centre	Final
1 Eli Ma'u		Doonside	16.44
2 Kachul Saad		Blacktown	17.79
3 Jason Hart		Doonside	18.56
4 Bailee Dewberry		Tallawong Park	20.18
-- Kaiden Laing		The Ponds	DQ

Boys U 15 - 100 Metre Hurdles (76cm)

Zone: Z 13.74 2007 N.Rushworth, Doonside			
Name	Age	Centre	Final
1 Ethan Aguasa		Quakers Hill	14.09
2 Alex Spadaro		Prospect	14.23
3 Anthony Bartley		Lethbridge Park	22.87

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 14.38 2016 A.Thompson, Quakers Hill			
Name	Age	Centre	Final
1 Jad Nasser		The Ponds	19.04
2 Robbie Parker		Lethbridge Park	21.08
3 Zachary Dawes		Tallawong Park	1:29.37
-- Kevin Bosco		The Ponds	DQ

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.34 2005 A.Jenner, Blacktown			
Name	Age	Centre	Final
1 Benjamin Nasio		Doonside	34.23
2 Christopher Morgan		Prospect	37.29
3 Ruvindu Senevirathna		Quakers Hill	40.42

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 25.34 2008 T. Soliman, Blacktown			
Name	Age	Centre	Final
1 Adam Nasser		The Ponds	27.94
2 Thomas Clarke		Tallowong Park	29.24
3 Kaiden Laing		The Ponds	30.21
4 Jarryd Rawlings		Tallowong Park	35.12
5 Bailee Dewberry		Tallowong Park	42.40

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 42.71 1999 R.Walker, The Ponds			
Name	Age	Centre	Final
1 Alex Spadaro		Prospect	43.46
2 Ethan Aguasa		Quakers Hill	52.42

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 40.58 2020 A.Peter, Blacktown			
Name	Age	Centre	Final
1 Alexander Ayre		Tallowong Park	40.23Z
2 Lachlan Findlay		Tallowong Park	42.77
3 Kevin Bosco		The Ponds	43.70

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

Zone: Z 57.94 2003 Blacktown, BLACK				
Centre	Age	Centre	Final	H#
1 Prospect			1:00.77	2
1) Stanley Jug 9		2) Nathaniel Oyoo 10		
3) Ben Spadaro 11		4) Patrick Boafo 11		
2 Quakers Hill			1:01.78	2
1) Joshua Abusalah 9		2) Oliver Sathiavan 10		
3) Koby Watson 11		4) Israel Broady 12		
3 The Ponds			1:02.91	2
1) Cohen Millard 9		2) Tate De Roo 11		
3) Shiva Visweswaran 10		4) Mitchell Darlow 12		
4 Minchinbury			1:03.98	1
1) Benji Mikirtoumov 9		2) Harlem Pinto 10		
3) Carter Usoalii 11		4) Levi Mikirtoumov 11		
5 Tallowong Park			1:04.65	2
1) Kyran Mckeown-Flack 9		2) Cooper Smith 10		
3) Aaron Job 11		4) Quinn Jeffrey 12		

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

6 Lethbridge Park		1:05.41	2
1) Louis Lee 9	2) Tyreece Stanley 10		
3) Jay May 11	4) Harrison Freeman 11		
7 Blacktown		1:07.65	2
1) Neil Bapat 9	2) Sreyaan Banik 10		
3) Emilio Osborne 10	4) Liam Fahey 12		
8 Mt Druitt		1:16.81	1
1) Kayleb Annabel 10	2) Jax Collins 10		
3) Hunter Howie 12	4) Jack Little 9		
-- Doonside		DQ	1
1) Meth Agampodi De Zoysa 9	2) Caleb Irving 10		
3) Francis Fernando 11	4) Rhys Straub 10		

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

Zone: Z 47.94 2009		Blacktown, Blacktown	
Centre			Final
1 Prospect		47.61Z	
1) Riley Ncube 13	2) Jeremy Boafo 13		
3) Alex Spadaro 15	4) Zackary Armitage 17		
2 Tallawong Park		49.81	
1) Noah Bajada 13	2) Aidan Jeffrey 14		
3) Thomas Clarke 14	4) Lachlan Findlay 17		
3 The Ponds		50.31	
1) Cohen Burville 13	2) Adam Nasser 14		
3) Sevy Tom Fenil 14	4) Kevin Bosco 17		
4 Quakers Hill		51.53	
1) Yueil Abusalah 13	2) Kori Torrisheba 14		
3) Christian Derbyshire 15	4) James Utete 17		
5 Blacktown		54.67	
1) Kylan Zammit 12	2) Owen Davis 14		
3) Zachary Anthony 15	4) Tony Justin 17		
6 Doonside		55.26	
1) Elijah Koopu 13	2) Payton Tuifelasi 14		
3) Peini Ika 13	4) Benjamin Nasio 13		
7 Lethbridge Park		1:02.42	
1) Scott Chestnut 13	2) Panagiotis Kaena 14		
3) Jamie Chestnut 15	4) Robbie Parker 17		

