

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.94 04-Feb-12 A.Martin, DOO			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Hollie Robson		Doonside	10.20Q
2 Maisy Cyreszko		Tallawong Park	10.44Q
3 Aduai Dimo		Minchinbury	10.52
4 Gianna Tabone		Tallawong Park	11.22
5 Kaira Seth		Blacktown	11.42
6 Chloe Mendonca		The Ponds	11.81
Heat 2 Heats			
1 Eva Bryant		The Ponds	9.51Q
2 Sienna Choo		The Ponds	9.74Q
3 Chelsea Johnson		Tallawong Park	9.97q
4 Tvisha Roy		The Ponds	10.31
5 Isabella Maria Parker		Mt Druitt	10.71
6 McKenzie Delgado		Mt Druitt	12.50
Heat 3 Heats			
1 Layla Foster		Quakers Hill	9.53Q
2 Sarah Edenborough		Quakers Hill	10.03Q
3 Nevaeh-Maree Kake		Minchinbury	10.08q
4 Luianga Richards		Lethbridge Park	10.14
5 Amaani Puri		Blacktown	10.54
6 Isabella Irani		Blacktown	11.40

Girls U 7 - 50 Metre Sprint

Zone: Z 8.94 04-Feb-12 A.Martin, DOO			
Name	Age	Centre	Final
Section 1 Final			
1 Sarah Edenborough		Quakers Hill	8.96
2 Sienna Choo		The Ponds	9.43
3 Nevaeh-Maree Kake		Minchinbury	9.59
4 Eva Bryant		The Ponds	9.62
5 Layla Foster		Quakers Hill	9.68
6 Hollie Robson		Doonside	10.18
7 Chelsea Johnson		Tallawong Park	10.47
8 Maisy Cyreszko		Tallawong Park	10.50

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
Heat 1 Heats			
1 Nyidier Mow		Prospect	12.57Q
2 Nevaeh-Maree Kake		Minchinbury	13.22Q
3 Amilia Masic		Lethbridge Park	13.65q
Heat 2 Heats			
1 Luianga Richards		Lethbridge Park	13.78Q
2 Maisy Cyreszko		Tallawong Park	14.79Q
Heat 3 Heats			
1 Sienna Choo		The Ponds	13.37Q
2 Isabella Maria Parker		Mt Druitt	14.86Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 7 - 70 Metre Sprint**

3	Chloe Mendonca	The Ponds	16.12q
4	Jade Klemenic	Mt Druitt	16.22
5	McKenzie Delgado	Mt Druitt	17.72

Girls U 7 - 70 Metre Sprint

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Zone:	Z 12.06	1980	J.Fineberg, BLACK
Zone:	Z 12.06	1984	J.Hass, BLACK
Name	Age	Centre	Final
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Section 1 Final

1	Nyidier Mow	Prospect	12.87
2	Nevaeh-Maree Kake	Minchinbury	13.32
3	Sienna Choo	The Ponds	13.40
4	Amilia Masic	Lethbridge Park	13.90
5	Luianga Richards	Lethbridge Park	13.94
6	Isabella Maria Parker	Mt Druitt	15.06
7	Maisy Cyreszko	Tallawong Park	15.36
8	Chloe Mendonca	The Ponds	16.15

Girls U 8 - 70 Metre Sprint

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Zone:	Z 11.46	1980	A. Cavanagh, BLACK
Zone:	Z 11.46	1982	E.Fernandes
Zone:	Z 11.46	05-Feb-12	O.Airhumwunde, MTD
Name	Age	Centre	Heats
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Heat 1 Heats

1	Taylor Wood	The Ponds	12.37Q
2	Amelia Senifili	Lethbridge Park	13.03Q
3	Wilow Atila	Tallawong Park	13.30q
4	Lillyarna Suitupe	Mt Druitt	13.42
5	Hayley Yousef	Blacktown	18.74

Heat 2 Heats

1	Leisiliva Betty Tanaki	Mt Druitt	12.19Q
2	Makenna Avery	The Ponds	12.64Q
3	Ciara Kennedy	Doonside	12.67q
4	Emma Hoskins	Quakers Hill	14.11

Heat 3 Heats

1	Beyza Sevdimbass	Tallawong Park	12.12Q
2	Ruby Dunn	The Ponds	13.15Q
3	Kehlea Clarke	Blacktown	14.19
4	Gabrielle Clarke	Blacktown	15.70

Girls U 8 - 70 Metre Sprint

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Zone:	Z 11.46	1980	A. Cavanagh, BLACK
Zone:	Z 11.46	1982	E.Fernandes
Zone:	Z 11.46	05-Feb-12	O.Airhumwunde, MTD
Name	Age	Centre	Final
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Section 1 Final

1	Beyza Sevdimbass	Tallawong Park	11.85
2	Leisiliva Betty Tanaki	Mt Druitt	11.89
3	Taylor Wood	The Ponds	12.26
4	Makenna Avery	The Ponds	12.75

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 8 - 70 Metre Sprint

5	Amelia Senifili	Lethbridge Park	12.90
6	Wilow Atila	Tallawong Park	12.94
7	Ruby Dunn	The Ponds	13.06
8	Emma Hoskins	Quakers Hill	14.02

Girls U 9 - 70 Metre Sprint

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Zone: Z 11.04	2005	J.Kilititi, LPARK
Zone: Z 11.04	2005	M.Grnovic, BLACK
Zone: Z 11.04	05-Feb-13	O.Airhumwunde, MTD

Name	Age	Centre	Heats
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Heat 1 Heats

1	Amber Reveley	Tallawong Park	11.17Q
2	Chloe Jawad	Blacktown	11.97Q
3	Dana Gu	Blacktown	12.39q
4	Gina Johnson	Tallawong Park	13.68
5	Mitali Garg	The Ponds	13.93
6	Sarah Sale	Lethbridge Park	14.30

Heat 2 Heats

1	Angelina Burford	Blacktown	11.26Q
2	Jade Castle	Quakers Hill	11.63Q
3	Shyla Cruise	Doonside	11.66q
4	Natalia Falemaka	Mt Druitt	12.51
5	Hadaya Azmi	Minchinbury	12.73
6	Abigail Sasinszki	Mt Druitt	14.88

Heat 3 Heats

1	Amy Christie	The Ponds	12.15Q
2	Maddison Laing	The Ponds	12.41Q
3	Summer Reynolds	Minchinbury	12.88
4	Olivia Briggs	The Ponds	12.96
5	Isobel Gross	Mt Druitt	14.40
6	Sarscha Farlow	Minchinbury	14.58

Girls U 9 - 70 Metre Sprint

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Zone: Z 11.04	2005	J.Kilititi, LPARK
Zone: Z 11.04	2005	M.Grnovic, BLACK
Zone: Z 11.04	05-Feb-13	O.Airhumwunde, MTD

Name	Age	Centre	Final
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Section 1 Final

1	Angelina Burford	Blacktown	10.9hZ
2	Amber Reveley	Tallawong Park	11.1hZ
3	Shyla Cruise	Doonside	11.2h
4	Jade Castle	Quakers Hill	11.4h
5	Amy Christie	The Ponds	11.6h
6	Chloe Jawad	Blacktown	11.8h
7	Dana Gu	Blacktown	12.0h
8	Maddison Laing	The Ponds	12.2h

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 70 Metre Sprint**

Zone: Z 10.52 14-Dec-14 Clara Nourdine, Doonside			
Name	Age	Centre	Final
Section 1			
1 Zoe Thompson		Tallawong Park	11.65
2 Joanna Meru		Blacktown	11.67
3 Taya Zammit		Blacktown	11.78
4 Katherina Alimo		Blacktown	11.79
5 Malia Kolotile Taliauli		Mt Druitt	12.26
6 Isabella Clement		Blacktown	13.02
7 Nehal Kaushal		Minchinbury	13.04
8 Elyscia Barret		Blacktown	13.49
9 Chelsea Delgado		Mt Druitt	15.86

Girls U 7 - 100 Metre Sprint

Zone: Z 16.94 1985 B.Smith, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sophia Apulu		Lethbridge Park	18.86Q
2 Luianga Richards		Lethbridge Park	19.43Q
3 Rihanna Abu Ganaba		Blacktown	20.48
4 Hollie Robson		Doonside	20.87
5 Isabella Maria Parker		Mt Druitt	21.44
6 Chloe Mendonca		The Ponds	22.52
Heat 2 Heats			
1 Layla Foster		Quakers Hill	18.74Q
2 Summer Nelson		Blacktown	18.85Q
3 Nevaeh-Maree Kake		Minchinbury	19.06q
4 Amaani Puri		Blacktown	20.25
5 Shiloh Reynolds		Doonside	20.43
6 Jade Klemenic		Mt Druitt	22.42
Heat 3 Heats			
1 Eva Bryant		The Ponds	18.79Q
2 Aduai Dimo		Minchinbury	19.20Q
3 Amilia Masic		Lethbridge Park	19.83q
4 Tvisha Roy		The Ponds	20.69
5 Maisy Cyreszko		Tallawong Park	21.07
6 Cassandra Sasinszki		Mt Druitt	23.06

Girls U 7 - 100 Metre Sprint

Zone: Z 16.94 1985 B.Smith, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Summer Nelson		Blacktown	18.62
2 Sophia Apulu		Lethbridge Park	18.68
3 Eva Bryant		The Ponds	18.77
4 Layla Foster		Quakers Hill	19.19
5 Nevaeh-Maree Kake		Minchinbury	19.83
6 Aduai Dimo		Minchinbury	20.04
7 Amilia Masic		Lethbridge Park	20.26
8 Luianga Richards		Lethbridge Park	20.50

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - 100 Metre Sprint**

Name	Age	Centre	Heats
Zone: Z 16.14	1982	E.Fernandes, C.S.C	
Zone: Z 16.14	2004	J.Kilititi, LPARK	
Zone: Z 16.14	2009	R.Vaughan, LPARK	
Heat 1 Heats			
1 Charlotte Blyth		Quakers Hill	18.05Q
2 Tahlia Reynolds		Doonside	18.76Q
3 Willow Atila		Tallawong Park	19.64
4 Hanna Masic		Lethbridge Park	19.69
5 Mikaylah Knight		Tallawong Park	20.22
6 Reeghan Zammit		Blacktown	20.71
Heat 2 Heats			
1 Leisiliva Betty Tanaki		Mt Druitt	17.62Q
2 Taylor Wood		The Ponds	17.75Q
3 Amelia Senifili		Lethbridge Park	18.93q
4 Caitlyn Wise		Quakers Hill	19.09q
5 Lily Delgado		Mt Druitt	26.16
Heat 3 Heats			
1 Beyza Sevdimbass		Tallawong Park	17.69Q
2 Makenna Avery		The Ponds	18.71Q
3 Emma Hoskins		Quakers Hill	19.97
4 Elizabeth Toole		Prospect	20.23
5 Kaylee Bolt Mitchell		Lethbridge Park	20.70
6 Lillian Adams		Lethbridge Park	22.35
7 Destiny Pelasio		Lethbridge Park	28.77

Girls U 8 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 16.14	1982	E.Fernandes, C.S.C	
Zone: Z 16.14	2004	J.Kilititi, LPARK	
Zone: Z 16.14	2009	R.Vaughan, LPARK	
Section 1 Final			
1 Leisiliva Betty Tanaki		Mt Druitt	17.36
2 Beyza Sevdimbass		Tallawong Park	17.53
3 Taylor Wood		The Ponds	17.65
4 Charlotte Blyth		Quakers Hill	17.99
5 Tahlia Reynolds		Doonside	18.52
6 Makenna Avery		The Ponds	18.72
7 Amelia Senifili		Lethbridge Park	19.59
8 Caitlyn Wise		Quakers Hill	20.64

Girls U 9 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 15.24	1984	J.Hass, BLACK	
Heat 1 Heats			
1 Angelina Burford		Blacktown	15.79Q
2 Amber Reveley		Tallawong Park	15.94Q
3 Alaysha Garg		The Ponds	17.03q
4 Vera Boafo		Prospect	17.19
5 Summer Reynolds		Minchinbury	18.06
6 Gina Johnson		Tallawong Park	19.33

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 9 - 100 Metre Sprint

7 Jasmine Kaur	Quakers Hill	20.60
8 Ava Masic	Lethbridge Park	20.97
Heat 2 Heats		
1 Chloe Jawad	Blacktown	16.61Q
2 Tanisha Kumar	Blacktown	16.70Q
3 Jade Castle	Quakers Hill	17.08q
4 Peyton Maybury	Minchinbury	17.42
5 Amy Christie	The Ponds	17.50
6 Jessica Stuart	The Ponds	17.50
7 Hadaya Azmi	Minchinbury	18.89
8 Abigail Sasinszki	Mt Druitt	21.03
Heat 3 Heats		
1 Cheyanne Vaitusi	Quakers Hill	16.83Q
2 Shyla Cruise	Doonside	16.90Q
3 Vanessa Adams	Lethbridge Park	17.12
4 Gabriella Baker	Blacktown	17.18
5 Amelia Herczeg	Prospect	17.69
6 Natalia Falemaka	Mt Druitt	18.01
7 Olivia Briggs	The Ponds	18.84
8 Simran Saini	Quakers Hill	19.80
9 Isobel Gross	Mt Druitt	20.79

Girls U 9 - 100 Metre Sprint

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 Zone: Z 15.24 1984 J.Hass, BLACK
 Name Age Centre Final
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Section 1 Final

1 Angelina Burford	Blacktown	16.25
2 Amber Reveley	Tallawong Park	16.33
3 Alaysha Garg	The Ponds	16.83
4 Tanisha Kumar	Blacktown	16.85
5 Jade Castle	Quakers Hill	16.98
6 Chloe Jawad	Blacktown	17.07
7 Cheyanne Vaitusi	Quakers Hill	17.09
8 Shyla Cruise	Doonside	17.18

Girls U 10 - 100 Metre Sprint

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 Zone: Z 14.54 25-Jan-14 Osaru Airhumwunde, Mt Druitt
 Name Age Centre Heats
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Heat 1 Heats

1 Katherina Alimo	Blacktown	16.5hQ
2 Zoe Thompson	Tallawong Park	16.6h
3 Isabell Lazaro	Minchinbury	17.1h
4 Vallen Payne	Tallawong Park	17.2h
5 Malia Kolotile Taliauli	Mt Druitt	17.5h
6 Ashee Patel	The Ponds	18.6h
7 Elyscia Barret	Blacktown	19.2h

Heat 2 Heats

1 Charlize Mahusay	The Ponds	14.9hQ
2 Montana Vaitusi	Quakers Hill	15.1hq
3 Awien Lual	Prospect	15.3hq
4 Joanna Meru	Blacktown	15.8hq
5 Gabriella Creswell	Lethbridge Park	18.4h

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 10 - 100 Metre Sprint

6	Nehal Kaushal	Minchinbury	19.3h
7	Keelah Stockham	Mt Druitt	19.5h
Heat 3 Heats			
1	Aleesha Martin	Doonside	15.6hQ
2	Mya Scott	The Ponds	15.6hq
3	Naomi Amadi	Prospect	16.6h
4	Giselle Kharoufeh	Blacktown	17.8h
5	Dina Vuksinic	Blacktown	18.2h
6	Peyton Bowden	Lethbridge Park	18.7h
7	Shabnum Totakil	Minchinbury	18.8h
Heat 4 Heats			
1	Sarah Arora	Quakers Hill	16.5hQ
2	Althea Ingrid Baron	Mt Druitt	17.6h
3	Astha Singh	Tallawong Park	17.8h
4	Samantha Wilkinson	Quakers Hill	18.1h
5	Layla Senifili	Lethbridge Park	18.3h
6	Mia-Lee Conn	Mt Druitt	19.6h

Girls U 10 - 100 Metre Sprint

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 Zone: Z 14.54 25-Jan-14 Osaru Airhumwunde, Mt Druitt
 Name Age Centre Final
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Section 1 Final

1	Charlize Mahusay	The Ponds	15.25
2	Montana Vaitusi	Quakers Hill	15.27
3	Awien Lual	Prospect	15.27
4	Aleesha Martin	Doonside	15.79
5	Mya Scott	The Ponds	15.86
6	Katherina Alimo	Blacktown	16.54
7	Sarah Arora	Quakers Hill	16.77
8	Joanna Meru	Blacktown	16.79

Girls U 11 - 100 Metre Sprint

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 Zone: Z 13.84 2001 R.Asonitis, MTDRU
 Name Age Centre Heats
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Heat 1 Heats

1	Tia Matthews	Quakers Hill	14.20Q
2	Athieu Majok	Blacktown	14.99Q
3	Iahna Von Meyer	The Ponds	15.61Q
4	Maddison Cash	Prospect	16.87q
5	Madison Budd	Mt Druitt	16.96q
6	Jasmine Freeman	The Ponds	17.11
7	Salamasina Pupualii	Lethbridge Park	18.26

Heat 2 Heats

1	Briahna Pearce	The Ponds	15.51Q
2	Shamiah Stewart	Tallawong Park	16.43Q
3	Elizabeth Sale	Lethbridge Park	17.32Q
4	Jessica Thomson	Tallawong Park	17.44
5	Brooke Shields	Minchinbury	18.46
6	Sophie Saraceno	Blacktown	18.48
7	Imogen Camp	The Ponds	18.52
8	Adeng Yelchan	Minchinbury	18.79

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - 100 Metre Sprint**

Zone: Z 13.84 2001 R.Asonitis, MTDRU			
Name	Age	Centre	Final
Section 1 Final			
1 Tia Matthews		Quakers Hill	14.31
2 Athieu Majok		Blacktown	15.46
3 Iahna Von Meyer		The Ponds	15.55
4 Briahna Pearce		The Ponds	15.86
5 Shamiah Stewart		Tallawong Park	16.83
6 Maddison Cash		Prospect	17.09
7 Elizabeth Sale		Lethbridge Park	17.11
8 Jasmine Freeman		The Ponds	17.15

Girls U 12 - 100 Metre Sprint

Zone: Z 13.23 10-Dec-16 Clara Nourdine, Doonside			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Mia Friesendorff		Doonside	13.65Q
2 Anna Logali		Blacktown	14.57Q
3 Emily Budai		The Ponds	14.70q
4 Ava Pelaez		The Ponds	15.08
5 Latoya Kennedy		Doonside	16.46
6 Nikki Gunawardana		Doonside	18.17
Heat 2 Heats			
1 Raphaila Idris		Blacktown	13.95Q
2 Chloe Riley		Tallawong Park	14.04Q
3 Mercy Opoku		Blacktown	14.49q
4 Ella Deluca		Minchinbury	16.75
Heat 3 Heats			
1 Nikaela Luz		The Ponds	14.27Q
2 Esther Peter		Blacktown	14.66Q
3 Andrea Mya Han		Prospect	14.78
4 Kristie Thoms		Lethbridge Park	16.01

Girls U 12 - 100 Metre Sprint

Zone: Z 13.23 10-Dec-16 Clara Nourdine, Doonside			
Name	Age	Centre	Final
Section 1 Final			
1 Mia Friesendorff		Doonside	13.58
2 Raphaila Idris		Blacktown	14.07
3 Chloe Riley		Tallawong Park	14.41
4 Mercy Opoku		Blacktown	14.71
5 Nikaela Luz		The Ponds	14.71
6 Anna Logali		Blacktown	14.92
7 Emily Budai		The Ponds	15.03
8 Esther Peter		Blacktown	15.12

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 100 Metre Sprint**

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Zone: Z 13.04	2008	D.Defoe, MTDRU	
Zone: Z 13.04	2009	M.Grnovic, BLACK	
Name	Age	Centre	Final
=====			
Section 1			
1 Aliya Jawad		Blacktown	13.21
2 Clara Nourdine		The Ponds	13.46
3 Alicia Mamae		Quakers Hill	14.10
4 Annabelle Johnson		Prospect	14.22
5 Emily Rea		Mt DrUITT	15.45
6 Daniella Baillo		Quakers Hill	15.47
7 Tiarna Stone		Quakers Hill	16.64

Girls U 14 - 100 Metre Sprint

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Zone: Z 12.79	10-Dec-16	Gabrielle Bingham, Prospect	
Name	Age	Centre	Heats
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Heat 1 Heats			
1 Jessica Laurance		Doonside	13.31Q
2 Sophie Kolat		The Ponds	13.68Q
3 Briley Campbell		Minchinbury	14.15Q
4 Jasmine Germino		Doonside	14.61q
5 Akual Malith		Doonside	17.54
Heat 2 Heats			
1 Abuoc Bol		Doonside	13.91Q
2 Sandra Lado		Blacktown	14.15Q
3 Tianna Fowler		Lethbridge Park	14.31Q
4 Coda Ridley		Tallawong Park	14.90q
5 Dragana Arambasic		Doonside	15.32
6 Georgah Foote		Mt DrUITT	15.47

Girls U 14 - 100 Metre Sprint

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Zone: Z 12.79	10-Dec-16	Gabrielle Bingham, Prospect	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Jessica Laurance		Doonside	12.94
2 Sophie Kolat		The Ponds	13.55
3 Briley Campbell		Minchinbury	14.10
4 Abuoc Bol		Doonside	14.12
5 Sandra Lado		Blacktown	14.28
6 Tianna Fowler		Lethbridge Park	14.38

Girls U 15 - 100 Metre Sprint

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Zone: Z 12.84	2004	L.Verlinden, DOON	
Zone: Z 12.84	2007	D.Goodin, BLACK	
Name	Age	Centre	Final
=====			
Section 1			
1 Gabrielle Bingham		Prospect	12.56Z
2 Veronica Dimo		Minchinbury	12.97
3 Jessica David		Quakers Hill	13.79
4 Supreet Sidhu		The Ponds	13.80

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 15 - 100 Metre Sprint

5	Yashleen Dhot	The Ponds	15.04
6	Abeny Manassah	Doonside	15.28
7	Lorin Brown	Lethbridge Park	15.62
8	Shreya Nair	The Ponds	16.28

Girls U 17 - 100 Metre Sprint

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 Zone: Z 13.34 2009 K.Shannon, DOON
 Name Age Centre Final
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1	Sandiolla Oyoo	Prospect	13.06Z
2	Taylor Cregan	Doonside	13.12Z
3	Natalie O'Connor	Doonside	13.36
4	Taya McLean	Blacktown	13.91
5	Sharmayne Melide	Tallawong Park	14.07
6	Alison Brincat	Quakers Hill	14.19
7	Courtney Rowe	Lethbridge Park	14.49
8	Bronty Brown	Lethbridge Park	17.03