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

Zone: Z 1.24m 1996		S.Benson, GIRR	
Zone: Z 1.24m 2003		C.Sayer, Mincinbury	
Name	Age Centre		Final
1 Neil Bapat	Blacktown	1.05m	
2 Felix Gartshore	Tallawong Park	1.00m	
2 Hayden Upton	Quakers Hill	1.00m	
4 Nehon Cabardo	Doonside	1.00m	
5 Stanley Jug	Prospect	1.00m	
6 Joshua Abusalah	Quakers Hill	0.95m	
7 Blake Petersen	Doonside	0.85m	
-- Lachlan Burke	The Ponds	NH	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

Zone: Z 1.40m 1997 M.Hendy, BLACK			
Name	Age	Centre	Final
1 Jackson Brown		The Ponds	1.16m
2 Vihaan Naithani		Blacktown	1.12m
3 Caleb Irving		Doonside	1.10m
4 Senal Liyanage		The Ponds	1.05m
5 Nathaniel Oyoo		Prospect	1.00m
-- Carter Thomas		The Ponds	NH
-- Kayleb Annabel		Mt Druitt	NH

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

Zone: Z 1.48m 1975 P.Cavanagh, BLACK			
Name	Age	Centre	Final
1 Elijah Guardia		Prospect	1.20m
2 Tate De Roo		The Ponds	1.10m
3 Zachary Teo		Quakers Hill	1.10m
3 Toby Said		The Ponds	1.10m
5 Aaron Job		Tallowong Park	1.10m
6 Gurfateh Singh		Blacktown	1.05m
-- Tyler Losos		Lethbridge Park	NH

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

Zone: Z 1.53m 1997 G.Murphy, BLACK			
Name	Age	Centre	Final
1 Mason Howell		The Ponds	1.25m
2 Riley Adams		Doonside	1.20m
3 Liam Fahey		Blacktown	1.15m
3 Callum McMillan		The Ponds	1.15m
-- Vinal Liyanage		The Ponds	NH

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

Zone: Z 1.65m 2003 R.Campbell-Gillard, Lethbridg			
Name	Age	Centre	Final
1 Cohen Burville		The Ponds	1.43m
2 Noah Bajada		Tallowong Park	1.40m
3 Hayden Straub		Doonside	1.34m
4 Prithvi Prakash Stalin		Quakers Hill	1.30m
5 Vishnu Visweswaran		The Ponds	1.25m
6 Seth Rigoli		Prospect	1.20m
-- Keenan Krosman		Tallowong Park	NH
-- Steve Elton		Mt Druitt	NH

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

Zone: Z 1.76m 2007 A.Neville, Blacktown			
Name	Age	Centre	Final
1 Kori Torrisheba		Quakers Hill	1.43m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

2 Aidan Jeffrey	Tallawong Park	1.41m
3 Kaiden Laing	The Ponds	1.41m
4 Onel Patabendige	Mt Druitt	1.30m
5 Jason Hart	Doonside	1.25m

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

Zone: Z 1.90m 2008		A.Neville, Blacktown	
Name	Age Centre	Final	
1 Ethan Aguasa	Quakers Hill	1.30m	
-- Nikhel Raj	The Ponds	NH	

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

Zone: Z 1.85m 2020		A.Dean, Doonside	
Name	Age Centre	Final	
1 Lachlan Findlay	Tallawong Park	1.62m	
2 Malith Akin	Blacktown	1.44m	
3 Michael Jabbour	Prospect	1.44m	
4 Tanmay Chandekar	The Ponds	1.35m	
-- Rhyu Torrisheba	Quakers Hill	NH	

Boys U 7 - Long Jump

Zone: Z 3.42m 2000		A.Neville, BLACK	
Name	Age Centre	Final	
1 Josiah Guardia	Prospect	2.54m	
2 Neth Agampodi De Zoysa	Doonside	2.52m	
3 Declan Ramasamy	The Ponds	2.35m	
4 Michael Conaty	Tallawong Park	2.22m	
5 Tom Costina	Quakers Hill	2.20m	
6 Abir Sudeep Shrivastava	Blacktown	2.14m	
7 Kaiden Kasman	Quakers Hill	2.10m	
8 Dale Petersen	Doonside	2.09m	
9 Oliver Tripney	The Ponds	2.04m	
10 Marcus Lea-Martin	Doonside	1.99m	
11 Daniel Richardson	Blacktown	1.95m	
12 Zachary Medana	Tallawong Park	1.92m	
13 Blake Taylor	Minchinbury	1.71m	
14 Gurman Singh	Minchinbury	1.66m	
15 Xavier Tyler	Doonside	1.40m	
-- Mangar Dot	Prospect	ND	

Boys U 8 - Long Jump

Zone: Z 4.01m 2001		A.Neville, BLACK	
Name	Age Centre	Final	
1 Reupena-roman Tuiafiso	Doonside	3.51m	
2 Zion Ruka	Doonside	3.21m	
3 Rylan Potoi	Quakers Hill	3.17m	
4 Luke Lincoln	The Ponds	3.04m	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 8 - Long Jump

5	Oliver Farag	Doonside	2.74m
6	Ojas Thakur	The Ponds	2.63m
7	Grayson Nasio	Doonside	2.61m
8	Akech Achiek	Quakers Hill	2.39m
9	Marly Cabardo	Doonside	2.35m
10	Dylan Karannagoda	Doonside	2.29m
11	Mahir Bhanot	Blacktown	2.19m

Boys U 9 - Long Jump

Zone: Z 4.07m 1985		C.Moore, DOON	
Name	Age	Centre	Final
1	Meth Agampodi De Zoysa	Doonside	3.47m
2	Neil Bapat	Blacktown	3.42m
3	Tyga-john Saad	Prospect	3.35m
4	Benji Mikirtoumov	Minchinbury	3.31m
5	Nehon Cabardo	Doonside	3.29m
6	Arin Dixit	Blacktown	2.99m
7	Logan Huang	Quakers Hill	2.99m
8	Hayden Le	The Ponds	2.96m
9	Ueta Masoe-Galo	The Ponds	2.92m
10	Dot Dot	Prospect	2.64m
11	Malakai Vea	The Ponds	2.62m
12	Anish Gurram	The Ponds	2.62m
13	Nivedh Samarasinghe	Quakers Hill	2.40m
14	Austin De Roo	The Ponds	2.36m
15	Kaleb Green	Tallawong Park	2.17m
--	Kyan Fuller	Tallawong Park	DQ

Boys U 10 - Long Jump

Zone: Z 4.54m 1991		C.Battley, LPARK	
Name	Age	Centre	Final
1	Jackson Brown	The Ponds	3.79m
2	Hadriel Fernando	Quakers Hill	3.63m
3	Sreyaan Banik	Blacktown	3.48m
4	Oliver Sathiavan	Quakers Hill	3.33m
5	Isaiah Nasio	Doonside	3.30m
6	Shiva Visweswaran	The Ponds	3.27m
7	Vihaan Naithani	Blacktown	3.24m
8	Lorenzo Manesa	Lethbridge Park	3.02m
9	Chase Rigoli	Prospect	2.94m
10	Jacob Spadaro	Prospect	2.90m
11	Rhys Straub	Doonside	2.86m
12	Cooper Smith	Tallawong Park	2.75m
13	Jasraj Singh	Quakers Hill	2.73m
14	Gabriel Oto	Minchinbury	2.70m
15	Jax Connolly	Mt Druitt	2.66m
16	Dylan Zhou	The Ponds	2.34m
17	Jax Collins	Mt Druitt	2.26m
18	Jack Richardson	Blacktown	2.17m
--	Lucas Odur	Doonside	ND

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 11 - Long Jump

Name	Age	Centre	Final
Zone: Z 4.74m	1991	A.Hosking, DOON	
Zone: Z 4.74m	2010	F.Adutwum, BLACK	
Zone: Z 4.74m	2011	D.Trukaliotis, BLACK	
1 Toby Said		The Ponds	3.94m
2 Patrick Boafo		Prospect	3.74m
3 Tate De Roo		The Ponds	3.62m
4 Francis Fernando		Doonside	3.58m
5 Gurfateh Singh		Blacktown	3.46m
6 Saeed Saad		Blacktown	3.41m
7 Zachary Teo		Quakers Hill	3.26m
8 Samuel Angallo		Prospect	3.06m
9 Dorian Vakarau		Prospect	3.04m
10 Callum Amiet		Tallawong Park	2.77m
11 Lucas Heys		Minchinbury	2.73m
12 Austin Howard		Doonside	1.99m
13 Stephen Heap		Lethbridge Park	1.39m
14 Walid Kaena		Lethbridge Park	1.11m

Boys U 12 - Long Jump

Name	Age	Centre	Final
Zone: Z 5.08m	2010	B.O'Donnell, DOON	
1 Joshua Olarewaju		Mt Druitt	4.82m
2 Mitchell Darlow		The Ponds	4.25m
3 Dinel Patabendige		Mt Druitt	3.74m
4 Callum McMillan		The Ponds	3.74m
5 Andrei Bichescu		Minchinbury	3.68m
6 Mason Howell		The Ponds	3.65m
7 Quinn Jeffrey		Tallawong Park	3.60m
8 Liam Fahey		Blacktown	3.55m
9 Sudhith Chittam Ramesh		The Ponds	3.28m
10 Saswin Sivapragas		Prospect	3.04m
11 Jacob Mammoliti		Doonside	2.79m
12 Elijah Taufia		Mt Druitt	2.53m