Girls U 7 - 200 Metre Sprint

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 Zone: Z 34.04 1985 B.Smith, BLACK
 Name Age Centre Heats
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Heat 1 Heats

1	Sienna Choo	The Ponds	41.06Q
2	Nevaeh-Maree Kake	Minchinbury	42.40Q
3	Tvisha Roy	The Ponds	43.78Q
4	Bella Graham	Blacktown	46.05
5	Hollie Robson	Doonside	47.46

Heat 2 Heats

1	Eva Bryant	The Ponds	40.20Q
2	Sophia Apulu	Lethbridge Park	40.41Q
3	Annalise Martin	The Ponds	43.40Q
4	Luianga Richards	Lethbridge Park	43.87q
5	Shiloh Reynolds	Doonside	44.74q
6	Hargun Kaur Saini	Blacktown	52.17

Girls U 7 - 200 Metre Sprint

=====
 Zone: Z 34.04 1985 B.Smith, BLACK
 Name Age Centre Final
 =====

Section 1 Final

1	Eva Bryant	The Ponds	39.73
2	Sienna Choo	The Ponds	40.08
3	Nevaeh-Maree Kake	Minchinbury	40.85
4	Sophia Apulu	Lethbridge Park	40.87
5	Annalise Martin	The Ponds	44.07
6	Bella Graham	Blacktown	47.10

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - 200 Metre Sprint**

Zone: Z 32.24 1980 A.Cavanagh, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Savannah Hill		Mt Druitt	36.89Q
2 Taylor Wood		The Ponds	38.29Q
3 Makenna Avery		The Ponds	40.00q
4 Elizabeth Toole		Prospect	43.14
5 Reeghan Zammit		Blacktown	43.72
Heat 2 Heats			
1 Matilda Oxley		Quakers Hill	37.71Q
2 Tahlia Reynolds		Doonside	38.05Q
3 Dekota Bre'e Howie		Mt Druitt	40.05
4 Pwoj Majok		Blacktown	41.32
5 Ruby Dunn		The Ponds	41.59
Heat 3 Heats			
1 Leisiliva Betty Tanaki		Mt Druitt	36.32Q
2 Charlotte Blyth		Quakers Hill	36.84Q
3 Beyza Sevdimbass		Tallawong Park	37.03q
4 Kaylee Bolt Mitchell		Lethbridge Park	46.80
5 Ciara Kennedy		Doonside	51.18

Girls U 8 - 200 Metre Sprint

Zone: Z 32.24 1980 A.Cavanagh, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Savannah Hill		Mt Druitt	36.17
2 Beyza Sevdimbass		Tallawong Park	36.95
3 Charlotte Blyth		Quakers Hill	37.23
4 Taylor Wood		The Ponds	37.30
5 Leisiliva Betty Tanaki		Mt Druitt	38.18
6 Matilda Oxley		Quakers Hill	38.20
7 Tahlia Reynolds		Doonside	39.07
8 Makenna Avery		The Ponds	40.05

Girls U 9 - 200 Metre Sprint

Zone: Z 31.64 1981 A.Cavanagh, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Vera Boafo		Prospect	37.78Q
2 Dana Gu		Blacktown	38.76Q
3 Hadaya Azmi		Minchinbury	39.67
4 Ava Masic		Lethbridge Park	50.80
Heat 2 Heats			
1 Angelina Burford		Blacktown	33.77Q
2 Alice Edenborough		Quakers Hill	35.26Q
3 Vanessa Adams		Lethbridge Park	37.69q
4 Jessica Dhaliwal		Minchinbury	39.29
5 Olivia Briggs		The Ponds	40.48
Heat 3 Heats			
1 Alaysha Garg		The Ponds	35.47Q
2 Danelia Samuel		Blacktown	35.76Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 200 Metre Sprint**

3	Chloe Jawad	Blacktown	36.25q
4	Peyton Oblea	The Ponds	38.64
5	Emily Pedersen	Minchinbury	40.19
6	Simran Saini	Quakers Hill	40.96

Girls U 9 - 200 Metre Sprint

=====			
	Zone: Z 31.64	1981	A.Cavanagh, BLACK
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Angelina Burford	Blacktown	35.39
2	Alice Edenborough	Quakers Hill	35.83
3	Alaysha Garg	The Ponds	36.04
4	Danelia Samuel	Blacktown	36.25
5	Chloe Jawad	Blacktown	36.91
6	Vera Boafo	Prospect	38.42
7	Vanessa Adams	Lethbridge Park	39.28
8	Dana Gu	Blacktown	39.36

Girls U 10 - 200 Metre Sprint

=====			
	Zone: Z 29.84	1978	L.Hopkins, PEN
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Zoe Thompson	Tallawong Park	34.5hQ
2	Isabella Lira-Loloa	Mt Druitt	36.7hQ
3	Nehal Kaushal	Minchinbury	40.5h
4	Isabella Clement	Blacktown	43.8h
5	Catherine New	The Ponds	1:11.6h
Heat 2 Heats			
1	Aleesha Martin	Doonside	33.1hQ
2	Naomi Amadi	Prospect	34.3hQ
3	Samantha Wilkinson	Quakers Hill	37.2hq
4	Lara Hodges	Minchinbury	39.8h
5	Chelsea Delgado	Mt Druitt	51.6h
Heat 3 Heats			
1	Sarah Arora	Quakers Hill	35.0hQ
2	Taya Zammit	Blacktown	35.2hQ
3	Matilda Olson	Quakers Hill	35.8hq
4	Isabell Lazaro	Minchinbury	37.8h
5	Inayat Randhawa	Blacktown	42.1h
6	Keelah Stockham	Mt Druitt	43.0h
7	Kaitlin Clarke	Blacktown	44.3h

Girls U 10 - 200 Metre Sprint

=====			
	Zone: Z 29.84	1978	L.Hopkins, PEN
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Aleesha Martin	Doonside	33.13
2	Naomi Amadi	Prospect	35.23
3	Zoe Thompson	Tallawong Park	35.52
4	Taya Zammit	Blacktown	36.02

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 10 - 200 Metre Sprint

5	Sarah Arora	Quakers Hill	36.29
6	Matilda Olson	Quakers Hill	36.50
7	Samantha Wilkinson	Quakers Hill	37.60
8	Isabella Lira-Loloa	Mt Druitt	37.96

Girls U 11 - 200 Metre Sprint

=====
 Zone: Z 28.38 13-Dec-15 Clara Nourdine, Doonside
 Name Age Centre Final
 =====

Section 1

1	Tia Matthews	Quakers Hill	29.41
2	Athieu Majok	Blacktown	30.96
3	Aleah Slater	Minchinbury	31.97
4	Shamiah Stewart	Tallawong Park	34.35
5	Julia Gonzalves	Doonside	34.45
6	Anisa Azmi	Minchinbury	35.38
7	Shay Bolt	Lethbridge Park	35.57
8	Adeng Yelchan	Minchinbury	40.25

Girls U 12 - 200 Metre Sprint

=====
 Zone: Z 27.06 13-Dec-15 Jessica Laurance, Doonside
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Anna Logali	Blacktown	29.46Q
2	Esther Peter	Blacktown	30.01Q
3	Emily Ferguson	Tallawong Park	30.92q
4	Jade Fowler	Lethbridge Park	37.52

Heat 2 Heats

1	Chloe Riley	Tallawong Park	29.09Q
2	Nikaela Luz	The Ponds	30.55Q
3	Montana Creswell	Lethbridge Park	34.82q
4	Aweit Majak	Minchinbury	35.56
5	Billie Wild	Mt Druitt	36.95
6	Nikki Gunawardana	Doonside	37.29

Heat 3 Heats

1	Mia Friesendorff	Doonside	27.75Q
2	Ava Pelaez	The Ponds	30.59Q
3	Kristie Thoms	Lethbridge Park	35.80
4	Chloe Hart	Doonside	40.77

Girls U 12 - 200 Metre Sprint

=====
 Zone: Z 27.06 13-Dec-15 Jessica Laurance, Doonside
 Name Age Centre Final
 =====

Section 1 Final

1	Mia Friesendorff	Doonside	27.78
2	Chloe Riley	Tallawong Park	29.33
3	Anna Logali	Blacktown	29.74
4	Esther Peter	Blacktown	29.96
5	Ava Pelaez	The Ponds	30.95
6	Nikaela Luz	The Ponds	31.06
7	Kristie Thoms	Lethbridge Park	36.35

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 200 Metre Sprint**

Zone: Z 26.59 11-Dec-16 Jessica Laurance, Doonside			
Name	Age	Centre	Final
Section 1			
1 Aliya Jawad		Blacktown	27.19
2 Charli McCaffray		Quakers Hill	28.62
3 Annabelle Johnson		Prospect	28.91
4 Daniella Baillo		Quakers Hill	31.99
5 Zsofia Varga-Strike		Quakers Hill	34.91

Girls U 14 - 200 Metre Sprint

Zone: Z 25.74 2003 L.Verlinden, DOON			
Name	Age	Centre	Final
1 Jessica Laurance		Doonside	26.07
2 Sophie Kolat		The Ponds	27.77
3 Abuoc Bol		Doonside	28.42
4 Tianna Fowler		Lethbridge Park	29.06
5 Sandra Lado		Blacktown	29.67
6 Dragana Arambasic		Doonside	30.29
7 Akual Malith		Doonside	37.78

Girls U 15 - 200 Metre Sprint

Zone: Z 25.44 1995 R.Ryan, BLACK			
Name	Age	Centre	Final
1 Gabrielle Bingham		Prospect	25.47
2 Veronica Dimo		Minchinbury	26.03
3 Jessica David		Quakers Hill	28.10
4 Yashleen Dhot		The Ponds	31.79
5 Shreya Nair		The Ponds	33.23

Girls U 17 - 200 Metre Sprint

Zone: Z 26.57 13-Dec-15 Deyana Trikaliotis, Blacktown			
Name	Age	Centre	Final
1 Taylar Cregan		Doonside	26.11Z
2 Sandiolla Oyoo		Prospect	26.33Z
3 Natalie O'Connor		Doonside	27.66
4 Sharmayne Melide		Tallawong Park	28.91
5 Courtney Rowe		Lethbridge Park	30.40
6 Bronty Brown		Lethbridge Park	36.38

Girls U 8 - 400 Metre Sprint

Zone: Z 1:17.64 1980 A.Cavanagh, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Charlotte Blyth		Quakers Hill	1:26.20Q
2 Matilda Oxley		Quakers Hill	1:29.21Q
3 Dekota Bre'e Howie		Mt Druitt	1:32.63Q
4 Lucia Smith		Blacktown	1:32.63q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 8 - 400 Metre Sprint

5 Caitlyn Wise	Quakers Hill	1:35.08q
6 Mikaylah Knight	Tallawong Park	1:37.77
Heat 2 Heats		
1 Bronte Parkin	Quakers Hill	1:31.76Q
2 Kaylee Bolt Mitchell	Lethbridge Park	1:38.79Q
3 Pwoj Majok	Blacktown	1:38.87Q
4 Khloe Mitchell	Minchinbury	1:40.24

Girls U 8 - 400 Metre Sprint

=====			
Zone: Z	1:17.64	1980	A.Cavanagh, BLACK
Name	Age	Centre	Final
=====			
Section 1	Final		
1 Charlotte Blyth		Quakers Hill	1:26.95
2 Matilda Oxley		Quakers Hill	1:29.37
3 Caitlyn Wise		Quakers Hill	1:33.05
4 Bronte Parkin		Quakers Hill	1:34.66
5 Dekota Bre'e Howie		Mt Druitt	1:37.05
6 Kaylee Bolt Mitchell		Lethbridge Park	1:39.00
7 Lucia Smith		Blacktown	1:39.06
8 Pwoj Majok		Blacktown	1:52.78

Girls U 9 - 400 Metre Sprint

=====			
Zone: Z	1:11.34	1981	A.Cavanagh, BLACK
Name	Age	Centre	Heats
=====			
Heat 1	Heats		
1 Cheyanne Vaitusi		Quakers Hill	1:21.79Q
2 Peyton Oblea		The Ponds	1:27.86Q
3 Amelia Herczeg		Prospect	1:29.76q
4 Shay-Leigh Punter		Mt Druitt	1:33.55
5 Emily Pedersen		Minchinbury	1:35.04
6 Hadaya Azmi		Minchinbury	1:37.51
7 Mitali Garg		The Ponds	1:41.33
Heat 2	Heats		
1 Kristin Van Eck		The Ponds	1:27.07Q
2 Natalia Falemaka		Mt Druitt	1:32.77Q
3 Vera Boafo		Prospect	1:37.30
4 Pia Carroll		Blacktown	1:40.08
Heat 3	Heats		
1 Lacey Wynne		Tallawong Park	1:23.22Q
2 Gabriella Baker		Blacktown	1:24.92Q
3 Amy Christie		The Ponds	1:25.91q
4 Tanisha Kumar		Blacktown	1:32.18
5 Amber Upton		The Ponds	1:43.73
6 Elizabeth Sasinszki		Mt Druitt	1:45.36
7 Summer Senifili		Lethbridge Park	1:53.17

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 9 - 400 Metre Sprint**

Zone: Z 1:11.34 1981 A.Cavanagh, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Cheyanne Vaitusi		Quakers Hill	1:21.61
2 Lacey Wynne		Tallawong Park	1:22.72
3 Gabriella Baker		Blacktown	1:24.60
4 Peyton Oblea		The Ponds	1:27.87
5 Amelia Herczeg		Prospect	1:29.19
6 Tanisha Kumar		Blacktown	1:29.25
7 Natalia Falemaka		Mt Druitt	1:31.98
8 Amy Christie		The Ponds	1:37.89

Girls U 10 - 400 Metre Sprint

Zone: Z 1:07.24 1982 S.Page, NEP			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Aleesha Martin		Doonside	1:19.96Q
2 Aaliyah Kennedy		Doonside	1:26.57Q
3 Pakhi Singh		Blacktown	1:34.46Q
4 Astha Singh		Tallawong Park	1:35.53q
Heat 2 Heats			
1 Indianna Carroll		Blacktown	1:20.25Q
2 Vallen Payne		Tallawong Park	1:24.86Q
3 Isabella Lira-Loloa		Mt Druitt	1:26.87Q
4 Isabell Lazaro		Minchinbury	1:41.15q
5 Inayat Randhawa		Blacktown	1:44.08

Girls U 10 - 400 Metre Sprint

Zone: Z 1:07.24 1982 S.Page, NEP			
Name	Age	Centre	Final
Section 1 Final			
1 Aleesha Martin		Doonside	1:19.01
2 Indianna Carroll		Blacktown	1:20.14
3 Aaliyah Kennedy		Doonside	1:22.49
4 Isabella Lira-Loloa		Mt Druitt	1:24.86
5 Pakhi Singh		Blacktown	1:34.89

Girls U 11 - 400 Metre Sprint

Zone: Z 1:03.34 2001 R.Asonitis, MTDRU			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Achol Mow		Prospect	1:21.97Q
2 Shay Bolt		Lethbridge Park	1:23.79Q
3 Anisa Azmi		Minchinbury	1:25.47Q
4 Emma Titmuss		Tallawong Park	1:28.01
Heat 2 Heats			
1 Tia Matthews		Quakers Hill	1:08.30Q
2 Athieu Majok		Blacktown	1:13.63Q
3 Aleah Slater		Minchinbury	1:16.16Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 400 Metre Sprint**

4 Nicloa Kerek	Mt Druitt	1:21.18q
5 Briahna Pearce	The Ponds	1:22.02q
6 Sophia Smith	Blacktown	1:31.51

Girls U 11 - 400 Metre Sprint

=====			
Zone: Z 1:03.34		2001	R.Asonitis, MTDRU
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Tia Matthews		Quakers Hill	1:09.14
2 Athieu Majok		Blacktown	1:13.02
3 Aleah Slater		Minchinbury	1:14.42
4 Briahna Pearce		The Ponds	1:18.39
5 Nicloa Kerek		Mt Druitt	1:22.03
6 Shay Bolt		Lethbridge Park	1:23.96
7 Achol Mow		Prospect	1:24.47
8 Anisa Azmi		Minchinbury	1:24.65

Girls U 12 - 400 Metre Sprint

=====			
Zone: Z 1:01.86		12-Dec-15	Hayley Wright, Prospect
Name	Age	Centre	Final
=====			
Section 1			
1 Chloe Riley		Tallowong Park	1:07.74
2 Esther Peter		Blacktown	1:07.83
3 Anna Logali		Blacktown	1:09.65
4 Ava Pelaez		The Ponds	1:12.01
5 Kristie Thoms		Lethbridge Park	1:29.92

Girls U 13 - 400 Metre Sprint

=====			
Zone: Z 58.64		2003	R.Asonitis, MTDRU
Name	Age	Centre	Final
=====			
1 Aliya Jawad		Blacktown	1:04.32
2 Annabelle Johnson		Prospect	1:08.92
3 Charli McCaffray		Quakers Hill	1:13.42
4 Daniella Baillo		Quakers Hill	1:18.68
5 Zsofia Varga-Strike		Quakers Hill	1:20.97

Girls U 14 - 400 Metre Sprint

=====			
Zone: Z 57.54		2004	R.Asonitis, MTDRU
Name	Age	Centre	Final
=====			
1 Sophie Kolat		The Ponds	1:08.68
2 Dragana Arambasic		Doonside	1:10.36
3 Tianna Fowler		Lethbridge Park	1:10.41
4 Sandra Lado		Blacktown	1:10.53

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 400 Metre Sprint**

Zone: Z 1:03.34 25-Jan-14 Catelin Vreeswyk, Doonside			
Name	Age	Centre	Final
1 Jessica David		Quakers Hill	1:09.38
2 Shreya Nair		The Ponds	1:18.11
3 Lorin Brown		Lethbridge Park	1:26.34

Girls U 17 - 400 Metre Sprint

Zone: Z 59.21 12-Dec-15 Deyana Trikaliotis, Blacktown			
Name	Age	Centre	Final
1 Taylor Cregan		Doonside	1:04.39
2 Paris Staal		Doonside	1:07.64
3 Courtney Rowe		Lethbridge Park	1:19.70

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:52.20 2007 T.Campbell			
Name	Age	Centre	Final
1 Summer Nelson		Blacktown	1:59.12
2 Eva Bryant		The Ponds	2:00.18
3 Nyidier Mow		Prospect	2:04.64
4 Sarah Edenborough		Quakers Hill	2:06.25
5 Annalise Martin		The Ponds	2:15.00
6 Sienna Choo		The Ponds	2:16.28
7 Bella Graham		Blacktown	2:20.44
8 Cassandra Sasinszki		Mt Druitt	2:31.05
9 Hargun Kaur Saini		Blacktown	3:00.82

Girls U 8 - 700 Metre Run Park Start

Zone: Z 2:31.50 2011 C.Preston, DOON			
Name	Age	Centre	Final
1 Charlotte Blyth		Quakers Hill	2:51.02
2 Ciara Kennedy		Doonside	2:55.70
3 Matilda Oxley		Quakers Hill	2:59.20
4 Bronte Parkin		Quakers Hill	3:03.00
5 Zoe Pracny-Strass		The Ponds	3:03.37
6 Lucia Smith		Blacktown	3:06.37
7 Kaylee Bolt Mitchell		Lethbridge Park	3:07.40
8 Caitlyn Wise		Quakers Hill	3:14.96
9 Khloe Mitchell		Minchinbury	3:20.73
10 Mikaylah Knight		Tallawong Park	3:28.89
11 Kehlea Clarke		Blacktown	4:07.37

Girls U 9 - 800 Metre Run

Zone: Z 2:41.00 1981 K.Power, EMUP			
Name	Age	Centre	Final
1 Peyton Oblea		The Ponds	3:17.97
2 Kristin Van Eck		The Ponds	3:20.88
3 Shay-Leigh Punter		Mt Druitt	3:30.99

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 800 Metre Run**

4 Gabriella Baker	Blacktown	3:38.66
5 Abigail Sasinszki	Mt Druitt	3:46.15
6 Emily Pedersen	Minchinbury	3:46.97
7 Pia Carroll	Blacktown	3:52.84
8 Elizabeth Sasinszki	Mt Druitt	4:05.15
9 Chloe Dega	Blacktown	4:17.56
-- Angelina Burford	Blacktown	DQ

Girls U 10 - 800 Metre Run

=====			
	Zone: Z 2:34.50	1979	M.Hartley, GIRR
Name	Age	Centre	Final
=====			
1 Georgie Head		Quakers Hill	3:10.11
2 Indianna Carroll		Blacktown	3:18.46
3 Isabella Lira-Loloa		Mt Druitt	3:19.95
4 Pakhi Singh		Blacktown	3:32.18
5 Kirra Gibson		Blacktown	3:50.70

Girls U 11 - 800 Metre Run

=====			
	Zone: Z 2:31.90	1980	M.Morris, BLACK
Name	Age	Centre	Final
=====			
1 Tia Matthews		Quakers Hill	2:48.21
2 Nautica-Lee Martin		Doonside	3:05.25
3 Aleah Slater		Minchinbury	3:06.69
4 Shay Bolt		Lethbridge Park	3:08.02
5 Nicloa Kerek		Mt Druitt	3:08.65
6 Kayelie Black		Prospect	3:14.69
7 Julia Gonzalves		Doonside	3:21.00
8 Sophia Smith		Blacktown	3:22.31
9 Kairi Pope		Prospect	3:25.80
10 Taylor Norman		Prospect	3:35.62
11 Phoebe Hickson		Lethbridge Park	3:47.80
12 Amelia Christie		The Ponds	4:15.33

Girls U 12 - 800 Metre Run

=====			
	Zone: Z 2:27.10	2002	R.Asonitis, MTD RU
Name	Age	Centre	Final
=====			
1 Chloe Bingham		Prospect	3:12.41
2 Nikki Gunawardana		Doonside	3:24.33
3 Makayla Hickson		Lethbridge Park	3:29.09

Girls U 14 - 800 Metre Run

=====			
	Zone: Z 2:25.30	2000	C.Harrison, BLACK
Name	Age	Centre	Final
=====			
1 Cassandra King		Doonside	2:48.96
2 Krishna Cerano		Mt Druitt	2:52.63
3 Alexandra Wicks		Quakers Hill	2:59.13
4 Tianna Fowler		Lethbridge Park	3:12.71
5 Coda Ridley		Tallawong Park	3:17.48

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 800 Metre Run**

Zone: Z 2:27.60 1994 M.Crichon, DOON			
Name	Age	Centre	Final
1 Jessica David		Quakers Hill	2:59.80
2 Brooke Martin		Doonside	3:20.42