Boys U 13 - Long Jump

Name	Age	Centre	Final
Zone: Z 5.56m	1998	J.Khan, MTDRU	
1 Cohen Burville		The Ponds	5.38m
2 Jeremy Boafo		Prospect	5.28m
3 Noah Bajada		Tallawong Park	5.25m
4 Jarwyn Quartey		Doonside	4.50m
5 Benjamin Nasio		Doonside	4.33m
6 Seth Rigoli		Prospect	4.23m
7 Prithvi Prakash Stalin		Quakers Hill	4.14m
8 Steve Elton		Mt Druitt	4.12m
9 Jacob Olive		Tallawong Park	3.89m
10 Christopher Morgan		Prospect	3.88m
11 Scott Chestnut		Lethbridge Park	2.04m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 14 - Long Jump

Zone: Z 6.43m 2008			T.Soliman, BLACK
Name	Age Centre	Final	
1 Adam Nasser	The Ponds	5.15m	
2 Thomas Clarke	Tallowong Park	4.95m	
3 Kori Torrisheba	Quakers Hill	4.94m	
4 Aiden Slater	Minchinbury	4.45m	
5 Owen Davis	Blacktown	4.44m	
6 Onel Patabendige	Mt Druitt	4.02m	
7 Jarryd Rawlings	Tallowong Park	3.97m	
8 Cooper Findlay	Tallowong Park	3.75m	
9 Jason Hart	Doonside	2.90m	

Boys U 15 - Long Jump

Zone: Z 6.46m 2000			J.Khan, MTDRU
Name	Age Centre	Final	
1 Christian Derbyshire	Quakers Hill	4.80m	
2 Nikhel Raj	The Ponds	4.50m	
3 Anthony Bartley	Lethbridge Park	3.19m	
4 Noah Foster	Quakers Hill	1.95m	

Boys U 17 - Long Jump

Zone: Z 6.64m 2016			F.Adutuum, Quakers Hill
Name	Age Centre	Final	
1 Alexander Ayre	Tallowong Park	6.46m	
2 Zackary Armitage	Prospect	5.83m	
3 Thomas Varga-Strike	Quakers Hill	5.42m	
4 Oscar Waring	Tallowong Park	5.18m	
5 Rhyu Torrisheba	Quakers Hill	5.14m	
6 Dhruvan Obineedi	Blacktown	5.05m	
7 Derrick Acellam Oyoo	Prospect	4.95m	
8 Xander Rigoli	Prospect	4.90m	
9 Sebastian Fenech	Prospect	4.46m	
10 Robbie Parker	Lethbridge Park	3.62m	
11 Steven Holbourn	Prospect	3.43m	
-- Zachary Dawes	Tallowong Park	ND	

Boys U 11 - Triple Jump

Zone: Z 10.27m 2010			F.Adutwum, BLACK
Name	Age Centre	Final	
1 Ben Spadaro	Prospect	8.61m	
2 Francis Fernando	Doonside	8.44m	
3 Saeed Saad	Blacktown	8.21m	
4 Zachary Teo	Quakers Hill	7.90m	
5 Tate De Roo	The Ponds	7.38m	
6 Jalen Karbon	The Ponds	7.36m	
7 Tristan Ramasamy	The Ponds	7.04m	
8 Keenan Pennycook	Prospect	6.75m	
9 Alexander Zammit	Tallowong Park	6.27m	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

....Boys U 11 - Triple Jump

10 Jay May	Lethbridge Park	5.16m
-- Tyler Losos	Lethbridge Park	ND

Boys U 12 - Triple Jump

Zone: Z 10.74m 1996			F.Lapierre, BLACK
Name	Age Centre		Final
1 Mitchell Darlow	The Ponds		8.64m
2 Callum McMillan	The Ponds		8.43m
3 Andrei Bichescu	Minchinbury		8.11m
4 Israel Broady	Quakers Hill		7.97m
5 Liam Fahey	Blacktown		7.72m
6 Dinel Patabendige	Mt Druitt		7.56m
7 Saswin Sivapragas	Prospect		6.56m
8 Joel Martin	Doonside		6.36m

Boys U 13 - Triple Jump

Zone: Z 11.51m 2016			Christopher Gillett, Minchin
Name	Age Centre		Final
1 Cohen Burville	The Ponds		10.41m
2 Jarwyn Quartey	Doonside		9.39m
3 Vishnu Visweswaran	The Ponds		9.22m
4 Darcy Waring	Tallawong Park		8.89m
5 Adrian Rostami	Quakers Hill		8.65m
6 Riley Ncube	Prospect		8.62m
7 Benjamin Parsell	The Ponds		8.45m
8 Jacob Olive	Tallawong Park		8.13m
9 Seth Rigoli	Prospect		8.01m

Boys U 14 - Triple Jump

Zone: Z 12.49m 2000			M.Mansour, BLACK
Name	Age Centre		Final
1 Adam Nasser	The Ponds		11.17m
2 Thomas Clarke	Tallawong Park		10.57m
3 Maxx Patel	Prospect		9.58m
4 Onel Patabendige	Mt Druitt		8.63m
5 Kachul Saad	Blacktown		8.63m
6 Panagiotis Kaena	Lethbridge Park		6.27m