Girls U 17 - 800 Metre Run

Zone: Z 2:40.40 05-Feb-12 N.Adamson, BLA			
Name	Age	Centre	Final
1 Paris Staal		Doonside	2:46.88
2 Sharmayne Melide		Tallawong Park	2:52.16

Girls U 10 - 1500 Metre Run

Zone: Z 5:09.00 1979 G.Hartley, GIRR			
Name	Age	Centre	Final
1 Georgie Head		Quakers Hill	6:40.62
2 Pakhi Singh		Blacktown	6:58.42
3 Isabella Lira-Loloa		Mt Druitt	7:11.94
4 Kirra Gibson		Blacktown	7:47.45

Girls U 11 - 1500 Metre Run

Zone: Z 5:12.80 1979 J.Coyen, BLACK			
Name	Age	Centre	Final
1 Shay Bolt		Lethbridge Park	6:11.81
2 Nautica-Lee Martin		Doonside	6:30.62
3 Nicloa Kerek		Mt Druitt	6:38.17
4 Kayelie Black		Prospect	6:41.55
5 Sophia Smith		Blacktown	6:49.53
6 Julia Gonzalves		Doonside	6:53.73
7 Taylor Norman		Prospect	7:10.94
8 Kairi Pope		Prospect	7:23.64
9 Phoebe Hickson		Lethbridge Park	7:38.55

Girls U 12 - 1500 Metre Run

Zone: Z 5:03.20 1982 C.Smith, NEP			
Name	Age	Centre	Final
1 Amayah Burns		Doonside	5:49.34
2 Chloe Apps		Prospect	5:50.54
3 Latoya Kennedy		Doonside	6:33.00
4 Billie Wild		Mt Druitt	6:53.88
5 Jade Fowler		Lethbridge Park	8:36.73
6 Chloe Hart		Doonside	9:11.65

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 1500 Metre Run**

Zone: Z 4:50.80 1983 C.Smith, NEP			
Name	Age	Centre	Final
1 Chloe Head		Quakers Hill	5:56.10
2 Kyla Upton		The Ponds	6:01.60
3 Eloise Dearie		Mt Druitt	6:50.02
4 Zsafia Varga-Strike		Quakers Hill	6:58.60

Girls U 14 - 1500 Metre Run

Zone: Z 5:02.50 1989 K.Ward, GIRR			
Name	Age	Centre	Final
1 Alexandra Wicks		Quakers Hill	5:52.03
2 Cassandra King		Doonside	6:02.89
3 Krishna Cerano		Mt Druitt	6:19.38
4 Jasmine Saraceno		Blacktown	6:58.24
5 Coda Ridley		Tallawong Park	7:13.10

Girls U 15 - 1500 Metre Run

Zone: Z 5:00.90 1994 M.Crichon, DOON			
Name	Age	Centre	Final
1 Crystal D'Cunha		The Ponds	5:42.61
2 Kaitlyn Findlay		Tallawong Park	6:21.73
3 Hannah Branson		Prospect	6:33.10

Girls U 17 - 1500 Metre Run

Zone: Z 5:31.50 25-Jan-14 Jasmine Dighton, Lethbridge			
Name	Age	Centre	Final
1 Abbey Street		Prospect	6:37.37

Girls U 13 - 3000 Metre Run

Zone: Z 11:18.40 03-Feb-12 C.Vreeswyk, DOO			
Name	Age	Centre	Final
1 Chloe Head		Quakers Hill	12:54.63
2 Kyla Upton		The Ponds	13:00.05
3 Eloise Dearie		Mt Druitt	15:20.74
4 Martine Valais		Blacktown	15:37.92

Girls U 14 - 3000 Metre Run

Zone: Z 11:40.70 2001 C.Jones, MTDRU			
Name	Age	Centre	Final
1 Alexandra Wicks		Quakers Hill	13:45.93
2 Krishna Cerano		Mt Druitt	14:10.81

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 3000 Metre Run**

Zone: Z 11:18.00 2008 K.Griffiths, BLACK			
Name	Age	Centre	Final
1 Kristie Caplikas		Doonside	13:28.64
2 Kaitlyn Findlay		Tallowong Park	14:54.28
3 Jessie Stancic		Prospect	14:57.43
4 Hannah Branson		Prospect	15:52.29

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.54 2007 T.Campbell, DOON			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Hanna Masic		Lethbridge Park	13.34Q
2 Makenna Avery		The Ponds	13.83Q
3 Lexie Beacroft		Quakers Hill	14.56Q
4 Ciara Kennedy		Doonside	14.90
Heat 2 Heats			
1 Leisiliva Betty Tanaki		Mt Druitt	11.8hQ
2 Beyza Sevdimbis		Tallowong Park	13.1hQ
3 Willow Atila		Tallowong Park	14.1hQ
4 Lillyarna Suitupe		Mt Druitt	14.1hq
5 Taylor Wood		The Ponds	14.3hq
6 Lillian Adams		Lethbridge Park	14.5h
7 Khloe Mitchell		Minchinbury	16.8h

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.54 2007 T.Campbell, DOON			
Name	Age	Centre	Final
Section 1 Final			
1 Leisiliva Betty Tanaki		Mt Druitt	12.48
2 Beyza Sevdimbis		Tallowong Park	13.01
3 Taylor Wood		The Ponds	13.12
4 Hanna Masic		Lethbridge Park	13.16
5 Makenna Avery		The Ponds	13.36
6 Willow Atila		Tallowong Park	14.39
7 Lexie Beacroft		Quakers Hill	14.69
8 Lillian Adams		Lethbridge Park	15.15

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.54 10-Dec-16 Awien Lual, Prospect			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amber Reveley		Tallowong Park	12.15Q
2 Alaysha Garg		The Ponds	12.25Q
3 Cheyanne Vaitusi		Quakers Hill	12.42q
4 Summer Reynolds		Minchinbury	13.39
5 Amber Upton		The Ponds	14.04
6 Peyton Oblea		The Ponds	14.45
7 Sarah Sale		Lethbridge Park	14.70
8 Makaylah Cuevas		Prospect	15.25

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 60 Metre Hurdles (45cm)**

Heat 2 Heats

1	Olivia Persson	The Ponds	12.33Q
2	Amy Christie	The Ponds	12.65Q
3	Tanisha Kumar	Blacktown	12.72
4	Isobel Gross	Mt Druitt	15.48

Heat 3 Heats

1	Shyla Cruise	Doonside	11.71Q
2	Amalia White	Blacktown	12.13Q
3	Jade Castle	Quakers Hill	12.28q
4	Pia Carroll	Blacktown	12.95
5	Lacey Wynne	Tallawong Park	12.98
6	Lily Fleeting	The Ponds	14.32

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.54 10-Dec-16 Awien Lual, Prospect

Name Age Centre Final

Section 1 Final

1	Shyla Cruise	Doonside	11.41
2	Amber Reveley	Tallawong Park	11.78
3	Olivia Persson	The Ponds	11.87
4	Tanisha Kumar	Blacktown	11.96
5	Amalia White	Blacktown	12.24
6	Cheyenne Vaitusi	Quakers Hill	12.40
7	Amy Christie	The Ponds	12.48
8	Alaysha Garg	The Ponds	14.35

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.74 2006 S.Taumaialo, LPARK

Name Age Centre Heats

Heat 1 Heats

1	Joanna Meru	Blacktown	12.98Q
2	Althea Ingrid Baron	Mt Druitt	14.02Q
3	Ashee Patel	The Ponds	14.44
4	Peyton Bowden	Lethbridge Park	14.70
5	Mia-Lee Conn	Mt Druitt	15.20

Heat 2 Heats

1	Awien Lual	Prospect	11.47Q
2	Mya Scott	The Ponds	13.63Q
3	Samantha Wilkinson	Quakers Hill	13.69q
4	Astha Singh	Tallawong Park	14.33
5	Giselle Kharoufeh	Blacktown	14.36
6	Kaitlin Clarke	Blacktown	19.70

Heat 3 Heats

1	Aleesha Martin	Doonside	13.06Q
2	Katherina Alimo	Blacktown	13.25Q
3	Gabriella Creswell	Lethbridge Park	13.58q
4	Sarah Arora	Quakers Hill	14.26
5	Dina Vuksinic	Blacktown	14.50
6	Georgie Head	Quakers Hill	14.79

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 10.74 2006 S.Taumaialo, LPARK			
Name	Age	Centre	Final
Section 1 Final			
1 Awien Lual		Prospect	11.90
2 Mya Scott		The Ponds	12.67
3 Joanna Meru		Blacktown	12.77
4 Katherina Alimo		Blacktown	12.93
5 Aleesha Martin		Doonside	13.04
6 Samantha Wilkinson		Quakers Hill	13.69
7 Gabriella Creswell		Lethbridge Park	13.72
8 Althea Ingrid Baron		Mt Druitt	13.98

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.24 2011 T.Campbell, DOON			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Georgia Duru		Doonside	13.47Q
2 Emma Titmuss		Tallawong Park	13.70Q
3 Madison Budd		Mt Druitt	14.03Q
4 Anisa Azmi		Minchinbury	14.41q
5 Olivia Plummer		The Ponds	15.82
Heat 2 Heats			
1 Elizabeth Sale		Lethbridge Park	12.77Q
2 Achol Mow		Prospect	12.95Q
3 Iahna Von Meyer		The Ponds	14.18Q
4 Brooke Shields		Minchinbury	14.47q
5 Pahulgun Kaur		Blacktown	14.66
6 Sophie Saraceno		Blacktown	14.88
7 Jessica Thomson		Tallawong Park	15.07
8 Imogen Camp		The Ponds	15.26

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.24 2011 T.Campbell, DOON			
Name	Age	Centre	Final
Section 1 Final			
1 Georgia Duru		Doonside	12.10
2 Achol Mow		Prospect	12.53
3 Elizabeth Sale		Lethbridge Park	12.87
4 Emma Titmuss		Tallawong Park	13.60
5 Madison Budd		Mt Druitt	13.86
6 Anisa Azmi		Minchinbury	14.16
7 Brooke Shields		Minchinbury	14.24
8 Sophie Saraceno		Blacktown	14.33

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 10.14 2012 T.Campbell, DOO			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Raphaela Idris		Blacktown	11.07Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 12 - 60 Metre Hurdles (68cm)**

2	Noami Justin	Blacktown	11.09Q
3	Mercy Opoku	Blacktown	11.43Q
4	Kiayla Casserly	Minchinbury	13.55q
5	Nikki Gunawardana	Doonside	14.54q
6	Chloe Hart	Doonside	16.07

Heat 2 Heats

1	Latoya Kennedy	Doonside	12.14Q
2	Emily Budai	The Ponds	12.72Q
3	Ava Pelaez	The Ponds	12.93Q

Girls U 12 - 60 Metre Hurdles (68cm)

=====			
Zone: Z 10.14		2012	T.Campbell, DOO
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Raphaila Idris	Blacktown	11.06
2	Noami Justin	Blacktown	11.23
3	Mercy Opoku	Blacktown	11.32
4	Latoya Kennedy	Doonside	12.10
5	Emily Budai	The Ponds	12.48
6	Ava Pelaez	The Ponds	12.96
7	Kiayla Casserly	Minchinbury	13.57
8	Nikki Gunawardana	Doonside	14.70

Girls U 13 - 80 Metre Hurdles (76cm)

=====			
Zone: Z 13.74		2003	C.Berry, BLACK
Name	Age	Centre	Final
=====			
Section 1			
1	Emily Rea	Mt Druitt	17.35
2	Annabelle Johnson	Prospect	18.07

Girls U 14 - 80 Metre Hurdles (76cm)

=====			
Zone: Z 13.32		11-Dec-16	Gabrielle Bingham, Prospect
Name	Age	Centre	Final
=====			
1	Coda Ridley	Tallawong Park	19.15

Girls U 15 - 90 Metre Hurdles (76cm)

=====			
Zone: Z 13.96		14-Dec-14	Tara Campbell, Doonside
Name	Age	Centre	Final
=====			
1	Gabrielle Bingham	Prospect	14.42
2	Talia Ma'u	Doonside	14.93
3	Kaitlyn Findlay	Tallawong Park	17.28
4	Supreet Sidhu	The Ponds	18.90

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - 100 Metre Hurdles (76cm)**

Zone: Z 15.84 05-Feb-12 B.Kirk, DOO			
Name	Age	Centre	Final
1 Abigail Thompson		Quakers Hill	17.51
2 Paris Staal		Doonside	18.43
3 Natalie O'Connor		Doonside	18.72
4 Taya McLean		Blacktown	19.13
5 Sharmayne Melide		Tallawong Park	19.22

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 30.07 12-Dec-15 Caitlin Preston, Doonside			
Name	Age	Centre	Final
1 Charli McCaffray		Quakers Hill	32.33
2 Daniella Baillo		Quakers Hill	34.71
3 Annabelle Johnson		Prospect	35.30
4 Tiarna Stone		Quakers Hill	39.43

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 30.44 2010 B.Kirk, DOON			
Name	Age	Centre	Final
1 Coda Ridley		Tallawong Park	36.70

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 53.35 10-Dec-16 Paris Staal, Doonside			
Name	Age	Centre	Final
1 Talia Ma'u		Doonside	50.20Z
2 Jessica David		Quakers Hill	54.46
3 Kaitlyn Findlay		Tallawong Park	55.78

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 53.58 10-Dec-16 Abigail Thompson, Quakers Hil			
Name	Age	Centre	Final
1 Sharmayne Melide		Tallawong Park	53.79
2 Natalie O'Connor		Doonside	58.92

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

Zone: Z 59.44 2001 Blacktown, BLACK			
Centre	Age	Centre	Final
1 Prospect			1:02.82
1) Amelia Herczeg 9		2) Awien Lual 10	
3) Sophie Stancic 11		4) Andrea Mya Han 12	
2 Quakers Hill			1:03.86
1) Jade Castle 9		2) Sarah Arora 10	
3) Tia Matthews 11		4) Megan Whelan 12	
3 Doonside			1:04.02
1) Shyla Cruise 9		2) Aleesha Martin 10	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

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

3) Nautica-Lee Martin 11	4) Latoya Kennedy 12	
-- Blacktown		DQ
1) Angelina Burford 9	2) Katherina Alimo 10	
3) Athieu Majok 11	4) Raphaila Idris 12	
Section 2		
1 The Ponds		1:02.26
1) Alaysha Garg 9	2) Charlize Mahusay 10	
3) Iahna Von Meyer 11	4) Nikaela Luz 12	
2 Tallawong Park		1:04.26
1) Amber Reveley 9	2) Zoe Thompson 10	
3) Shamiah Stewart 11	4) Emily Ferguson 12	
3 Lethbridge Park		1:09.55
1) Vanessa Adams 9	2) Gabriella Creswell 10	
3) Elizabeth Sale 11	4) Kristie Thoms 12	
4 Mt Druitt		1:10.85
1) Natalia Falemaka 9	2) Malia Kolotile Taliauli 10	
3) Isabella Lira-Loloa 10	4) Nicloa Kerek 11	
-- Minchinbury		DQ
1) Jessica Dhaliwal 9	2) Nehal Kaushal 10	
3) Adeng Yelchan 11	4) Aweit Majak 12	

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

=====
 Zone: Z 48.20 11-Dec-16 Prospect, Prospect
 H Wright, G Bingham, F Longy, S Amito
 Centre Final
 =====

Section 1		
1 Doonside		52.14
1) Mia Friesendorff 12	2) Jessica Laurance 14	
3) Talia Ma'u 15	4) Taylar Cregan 17	
2 The Ponds		54.61
1) Clara Nourdine 13	2) Sophie Kolat 14	
3) Supreet Sidhu 15	4) Yashleen Dhot 15	
3 Quakers Hill		55.38
1) Charli McCaffray 13	2) Alexandra Wicks 14	
3) Jessica David 15	4) Alison Brincat 17	
4 Tallawong Park		56.01
1) Chloe Riley 12	2) Coda Ridley 14	
3) Kaitlyn Findlay 15	4) Sharmayne Melide 17	
5 Mt Druitt		59.42
6 Lethbridge Park		1:00.60
1) Montana Creswell 12	2) Tianna Fowler 14	
3) Lorin Brown 15	4) Courtney Rowe 17	

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

=====
 Zone: Z 1.19m 1976 R.Burton, NEP
 Name Age Centre Final
 =====

Flight 1			
1 Jade Castle		Quakers Hill	1.07m
2 Maddison Laing		The Ponds	1.07m
3 Alice Edenborough		Quakers Hill	1.03m
4 Rachel Idris		Blacktown	0.99m
5 Amalia White		Blacktown	0.99m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - High Jump (S/H 0.80m)**

6	Olivia Persson	The Ponds	0.90m
7	Chloe Attard	Blacktown	0.90m
8	Makaylah Cuevas	Prospect	0.90m
9	Danelia Samuel	Blacktown	0.90m
10	Vera Boafo	Prospect	0.90m
11	Vanessa Adams	Lethbridge Park	0.85m
11	Shay-Leigh Punter	Mt Druitt	0.85m
11	Gina Johnson	Tallawong Park	0.85m
11	Olivia Briggs	The Ponds	0.85m
--	Mitali Garg	The Ponds	NH

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

=====			
Zone: Z 1.40m		2008 K.Shaw, DOON	
Name	Age	Centre	Final
=====			
1	Indianna Carroll	Blacktown	1.11m
2	Lara Hodges	Minchinbury	1.02m
3	Georgie Head	Quakers Hill	0.95m
4	Nimrat Rakhrao	Blacktown	0.90m
5	Althea Ingrid Baron	Mt Druitt	0.90m
--	Sesilia Grace Liu-Ngata	Mt Druitt	NH

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

=====			
Zone: Z 1.42m		2009 K.Shaw, DOON	
Name	Age	Centre	Final
=====			
1	Aleah Slater	Minchinbury	1.18m
2	Madison Budd	Mt Druitt	1.16m
3	Georgia Duru	Doonside	1.12m
4	Nautica-Lee Martin	Doonside	1.12m
5	Iahna Von Meyer	The Ponds	1.10m
6	Phoebe Hickson	Lethbridge Park	1.10m
7	Kairi Pope	Prospect	1.05m
8	Maddison Cash	Prospect	1.00m
9	Emma Titmuss	Tallawong Park	1.00m
--	Kate Bosco	Prospect	NH
--	Kajie Elias	Blacktown	NH

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

=====			
Zone: Z 1.53m		1995 J.Fisher, GIRR	
Name	Age	Centre	Final
=====			
1	Emily Budai	The Ponds	1.44m
2	Kiayla Casserly	Minchinbury	1.10m
3	Aweit Majak	Minchinbury	1.10m
4	Noami Justin	Blacktown	1.00m
--	Anna Logali	Blacktown	NH

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - High Jump (S/H 1.15m)**

=====			
Zone: Z 1.55m		2004	S.Langridge, BLACK
Zone: Z 1.55m		13-Dec-14	J.Airhumwunde, Mt.Druitt
Name	Age	Centre	Final
=====			
1	Alicia	Mamae	Quakers Hill 1.37m
2	Chloe	Head	Quakers Hill 1.20m
3	Jina	Gu	Blacktown 1.20m

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

=====			
Zone: Z 1.60m		1997	J.Fisher, DIRR
Name	Age	Centre	Final
=====			
1	Abuoc	Bol	Doonside 1.25m
2	Rachel	Thorley	Doonside 1.25m
3	Cassandra	King	Doonside 1.20m

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

=====			
Zone: Z 1.65m		10-Dec-16	Joanna Airhumwunde, Minchinbu
Name	Age	Centre	Final
=====			
1	Chloe	Kennedy	Quakers Hill 1.44m
2	Supreet	Sidhu	The Ponds 1.40m
3	Alana	Serra	Quakers Hill 1.25m

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

=====			
Zone: Z 1.53m		05-Feb-13	J.Marsh, BLA
Name	Age	Centre	Final
=====			
1	Chloe	Thorley	Doonside 1.55mZ
2	Alison	Brincat	Quakers Hill 1.39m
3	Rhalize-Verisa	Cereno	Mt Druitt 1.25m

Girls U 7 - Long Jump

=====			
Zone: Z 3.34m		1985	B.Smith, BLACK
Name	Age	Centre	Final
=====			
1	Summer	Nelson	Blacktown 2.54m
2	Nyidier	Mow	Prospect 2.54m
3	Sophia	Apulu	Lethbridge Park 2.38m
4	Chelsea	Johnson	Tallawong Park 2.27m
5	Annalise	Martin	The Ponds 2.23m
6	Layla	Foster	Quakers Hill 2.22m
7	Cassandra	Sasinszki	Mt Druitt 2.06m
8	Bella	Graham	Blacktown 2.01m
9	Maisy	Cyreszko	Tallawong Park 1.90m
10	Gianna	Tabone	Tallawong Park 1.82m
11	Jade	Klemenic	Mt Druitt 1.71m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - Long Jump**

Zone: Z 3.79m 1986		B.Smith, BLACK	
Name	Age Centre		Final
1 Savannah Hill	Mt Druitt		2.99m
2 Dekota Bre'e Howie	Mt Druitt		2.85m
3 Lucia Smith	Blacktown		2.72m
4 Pwoj Majok	Blacktown		2.60m
5 Willow Atila	Tallawong Park		2.58m
6 Lillyarna Suitupe	Mt Druitt		2.52m
7 Matilda Oxley	Quakers Hill		2.46m
8 Lexie Beacroft	Quakers Hill		2.45m
9 Emma Hoskins	Quakers Hill		2.43m
10 Lillian Adams	Lethbridge Park		2.38m
11 Elizabeth Toole	Prospect		2.34m
12 Bronte Parkin	Quakers Hill		2.16m
13 Tahlia Reynolds	Doonside		2.15m
14 Khloe Mitchell	Minchinbury		2.05m
15 Destiny Pelasio	Lethbridge Park		1.53m
16 Gabrielle Clarke	Blacktown		1.52m
-- Hayley Yousef	Blacktown		FOUL

Girls U 9 - Long Jump

Zone: Z 3.83m 1985		M.Graham, DOON	
Name	Age Centre		Final
1 Amber Reveley	Tallawong Park		3.43m
2 Tanisha Kumar	Blacktown		3.39m
3 Alaysha Garg	The Ponds		3.38m
4 Alice Edenborough	Quakers Hill		3.37m
5 Olivia Persson	The Ponds		3.16m
6 Rachel Idris	Blacktown		3.15m
7 Danelia Samuel	Blacktown		3.11m
8 Chloe Attard	Blacktown		2.85m
9 Jessica Dhaliwal	Minchinbury		2.74m
10 Sarscha Farlow	Minchinbury		2.56m
11 Summer Senifili	Lethbridge Park		2.50m
12 Simran Saini	Quakers Hill		2.49m
13 Natalia Falemaka	Mt Druitt		2.40m
14 Shay-Leigh Punter	Mt Druitt		2.39m
15 Jasmine Kaur	Quakers Hill		2.37m
16 Lily Fleeting	The Ponds		2.33m
17 Gina Johnson	Tallawong Park		1.94m

Girls U 10 - Long Jump

Zone: Z 4.29m 2002		F.Kelemete, MTDRU	
Name	Age Centre		Final
1 Awien Lual	Prospect		3.61m
2 Charlize Mahusay	The Ponds		3.52m
3 Sarah Arora	Quakers Hill		3.49m
4 Indianna Carroll	Blacktown		3.43m
5 Naomi Amadi	Prospect		3.39m
6 Joanna Meru	Blacktown		3.22m
7 Montana Vaitusi	Quakers Hill		3.10m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - Long Jump**

8	Matilda Olson	Quakers Hill	3.07m
9	Althea Ingrid Baron	Mt Druitt	2.97m
10	Katherina Alimo	Blacktown	2.90m
11	Gabriella Creswell	Lethbridge Park	2.80m
12	Sesilia Grace Liu-Ngata	Mt Druitt	2.61m
13	Malia Kolotile Taliauli	Mt Druitt	2.56m
14	Layla Senifili	Lethbridge Park	2.47m
15	Nimrat Rakhrao	Blacktown	2.39m
16	Peyton Bowden	Lethbridge Park	2.02m
17	Keelah Stockham	Mt Druitt	2.01m

Girls U 11 - Long Jump

=====
 Zone: Z 4.77m 13-Dec-15 Clara Nourdine, Doonside

Name	Age	Centre	Final
1	Athieu Majok	Blacktown	3.40m
2	Georgia Duru	Doonside	3.26m
3	Achol Mow	Prospect	3.25m
4	Jasmine Freeman	The Ponds	3.20m
5	Maddison Cash	Prospect	2.97m
6	Madison Budd	Mt Druitt	2.93m
7	Salamasina Pupualii	Lethbridge Park	2.72m
8	Sophie Saraceno	Blacktown	2.58m
9	Olivia Plummer	The Ponds	2.55m
10	Jessica Thomson	Tallowong Park	2.52m
11	Isabella Perkins	Lethbridge Park	2.50m
12	Pahulgun Kaur	Blacktown	2.37m
13	Adeng Yelchan	Minchinbury	2.25m
14	Jenevieve Adeti	Blacktown	2.23m

Girls U 12 - Long Jump

=====
 Zone: Z 4.93m 12-Dec-15 Jessica Laurance, Doonside

Name	Age	Centre	Final
1	Raphaila Idris	Blacktown	4.72m
2	Mia Friesendorff	Doonside	4.59m
3	Esther Peter	Blacktown	3.96m
4	Nikaela Luz	The Ponds	3.79m
5	Mercy Opoku	Blacktown	3.74m
6	Latoya Kennedy	Doonside	3.61m
7	Chloe Riley	Tallowong Park	3.57m
8	Abbie Savic	Prospect	3.21m
9	Madeleine Tabone	Tallowong Park	3.14m
10	Chloe Bingham	Prospect	3.00m
11	Ella Deluca	Minchinbury	2.76m
12	Montana Creswell	Lethbridge Park	2.67m
13	Chloe Hart	Doonside	2.40m

Girls U 13 - Long Jump

=====
 Zone: Z 5.08m 2009 J.Kilititi, DOON

Name	Age	Centre	Final
1	Clara Nourdine	The Ponds	4.82m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - Long Jump**

2 Emily Rea	Mt Druitt	4.03m
3 Daniella Baillo	Quakers Hill	3.75m
4 Kyla Upton	The Ponds	3.54m
5 Anastatia Holbourn	Prospect	3.12m

Girls U 14 - Long Jump

=====			
Zone: Z 5.20m 2009		D.Defoe, MTDRU	
Name	Age	Centre	Final
=====			
1 Jessica Laurance		Doonside	5.58mZ
2 Abuoc Bol		Doonside	4.40m
3 Cassandra King		Doonside	4.22m
4 Krishna Cerano		Mt Druitt	4.00m
5 Jasmine Germino		Doonside	3.89m
6 Dragana Arambasic		Doonside	3.72m
7 Georgah Foote		Mt Druitt	3.61m
8 Akual Malith		Doonside	3.07m
9 Coda Ridley		Tallawong Park	2.98m

Girls U 15 - Long Jump

=====			
Zone: Z 5.14m 2010		D.Defoe, MTDRU	
Name	Age	Centre	Final
=====			
1 Gabrielle Bingham		Prospect	5.08m
2 Kaitlyn Findlay		Tallawong Park	4.62m
3 Supreet Sidhu		The Ponds	4.32m
4 Jessica David		Quakers Hill	4.00m
5 Alana Serra		Quakers Hill	3.88m
6 Yashleen Dhot		The Ponds	3.75m
7 Lorin Brown		Lethbridge Park	3.42m

Girls U 17 - Long Jump

=====			
Zone: Z 5.23m 05-Feb-12		B.Kirk, DOO	
Name	Age	Centre	Final
=====			
1 Taylar Cregan		Doonside	4.83m
2 Taya McLean		Blacktown	4.60m
3 Abigail Thompson		Quakers Hill	4.36m
4 Sandiolla Oyoo		Prospect	4.35m
5 Paris Staal		Doonside	4.28m
6 Sharmayne Melide		Tallawong Park	4.20m
7 Rhalize-Verisa Cereno		Mt Druitt	3.89m
8 Courtney Rowe		Lethbridge Park	3.63m

Girls U 11 - Triple Jump

=====			
Zone: Z 10.47m 12-Dec-15		Clara Nourdine, Doonside	
Name	Age	Centre	Final
=====			
1 Sophie Stancic		Prospect	8.16m
2 Georgia Duru		Doonside	7.45m
3 Phoebe Hickson		Lethbridge Park	6.85m
4 Elizabeth Sale		Lethbridge Park	6.79m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - Triple Jump**

5	Nautica-Lee Martin	Doonside	6.62m
6	Anisa Azmi	Minchinbury	6.19m
7	Pahulgun Kaur	Blacktown	5.66m

Girls U 12 - Triple Jump

=====			
Zone: Z 10.62m		2004	F.Asiata, DOON
Name	Age	Centre	Final
=====			
1	Raphaila Idris	Blacktown	10.38m
2	Mia Friesendorff	Doonside	9.46m
3	Emily Budai	The Ponds	8.56m
4	Abbie Savic	Prospect	8.06m
5	Nikaela Luz	The Ponds	7.76m
6	Chloe Bingham	Prospect	7.24m
7	Megan Whelan	Quakers Hill	6.79m
8	Billie Wild	Mt Druitt	6.72m

Girls U 13 - Triple Jump

=====			
Zone: Z 10.85m		2009	J.Kilititi, DOON
Name	Age	Centre	Final
=====			
1	Clara Nourdine	The Ponds	10.10m
2	Aliya Jawad	Blacktown	9.24m
3	Charli McCaffray	Quakers Hill	8.49m
4	Daniella Baillo	Quakers Hill	7.23m
5	Abby Kitto	Quakers Hill	6.82m
6	Zsofia Varga-Strike	Quakers Hill	6.75m

Girls U 14 - Triple Jump

=====			
Zone: Z 10.94m		1996	E.O'Neill, GIRR
Name	Age	Centre	Final
=====			
1	Jessica Laurance	Doonside	10.21m
2	Cassandra King	Doonside	8.78m
3	Jasmine Germino	Doonside	8.47m
4	Krishna Cerano	Mt Druitt	8.35m
5	Alexandra Wicks	Quakers Hill	8.28m
6	Rachel Thorley	Doonside	7.67m
7	Jasmine Saraceno	Blacktown	6.94m
8	Akual Malith	Doonside	6.88m

Girls U 15 - Triple Jump

=====			
Zone: Z 11.45m		2010	D.Defoe, MTDRU
Name	Age	Centre	Final
=====			
1	Kaitlyn Findlay	Tallawong Park	9.44m
2	Supreet Sidhu	The Ponds	8.72m
3	Jessie Stancic	Prospect	8.32m
4	Hannah McDonald	Minchinbury	7.43m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - Triple Jump**

Zone: Z 11.25m 12-Dec-15 Deyana Trikaliotis, Blacktow			
Name	Age	Centre	Final
1 Taylor Cregan		Doonside	10.68m
2 Nevine Idris		Blacktown	10.09m
3 Paris Staal		Doonside	9.87m
4 Rhalize-Verisa Cereno		Mt Druitt	9.07m
5 Alison Brincat		Quakers Hill	8.82m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.25m 1994 T.Bird, MTDRU			
Name	Age	Centre	Final
1 Sophia Apulu		Lethbridge Park	4.25m
2 Chelsea Johnson		Tallawong Park	3.38m
3 Layla Foster		Quakers Hill	3.30m
4 Amilia Masic		Lethbridge Park	3.29m
5 Annalise Martin		The Ponds	3.18m
6 Gianna Tabone		Tallawong Park	2.88m
7 Bella Graham		Blacktown	2.69m
8 Hargun Kaur Saini		Blacktown	2.65m
9 Isabella Maria Parker		Mt Druitt	2.13m
10 McKenzie Delgado		Mt Druitt	2.05m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.93m 2008 J.Moeroa, LPARK			
Name	Age	Centre	Final
1 Savannah Hill		Mt Druitt	5.24m
2 Hanna Masic		Lethbridge Park	4.40m
3 Destiny Pelasio		Lethbridge Park	3.96m
4 Reeghan Zammit		Blacktown	3.90m
5 Hayley Yousef		Blacktown	3.55m
6 Lexie Beacroft		Quakers Hill	3.43m
7 Lillyarna Suitupe		Mt Druitt	3.42m
8 Gabrielle Clarke		Blacktown	3.17m
9 Sukhmani Kaur		Quakers Hill	2.72m
10 Elizabeth Toole		Prospect	2.53m
11 Amelia Senifili		Lethbridge Park	2.31m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.81m 2010 S.Saua, DOON			
Name	Age	Centre	Final
1 Ava Masic		Lethbridge Park	6.67m
2 Kaiah Wong		Minchinbury	5.98m
3 Jessica Stuart		The Ponds	5.11m
4 Maddison Laing		The Ponds	4.89m
5 Jasmine Kaur		Quakers Hill	4.65m
6 Lacey Wynne		Tallawong Park	4.64m
7 Rachel Idris		Blacktown	4.54m
8 Daniella Galea		The Ponds	4.41m
9 Sarscha Farlow		Minchinbury	4.37m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - Shot Put (2.0 Kg)**

10	Kristin Van Eck	The Ponds	4.30m
11	Sarah Sale	Lethbridge Park	4.23m
12	Jessica Dhaliwal	Minchinbury	4.11m
13	Georgia Nash	Prospect	4.00m
14	Summer Senifili	Lethbridge Park	3.93m
15	Amalia White	Blacktown	3.61m
16	Dahlia Elias	Blacktown	3.57m
17	Lily Fleeting	The Ponds	3.35m

Girls U 10 - Shot Put (2.0 Kg)

=====					
Zone: Z 11.47m 2006		F.Aokuso, BLACK			
Name	Age	Centre	Final		
=====					
1	Sesilia Grace	Liu-Ngata	Mt Druitt	6.57m	
2	Mia-Lee	Conn	Mt Druitt	6.46m	
3	Taya	Zammit	Blacktown	6.27m	
4	Matilda	Olson	Quakers Hill	5.44m	
5	Aaliyah	Kennedy	Doonside	5.10m	
6	Ella	O'Shea	Quakers Hill	4.40m	
7	Elyscia	Barret	Blacktown	4.30m	
8	Malia	Kolotile	Taliauli	Mt Druitt	4.26m
9	Kaitlin	Clarke	Blacktown	4.12m	
10	Inayat	Randhawa	Blacktown	3.96m	
11	Imogen	Peddle	The Ponds	3.67m	
12	Layla	Senifili	Lethbridge Park	3.66m	
13	Isabella	Clement	Blacktown	3.50m	
14	Nimrat	Rakhrac	Blacktown	2.91m	
15	Peyton	Bowden	Lethbridge Park	2.85m	
16	Chelsea	Delgado	Mt Druitt	2.73m	
17	Catherine	New	The Ponds	2.64m	

Girls U 11 - Shot Put (2.0 Kg)

=====				
Zone: Z 13.64m 2007		F.Aokuso, BLACK		
Name	Age	Centre	Final	
=====				
1	Tahlia	Scicluna	Quakers Hill	8.23m
2	Kate	Bosco	Prospect	7.96m
3	Salamasina	Pupualii	Lethbridge Park	7.72m
4	Sophie	Stancic	Prospect	7.48m
5	Alexandra	Whelan	Quakers Hill	7.09m
6	Jenevieve	Adeti	Blacktown	5.18m
7	Shamiah	Stewart	Tallawong Park	4.97m
8	Olivia	Plummer	The Ponds	4.93m
9	Jasmine	Freeman	The Ponds	4.77m
10	Jessica	Thomson	Tallawong Park	4.58m
11	Isabella	Perkins	Lethbridge Park	4.11m
12	Imogen	Camp	The Ponds	3.91m
13	Kajie	Elias	Blacktown	3.76m
14	Pahulgun	Kaur	Blacktown	2.56m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - Shot Put (2.0 Kg)**

Zone: Z 15.51m 2008 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Alexis Scicluna		Quakers Hill	8.53m
2 Catherine Schofield		Mt Druitt	7.89m
3 Megan Whelan		Quakers Hill	6.98m
4 Madison Leroy- Wye		Blacktown	6.36m
5 Noami Justin		Blacktown	6.22m
6 Ariana Nootai		Minchinbury	6.20m
7 Aurora Persson		The Ponds	5.94m
8 Euleila Mary Barret		Blacktown	5.76m
9 Makayla Hickson		Lethbridge Park	4.24m
10 Jade Fowler		Lethbridge Park	3.31m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 13.62m 2009 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Amelia Mcllwaine		The Ponds	9.89m
2 Alannah Martin		Doonside	8.73m
3 Breanna Stuart		The Ponds	7.84m
4 Rebecca Adeti		Blacktown	7.35m
5 Afreen Randhawa		Blacktown	6.33m
6 Anastatia Holbourn		Prospect	5.24m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 13.72m 2010 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Brianna Edwards		The Ponds	7.54m
2 Georgah Foote		Mt Druitt	7.11m
3 Keshika Chauhan		Doonside	6.95m
4 Akual Malith		Doonside	5.98m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.03m 1998 S.Wood, BLACK			
Name	Age	Centre	Final
1 Chelsea Scicluna		Quakers Hill	10.99m
2 Chloe Kennedy		Quakers Hill	10.95m
3 Tiana Mcllwaine		The Ponds	10.51m
4 Alana Serra		Quakers Hill	7.85m
5 Bonnie Boswell		Quakers Hill	7.63m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 11.70m 14-Dec-14 Emily Rotunno, Tallawong Pa			
Name	Age	Centre	Final
1 Taya McLean		Blacktown	10.10m
2 Tiarne Verbeek		Minchinbury	8.83m
3 Jazmine Taylor		Lethbridge Park	7.79m
4 Rebekah Wishart		The Ponds	7.32m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - Shot Put (3.0 Kg)**

5	Alison Brincat	Quakers Hill	7.26m
6	Jacinda Sale	Lethbridge Park	5.59m
7	Samantha Faller	Prospect	5.42m
8	Bronty Brown	Lethbridge Park	4.36m

Girls U 7 - Discus (350 Gram)

=====			
Zone: Z 15.95m 04-Feb-13 A.Scicluna, QUA			
Name	Age	Centre	Final
=====			
1	Chelsea Johnson	Tallawong Park	11.59m
2	Amilia Masic	Lethbridge Park	9.80m
3	Summer Nelson	Blacktown	8.96m
4	Jade Klemenic	Mt Druitt	7.94m
5	Nyidier Mow	Prospect	7.59m
6	Cassandra Sasinszki	Mt Druitt	6.90m
7	Gianna Tabone	Tallawong Park	5.00m
8	McKenzie Delgado	Mt Druitt	3.97m

Girls U 8 - Discus (500 Gram)

=====			
Zone: Z 20.04m 2009 S.Saua, LPARK			
Name	Age	Centre	Final
=====			
1	Savannah Hill	Mt Druitt	14.70m
2	Hanna Masic	Lethbridge Park	11.72m
3	Dekota Bre'e Howie	Mt Druitt	9.87m
4	Lexie Beacroft	Quakers Hill	9.31m
5	Reeghan Zammit	Blacktown	8.74m
6	Sukhmani Kaur	Quakers Hill	7.58m
7	Amelia Senifili	Lethbridge Park	7.03m
8	Destiny Pelasio	Lethbridge Park	6.00m
9	Bronte Parkin	Quakers Hill	5.96m
10	Hayley Yousef	Blacktown	5.48m
11	Lily Delgado	Mt Druitt	5.30m
12	Gabrielle Clarke	Blacktown	4.76m
13	Caitlyn Wise	Quakers Hill	4.67m

Girls U 9 - Discus (500 Gram)

=====			
Zone: Z 25.72m 2010 S.Saua, DOON			
Name	Age	Centre	Final
=====			
1	Ava Masic	Lethbridge Park	19.68m
2	Sarscha Farlow	Minchinbury	18.90m
3	Kaiah Wong	Minchinbury	14.51m
4	Olivia Persson	The Ponds	14.02m
5	Sarah Sale	Lethbridge Park	13.80m
6	Rachel Idris	Blacktown	12.16m
7	Danelia Samuel	Blacktown	12.15m
8	Alice Edenborough	Quakers Hill	11.93m
9	Maddison Laing	The Ponds	11.87m
10	Makaylah Cuevas	Prospect	11.81m
11	Summer Senifili	Lethbridge Park	11.57m
12	Jessica Dhaliwal	Minchinbury	11.41m
13	Kristin Van Eck	The Ponds	10.93m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - Discus (500 Gram)**

14	Jessica Stuart	The Ponds	10.58m
15	Georgia Nash	Prospect	10.49m
16	Jasmine Kaur	Quakers Hill	10.43m
17	Lily Fleeting	The Ponds	9.51m
18	Mitali Garg	The Ponds	9.48m
19	Dahlia Elias	Blacktown	7.71m

Girls U 10 - Discus (500 Gram)

=====			
Zone: Z 34.11m 2006		F.Aokuso, BLACK	
Name	Age	Centre	Final
=====			
1	Sesilia Grace Liu-Ngata	Mt Druitt	20.02m
2	Taya Zammit	Blacktown	19.90m
3	Mia-Lee Conn	Mt Druitt	18.88m
4	Awien Lual	Prospect	16.03m
5	Aaliyah Kennedy	Doonside	15.43m
6	Zoe Thompson	Tallawong Park	14.64m
7	Samantha Wilkinson	Quakers Hill	14.60m
8	Elyscia Barret	Blacktown	13.24m
9	Matilda Olson	Quakers Hill	12.83m
10	Naomi Amadi	Prospect	12.66m
11	Kirra Gibson	Blacktown	12.01m
12	Inayat Randhawa	Blacktown	11.15m
13	Pakhi Singh	Blacktown	10.66m
14	Imogen Peddle	The Ponds	10.42m
15	Kaitlin Clarke	Blacktown	9.50m
16	Nehal Kaushal	Minchinbury	8.36m
17	Ella O'Shea	Quakers Hill	7.86m
18	Chelsea Delgado	Mt Druitt	7.31m
19	Catherine New	The Ponds	6.52m

Girls U 11 - Discus (750 Gram)

=====			
Zone: Z 36.13m 2007		F.Aokuso, BLACK	
Name	Age	Centre	Final
=====			
1	Sophie Stancic	Prospect	19.69m
2	Tahlia Scicluna	Quakers Hill	19.28m
3	Salamasina Pupualii	Lethbridge Park	15.51m
4	Kate Bosco	Prospect	15.31m
5	Agampreet Kaur	Quakers Hill	13.94m
6	Alexandra Whelan	Quakers Hill	13.03m
7	Jasmine Freeman	The Ponds	11.40m
8	Kayelie Black	Prospect	11.13m
9	Kairi Pope	Prospect	9.81m
10	Shamiah Stewart	Tallawong Park	8.76m
11	Jenevieve Adeti	Blacktown	8.68m
12	Amelia Christie	The Ponds	7.87m
13	Sophie Saraceno	Blacktown	6.40m
14	Isabella Perkins	Lethbridge Park	5.37m
15	Kajie Elias	Blacktown	4.65m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - Discus (750 Gram)**

Zone: Z 45.83m 2008 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Catherine Schofield		Mt Druitt	23.02m
2 Alexis Scicluna		Quakers Hill	22.43m
3 Megan Whelan		Quakers Hill	19.50m
4 Amayah Burns		Doonside	19.30m
5 Aurora Persson		The Ponds	14.12m
6 Euleila Mary Barret		Blacktown	13.85m
7 Kiayla Casserly		Minchinbury	13.08m
8 Madison Leroy- Wye		Blacktown	11.64m
9 Makayla Hickson		Lethbridge Park	11.04m
10 Jade Fowler		Lethbridge Park	8.20m

Girls U 13 - Discus (750 Gram)

Zone: Z 45.12m 2009 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Amelia Mcllwaine		The Ponds	31.28m
2 Alannah Martin		Doonside	28.82m
3 Afreen Randhawa		Blacktown	18.04m
4 Anastatia Holbourn		Prospect	14.45m
5 Rebecca Adeti		Blacktown	13.68m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 42.60m 2010 F.Aokuso, BLACK			
Name	Age	Centre	Final
1 Keshika Chauhan		Doonside	26.11m
2 Cassandra King		Doonside	19.47m
3 Georgah Foote		Mt Druitt	16.36m
4 Akual Malith		Doonside	13.17m
5 Brianna Edwards		The Ponds	12.73m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 37.69m 2003 T.Richardson, BLACK			
Name	Age	Centre	Final
1 Jacinta Rotunno		Tallawong Park	34.50m
2 Tiana Mcllwaine		The Ponds	27.32m
3 Chelsea Scicluna		Quakers Hill	27.03m
4 Chloe Kennedy		Quakers Hill	19.07m
5 Bonnie Boswell		Quakers Hill	18.45m
6 Caitlin Bradley		Prospect	16.38m
7 Alana Serra		Quakers Hill	15.36m
8 Hannah McDonald		Minchinbury	14.50m
9 Lorin Brown		Lethbridge Park	13.00m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - Discus (1.0 Kg)**