Boys U 15 - Triple Jump

Zone: Z 13.45m 1999			F.Lapierre, BLACK
Name	Age Centre		Final
1 Alex Spadaro	Prospect		12.58m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 17 - Triple Jump

Zone: Z 13.99m 2016		F.Adutuum, Quakers Hill	
Name	Age	Centre	Final
1 Alexander Ayre		Tallawong Park	14.12mZ
2 Thomas Varga-Strike		Quakers Hill	11.33m
3 Derrick Acellam Oyoo		Prospect	11.06m
4 Zackary Armitage		Prospect	11.05m
5 Rhyu Torrisheba		Quakers Hill	10.74m
6 Xander Rigoli		Prospect	10.12m
7 Oscar Waring		Tallawong Park	10.03m
8 Sebastian Fenech		Prospect	9.80m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 8.90m 1994		S.Benson, GIRR	
Name	Age	Centre	Final
1 Esera Pelasio		Lethbridge Park	5.13m
2 Blake Taylor		Minchinbury	4.65m
3 Mangar Dot		Prospect	4.61m
4 Joshua Koany		Prospect	4.52m
5 Marcus Lea-Martin		Doonside	4.10m
6 Declan Ramasamy		The Ponds	3.86m
7 Oliver Tripney		The Ponds	3.31m
8 Wyatt Parish		Tallawong Park	2.82m
9 Tom Costina		Quakers Hill	2.72m
10 Kaiden Kasman		Quakers Hill	1.37m
-- Neth Agampodi De Zoysa		Doonside	ND

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.85m 1995		S.Benson, GIRR	
Name	Age	Centre	Final
1 Reupena-roman Tuiafiso		Doonside	7.61m
2 Nate Milroy		Doonside	7.49m
3 Daniel Chetty		Blacktown	7.36m
4 Barnabas Taku		Doonside	5.64m
5 Christian Sassine		Prospect	5.02m
6 Spencer Thompson		Tallawong Park	4.60m
7 Rhys O'Neill		Quakers Hill	4.33m
8 Luca Abbott		The Ponds	4.01m
9 Marly Cabardo		Doonside	3.32m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 10.07m 2003		H.Cherrington, BLACK	
Name	Age	Centre	Final
1 Sandon Stojic		Blacktown	7.52m
2 Sione Mafi		Doonside	6.64m
3 Elijah Tripney		The Ponds	5.80m
4 Kyan Fuller		Tallawong Park	5.42m
5 Alexander Matic		The Ponds	4.88m
6 Logan Huang		Quakers Hill	4.87m

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE**

Results

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

7	Tyga-john Saad	Prospect	4.86m
8	Nathaniel Raj	The Ponds	4.43m
9	Riyon Kosvinna	Quakers Hill	4.37m
10	Shaarav Saxena	The Ponds	4.28m
11	Blake Laing	The Ponds	3.52m
12	Sanithu Hettiarachchi	Doonside	3.37m
13	Jayan Maharjan	Minchinbury	3.18m
14	Nivedh Samarasinghe	Quakers Hill	2.99m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 12.11m 1991 S.Lee, BLACK			
Name	Age	Centre	Final
1	Isaiah Nasio	Doonside	6.63m
2	Lorenzo Manesa	Lethbridge Park	6.27m
3	Ethan Chetty	Blacktown	5.70m
4	Chase Rigoli	Prospect	5.32m
5	Lucas Conti	Blacktown	5.30m
6	Gabriel Oto	Minchinbury	5.06m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 13.54m 2015 Muhumuza Guma, Prospect			
Name	Age	Centre	Final
1	Pelasio Pelasio	Lethbridge Park	7.36m
2	Braith O'Neill	Quakers Hill	6.37m
3	Mathew deVos	Prospect	5.95m
4	Stephen Heap	Lethbridge Park	4.57m
5	Cooper Paegle-Wright	Lethbridge Park	4.43m
6	Cody Roberts	Tallawong Park	4.13m

Boys U 12 - Shot Put (2.0 Kg)