Zone: Z 37.88m 13-Dec-14 Emily Rotunno, Tallawong Pa			
Name	Age	Centre	Final
1 Taya McLean		Blacktown	24.87m
2 Alison Brincat		Quakers Hill	19.77m
3 Jazmine Taylor		Lethbridge Park	18.63m
4 Abbey Street		Prospect	18.22m
5 Rebekah Wishart		The Ponds	15.79m
6 Sandiolla Oyoo		Prospect	14.53m
7 Jacinda Sale		Lethbridge Park	13.20m
8 Bronty Brown		Lethbridge Park	12.63m
9 Samantha Faller		Prospect	11.91m

Girls U 11 - Javelin (400 Gram)

Zone: Z 15.37m 10-Dec-16 Amayah Burns, Doonside			
Name	Age	Centre	Final
1 Sophie Stancic		Prospect	19.42mZ
2 Kate Bosco		Prospect	16.42mZ
3 Tahlia Scicluna		Quakers Hill	13.09m
4 Alexandra Whelan		Quakers Hill	12.47m
5 Kayelie Black		Prospect	10.97m
6 Elizabeth Sale		Lethbridge Park	10.13m
7 Amelia Christie		The Ponds	9.23m
8 Imogen Camp		The Ponds	9.22m
9 Jenevieve Adeti		Blacktown	8.59m
10 Achol Mow		Prospect	4.21m
11 Isabella Perkins		Lethbridge Park	2.56m

Girls U 12 - Javelin (400 Gram)

Zone: Z 21.81m 2012 O.Rotunno, Blacktown			
Name	Age	Centre	Final
1 Amayah Burns		Doonside	21.00m
2 Catherine Schofield		Mt Druitt	19.07m
3 Emily Ferguson		Tallawong Park	14.71m
4 Alexis Scicluna		Quakers Hill	14.56m
5 Megan Whelan		Quakers Hill	13.54m
6 Aurora Persson		The Ponds	12.62m
7 Makayla Hickson		Lethbridge Park	11.48m
8 Madison Leroy- Wye		Blacktown	10.57m
9 Naomi Justin		Blacktown	9.86m
10 Kiayla Casserly		Minchinbury	8.14m
11 Euleila Mary Barret		Blacktown	6.29m

Girls U 13 - Javelin (400 Gram)

Zone: Z 35.49m 2009 F.Aokuso, Blacktown			
Name	Age	Centre	Final
1 Amelia Mcllwaine		The Ponds	29.54m
2 Alannah Martin		Doonside	17.16m
3 Alicia Mamae		Quakers Hill	15.71m
4 Eloise Dearie		Mt Druitt	15.39m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - Javelin (400 Gram)**

5 Breanna Stuart	The Ponds	13.96m
6 Anastatia Holbourn	Prospect	12.58m
7 Tiarna Stone	Quakers Hill	10.70m
8 Rebecca Adeti	Blacktown	8.68m

Girls U 14 - Javelin (400 Gram)

=====			
Zone: Z 30.64m 13-Dec-15 T.McLean, Blacktown			
Name	Age Centre		Final
=====			
1 Rachel Thorley	Doonside		19.19m
2 Brianna Edwards	The Ponds		18.12m
3 Brodie Douglas	Doonside		15.44m
4 Georgah Foote	Mt Druitt		15.42m
5 Jasmine Saraceno	Blacktown		10.24m

Girls U 15 - Javelin (500 Gram)

=====			
Zone: Z 35.85m 11-Dec-15 Taya McLean, Blacktown			
Name	Age Centre		Final
=====			
1 Tiana Mcllwaine	The Ponds		28.39m
2 Chelsea Scicluna	Quakers Hill		22.87m
3 Chloe Kennedy	Quakers Hill		21.69m
4 Zoe Elliott	The Ponds		20.25m
5 Caitlin Bradley	Prospect		16.46m
6 Bonnie Boswell	Quakers Hill		13.58m
7 Hannah McDonald	Minchinbury		12.44m

Girls U 17 - Javelin (500 Gram)

=====			
Zone: Z 33.34m 11-Dec-15 Tamara Savage, Blacktown			
Name	Age Centre		Final
=====			
1 Taya McLean	Blacktown		37.72mZ
2 Tiarne Verbeek	Minchinbury		25.01m
3 Abbey Street	Prospect		24.12m
4 Rebekah Wishart	The Ponds		18.39m
5 Clarissa Barono	Minchinbury		15.88m
6 Jazmine Taylor	Lethbridge Park		15.13m
7 Natalie O'Connor	Doonside		13.05m
8 Jacinda Sale	Lethbridge Park		11.21m
9 Charli-Paige Young	Mt Druitt		9.85m
10 Samantha Faller	Prospect		8.78m
11 Bronty Brown	Lethbridge Park		6.99m

Girls U 9 - 700 Metre Walk

=====			
Zone: Z 3:53.20 1997 K.Pertel, BLACK			
Name	Age Centre		Final
=====			
Section 1			
1 Lacey Wynne	Tallawong Park		4:45.51
2 Summer Reynolds	Minchinbury		4:56.82
3 Makaylah Cuevas	Prospect		5:11.86
4 Elizabeth Sasinszki	Mt Druitt		5:51.91

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 700 Metre Walk**

5 Gabriella Baker	Blacktown	6:15.69
6 Chloe Dega	Blacktown	6:31.76
-- Pia Carroll	Blacktown	DQ

Girls U 10 - 1100 Metre Walk

=====			
Zone: Z 5:50.30		1996	P.Gough, DOON
Name	Age	Centre	Final
=====			
1 Aaliyah Kennedy		Doonside	8:36.68
2 Kirra Gibson		Blacktown	9:08.54
3 Ella O'Shea		Quakers Hill	10:06.35
4 Nimrat Rakhrao		Blacktown	10:18.73
-- Layla Senifili		Lethbridge Park	DQ
-- Catherine New		The Ponds	DQ

Girls U 11 - 1100 Metre Walk

=====			
Zone: Z 5:40.80		1997	K.Evans, DOON
Name	Age	Centre	Final
=====			
1 Emma Titmuss		Tallawong Park	8:28.14
2 Sophia Smith		Blacktown	8:35.10
-- Amelia Christie		The Ponds	DQ
-- Maddison Cash		Prospect	DQ

Girls U 12 - 1500 Metre Walk

=====			
Zone: Z 7:31.70		1982	K.Strub, NEP
Name	Age	Centre	Final
=====			
1 Catherine Schofield		Mt Druitt	8:59.67
2 Amayah Burns		Doonside	9:20.28
3 Chloe Bingham		Prospect	10:21.11
4 Billie Wild		Mt Druitt	10:30.31
5 Abbie Savic		Prospect	11:21.29
6 Aurora Persson		The Ponds	11:38.84

Girls U 13 - 1500 Metre Walk

=====			
Zone: Z 7:23.40		1989	M.Coulter, BLACK
Name	Age	Centre	Final
=====			
1 Abby Kitto		Quakers Hill	8:56.63
2 Zsafia Varga-Strike		Quakers Hill	10:08.91

Girls U 14 - 1500 Metre Walk

=====			
Zone: Z 7:16.30		26-Jan-14	Raquel Roukos, Doonside
Name	Age	Centre	Final
=====			
1 Alexandra Wicks		Quakers Hill	8:58.43
2 Brodie Douglas		Doonside	9:45.30
3 Georgah Foote		Mt Druitt	10:07.53
4 Jasmine Saraceno		Blacktown	11:13.41

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 1500 Metre Walk**

Zone: Z 6:26.90 1997 R.McAskill, DOON			
Name	Age	Centre	Final
1 Jessie Stancic		Prospect	8:26.76
2 Brooke Martin		Doonside	9:15.26
3 Hannah Branson		Prospect	10:54.63

Girls U 17 - 1500 Metre Walk

Zone: Z 7:00.50 26-Jan-14 Jasmine Dighton, Lethbridge			
Name	Age	Centre	Final
1 Tiarne Verbeek		Minchinbury	9:15.07
2 Rhalize-Verisa Cereno		Mt Druitt	9:44.76
3 Jazmine Taylor		Lethbridge Park	12:12.44

Boys U 7 - 50 Metre Sprint

Zone: Z 8.94 04-Feb-12 L.Neiufi, MTD			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zane Trindalll		Doonside	Z 8.6hQ
2 James Paterson		Quakers Hill	9.1hQ
3 Pratis Sithyvinayagaling		Tallowong Park	9.7hQ
4 Lachlan Murrow		The Ponds	9.9h
5 Latu Manako		Doonside	10.2h
6 Ajitesh Naik		Blacktown	10.3h
7 Quade Ra		Doonside	10.6h
Heat 2 Heats			
1 Kris Alimo		Blacktown	Z 8.8hQ
2 Noah Bajada		Tallowong Park	9.2hQ
3 Arhaan Hinduja		Blacktown	9.5hQ
4 Cohen Burville		Blacktown	9.7hq
5 Jack Cousins		Blacktown	9.9hq
6 Mikaele Aualiitia		Lethbridge Park	9.9h
7 Levi Moule		Mt Druitt	10.2h

Boys U 7 - 50 Metre Sprint

Zone: Z 8.94 04-Feb-12 L.Neiufi, MTD			
Name	Age	Centre	Final
Section 1 Final			
1 Zane Trindalll		Doonside	8.68Z
2 Kris Alimo		Blacktown	8.72Z
3 James Paterson		Quakers Hill	9.31
4 Noah Bajada		Tallowong Park	9.63
5 Arhaan Hinduja		Blacktown	9.76
6 Cohen Burville		Blacktown	9.85
7 Mikaele Aualiitia		Lethbridge Park	10.25

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 7 - 70 Metre Sprint**

Zone: Z 11.34 1984 N.Gale, GIRR			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Brayden Kingcott		The Ponds	12.74Q
2 Trae Campbell		Quakers Hill	12.75Q
3 Quade Ra		Doonside	14.69
4 Scott Chestnut		Lethbridge Park	16.21
Heat 2 Heats			
1 Kris Alimo		Blacktown	12.48Q
1 Benjamin Nasio		Doonside	12.48Q
3 James Paterson		Quakers Hill	12.88q
4 Noah Bajada		Tallawong Park	12.88q
5 Cohen Burville		Blacktown	13.29
6 Aviel Fernando		Quakers Hill	15.19
Heat 3 Heats			
1 Zane Trindalll		Doonside	12.41Q
2 Alphonso Inigo Baron		Mt Druitt	13.20Q
3 Pratis Sithyvinayagaling		Tallawong Park	13.77
4 Christian Attard		Blacktown	13.85
5 Mikaele Aualiitia		Lethbridge Park	14.34
6 Thomas Perkins		Lethbridge Park	18.54

Boys U 7 - 70 Metre Sprint

Zone: Z 11.34 1984 N.Gale, GIRR			
Name	Age	Centre	Final
Section 1 Final			
1 Zane Trindalll		Doonside	12.16
2 Benjamin Nasio		Doonside	12.39
3 Kris Alimo		Blacktown	12.43
4 Brayden Kingcott		The Ponds	12.48
5 Trae Campbell		Quakers Hill	12.71
6 James Paterson		Quakers Hill	12.93
7 Noah Bajada		Tallawong Park	13.11
8 Alphonso Inigo Baron		Mt Druitt	13.15

Boys U 8 - 70 Metre Sprint

Zone: Z 11.14 2001 A.Neville, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kaihana Waddell-scanlan		Lethbridge Park	11.82Q
2 Sahas Shergill		Tallawong Park	12.24Q
3 Adam Nasser		Tallawong Park	12.30q
4 Rayyan Sayed		The Ponds	12.31q
5 Drayk Stockham		Mt Druitt	12.87
6 Simon Cinya		Prospect	12.97
Heat 2 Heats			
1 Angelo Zammit		Mt Druitt	12.36Q
2 Armeet Singh		Blacktown	12.44Q
3 Kalisi Aualiitia		Lethbridge Park	12.68
4 Jayden Howell		Tallawong Park	12.71
5 Kaiden Laing		The Ponds	13.71

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 70 Metre Sprint

Heat 3 Heats

1	Thomas Clarke	Tallawong Park	12.07Q
2	Zoram Ra	Doonside	12.22Q
3	Ngathjwok Mungo	Blacktown	12.44
4	Miles Nicholas	Minchinbury	12.57
5	Kori Torrisheba	Quakers Hill	12.66
6	Joshua Rowe	Lethbridge Park	13.32
7	Cruise Piliumi	Doonside	13.62

Boys U 8 - 70 Metre Sprint

=====			
	Zone: Z 11.14	2001	A.Neville, BLACK
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Kaihana Waddell-scanlan	Lethbridge Park	11.97
2	Zoram Ra	Doonside	12.12
3	Thomas Clarke	Tallawong Park	12.24
4	Rayyan Sayed	The Ponds	12.35
5	Armeet Singh	Blacktown	12.57
6	Adam Nasser	Tallawong Park	12.61
7	Sahas Shergill	Tallawong Park	12.71
8	Angelo Zammit	Mt Druitt	12.84

Boys U 9 - 70 Metre Sprint

=====			
	Zone: Z 10.74	2000	G.Waddell, LPARK
	Zone: Z 10.74	2008	T.Lene, DOON
Name	Age	Centre	Final
=====			
Section 1			
1	Upiromo Dimo	Minchinbury	10.85
2	Alex Spadaro	Prospect	11.10
3	Arav Shetty	Blacktown	11.17
4	Kushal Mariguddi	Blacktown	11.71
5	Aiden Tod	Blacktown	11.77
6	Oliver Coats	Blacktown	12.53

Boys U 10 - 70 Metre Sprint

=====			
	Zone: Z 10.14	2001	G.Waddell, LPARK
	Zone: Z 10.14	2009	T.Lene, DOON
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Aneeq Aleem	The Ponds	11.15Q
2	Fraser McLaughlin	Quakers Hill	11.25Q
3	Lincoln Duffy	Quakers Hill	11.25q
4	Cooper Thompson	The Ponds	11.50
5	Derrick Oyoo	Prospect	11.65
6	Samuel Woodward	Mt Druitt	12.30
7	Robbie Parker	Lethbridge Park	12.84
8	Dominic Apulu	Lethbridge Park	13.55
Heat 2 Heats			
1	Jwodho Mugo	Blacktown	11.15Q
2	Jye Clarke- Stoddart	Blacktown	11.25Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 70 Metre Sprint**

3 Aiden Matejus	Mt Druitt	11.25q
Heat 3 Heats		
1 Maximus Konstantinoff	Doonside	10.60Q
2 Daniel Cinya	Prospect	10.73Q
3 James Schofield	Mt Druitt	11.17q
4 Gaif Kome	Prospect	12.19
5 Robert Orule	Blacktown	12.32
6 Jeremiah Tara	Minchinbury	12.40

Boys U 10 - 70 Metre Sprint

=====			
Zone: Z 10.14	2001	G.Waddell, LPARK	
Zone: Z 10.14	2009	T.Lene, DOON	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Maximus Konstantinoff		Doonside	10.0hZ
2 James Schofield		Mt Druitt	10.2h
3 Daniel Cinya		Prospect	10.6h
4 Aneeq Aleem		The Ponds	10.8h
5 Fraser McLaughlin		Quakers Hill	10.9h
6 Lincoln Duffy		Quakers Hill	11.2h
7 Jye Clarke- Stoddart		Blacktown	11.2h

Boys U 7 - 100 Metre Sprint

=====			
Zone: Z 16.54	1982	J.Fineberg, BLACK	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Kris Alimo		Blacktown	17.44Q
2 James Paterson		Quakers Hill	18.79Q
3 Pratis Sithyvinayagaling		Tallawong Park	18.87
4 Cohen Burville		Blacktown	18.91
5 Aurelious Amadi		Prospect	18.99
6 Ajitesh Naik		Blacktown	19.81
7 Thomas Perkins		Lethbridge Park	26.36
Heat 2 Heats			
1 Trae Campbell		Quakers Hill	17.75Q
2 Brayden Kingcott		The Ponds	18.03Q
3 Noah Bajada		Tallawong Park	18.84q
4 Darcy Waring		Tallawong Park	19.64
5 Lachlan Murrow		The Ponds	19.68
6 Jack Cousins		Blacktown	19.69
Heat 3 Heats			
1 Zane Trindalll		Doonside	17.16Q
2 Jack Kerek		Mt Druitt	18.25Q
3 Alphonso Inigo Baron		Mt Druitt	18.72q
4 Arhaan Hinduja		Blacktown	20.22
5 Scott Chestnut		Lethbridge Park	23.65
6 Christopher Morgan		Prospect	23.78

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 7 - 100 Metre Sprint**

Zone: Z 16.54 1982 J.Fineberg, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Zane Trindalll		Doonside	16.64
2 Kris Alimo		Blacktown	17.07
3 Brayden Kingcott		The Ponds	17.63
4 Trae Campbell		Quakers Hill	17.69
5 James Paterson		Quakers Hill	17.85
6 Jack Kerek		Mt Druitt	18.29
7 Noah Bajada		Tallawong Park	18.39
8 Alphonso Inigo Baron		Mt Druitt	18.65

Boys U 8 - 100 Metre Sprint

Zone: Z 15.54 1999 G.Waddell, LPARK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Shane Prasad		The Ponds	16.70Q
2 Bayleigh Ellison		Minchinbury	17.02Q
3 Zoram Ra		Doonside	17.06q
4 Miles Nicholas		Minchinbury	17.68
5 Jacob Konstantinoff		Doonside	18.43
6 Drayk Stockham		Mt Druitt	18.78
7 Cooper Edwards		Blacktown	19.21
8 Riley Platt		Lethbridge Park	22.37
Heat 2 Heats			
1 Thomas Clarke		Tallawong Park	16.87Q
2 Kori Torrisheba		Quakers Hill	17.64Q
3 Adam Nasser		Tallawong Park	17.79
4 Luke Hurrell		The Ponds	18.02
5 Simon Cinya		Prospect	18.87
6 Brody Becker		The Ponds	19.34
7 Beau Bennett		Lethbridge Park	19.71
Heat 3 Heats			
1 Aiden Slater		Minchinbury	17.32Q
2 Scott Toole		Prospect	17.49Q
3 Angelo Zammit		Mt Druitt	17.60q
4 Rayyan Sayed		The Ponds	17.96
5 Rayan Appugol		Blacktown	18.24
6 Javin Chugh		Blacktown	18.26
7 Lucas Valenzuela		Tallawong Park	18.37
8 Marcus Torrisheba		Quakers Hill	20.56

Boys U 8 - 100 Metre Sprint

Zone: Z 15.54 1999 G.Waddell, LPARK			
Name	Age	Centre	Final
Section 1 Final			
1 Shane Prasad		The Ponds	16.81
2 Aiden Slater		Minchinbury	17.01
3 Thomas Clarke		Tallawong Park	17.13
4 Bayleigh Ellison		Minchinbury	17.28
5 Scott Toole		Prospect	17.42

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 100 Metre Sprint

6 Zoram Ra	Doonside	17.45
7 Angelo Zammit	Mt Druitt	17.70
8 Kori Torrisheba	Quakers Hill	18.08

Boys U 9 - 100 Metre Sprint

Zone: Z 14.64 2001		A.Jenner, BLACK	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Caleb Zahra	Doonside	15.62Q	
2 Arav Shetty	Blacktown	15.75Q	
3 Alexander Pupualii	Lethbridge Park	17.14	
4 Callum Garbers	Tallawong Park	17.52	
5 Lachlan Hawke	Doonside	18.59	
6 Gurjot Singh	Quakers Hill	18.64	
7 Jamie Chestnut	Lethbridge Park	20.12	
Heat 2 Heats			
1 Alex Spadaro	Prospect	15.35Q	
2 Noah Foster	Quakers Hill	15.54Q	
3 Cornelius Pupualii	Lethbridge Park	16.26q	
4 Jet Peagram	Doonside	16.35q	
5 Jai Dent-Donohoe	The Ponds	16.43	
6 Elijah Dabas	The Ponds	16.61	
7 Ethan Aguasa	Quakers Hill	16.92	
Heat 3 Heats			
1 Upiro Dimo	Minchinbury	15.31Q	
2 Kushal Mariguddi	Blacktown	16.47Q	
3 Rebeen Mirzaei	The Ponds	16.50	
4 Oliver Coats	Blacktown	17.54	
5 Cameron Edwards	The Ponds	20.68	
-- Athan Tong	The Ponds	DQ	

Boys U 9 - 100 Metre Sprint

Zone: Z 14.64 2001		A.Jenner, BLACK	
Name	Age Centre	Final	
Section 1 Final			
1 Upiro Dimo	Minchinbury	15.02	
2 Alex Spadaro	Prospect	15.44	
3 Noah Foster	Quakers Hill	15.50	
4 Caleb Zahra	Doonside	15.55	
5 Arav Shetty	Blacktown	15.56	
6 Cornelius Pupualii	Lethbridge Park	16.12	
7 Kushal Mariguddi	Blacktown	16.33	
8 Jet Peagram	Doonside	16.64	

Boys U 10 - 100 Metre Sprint

Zone: Z 14.14 2001		G.Waddell, LPARK	
Zone: Z 14.14 2009		T.Lene, DOON	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Lado Sule	Blacktown	15.2hQ	

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 10 - 100 Metre Sprint

2	Cooper Thompson	The Ponds	15.9h
3	Dwight Filipo	Blacktown	15.9h
4	Connor Crisp	The Ponds	16.5h
5	Derrick Oyoo	Prospect	16.8h
6	Aarish Prasad	Tallawong Park	18.2h
7	Aiden Matejus	Mt Druitt	18.6h
Heat 2 Heats			
1	Daniel Cinya	Prospect	15.0hQ
2	Ryan Deluca	Minchinbury	15.4hq
3	Lincoln Duffy	Quakers Hill	15.5h
4	Samuel Woodward	Mt Druitt	16.8h
5	Byron Beeching	Blacktown	17.5h
6	Shaan Patel	Blacktown	18.2h
Heat 3 Heats			
1	Maximus Konstantinoff	Doonside	14.4hQ
2	Hendrix Tapiki	Quakers Hill	15.4hq
3	Kingston Vaitusi	Quakers Hill	15.4hq
4	Fraser McLaughlin	Quakers Hill	16.3h
5	Jad Nasser	Tallawong Park	17.0h
6	Gaif Kome	Prospect	17.6h
Heat 4 Heats			
1	Rhyu Torrisheba	Quakers Hill	14.7hQ
2	Aneeq Aleem	The Ponds	14.8hq
3	Robbie Parker	Lethbridge Park	16.5h
4	Preston Bennett	Lethbridge Park	17.7h