Zone: Z 12.80m 2022 K.Aualitia, DOON			
Name	Age	Centre	Final
1	Jeremiah-Xyndel Tatupu	Quakers Hill	11.60m
2	Fraser Reynolds-Nutt	Quakers Hill	11.57m
3	Nate Nand	Quakers Hill	9.43m
4	Jacob Leleimalefaga	Quakers Hill	8.76m
5	Vinal Liyanage	The Ponds	8.43m
6	Sudhith Chittam Ramesh	The Ponds	7.93m
7	Hunter Howie	Mt Druitt	7.45m
8	Liam Fahey	Blacktown	7.09m
9	Joel Martin	Doonside	6.90m
10	Elijah Taufia	Mt Druitt	6.39m
11	Lachlan Richardson	Blacktown	5.12m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 16.88m 2009 T.Moeroa, DOON			
Name	Age	Centre	Final
1 Vishnu Visweswaran		The Ponds	9.96m
2 Latu Manako		Doonside	7.94m
3 Lincoln O'Neill		Quakers Hill	6.65m
4 Pete Narkjang		Quakers Hill	6.34m
5 Kianoaloha Masoe-Galo		The Ponds	6.28m
6 Jacob Olive		Tallawong Park	6.25m
7 Hayden Barbuto		Quakers Hill	6.16m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 13.66m 2022 J.Tatupu, QH			
Name	Age	Centre	Final
1 Dominic Ryan		Prospect	13.38m
2 Kalio Manako		Doonside	12.25m
3 Thomas Clarke		Tallawong Park	9.96m
4 Cooper Findlay		Tallawong Park	9.59m
5 Payton Tuifelasi		Doonside	9.16m
6 Prince-Tao Masoe-Galo		The Ponds	8.59m
7 Ryan Roberts		Tallawong Park	4.89m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 18.08m 2011 T.Moeroa, DOON			
Name	Age	Centre	Final
1 Xavier Fenech		Prospect	11.27m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 17.93m 2013 T.Moeroa, DOO			
Name	Age	Centre	Final
1 Dominic-Xander Tatupu		Quakers Hill	13.60m
2 Sebastian Fenech		Prospect	11.13m
3 Steven Holbourn		Prospect	6.62m
4 Tanmay Chandekar		The Ponds	5.91m
5 Sebastian Gross		Mt Druitt	5.75m
6 Zachary Dawes		Tallawong Park	2.09m

Boys U 7 - Discus (350 Gram)

Zone: Z 20.27m 2003 W.O'Brien, MTDRU			
Name	Age	Centre	Final
1 Esera Pelasio		Lethbridge Park	16.06m
2 Joshua Koany		Prospect	10.38m
3 Marcus Lea-Martin		Doonside	9.60m
4 Kody Krosman		Tallawong Park	8.65m
5 Wyatt Parish		Tallawong Park	7.50m
6 Tom Costina		Quakers Hill	7.19m
7 Josiah Guardia		Prospect	3.04m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

--	Rayan Maharjan	Minchinbury	ND
--	Kingston Nauu	Lethbridge Park	ND

Boys U 8 - Discus (500 Gram)

=====			
	Zone: Z 24.40m	1981	J.Arneberger, NEP
Name	Age	Centre	Final
=====			
1	Daniel Chetty	Blacktown	23.43m
2	Nate Milroy	Doonside	23.21m
3	Barnabas Taku	Doonside	16.32m
4	Christian Sassine	Prospect	14.50m
5	Rylan Potoi	Quakers Hill	13.82m
6	Spencer Thompson	Tallawong Park	10.09m
7	Isaiah N Williams	Minchinbury	10.08m
8	Divit Saxena	The Ponds	9.10m
9	Luca Abbott	The Ponds	7.03m
10	Marly Cabardo	Doonside	6.94m
11	Dylan Karannagoda	Doonside	6.20m

Boys U 9 - Discus (500 Gram)

=====			
	Zone: Z 32.28m	1982	S.Williams, BLACK
Name	Age	Centre	Final
=====			
1	Sandon Stojic	Blacktown	19.73m
2	Malakai Vea	The Ponds	17.27m
3	Arin Dixit	Blacktown	16.79m
4	Nehon Cabardo	Doonside	16.58m
5	Elijah Tripney	The Ponds	16.51m
6	Joshua Abusalah	Quakers Hill	14.87m
7	Sione Mafi	Doonside	14.54m
8	Riyon Kosvinna	Quakers Hill	14.17m
9	Alexandros Kaena	Lethbridge Park	13.14m
10	Kyan Fuller	Tallawong Park	12.89m
11	James deVos	Prospect	12.85m
12	Nathaniel Raj	The Ponds	9.77m
13	Matthias Masunu	Tallawong Park	9.56m
14	Blake Laing	The Ponds	8.61m

Boys U 10 - Discus (500 Gram)

=====			
	Zone: Z 41.48m	1983	J.Arneberger, NEP
Name	Age	Centre	Final
=====			
1	Isaiah Nasio	Doonside	17.64m
2	Lorenzo Manesa	Lethbridge Park	17.02m
3	Kayleb Annabel	Mt Druitt	16.96m
4	Ethan Chetty	Blacktown	16.70m
5	Shiva Visweswaran	The Ponds	16.61m
6	Emilio Osborne	Blacktown	14.35m
7	Jasraj Singh	Quakers Hill	14.06m
8	Rhys Hampton-Lander	Tallawong Park	13.54m
9	Lucas Conti	Blacktown	12.11m
10	Jacob Spadaro	Prospect	11.04m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

11 Abdulrahman Abu-Ziyad	The Ponds	10.57m
-- Ivan Aguasa	Quakers Hill	ND

Boys U 11 - Discus 500 Gram)