Boys U 10 - 100 Metre Sprint

=====			
	Zone: Z 14.14	2001	G.Waddell, LPARK
	Zone: Z 14.14	2009	T.Lene, DOON
	Name	Age Centre	Final
=====			
Section 1 Final			
1	Maximus Konstantinoff	Doonside	14.69
2	Rhyu Torrisheba	Quakers Hill	15.20
3	Daniel Cinya	Prospect	15.28
4	Kingston Vaitusi	Quakers Hill	15.53
5	Lado Sule	Blacktown	15.56
6	Hendrix Tapiki	Quakers Hill	15.59
7	Aneeq Aleem	The Ponds	15.64
8	Ryan Deluca	Minchinbury	15.91

Boys U 11 - 100 Metre Sprint

=====			
	Zone: Z 13.69	13-Dec-14	Nwazuruka Ohiaeri, Lethbridge
	Name	Age Centre	Heats
=====			
Heat 1 Heats			
1	Logan Tolar	The Ponds	14.27Q
2	Tony Justin	Blacktown	15.55Q
3	Rhys Gibson	Doonside	16.31
4	Liam Essex	Prospect	16.98
5	Nathan Reveley	Tallawong Park	17.38
6	Harrison Garbers	Tallawong Park	17.48
7	Rohan Shenoy	Quakers Hill	18.56
Heat 2 Heats			

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 11 - 100 Metre Sprint

1	Iosefa Senifili	Lethbridge Park	14.32Q
2	Jackson Moule	Mt Druitt	15.52Q
3	Dre Oakes	Minchinbury	15.59q
4	Jackson Wood	The Ponds	16.11
5	Steven Holbourn	Prospect	17.21
6	Tarun Puri	Blacktown	17.30

Heat 3 Heats

1	Aidan De Hoedt	Tallawong Park	15.03Q
2	Jonathan Cavanagh	Mt Druitt	15.42Q
3	Nathan Sarpong	Blacktown	15.44q
5	Juan Burgess	Prospect	16.35
6	Milos Arambasic	Doonside	16.36
9	Ashton Azzopardi	Doonside	15.59

Boys U 11 - 100 Metre Sprint

Zone: Z 13.69 13-Dec-14 Nwazuruka Ohiaeri, Lethbridge

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

Section 1 Final

1	Logan Tolar	The Ponds	14.29
2	Iosefa Senifili	Lethbridge Park	14.30
3	Aidan De Hoedt	Tallawong Park	14.94
4	Tony Justin	Blacktown	15.51
5	Jackson Moule	Mt Druitt	15.60
6	Jonathan Cavanagh	Mt Druitt	15.70
7	Nathan Sarpong	Blacktown	15.74
8	Dre Oakes	Minchinbury	15.88

Boys U 12 - 100 Metre Sprint

Zone: Z 13.10 12-Dec-15 Nwazuruka Ohiaeri, Lethbridge

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

Heat 1 Heats

1	Dimo Dimo	Minchinbury	13.66Q
2	Jake Hayter	Blacktown	13.74Q
3	Jamie Kennedy	Quakers Hill	14.14Q
4	Casey McLean	Blacktown	14.23q
5	Jay Thompson	The Ponds	14.57q
6	Aidan Faller	Prospect	14.69
7	Jarrold Zammit	Tallawong Park	15.69

Heat 2 Heats

1	Mitchell Bradley	Prospect	14.08Q
2	Oliver Phillips	The Ponds	14.55Q
3	Ethan Filipo	Blacktown	15.19Q
4	Anthony Kolat	The Ponds	15.38
5	John Stafford	The Ponds	15.39
6	Dominic Zammit	Mt Druitt	15.59
7	Harsh Singh	Tallawong Park	15.75

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - 100 Metre Sprint**

Zone: Z 13.10 12-Dec-15 Nwazuruka Ohiaeri, Lethbridge			
Name	Age	Centre	Final
Section 1 Final			
1 Dimo Dimo		Minchinbury	13.78
2 Jake Hayter		Blacktown	13.83
3 Jamie Kennedy		Quakers Hill	14.14
4 Mitchell Bradley		Prospect	14.29
5 Casey McLean		Blacktown	14.31
6 Oliver Phillips		The Ponds	14.46
7 Jay Thompson		The Ponds	14.60
8 Ethan Filipo		Blacktown	14.95

Boys U 13 - 100 Metre Sprint

Zone: Z 12.14 2009 A.Ganaba Abu, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Shayan Adhikari		Prospect	12.6hQ
2 Daniel Wilson		Quakers Hill	13.4hQ
3 Owen Evans		Prospect	13.8h
4 Stuart Cregan		Doonside	14.2h
5 Viliami Falemaka		Mt Druitt	15.4h
6 Brock McDonald		Minchinbury	17.8h
Heat 2 Heats			
1 Oliver Vella		Tallawong Park	13.3hQ
2 Harry Stancic		Prospect	13.4hQ
3 Sammy Oyoo		Prospect	13.5hq
4 Prabhnoor Dhillon		The Ponds	14.9h
5 Arman Sidhu		The Ponds	15.9h
Heat 3 Heats			
1 Jesse McLean		Blacktown	12.7hQ
2 Muhumuza Guma		Prospect	12.8hQ
3 Jesse Bingham		Prospect	13.5hq
4 Matthias Barrett		Prospect	14.2h
5 Tyrone Martin		Doonside	14.9h

Boys U 13 - 100 Metre Sprint

Zone: Z 12.14 2009 A.Ganaba Abu, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Shayan Adhikari		Prospect	12.93
2 Jesse McLean		Blacktown	12.95
3 Muhumuza Guma		Prospect	13.07
4 Jesse Bingham		Prospect	13.76
5 Harry Stancic		Prospect	13.78
6 Oliver Vella		Tallawong Park	13.87
7 Sammy Oyoo		Prospect	14.03

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 100 Metre Sprint**

Zone: Z 11.74 04-Feb-12 B.O'Donnell, DOO			
Name	Age	Centre	Final
Section 1			
1 Christopher Gillett		Minchinbury	11.98
2 Neeraj Naidu		Blacktown	12.97
3 Ethan Kerek		Mt Druitt	13.31
4 Samuel Adeti		Blacktown	13.88
5 Brandon Von Meyer		The Ponds	15.10

Boys U 15 - 100 Metre Sprint

Zone: Z 11.54 2009 T.Soliman, BLACK			
Name	Age	Centre	Final
1 Rhys Walker		Doonside	11.60
2 Elijah Ezekiel Barret		Blacktown	11.79
3 Max Thompson		Quakers Hill	12.64
4 Declan Thompson		Quakers Hill	12.71
5 Jordan Thompson		Quakers Hill	12.84
6 William Jackson		Blacktown	12.93
7 Yuvraj Singh		Doonside	14.03
8 Cameron Mitchell		Blacktown	14.37
9 Mitchell Walker		Mt Druitt	15.11

Boys U 17 - 100 Metre Sprint

Zone: Z 11.34 04-Feb-12 A.Abuganaba, BLA			
Name	Age	Centre	Final
1 Jayden Rowe		Lethbridge Park	12.03
2 Emmanuel Bangao		Tallawong Park	12.15
3 Dylan Baptist		Doonside	12.39
4 Frank Bosco		Prospect	12.81
5 Oskar McLaughlin		Quakers Hill	13.17
6 Huon Cousins		Doonside	13.27
7 Nathan Jones		Doonside	13.28
8 Max Glina		Blacktown	14.64
9 Nicholas Morgan		Prospect	14.67

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
Heat 1 Heats			
1 Zane Trindalll		Doonside	35.03Q
2 Trae Campbell		Quakers Hill	37.78Q
3 Jack Kerek		Mt Druitt	38.19Q
4 Noah Bajada		Tallawong Park	39.35q
5 Aurelious Amadi		Prospect	40.29
6 Ajitesh Naik		Blacktown	42.58
7 Elijah Koopu		Blacktown	43.03
Heat 2 Heats			
1 Bryson Samuel		Blacktown	36.55Q

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 7 - 200 Metre Sprint

2	Kris Alimo	Blacktown	38.88Q
3	Brayden Kingcott	The Ponds	39.02Q
4	Alphonso Inigo Baron	Mt Druitt	39.11q
5	Darcy Waring	Tallawong Park	42.48
6	Hayze Fualau	Minchinbury	42.73
7	Jack Cousins	Blacktown	45.47
8	Aviel Fernando	Quakers Hill	47.36

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
Section 1 Final			
1	Zane Trindalll	Doonside	35.24
2	Bryson Samuel	Blacktown	36.45
3	Trae Campbell	Quakers Hill	37.10
4	Kris Alimo	Blacktown	37.86
5	Jack Kerek	Mt Druitt	38.67
6	Alphonso Inigo Baron	Mt Druitt	39.15
7	Brayden Kingcott	The Ponds	39.18

Boys U 8 - 200 Metre Sprint

=====
 Zone: Z 32.14 1981 B.Rogers, LAL
 Name Age Centre Heats
 =====

Heat 1 Heats			
1	Javin Chugh	Blacktown	36.86Q
2	Eli Ma'u	Doonside	37.15Q
3	Lucas Valenzuela	Tallawong Park	37.50Q
4	Thomas Nourdine	The Ponds	37.70q
5	Sahas Shergill	Tallawong Park	37.70q
6	Kalisi Aualiitia	Lethbridge Park	39.64
7	Marcus Torrisheba	Quakers Hill	41.99
8	Charlie Lennie	Quakers Hill	42.06
Heat 2 Heats			
1	Shane Prasad	The Ponds	34.44Q
2	Beau Holahan	Quakers Hill	36.20Q
3	Aiden Slater	Minchinbury	36.21Q
4	Adam Nasser	Tallawong Park	38.13
5	Joshua Rowe	Lethbridge Park	38.92
6	Jayden Howell	Tallawong Park	39.03
7	Ryan Hogan	Doonside	39.74
8	Beau Stahl	Minchinbury	41.93

Boys U 8 - 200 Metre Sprint

=====
 Zone: Z 32.14 1981 B.Rogers, LAL
 Name Age Centre Final
 =====

Section 1 Final			
1	Shane Prasad	The Ponds	34.76
2	Aiden Slater	Minchinbury	35.90
3	Eli Ma'u	Doonside	36.77

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 200 Metre Sprint

4 Beau Holahan	Quakers Hill	36.80
5 Lucas Valenzuela	Tallawong Park	37.99
6 Javin Chugh	Blacktown	38.63
7 Thomas Nourdine	The Ponds	38.79
8 Sahas Shergill	Tallawong Park	39.60

Boys U 9 - 200 Metre Sprint

=====
 Zone: Z 30.54 1984 P.Zelasko, GIRR
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Upiro Dimo	Minchinbury	31.93Q
2 Noah Foster	Quakers Hill	32.38Q
3 Jet Peagram	Doonside	33.70Q
4 Jai Dent-Donohoe	The Ponds	34.96q
5 Kushal Mariguddi	Blacktown	35.79
6 Lucas Martin	Doonside	38.38
7 Tayga Sevdimbass	Tallawong Park	39.14

Heat 2 Heats

1 Caleb Zahra	Doonside	33.45Q
2 Daniel Titmuss	Tallawong Park	34.07Q
3 Rebeen Mirzaei	The Ponds	35.00Q
4 Brayden Doran	Minchinbury	35.46q
5 Benjamin Norman	Prospect	37.23
6 Cooper Plummer	The Ponds	38.51
7 Tyrone Jones/Slemnik	Blacktown	38.59

Boys U 9 - 200 Metre Sprint

=====
 Zone: Z 30.54 1984 P.Zelasko, GIRR
 Name Age Centre Final
 =====

Section 1 Final

1 Upiro Dimo	Minchinbury	31.71
2 Caleb Zahra	Doonside	32.11
3 Noah Foster	Quakers Hill	32.30
4 Daniel Titmuss	Tallawong Park	32.86
5 Jet Peagram	Doonside	33.39
6 Brayden Doran	Minchinbury	34.80
7 Rebeen Mirzaei	The Ponds	34.87
8 Jai Dent-Donohoe	The Ponds	1:56.4h

Boys U 10 - 200 Metre Sprint

=====
 Zone: Z 29.64 2001 G.Waddell, LPARK
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Rhyu Torrisheba	Quakers Hill	31.35Q
2 Daniel Cinya	Prospect	32.18Q
3 Lado Sule	Blacktown	32.78Q
4 Cooper Thompson	The Ponds	34.82q
5 Matthew Lukudu	Blacktown	35.29q
6 Derrick Oyoo	Prospect	38.60

Heat 2 Heats

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 10 - 200 Metre Sprint

1	Maximus Konstantinoff	Doonside	32.33Q
2	Aneeq Aleem	The Ponds	33.22Q
3	Jwodho Mugo	Blacktown	35.07Q
4	Lincoln Duffy	Quakers Hill	35.39
5	Robert Orule	Blacktown	37.13
6	Gaif Kome	Prospect	37.67
7	Jugaad Dhillon	The Ponds	47.01

Boys U 10 - 200 Metre Sprint

=====
 Zone: Z 29.64 2001 G.Waddell, LPARK
 Name Age Centre Final
 =====

Section 1 Final

1	Maximus Konstantinoff	Doonside	31.19
2	Rhyu Torrisheba	Quakers Hill	31.76
3	Daniel Cinya	Prospect	32.22
4	Lado Sule	Blacktown	32.63
5	Aneeq Aleem	The Ponds	32.81
6	Jwodho Mugo	Blacktown	35.22
7	Matthew Lukudu	Blacktown	35.46
8	Lincoln Duffy	Quakers Hill	37.08

Boys U 11 - 200 Metre Sprint

=====
 Zone: Z 27.69 14-Dec-14 Nwazuruka Ohiaeri, Lethbridge
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Logan Tolar	The Ponds	30.10Q
2	Zackary Armitage	Prospect	30.16Q
3	Vaughn Wilbow	Blacktown	31.11Q
4	Ryan Edwards	The Ponds	31.23q
5	Aaron Gupta	The Ponds	31.75q
6	Ashton Azzopardi	Doonside	32.92
7	Ned Farraway	Quakers Hill	34.42

Heat 2 Heats

1	Iosefa Senifili	Lethbridge Park	30.22Q
2	Aidan De Hoedt	Tallawong Park	30.98Q
3	Jamie Lavender	Doonside	31.90Q
4	Milos Arambasic	Doonside	33.35
5	Rhys Gibson	Doonside	35.02
6	Liam Essex	Prospect	35.40

Boys U 11 - 200 Metre Sprint

=====
 Zone: Z 27.69 14-Dec-14 Nwazuruka Ohiaeri, Lethbridge
 Name Age Centre Final
 =====

Section 1 Final

1	Iosefa Senifili	Lethbridge Park	29.23
2	Zackary Armitage	Prospect	30.11
3	Aidan De Hoedt	Tallawong Park	30.32
4	Logan Tolar	The Ponds	30.92
5	Jamie Lavender	Doonside	31.34
6	Aaron Gupta	The Ponds	31.52

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 200 Metre Sprint**

7 Ryan Edwards	The Ponds	31.58
8 Vaughn Wilbow	Blacktown	32.74

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.34		1989	S.Brooker, DOON
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Mitchell Bradley		Prospect	28.7hQ
2 Aidan Faller		Prospect	29.4hQ
3 Jay Thompson		The Ponds	30.2hQ
4 Anthony Kolat		The Ponds	32.2hq
5 Martin Rosso		The Ponds	37.5h
Heat 2 Heats			
1 Jake Hayter		Blacktown	27.6hQ
2 Dimo Dimo		Minchinbury	27.8hQ
3 Jamie Kennedy		Quakers Hill	29.0hQ
4 John Stafford		The Ponds	33.4hq
5 Thomas New		The Ponds	40.4h

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.34		1989	S.Brooker, DOON
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Dimo Dimo		Minchinbury	27.72
2 Jake Hayter		Blacktown	28.58
3 Mitchell Bradley		Prospect	28.74
4 Jamie Kennedy		Quakers Hill	29.01
5 Aidan Faller		Prospect	30.18
6 John Stafford		The Ponds	32.97
7 Anthony Kolat		The Ponds	33.01

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 25.14		2007	T.Soliman, BLACK
Zone: Z 25.14		2011	B.O'Donnell, DOON
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Shayan Adhikari		Prospect	26.27Q
2 Muhumuza Guma		Prospect	26.46Q
3 Stuart Cregan		Doonside	29.49Q
4 Tyrone Martin		Doonside	30.20q
5 Matthias Barrett		Prospect	30.45
6 Viliami Falemaka		Mt Druitt	32.44
Heat 2 Heats			
1 Jesse Bingham		Prospect	27.79Q
2 Harry Stancic		Prospect	27.81Q
3 Sammy Oyoo		Prospect	28.03Q
4 James White		Quakers Hill	28.90q
5 Ewan Foster		Quakers Hill	32.64
6 Brunthen Sithyvinayagali		Tallawong Park	37.81

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 200 Metre Sprint**

=====			
Zone: Z 25.14	2007	T.Soliman, BLACK	
Zone: Z 25.14	2011	B.O'Donnell, DOON	
Name	Age	Centre	Final
=====			
Section 1 Final			
1		Shayan Adhikari	Prospect 26.05
2		Muhumuza Guma	Prospect 26.22
3		Jesse Bingham	Prospect 27.56
4		Harry Stancic	Prospect 27.85
5		Sammy Oyoo	Prospect 28.02
6		James White	Quakers Hill 28.57
7		Stuart Cregan	Doonside 29.56
8		Tyrone Martin	Doonside 30.78

Boys U 14 - 200 Metre Sprint

=====			
Zone: Z 23.74	05-Feb-12	B.O'Donnell, DOO	
Name	Age	Centre	Final
=====			
Section 1			
1		Christopher Gillett	Minchinbury 23.82
2		Neeraj Naidu	Blacktown 25.39
3		Anthony Lombo	Quakers Hill 25.87
4		Ethan Kerek	Mt Druitt 26.71
5		Abiatar Peter	Blacktown 26.99
6		Jaxon Savage	Blacktown 30.79

Boys U 15 - 200 Metre Sprint

=====			
Zone: Z 22.54	1995	A.Pomeroy, DOON	
Name	Age	Centre	Final
=====			
1		Rhys Walker	Doonside 23.30
2		Elijah Ezekiel Barret	Blacktown 23.93
3		Max Thompson	Quakers Hill 24.84
4		Declan Thompson	Quakers Hill 25.67
5		Noah Nourdine	The Ponds 26.09
6		Mitchell Walker	Mt Druitt 30.55
7		Thomas Morris	Minchinbury 30.75

Boys U 17 - 200 Metre Sprint

=====			
Zone: Z 22.44	05-Feb-12	A.Abuganaba, BLA	
Name	Age	Centre	Final
=====			
1		Jayden Rowe	Lethbridge Park 23.70
2		Dylan Baptist	Doonside 24.00
3		Emmanuel Bangao	Tallawong Park 24.06
4		Mitchell Fraser	Quakers Hill 24.35
5		Frank Bosco	Prospect 24.74
6		Nathan Jones	Doonside 26.07

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 8 - 400 Metre Sprint**

Zone: Z 1:13.14 1983 B.Ball, BLACK			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jake Wynne		Tallawong Park	1:20.50Q
2 Ngathjwok Mungo		Blacktown	1:23.45Q
3 Bayleigh Ellison		Minchinbury	1:24.60q
4 Ryan Hogan		Doonside	1:30.31
5 Beau Stahl		Minchinbury	1:31.33
6 Murray Gibson		Blacktown	1:36.18
7 Brody Becker		The Ponds	1:38.59
Heat 2 Heats			
1 Shane Prasad		The Ponds	1:18.41Q
2 Zoram Ra		Doonside	1:19.73Q
3 Javin Chugh		Blacktown	1:25.90q
4 Cooper Edwards		Blacktown	1:31.82
5 Joshua Rowe		Lethbridge Park	1:37.64
6 Cruise Piliumi		Doonside	1:56.71
7 Riley Platt		Lethbridge Park	2:19.20
Heat 3 Heats			
1 Jeremy Duck		The Ponds	1:26.13Q
2 Beau Holahan		Quakers Hill	1:27.66Q
3 Eli Ma'u		Doonside	1:32.79
4 Lucas Valenzuela		Tallawong Park	1:37.04
5 Charlie Lennie		Quakers Hill	1:37.54
6 Caleb Fowler		Lethbridge Park	1:56.41

Boys U 8 - 400 Metre Sprint

Zone: Z 1:13.14 1983 B.Ball, BLACK			
Name	Age	Centre	Final
Section 1 Final			
1 Jake Wynne		Tallawong Park	1:19.71
2 Zoram Ra		Doonside	1:20.41
3 Ngathjwok Mungo		Blacktown	1:21.69
4 Shane Prasad		The Ponds	1:21.81
5 Javin Chugh		Blacktown	1:23.92
6 Bayleigh Ellison		Minchinbury	1:24.36
7 Jeremy Duck		The Ponds	1:27.07
8 Beau Holahan		Quakers Hill	1:27.86

Boys U 9 - 400 Metre Sprint

Zone: Z 1:08.04 2001 D.Asonitis, MTDRU			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Brodie Nelson		Blacktown	1:17.55Q
2 Noah Foster		Quakers Hill	1:19.29Q
3 Jet Peagram		Doonside	1:20.31q
4 Callum Garbers		Tallawong Park	1:26.97
5 Tayga Sevdimbass		Tallawong Park	1:30.63
6 Aiden Tod		Blacktown	1:33.00
7 Brody Platt		Lethbridge Park	1:48.08
Heat 2 Heats			

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 9 - 400 Metre Sprint

1 Caleb Zahra	Doonside	1:16.64Q
2 Daniel Titmuss	Tallawong Park	1:22.69Q
3 Benjamin Norman	Prospect	1:23.88
4 Bailey Logue	Quakers Hill	1:25.26
5 Cooper Plummer	The Ponds	1:29.53