Zone: Z 36.56m 2018 Alexander Pupualii, Lethbrid		
Name	Age Centre	Final
1 Pelasio Pelasio	Lethbridge Park	23.00m
2 Levi Mikirtoumov	Minchinbury	22.63m
3 Braith O'Neill	Quakers Hill	17.81m
4 Keenan Pennycook	Prospect	17.12m
5 Marcus Zucconi	Quakers Hill	14.96m
6 Mathhew deVos	Prospect	13.53m
7 Cooper Paegle-Wright	Lethbridge Park	10.70m
8 Walid Kaena	Lethbridge Park	10.59m
9 Stephen Heap	Lethbridge Park	9.98m
10 Cody Roberts	Tallawong Park	9.81m

Boys U 12 - Discus (750 Gram)

Zone: Z 45.99m 2008 T.Moeroa, LPARK		
Name	Age Centre	Final
1 Jeremiah-Xyndel Tatupu	Quakers Hill	38.33m
2 Fraser Reynolds-Nutt	Quakers Hill	30.29m
3 London Vea	The Ponds	25.79m
4 Vinal Liyanage	The Ponds	20.22m
5 Joel Martin	Doonside	18.24m
6 Riley Adams	Doonside	18.01m
7 Lachlan Richardson	Blacktown	16.37m
8 Jacob Leleimalefaga	Quakers Hill	16.05m
9 Iziah Nau	Lethbridge Park	14.22m
10 Hunter Howie	Mt Druitt	13.79m
11 Elijah Taufia	Mt Druitt	12.35m
12 Rhizen Cooke	Doonside	8.21m
-- Nate Nand	Quakers Hill	FOUL

Boys U 13 - Discus (750 Gram)

Zone: Z 34.31m 10/12/2022 Dominic Ryan, Prospect		
Name	Age Centre	Final
1 Jeremy Boafo	Prospect	23.72m
2 Riley Ncube	Prospect	23.28m
3 Vishnu Visweswaran	The Ponds	19.61m
4 Latu Manako	Doonside	18.54m
5 Kianoaloha Masoe-Galo	The Ponds	17.39m
6 Jarwyn Quartey	Doonside	16.07m
7 Hayden Barbuto	Quakers Hill	14.82m
8 Lincoln O'Neill	Quakers Hill	14.80m
9 Pete Narkjang	Quakers Hill	11.46m
10 Scott Chestnut	Lethbridge Park	11.05m
-- Darcy Waring	Tallawong Park	FOUL

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 14 - Discus (1.0 Kg)

Zone: Z 54.22m 2010 T.Moeroa, DOON			
Name	Age	Centre	Final
1 Dominic Ryan		Prospect	36.47m
2 Kori Torrisheba		Quakers Hill	26.29m
3 Kalio Manako		Doonside	24.80m
4 Cooper Findlay		Tallawong Park	21.01m
5 Prince-Tao Masoe-Galo		The Ponds	19.79m
6 Owen Davis		Blacktown	15.86m
7 Panagiotis Kaena		Lethbridge Park	14.71m
8 Ryan Roberts		Tallawong Park	11.56m
9 Jason Hart		Doonside	11.31m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 55.59m 2011 T.Moeroa, DOON			
Name	Age	Centre	Final
1 Xavier Fenech		Prospect	34.76m
2 Anthony Bartley		Lethbridge Park	23.40m
3 Jamie Chestnut		Lethbridge Park	21.93m
4 Jawad Abu-Ziyad		The Ponds	20.49m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 41.81m 2012 J.Bartley, BLA			
Name	Age	Centre	Final
1 Dominic-Xander Tatupu		Quakers Hill	39.22m
2 Sebastian Fenech		Prospect	21.39m
3 Steven Holbourn		Prospect	14.79m
4 Zachary Dawes		Tallawong Park	5.89m

Boys U 11 - Javelin (400 Gram)

Zone: Z 28.86m 10/12/2022 Fraser Reynolds-Nutt, Quaker			
Name	Age	Centre	Final
1 Marcus Zucconi		Quakers Hill	15.23m
2 Levi Mikirtoumov		Minchinbury	14.84m
3 Pelasio Pelasio		Lethbridge Park	13.86m
4 Keenan Pennycook		Prospect	13.40m
5 Elijah Guardia		Prospect	12.90m
6 Harrison Freeman		Lethbridge Park	12.85m
7 Blake Read		The Ponds	10.52m
8 Braith O'Neill		Quakers Hill	9.24m
9 Stephen Heap		Lethbridge Park	7.05m
10 Oscar Baker		Blacktown	6.51m
11 Walid Kaena		Lethbridge Park	5.82m
12 Cody Roberts		Tallawong Park	5.30m
13 Cooper Paegle-Wright		Lethbridge Park	4.16m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

Boys U 12 - Javelin (400 Gram)

Zone: Z 30.39m 2016 T.Anderson, DOON			
Name	Age	Centre	Final
1 Fraser Reynolds-Nutt		Quakers Hill	30.25m
2 London Vea		The Ponds	21.71m
3 Liam Fahey		Blacktown	20.01m
4 Jaskarn Singh		Blacktown	17.82m
5 Elijah Taufia		Mt Druitt	17.74m
6 Nate Nand		Quakers Hill	14.80m
7 Vinal Liyanage		The Ponds	14.74m
8 Lachlan Richardson		Blacktown	12.44m
9 Joel Martin		Doonside	11.01m
10 Hunter Howie		Mt Druitt	9.01m
11 Rhizen Cooke		Doonside	8.89m