Heat 3 Heats

1 Tyran Shields	Minchinbury	1:16.89Q
2 Kevin Bosco	Prospect	1:18.62Q
3 Brayden Doran	Minchinbury	1:20.60q
4 Athan Tong	The Ponds	1:26.30
5 Curtis Moule	Mt Druitt	1:47.97
6 Jamie Chestnut	Lethbridge Park	1:53.28

Boys U 9 - 400 Metre Sprint

=====
 Zone: Z 1:08.04 2001 D.Asonitis, MTDRU
 Name Age Centre Final
 =====

Section 1 Final

1 Tyran Shields	Minchinbury	1:16.30
2 Daniel Titmuss	Tallawong Park	1:17.74
3 Caleb Zahra	Doonside	1:18.22
4 Noah Foster	Quakers Hill	1:18.32
5 Jet Peagram	Doonside	1:18.50
6 Brodie Nelson	Blacktown	1:18.54
7 Brayden Doran	Minchinbury	1:19.29
8 Kevin Bosco	Prospect	1:19.43

Boys U 10 - 400 Metre Sprint

=====
 Zone: Z 1:06.54 1982 R.Clark, EMUP
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Thomas Varga-Strike	Quakers Hill	1:16.57Q
2 Robert Orule	Blacktown	1:21.68Q
3 Liam Rowe	Lethbridge Park	1:22.83q
4 Mustafa Fofanah	Mt Druitt	1:32.23
5 Ethan Hansen	Blacktown	1:41.23

Heat 2 Heats

1 Rhyu Torrisheba	Quakers Hill	1:16.03Q
2 Brayden Graham	Mt Druitt	1:19.45Q
3 Lincoln Duffy	Quakers Hill	1:36.06
4 Ethan Graham	Blacktown	1:43.62

Heat 3 Heats

1 Hendrix Tapiki	Quakers Hill	1:19.95Q
2 Matthew Lukudu	Blacktown	1:21.29Q
3 Connor Crisp	The Ponds	1:27.24q

Boys U 10 - 400 Metre Sprint

=====
 Zone: Z 1:06.54 1982 R.Clark, EMUP
 Name Age Centre Final
 =====

Section 1 Final

1 Rhyu Torrisheba	Quakers Hill	1:13.74
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WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 400 Metre Sprint**

2	Brayden Graham	Mt Druitt	1:14.65
3	Thomas Varga-Strike	Quakers Hill	1:15.42
4	Liam Rowe	Lethbridge Park	1:19.95
5	Hendrix Tapiki	Quakers Hill	1:25.10
6	Matthew Lukudu	Blacktown	1:25.29
7	Robert Orule	Blacktown	1:25.61
8	Lincoln Duffy	Quakers Hill	1:30.58

Boys U 11 - 400 Metre Sprint

=====			
Zone: Z 1:05.64		1984	D.Paabo, DOON
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Ned Farraway	Quakers Hill	1:16.64Q
2	Shaun Prasad	Blacktown	1:16.90Q
3	Jonathan Cavanagh	Mt Druitt	1:19.02Q
4	Juan Burgess	Prospect	1:19.18
5	Bailey Murray	Minchinbury	1:21.66
Heat 2 Heats			
1	Zackary Armitage	Prospect	1:08.44Q
2	Jamie Lavender	Doonside	1:14.52Q
3	Jackson Wood	The Ponds	1:17.52Q
4	Jay Nelson	Blacktown	1:17.72q
5	Tyrone Campbell	Quakers Hill	1:18.19q
6	Rhys Gibson	Doonside	1:23.32
7	Liam Essex	Prospect	1:25.43

Boys U 11 - 400 Metre Sprint

=====			
Zone: Z 1:05.64		1984	D.Paabo, DOON
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Zackary Armitage	Prospect	1:07.31
2	Jamie Lavender	Doonside	1:14.71
3	Shaun Prasad	Blacktown	1:17.34
4	Tyrone Campbell	Quakers Hill	1:17.99
5	Jay Nelson	Blacktown	1:18.65
6	Jonathan Cavanagh	Mt Druitt	1:19.02
7	Ned Farraway	Quakers Hill	1:19.66
8	Juan Burgess	Prospect	1:21.52

Boys U 12 - 400 Metre Sprint

=====			
Zone: Z 1:01.64		2005	V.Borg, MTDRU
Name	Age	Centre	Final
=====			
Section 1			
1	Matthew Amadi	Prospect	1:05.51
2	Jaiden Selvan	Blacktown	1:05.91
3	Dylan Moodie	Lethbridge Park	1:14.20
4	Scott Allen	The Ponds	1:14.68
5	Ben Long	The Ponds	1:15.03

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 400 Metre Sprint**

Zone: Z 59.74 2001 S.Condon, DOON			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Shayan Adhikari		Prospect	1:00.20Q
2 Sammy Oyoo		Prospect	1:07.03Q
3 Jesse Bingham		Prospect	1:08.09Q
4 Stuart Cregan		Doonside	1:08.19q
5 Antonio Baillo		Quakers Hill	1:08.80q
6 Matthias Barrett		Prospect	1:17.94
Heat 2 Heats			
1 James White		Quakers Hill	1:10.67Q
2 Ewan Foster		Quakers Hill	1:12.72Q
3 Samuel Perkins		Lethbridge Park	1:27.38Q

Boys U 13 - 400 Metre Sprint

Zone: Z 59.74 2001 S.Condon, DOON			
Name	Age	Centre	Final
Section 1 Final			
1 Shayan Adhikari		Prospect	59.75
2 James White		Quakers Hill	1:04.26
3 Antonio Baillo		Quakers Hill	1:04.84
4 Jesse Bingham		Prospect	1:05.16
5 Sammy Oyoo		Prospect	1:06.64
6 Stuart Cregan		Doonside	1:10.81
7 Ewan Foster		Quakers Hill	1:11.81

Boys U 14 - 400 Metre Sprint

Zone: Z 56.84 1995 M.Pedrana, BLACK			
Name	Age	Centre	Final
Section 1			
1 Oliver Duck		The Ponds	56.32Z
2 Abiatar Peter		Blacktown	59.18
3 Jackson Rowe		Lethbridge Park	1:08.90
4 Jaxon Savage		Blacktown	1:11.98

Boys U 15 - 400 Metre Sprint

Zone: Z 54.34 1996 M.Pedrana, BLACK			
Name	Age	Centre	Final
1 Rhys Walker		Doonside	56.58
2 Lachlan Watson		Minchinbury	58.20
3 Max Thompson		Quakers Hill	59.60
4 Declan Thompson		Quakers Hill	1:00.45
5 Jordan Thompson		Quakers Hill	1:01.86
6 Jack Allen		The Ponds	1:07.92
7 Mitchell Walker		Mt Druitt	1:11.74
8 Thomas Morris		Minchinbury	1:13.91

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - 400 Metre Sprint**

Zone: Z 52.24 04-Feb-12 Z.Amos, BLA			
Name	Age	Centre	Final
1 Mitchell Fraser		Quakers Hill	55.39
2 Mitchell Schubert		Quakers Hill	59.29
3 Blake Dwyer- Hall		Blacktown	1:00.76
4 Oskar McLaughlin		Quakers Hill	1:06.78

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:46.20 2005 E.Dhu, DOON			
Name	Age	Centre	Final
1 Bryson Samuel		Blacktown	1:51.50
2 Trae Campbell		Quakers Hill	1:56.62
3 Benjamin Nasio		Doonside	1:58.85
4 Lachlan Murrow		The Ponds	2:00.71
5 Jack Kerek		Mt Druitt	2:03.99
6 Robert Vercoe		Doonside	2:04.65
7 Brayden Kingcott		The Ponds	2:04.80
8 Lachlan Williamson		Doonside	2:13.84
9 Arhaan Hinduja		Blacktown	2:14.47
10 Declan Galea		The Ponds	2:16.80
11 Aurelious Amadi		Prospect	2:17.50

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:19.50 2003 J.Thompson			
Name	Age	Centre	Final
1 Jake Wynne		Tallawong Park	2:31.88
2 Zoram Ra		Doonside	2:32.89
3 Shane Prasad		The Ponds	2:34.24
4 Thomas Nourdine		The Ponds	2:40.29
5 Timothy Cozens		The Ponds	2:45.90
6 Scott Toole		Prospect	2:46.12
7 Jeremy Duck		The Ponds	2:51.46
8 Ryan Hogan		Doonside	2:52.53
9 Beau Holahan		Quakers Hill	2:53.17
10 Ngathjwok Mungo		Blacktown	2:57.19
11 Aiden Slater		Minchinbury	2:57.86
12 Beau Stahl		Minchinbury	2:59.74
13 Drayk Stockham		Mt Druitt	2:59.74
14 Timothy McIntosh		The Ponds	3:03.77
15 Jacob Konstantinoff		Doonside	3:05.76
16 Charlie Lennie		Quakers Hill	3:07.93
17 Lucas Valenzuela		Tallawong Park	3:09.20
18 Cooper Findlay		Tallawong Park	3:14.13
19 Joshua Rowe		Lethbridge Park	3:14.94
20 Zac Johnson		Tallawong Park	3:22.80

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 9 - 800 Metre Run**

Zone: Z 2:36.20 1984 B.Ball, BLACK			
Name	Age	Centre	Final
1 Tyran Shields		Minchinbury	2:52.28
2 Lucas Whelan		Quakers Hill	2:55.06
3 Callum Garbers		Tallawong Park	2:58.39
4 Brayden Doran		Minchinbury	3:01.36
5 Brodie Nelson		Blacktown	3:03.30
6 Kevin Bosco		Prospect	3:04.21
7 Lachlan Fahey		Blacktown	3:13.20
8 Cooper Plummer		The Ponds	3:16.78
9 Jacob Plummer		The Ponds	3:17.53
10 Benjamin Norman		Prospect	3:19.51
11 Oliver Coats		Blacktown	3:47.11

Boys U 10 - 800 Metre Run

Zone: Z 2:30.50 2003 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Rhyu Torrisheba		Quakers Hill	2:40.22
2 Brayden Graham		Mt Druitt	2:40.41
3 Liam Rowe		Lethbridge Park	2:54.66
4 Thomas Varga-Strike		Quakers Hill	2:59.86
5 Lucas Abiuso		Tallawong Park	3:07.54
6 Mustafa Fofanah		Mt Druitt	3:16.40
7 Kaiden Martin		The Ponds	3:16.94
8 Ethan Hansen		Blacktown	3:44.36

Boys U 11 - 800 Metre Run

Zone: Z 2:24.20 2004 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Zackary Armitage		Prospect	2:44.53
2 Isaac Beacroft		Quakers Hill	2:46.04
3 Aaron Gupta		The Ponds	2:47.59
4 Ryan Edwards		The Ponds	2:50.43
5 Jamie Lavender		Doonside	2:51.76
6 Ashton Azzopardi		Doonside	2:52.44
7 Ankit Rawal		Blacktown	2:58.47
8 Tyson Galal		Quakers Hill	2:58.47
9 Tyrone Campbell		Quakers Hill	3:01.57
10 Nikolas Nieto		Prospect	3:01.98
11 Jyevan Prasad		The Ponds	3:02.59
12 Vaughn Wilbow		Blacktown	3:03.08
13 Jay Nelson		Blacktown	3:03.08
14 Shaun Prasad		Blacktown	3:05.14
15 Andrew Klemenic		Mt Druitt	3:06.17
16 Bailey Murray		Minchinbury	3:07.33
17 Ethan Vicary		Prospect	3:27.06

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - 800 Metre Run**

Zone: Z 2:20.50 2005 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Matthew Amadi		Prospect	2:31.22
2 Jaiden Selvan		Blacktown	2:42.00
3 Dylan Moodie		Lethbridge Park	2:54.90
4 Lachlan Martin		The Ponds	2:55.55
5 Ben Long		The Ponds	2:56.42
6 Oliver Phillips		The Ponds	3:04.03

Boys U 13 - 800 Metre Run

Zone: Z 2:20.20 2006 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Shayan Adhikari		Prospect	2:15.16Z
2 James White		Quakers Hill	2:37.69
3 Toyash Prasad		The Ponds	2:44.83

Boys U 14 - 800 Metre Run

Zone: Z 2:11.30 2007 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Oliver Duck		The Ponds	2:23.82
2 Anthony Lombo		Quakers Hill	2:30.66
3 Jackson Rowe		Lethbridge Park	2:33.39
4 Ethan Kerek		Mt Druitt	2:35.06
5 Lucas Tabone		Tallawong Park	2:55.16
6 Jaylen Martin		The Ponds	3:24.08

Boys U 15 - 800 Metre Run

Zone: Z 2:03.20 2008 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Jack Allen		The Ponds	2:31.97
2 Yuvraj Singh		Doonside	2:34.50
3 Samson Logali		Blacktown	2:48.06

Boys U 17 - 800 Metre Run

Zone: Z 2:01.39 13-Dec-15 Brodie Rushby, Minchinbury			
Name	Age	Centre	Final
1 Nathan Jones		Doonside	2:39.85

Boys U 10 - 1500 Metre Run

Zone: Z 4:58.80 2003 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Brayden Graham		Mt Druitt	5:39.41
2 Thomas Varga-Strike		Quakers Hill	5:48.37
3 Liam Rowe		Lethbridge Park	5:59.38
4 Robert Orule		Blacktown	6:17.59

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 1500 Metre Run**

5	Kaiden Martin	The Ponds	6:18.75
6	Lucas Abiuso	Tallawong Park	6:19.46
7	Oscar Waring	Tallawong Park	6:22.75
8	Ethan Hansen	Blacktown	7:13.55

Boys U 11 - 1500 Metre Run

=====			
Zone: Z 4:52.40		2004	V.Borg, MTDRU
Name	Age	Centre	Final
=====			
1	Zackary Armitage	Prospect	5:27.66
2	Isaac Beacroft	Quakers Hill	5:30.93
3	Aaron Gupta	The Ponds	5:51.38
4	Nikolas Nieto	Prospect	5:57.78
5	Ankit Rawal	Blacktown	6:02.09
6	Ned Faraway	Quakers Hill	6:06.58
7	Vaughn Wilbow	Blacktown	6:12.12
8	Andrew Klemenic	Mt Druitt	6:14.92
9	Shaun Prasad	Blacktown	6:14.92
10	Tyrone Campbell	Quakers Hill	6:17.50
11	Jay Nelson	Blacktown	6:23.26
12	Tamas Sasinszki	Mt Druitt	6:32.39
13	Ethan Vicary	Prospect	7:09.75

Boys U 12 - 1500 Metre Run

=====			
Zone: Z 4:49.30		2004	D.Asonitis, MTDRU
Name	Age	Centre	Final
=====			
1	Matthew Amadi	Prospect	5:24.79
2	Lachlan Martin	The Ponds	5:46.48
3	Dominic Zammit	Mt Druitt	5:50.08
4	Scott Allen	The Ponds	5:55.56
5	Ben Long	The Ponds	5:57.40

Boys U 13 - 1500 Metre Run

=====			
Zone: Z 4:42.40		2006	V.Borg, MTDRU
Name	Age	Centre	Final
=====			
1	Antonio Baillo	Quakers Hill	5:16.53
2	Hayden McLeod	Mt Druitt	5:17.80
3	Benjamin Klemenic	Mt Druitt	5:55.34

Boys U 14 - 1500 Metre Run

=====			
Zone: Z 4:28.20		2007	V.Borg, MTDRU
Name	Age	Centre	Final
=====			
1	Jackson Rowe	Lethbridge Park	5:23.54
2	Beau Jenkins	Blacktown	5:50.04
3	Lucas Tabone	Tallawong Park	5:54.60
4	Ben White	Blacktown	5:58.59
5	Jaylen Martin	The Ponds	6:57.49

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 1500 Metre Run**

Zone: Z 4:14.60 2008 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Lachlan Watson		Minchinbury	4:55.60
2 Jack Allen		The Ponds	5:10.65
3 Kyle Zammit		Tallawong Park	5:23.29
4 Mitchell Walker		Mt Druitt	5:55.29

Boys U 17 - 1500 Metre Run

Zone: Z 4:35.50 25-Jan-14 Connor Baggs, Blacktown			
Name	Age	Centre	Final
1 Blake Dwyer- Hall		Blacktown	5:03.42
2 Nathan Jones		Doonside	6:30.35
3 Oskar McLaughlin		Quakers Hill	6:30.43

Boys U 13 - 3000 Metre Run

Zone: Z 10:10.80 2006 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Hayden McLeod		Mt Druitt	11:40.42
2 Toyash Prasad		The Ponds	11:59.45

Boys U 14 - 3000 Metre Run

Zone: Z 9:30.80 2007 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Anthony Lombo		Quakers Hill	12:19.66
2 Beau Jenkins		Blacktown	13:15.79
3 Ben White		Blacktown	13:35.56
4 Jaylen Martin		The Ponds	14:12.87

Boys U 15 - 3000 Metre Run

Zone: Z 9:10.70 2008 V.Borg, MTDRU			
Name	Age	Centre	Final
1 Lachlan Watson		Minchinbury	10:58.02
2 Jack Allen		The Ponds	11:55.57
3 Max Thompson		Quakers Hill	12:07.15
4 Kyle Zammit		Tallawong Park	12:56.9h

Boys U 17 - 3000 Metre Run

Zone: Z 10:04.20 24-Jan-14 Connor Baggs, Blacktown			
Name	Age	Centre	Final
1 Blake Dwyer- Hall		Blacktown	10:56.03
2 Christopher Wicks		Quakers Hill	11:39.30
3 Nathan Jones		Doonside	13:33.68

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 8 - 60 Metre Hurdles (45cm)**

=====			
Zone: Z 11.24	1999	G.Waddell, LPARK	
Zone: Z 11.24	2001	A.Neville, DOON	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Thomas Clarke		Tallawong Park	12.0hQ
2 Jacob Konstantinoff		Doonside	12.6hQ
3 Luke Hurrell		The Ponds	13.1hq
4 Kori Torrisheba		Quakers Hill	13.3h
5 Drayk Stockham		Mt Druitt	13.4h
6 Cruise Piliumi		Doonside	14.1h
Heat 2 Heats			
1 Mavrix Tauasa		Doonside	12.0hQ
2 Scott Toole		Prospect	12.3hQ
3 Aiden Slater		Minchinbury	13.0hq
4 Eli Ma'u		Doonside	13.1h
5 Rayan Appugol		Blacktown	13.4h
6 Benjamin Cardona		Prospect	14.2h
7 Beau Stahl		Minchinbury	15.0h
Heat 3 Heats			
1 Jake Wynne		Tallawong Park	12.5hQ
2 Jeremy Duck		The Ponds	13.1hQ
3 Rayyan Sayed		The Ponds	13.3h
4 Jayden Howell		Tallawong Park	14.2h
5 Cooper Findlay		Tallawong Park	14.4h
-- Bayleigh Ellison		Minchinbury	DNF

Boys U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 11.24	1999	G.Waddell, LPARK	
Zone: Z 11.24	2001	A.Neville, DOON	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Mavrix Tauasa		Doonside	12.00
2 Thomas Clarke		Tallawong Park	12.19
3 Scott Toole		Prospect	12.23
4 Jake Wynne		Tallawong Park	12.53
5 Aiden Slater		Minchinbury	12.62
6 Jacob Konstantinoff		Doonside	12.71
7 Eli Ma'u		Doonside	12.80
8 Luke Hurrell		The Ponds	13.09

Boys U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.14	2002	A.Neville, BLACK	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Arav Shetty		Blacktown	11.68Q
2 Kushal Mariguddi		Blacktown	11.70Q
3 Kevin Bosco		Prospect	12.23q
4 Brodie Nelson		Blacktown	12.33
5 Saihajveer Singh		The Ponds	14.71
6 Aditya Nair		The Ponds	15.45
Heat 2 Heats			

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

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

1 Daniel Titmuss	Tallowong Park	11.75Q
2 Ethan Aguasa	Quakers Hill	12.07Q
3 Elijah Dabas	The Ponds	12.10q
4 Reshaun Haines	Blacktown	13.83

Heat 3 Heats

1 Tyran Shields	Minchinbury	12.19Q
2 Jackson Dega	Blacktown	13.23Q
3 Christian-John Parker	Mt DrUITT	13.30

Boys U 9 - 60 Metre Hurdles (45cm)

=====

Zone: Z 10.14 2002 A.Neville, BLACK

Name Age Centre Final

=====

Section 1 Final

1 Arav Shetty	Blacktown	11.21
2 Daniel Titmuss	Tallowong Park	11.32
3 Kushal Mariguddi	Blacktown	11.37
4 Tyran Shields	Minchinbury	11.65
5 Kevin Bosco	Prospect	11.76
6 Brodie Nelson	Blacktown	12.54
7 Jackson Dega	Blacktown	13.03
8 Christian-John Parker	Mt DrUITT	13.44

Boys U 10 - 60 Metre Hurdles (60cm)

=====

Zone: Z 10.54 1994 C.Browne, BLACK

Name Age Centre Heats

=====

Heat 1 Heats

1 Preston Bennett	Lethbridge Park	12.51Q
2 Aneeq Aleem	The Ponds	12.87Q
3 Dwight Filipo	Blacktown	12.90q
4 Jye Clarke- Stoddart	Blacktown	13.30
5 Byron Beeching	Blacktown	13.49
6 Aiden Matejus	Mt DrUITT	16.50

Heat 2 Heats

1 Fraser McLaughlin	Quakers Hill	13.43Q
2 Gaif Kome	Prospect	13.68Q
3 Cooper Thompson	The Ponds	13.96
4 Jeremiah Tara	Minchinbury	14.14
5 Samuel Woodward	Mt DrUITT	14.26

Heat 3 Heats

1 Daniel Cinya	Prospect	11.44Q
2 Kaiden Martin	The Ponds	12.38Q
3 Ryan Deluca	Minchinbury	12.90q
4 Jad Nasser	Tallowong Park	14.12
5 Aarish Prasad	Tallowong Park	17.09

Boys U 10 - 60 Metre Hurdles (60cm)

=====

Zone: Z 10.54 1994 C.Browne, BLACK

Name Age Centre Final

=====

Section 1 Final

1 Daniel Cinya	Prospect	11.23
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WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

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

2	Kaiden Martin	The Ponds	12.19
3	Fraser McLaughlin	Quakers Hill	12.23
4	Dwight Filipo	Blacktown	12.31
5	Aneeq Aleem	The Ponds	12.36
6	Ryan Deluca	Minchinbury	12.69
7	Gaif Kome	Prospect	13.39
--	Preston Bennett	Lethbridge Park	DQ