Boys U 13 - Javelin (600 Gram)

Zone: Z 38.05m 2009 T.Moeroa, Doonside			
Name	Age	Centre	Final
1 Benjamin Parsell		The Ponds	18.21m
2 Darcy Waring		Tallawong Park	16.31m
3 Benjamin Nasio		Doonside	15.58m
4 Latu Manako		Doonside	14.05m
5 Pete Narkjang		Quakers Hill	11.88m
6 Ruvindu Senevirathna		Quakers Hill	11.18m
7 Scott Chestnut		Lethbridge Park	7.39m

Boys U 14 - Javelin (600 Gram)

Zone: Z 44.83m 2007 A.Neville, Blacktown			
Name	Age	Centre	Final
1 Dominic Ryan		Prospect	30.45m
2 Cooper Findlay		Tallawong Park	25.90m
3 Panagiotis Kaena		Lethbridge Park	11.96m
4 Kalio Manako		Doonside	11.83m
5 Ryan Roberts		Tallawong Park	7.43m

Boys U 15 - Javelin (700 Gram)

Zone: Z 39.62m 2014 B.Rodricks, PROS			
Name	Age	Centre	Final
1 Jamie Chestnut		Lethbridge Park	13.14m
2 Anthony Bartley		Lethbridge Park	9.81m

Boys U 17 - Javelin (700 Gram)

Zone: Z 42.29m 2013 M.Hayes, Blacktown			
Name	Age	Centre	Final
1 Bradwell Kwok		Prospect	40.04m
2 Joshua Bernard		The Ponds	37.05m
3 Zackary Armitage		Prospect	31.26m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE

Results

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

4	Lachlan Findlay	Tallawong Park	29.84m
5	Bradley Kwok	Prospect	28.09m
6	Sebastian Fenech	Prospect	22.79m
7	Steven Holbourn	Prospect	19.89m
8	Sebastian Gross	Mt Druitt	14.56m
--	Dhruvan Obineedi	Blacktown	ND

Boys U 9 - 700 Metre Walk

Zone: Z 3:36.30 1999 J.Milan, MINCH			
Name	Age	Centre	Final
1	James deVos	Prospect	4:36.65
2	Nehon Cabardo	Doonside	4:53.42
3	Samuel Thompson	Prospect	4:56.30
4	Sandon Stojic	Blacktown	5:54.00
--	Kyan Fuller	Tallawong Park	DQ
--	Nivedh Samarasinghe	Quakers Hill	DQ
--	Blake Petersen	Doonside	DQ

Boys U 10 - 1100 Metre Walk

Zone: Z 5:45.30 2003 N.Henshaw, Doonside			
Name	Age	Centre	Final
1	Rhys Straub	Doonside	7:05.08
2	Rhys Hampton-Lander	Tallawong Park	7:22.36
3	Senal Liyanage	The Ponds	8:49.29
--	Gabriel Oto	Minchinbury	DQ
--	Jax Connolly	Mt Druitt	DQ

Boys U 11 - 1100 Metre Walk

Zone: Z 5:38.00 2005 S.Washburn, Mount Druitt			
Name	Age	Centre	Final
1	Alexander Zammit	Tallawong Park	7:41.18
2	Lucas Heys	Minchinbury	8:25.90
3	Blake Read	The Ponds	8:37.53
4	Mathhew deVos	Prospect	9:47.00
5	Angus O'Shea	Quakers Hill	9:52.55
--	Jay May	Lethbridge Park	DQ

Boys U 12 - 1500 Metre Walk

Zone: Z 7:08.60 1992 D.Beacroft, BLACK			
Name	Age	Centre	Final
1	Vinal Liyanage	The Ponds	10:14.75
2	Hunter Howie	Mt Druitt	10:38.61
3	Dinel Patabendige	Mt Druitt	10:39.03
--	Mason Howell	The Ponds	DQ
--	Lukas Hill	Prospect	DQ

**WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS
BLACKTOWN SPORTS PARK ATHLETICS CENTRE****Results****Boys U 13 - 1500 Metre Walk**

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Zone: Z 7:04.60		2003	B.Keys, Doonside
Name	Age	Centre	Final
=====			
1 Brock Doran		Quakers Hill	8:26.10
2 Darcy Waring		Tallawong Park	9:18.67

Boys U 14 - 1500 Metre Walk

=====			
Zone: Z 6:33.40		1994	D.Beacroft, BLACK
Name	Age	Centre	Final
=====			
1 Cooper Findlay		Tallawong Park	9:46.33
2 Onel Patabendige		Mt Druitt	10:15.20

Boys U 17 - 1500 Metre Walk

=====			
Zone: Z 7:08.54		2014	B.Dwyer, Blacktown
Name	Age	Centre	Final
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1 Jad Nasser		The Ponds	8:02.84