Boys U 11 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 9.94 1995 C.Browne, BLACK
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Peter Elliott	The Ponds	11.42Q
2	Aidan De Hoedt	Tallawong Park	12.25Q
3	Aaron Gupta	The Ponds	12.67Q
4	Nikolas Nieto	Prospect	12.99q
5	Steven Holbourn	Prospect	15.00
6	Jayden Edwards	Blacktown	15.85

Heat 2 Heats

1	Jackson Moule	Mt Druitt	11.27Q
2	Luke Vratadic	Blacktown	11.41Q
3	Phoenix Tauasa	Doonside	12.54Q
4	Dre Oakes	Minchinbury	12.64q
5	Moses Madeni	Blacktown	13.04
6	Brock Parker	Mt Druitt	13.66
7	Juan Burgess	Prospect	13.99

Boys U 11 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 9.94 1995 C.Browne, BLACK
 Name Age Centre Final
 =====

Section 1 Final

1	Peter Elliott	The Ponds	11.09
2	Luke Vratadic	Blacktown	11.17
3	Jackson Moule	Mt Druitt	11.29
4	Aidan De Hoedt	Tallawong Park	11.77
5	Aaron Gupta	The Ponds	12.26
6	Dre Oakes	Minchinbury	13.03
7	Nikolas Nieto	Prospect	16.96

Boys U 12 - 60 Metre Hurdles (68cm)

=====
 Zone: Z 10.04 2004 A.Jenner, BLACK
 Zone: Z 10.04 2008 A.McNab, DOON
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Jarrold Zammit	Tallawong Park	12.89Q
2	Lachlan Martin	The Ponds	13.25Q
3	Harsh Singh	Tallawong Park	13.38Q
4	Thomas New	The Ponds	15.46
--	Matthew Amadi	Prospect	DQ

Heat 2 Heats

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

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

1	John Lukudu	Blacktown	11.00Q
2	Jake Hayter	Blacktown	11.49Q
3	Jay Thompson	The Ponds	11.72Q
4	Ethan Filipo	Blacktown	12.03q
5	Riley McWhinney	The Ponds	12.64q
6	Ben Long	The Ponds	12.94
7	Benjamin Hurrell	The Ponds	14.03

Boys U 12 - 60 Metre Hurdles (68cm)

=====
 Zone: Z 10.04 2004 A.Jenner, BLACK
 Zone: Z 10.04 2008 A.McNab, DOON
 Name Age Centre Final
 =====

Section 1 Final

1	Jake Hayter	Blacktown	10.89
2	John Lukudu	Blacktown	10.90
3	Ethan Filipo	Blacktown	11.42
4	Jay Thompson	The Ponds	11.52
5	Harsh Singh	Tallawong Park	11.88
6	Riley McWhinney	The Ponds	12.60
7	Jarrod Zammit	Tallawong Park	12.82
8	Lachlan Martin	The Ponds	13.15

Boys U 13 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 13.14 2007 R.Sultana, BLACK
 Name Age Centre Final
 =====

Section 1

1	Jesse Bingham	Prospect	13.91
2	Owen Evans	Prospect	14.58
3	Harry Stancic	Prospect	14.76
4	Ayouk Mow	Prospect	15.76
5	Oliver Vella	Tallawong Park	16.80
6	Arman Sidhu	The Ponds	16.88
7	Jackson Parker	Lethbridge Park	17.50

Boys U 14 - 90 Metre Hurdles (76cm)

=====
 Zone: Z 13.04 2008 J.Venzlauska, BLACK
 Name Age Centre Final
 =====

1	Abiatara Peter	Blacktown	15.06
---	----------------	-----------	-------

Boys U 15 - 100 Metre Hurdles (76cm)

=====
 Zone: Z 13.74 2007 N.Rushworth, DOON
 Name Age Centre Final
 =====

1	Andrew Dean	Doonside	15.96
2	Brendan Fraser	Quakers Hill	21.50

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - 110 Metre Hurdles (76cm)**

Zone: Z 14.38 13-Dec-15 Alexander Thompson, Quakers H			
Name	Age	Centre	Final
1 Mitchell Fraser		Quakers Hill	15.78
2 Huon Cousins		Doonside	17.36
3 Brayden Findlay		Tallawong Park	18.61
4 Nathan Jones		Doonside	18.89
5 Max Glina		Blacktown	20.25

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.34 2005 A.Jenner, BLACK			
Name	Age	Centre	Final
1 Jesse Bingham		Prospect	30.42
2 Ayouk Mow		Prospect	32.36
3 Benjamin Klemenic		Mt Druitt	32.59
4 Prabhnoor Dhillon		The Ponds	33.34

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 25.34 2008 T.Soliman, BLACK			
Name	Age	Centre	Final
1 Anthony Lombo		Quakers Hill	30.15
2 Jaxon Savage		Blacktown	34.81
3 Lucas Tabone		Tallawong Park	37.59

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 43.29 10-Dec-16 Mitchell Fraser, Quakers Hill			
Name	Age	Centre	Final
1 Rhys Walker		Doonside	42.71Z

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 50.18 10-Dec-16 Matthew Varley, Minchinbury			
Name	Age	Centre	Final
1 Mitchell Fraser		Quakers Hill	40.82Z
2 Huon Cousins		Doonside	47.25Z
3 Brayden Findlay		Tallawong Park	53.22

Boys U 13-14 100 Metre Run Para

Name	Age	Centre	Final
1 Dustin Coles		Lethbridge Park	33.0h

Boys U 13-14 800 Metre Run Para

Name	Age	Centre	Final
1 Dustin Coles		Lethbridge Park	5:07.27

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 9-12 4x100 Metre Relay (Jnr)**

Zone: Z 57.94 2003		Blacktown, BLACK		Final
Centre				
1	Prospect			58.36
	1) Alex Spadaro 9	2) Daniel Cinya 10		
	3) Zackary Armitage 11	4) Mitchell Bradley 12		
2	Quakers Hill			1:00.73
	1) Noah Foster 9	2) Rhyu Torrisheba 10		
	3) Isaac Beacroft 11	4) Jamie Kennedy 12		
3	Blacktown			1:00.97
	1) Arav Shetty 9	2) Lado Sule 10		
	3) Vaughn Wilbow 11	4) Casey McLean 12		
4	The Ponds			1:01.41
	1) Rebeen Mirzaei 9	2) Aneeq Aleem 10		
	3) Logan Tolar 11	4) Oliver Phillips 12		
5	Doonside			1:01.66
	1) Caleb Zahra 9	2) Maximus Konstantinoff 10		
	3) Jamie Lavender 11	4) Milos Arambasic 11		
6	Lethbridge Park			1:03.31
	1) Cornelius Pupualii 9	2) Robbie Parker 10		
	3) Liam Rowe 10	4) Iosefa Senifili 11		
7	Tallawong Park			1:05.20
	1) Daniel Titmuss 9	2) Lucas Abiuso 10		
	3) Aidan De Hoedt 11	4) Harsh Singh 12		
8	Mt Druitt			1:08.38
	1) Curtis Moule 9	2) Samuel Woodward 10		
	3) James Schofield 10	4) Jackson Moule 11		

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

Zone: Z 47.94 2009		Blacktown, BLACK		Final
Centre				
1	Blacktown			49.83
	1) Jesse McLean 13	2) Abiatara Peter 14		
	3) Elijah Ezekiel Barret 15	4) Neeraj Naidu 14		
2	Doonside			51.72
	1) Stuart Cregan 13	2) Tyrone Martin 13		
	3) Rhys Walker 15	4) Dylan Baptist 17		
3	Quakers Hill			51.97
	1) Caleb Torrisheba 12	2) Anthony Lombo 14		
	3) Jordan Thompson 15	4) Mitchell Fraser 17		
4	Prospect			52.02
	1) Shayan Adhikari 13	2) Muhumuza Guma 13		
	3) Harry Stancic 13	4) Jesse Bingham 13		
5	Tallawong Park			55.51
	1) Oliver Vella 13	2) Lucas Tabone 14		
	3) James Wark 15	4) Brayden Findlay 17		
6	Mt Druitt			57.08
	1) Dylan Parker 12	2) Viliami Falemaka 13		
	3) Hayden McLeod 13	4) Ethan Kerek 14		
7	Lethbridge Park			58.70
	1) Dylan Moodie 12	2) Samuel Perkins 13		
	3) Jackson Rowe 14	4) Jayden Rowe 17		
--	The Ponds			DQ
	1) Scott Allen 12	2) Prabhnoor Dhillon 13		

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

3) Brandon Von Meyer 14

4) Jack Allen 15

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

=====			
	Zone: Z 1.24m	1996	S.Benson, GIRR
	Zone: Z 1.24m	2003	C.Sayer, MINCH
Name	Age	Centre	Final
=====			
Flight 1			
1	Lucas Whelan	Quakers Hill	1.11m
2	Alex Spadaro	Prospect	1.11m
3	Daniel Titmuss	Tallawong Park	1.09m
4	Xavier Young	Blacktown	1.07m
5	Arav Shetty	Blacktown	1.05m
6	Bailey Logue	Quakers Hill	1.05m
7	Brodie Nelson	Blacktown	1.00m
8	Jai Dent-Donohoe	The Ponds	1.00m
9	Christian-John Parker	Mt Druitt	1.00m
10	Aiden Tod	Blacktown	0.90m
11	Cameron Edwards	The Ponds	0.85m
11	Xavier Fenech	Prospect	0.85m
--	Aditya Nair	The Ponds	NH
--	Callum Garbers	Tallawong Park	NH

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

=====			
	Zone: Z 1.40m	1997	M.Hendy, BLACK
Name	Age	Centre	Final
=====			
1	Jwodho Mugo	Blacktown	1.18m
2	Logan White	Quakers Hill	1.18m
3	Lado Sule	Blacktown	1.14m
4	Preston Bennett	Lethbridge Park	1.05m
5	Dwight Filipo	Blacktown	1.05m
6	Matthew Lukudu	Blacktown	1.05m
7	Robbie Parker	Lethbridge Park	1.05m
8	Oscar Waring	Tallawong Park	1.00m
9	Jye Clarke- Stoddart	Blacktown	1.00m
10	Liam Rowe	Lethbridge Park	1.00m
11	Mustafa Fofanah	Mt Druitt	0.95m
--	Samuel Woodward	Mt Druitt	NH
--	Jugaad Dhillon	The Ponds	NH

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

=====			
	Zone: Z 1.48m	1975	P.Cavanagh, BLACK
Name	Age	Centre	Final
=====			
1	Luke Vratavic	Blacktown	1.25m
2	Tony Justin	Blacktown	1.19m
3	Max Fleeting	The Ponds	1.15m
4	Andrew Klemenic	Mt Druitt	1.10m
5	Aidan De Hoedt	Tallawong Park	1.10m
6	Dre Oakes	Minchinbury	1.10m
7	Jonathan Cavanagh	Mt Druitt	1.10m
8	Milos Arambasic	Doonside	1.10m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - High Jump (S/H 1.05m)**

9	Navin Soma Sundaram	The Ponds	1.05m
--	Brock Parker	Mt Druitt	NH
--	Harrison Garbers	Tallawong Park	NH
--	Lachlan Findlay	Tallawong Park	NH
--	Ashton Azzopardi	Doonside	NH

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

=====			
Zone: Z 1.53m		1997	G.Murphy, BLACK
Name	Age	Centre	Final
=====			
1	John Lukudu	Blacktown	1.34m
2	Jamie Kennedy	Quakers Hill	1.29m
3	Dylan Parker	Mt Druitt	1.29m
4	Benjamin Hurrell	The Ponds	1.27m
5	Aidan Faller	Prospect	1.25m
6	Ethan Filipo	Blacktown	1.20m
--	Anthony Kolat	The Ponds	NH
--	Dimo Dimo	Minchinbury	NH
--	Riley McWhinney	The Ponds	NH

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

=====			
Zone: Z 1.65m		2003	R.Campbell-Gillard, LPARK
Name	Age	Centre	Final
=====			
1	Muhumuza Guma	Prospect	1.54m
2	Jesse McLean	Blacktown	1.52m
3	James White	Quakers Hill	1.40m
4	Arman Sidhu	The Ponds	1.30m
5	Hayden McLeod	Mt Druitt	1.30m
6	Tyrone Martin	Doonside	1.30m
7	Matthias Barrett	Prospect	1.25m
8	Jackson Parker	Lethbridge Park	1.25m
--	Samuel Perkins	Lethbridge Park	NH

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

=====			
Zone: Z 1.76m		2007	A.Neville, BLACK
Name	Age	Centre	Final
=====			
1	Abiatara Peter	Blacktown	1.55m
2	Samuel Adeti	Blacktown	1.59m
3	Anthony Lombo	Quakers Hill	1.43m
4	Beau Jenkins	Blacktown	1.30m
5	Jackson Rowe	Lethbridge Park	1.25m

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

=====			
Zone: Z 1.90m		2008	A.Neville, BLACK
Name	Age	Centre	Final
=====			
1	Andrew Dean	Doonside	1.65m
2	James Wark	Tallawong Park	1.51m
3	Declan Thompson	Quakers Hill	1.45m
4	Jack Allen	The Ponds	1.43m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - High Jump (S/H 1.30m)**

Zone: Z 1.81m 2009 N.Rushworth, DOON			
Name	Age	Centre	Final
1 Mitchell Fraser		Quakers Hill	1.76m
2 Christopher Wicks		Quakers Hill	1.64m
3 Frank Bosco		Prospect	1.62m
4 Jayden Rowe		Lethbridge Park	1.58m
5 Brayden Findlay		Tallawong Park	1.52m
6 Emmanuel Bangao		Tallawong Park	1.50m
7 Max Glina		Blacktown	1.45m

Boys U 7 - Long Jump

Zone: Z 3.42m 2000 A.Neville, BLACK			
Name	Age	Centre	Final
1 Bryson Samuel		Blacktown	2.98m
2 Benjamin Nasio		Doonside	2.92m
3 Cohen Burville		Blacktown	2.70m
4 Latu Manako		Doonside	2.70m
5 Christian Attard		Blacktown	2.40m
6 Jack Kerek		Mt Druitt	2.34m
7 Darcy Waring		Tallawong Park	2.33m
8 Sunny Fofanah		Mt Druitt	2.27m
9 Thomas Perkins		Lethbridge Park	1.63m
10 Hayze Fualau		Minchinbury	1.52m

Boys U 8 - Long Jump

Zone: Z 4.01m 2001 A.Neville, BLACK			
Name	Age	Centre	Final
1 Kaihana Waddell-scanlan		Lethbridge Park	3.17m
2 Angelo Zammit		Mt Druitt	3.08m
3 Mavrix Tauasa		Doonside	3.07m
4 Scott Toole		Prospect	3.00m
5 Murray Gibson		Blacktown	2.94m
6 Rayan Appugol		Blacktown	2.92m
7 Adam Nasser		Tallawong Park	2.88m
8 Jeremy Duck		The Ponds	2.86m
9 Thomas Clarke		Tallawong Park	2.71m
10 Luke Hurrell		The Ponds	2.69m
11 Rayyan Sayed		The Ponds	2.60m
12 Brody Becker		The Ponds	2.57m
13 Cooper Edwards		Blacktown	2.50m
14 Jacob Konstantinoff		Doonside	2.45m
15 Charlie Lennie		Quakers Hill	2.35m
16 Beau Bennett		Lethbridge Park	2.35m
17 Caleb Fowler		Lethbridge Park	2.21m
18 Kaiden Laing		The Ponds	2.09m
19 Zac Johnson		Tallawong Park	2.05m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 9 - Long Jump**

Zone: Z 4.07m 1985		C.Moore, DOON	
Name	Age Centre		Final
1 Caleb Zahra	Doonside		3.69m
2 Alex Spadaro	Prospect		3.69m
3 Noah Foster	Quakers Hill		3.56m
4 Jet Peagram	Doonside		3.49m
5 Lucas Whelan	Quakers Hill		3.41m
6 Aiden Tod	Blacktown		3.29m
7 Lewis Savic	Prospect		3.25m
8 Xavier Fenech	Prospect		3.04m
9 Gurjot Singh	Quakers Hill		2.89m
10 Joshparvir Madahar	The Ponds		2.88m
11 Rebeen Mirzaei	The Ponds		2.88m
12 Lachlan Vicary	Prospect		2.61m
13 Jackson Dega	Blacktown		2.61m
14 Jamie Chestnut	Lethbridge Park		2.03m
15 Curtis Moule	Mt Druitt		2.00m
16 Saihajveer Singh	The Ponds		1.89m
17 Brandon Ferlauto	The Ponds		1.60m

Boys U 10 - Long Jump

Zone: Z 4.54m 1991		C.Battley, LPARK	
Name	Age Centre		Final
1 Lado Sule	Blacktown		3.94m
2 Logan White	Quakers Hill		3.58m
3 Fraser McLaughlin	Quakers Hill		3.42m
4 Matthew Lukudu	Blacktown		3.41m
5 Jwodho Mugo	Blacktown		3.40m
6 James Schofield	Mt Druitt		3.40m
7 Preston Bennett	Lethbridge Park		3.21m
8 Kaiden Martin	The Ponds		3.20m
9 Oscar Waring	Tallawong Park		3.01m
10 Dominic-Xander Tatupu	Quakers Hill		2.94m
11 Derrick Oyoo	Prospect		2.88m
12 Byron Beeching	Blacktown		2.85m
13 Ethan Hansen	Blacktown		2.69m
14 Aarish Prasad	Tallawong Park		2.40m
15 Jugaad Dhillon	The Ponds		2.17m

Boys U 11 - Long Jump

Zone: Z 4.74m 1991		A.Hosking, DOON	
Zone: Z 4.74m 2010		F.Adutwum, BLACK	
Zone: Z 4.74m 2011		D.Trukaliotis, BLACK	
Name	Age Centre		Final
1 Logan Tolar	The Ponds		4.17m
2 Luke Vratavic	Blacktown		4.17m
3 Iosefa Senifili	Lethbridge Park		3.92m
4 Milos Arambasic	Doonside		3.76m
5 Jackson Moule	Mt Druitt		3.75m
6 Tony Justin	Blacktown		3.69m
7 Lachlan Findlay	Tallawong Park		3.57m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Long Jump**

8	Isaac Beacroft	Quakers Hill	3.54m
9	Jay Nelson	Blacktown	3.53m
10	Ansh Kapoor	Blacktown	3.18m
11	Sebastian Fenech	Prospect	3.17m
12	Moses Madeni	Blacktown	3.14m
13	Andrew Klemenic	Mt Druitt	3.10m
14	Ethan Vicary	Prospect	2.98m
15	Brock Parker	Mt Druitt	2.69m

Boys U 12 - Long Jump

Zone: Z 5.08m 2010		B.O'Donnell, DOON	
Name	Age	Centre	Final
1	John Lukudu	Blacktown	4.69m
2	Oliver Phillips	The Ponds	4.03m
3	Jay Thompson	The Ponds	3.95m
4	Jarrold Zammit	Tallowong Park	3.77m
5	Dominic Zammit	Mt Druitt	3.53m
6	Anthony Kolat	The Ponds	3.45m
7	Caleb Torrisheba	Quakers Hill	3.40m
8	Dylan Hayter	Blacktown	3.26m
9	Lachlan Martin	The Ponds	3.11m
10	Benjamin Hurrell	The Ponds	3.10m

Boys U 13 - Long Jump

Zone: Z 5.56m 1998		J.Khan, MTDRU	
Name	Age	Centre	Final
1	Shayan Adhikari	Prospect	5.11m
2	Owen Evans	Prospect	4.91m
3	Jesse McLean	Blacktown	4.86m
4	Hayden McLeod	Mt Druitt	4.50m
5	Harry Stancic	Prospect	4.47m
6	Jesse Bingham	Prospect	4.37m
7	Stuart Cregan	Doonside	4.30m
8	Oliver Vella	Tallowong Park	4.14m
9	Ayouk Mow	Prospect	4.03m
10	Viliani Falemaka	Mt Druitt	3.88m
11	Arman Sidhu	The Ponds	3.53m
12	Prabhnoor Dhillon	The Ponds	3.40m
13	Brunthen Sithyvinayagali	Tallowong Park	2.75m
14	Samuel Perkins	Lethbridge Park	2.64m

Boys U 14 - Long Jump

Zone: Z 6.43m 2008		T.Soliman, BLACK	
Name	Age	Centre	Final
1	Christopher Gillett	Minchinbury	5.81m
2	Samuel Adeti	Blacktown	4.77m
3	Ethan Kerek	Mt Druitt	4.68m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - Long Jump**

Zone: Z 6.46m 2000 J.Khan, MTDRU			
Name	Age	Centre	Final
1 Elijah Ezekiel Barret		Blacktown	5.81m
2 Rhys Walker		Doonside	5.44m
3 Noah Nourdine		The Ponds	5.23m
4 William Jackson		Blacktown	5.13m
5 Andrew Dean		Doonside	5.12m
6 Jordan Thompson		Quakers Hill	4.85m
7 Yuvraj Singh		Doonside	3.49m

Boys U 17 - Long Jump

Zone: Z 6.64m 12-Dec-15 Frederick Adutwum, Quakers Hi			
Name	Age	Centre	Final
1 Dylan Baptist		Doonside	5.91m
2 Jayden Rowe		Lethbridge Park	5.71m
3 Frank Bosco		Prospect	5.38m
4 Huon Cousins		Doonside	4.90m
5 Emmanuel Bangao		Tallowong Park	4.80m
6 Mitchell Schubert		Quakers Hill	4.79m
7 Brayden Findlay		Tallowong Park	4.62m
8 Max Glina		Blacktown	4.22m

Boys U 11 - Triple Jump

Zone: Z 10.27m 2010 F.Adutwum, BLACK			
Name	Age	Centre	Final
1 Dre Oakes		Minchinbury	7.98m
2 Luke Vrataric		Blacktown	7.81m
3 Ryan Edwards		The Ponds	7.53m
4 Lachlan Findlay		Tallowong Park	7.23m
5 Jonathan Cavanagh		Mt Druitt	7.11m
6 Tyrone Campbell		Quakers Hill	6.77m
7 Nathan Reveley		Tallowong Park	6.39m
8 Tamas Sasinszki		Mt Druitt	6.25m
9 Harrison Garbers		Tallowong Park	6.16m
10 Bailey Murray		Minchinbury	5.39m

Boys U 12 - Triple Jump

Zone: Z 10.74m 1996 F.Lapierre, BLACK			
Name	Age	Centre	Final
1 John Lukudu		Blacktown	9.34m
2 Mitchell Bradley		Prospect	9.25m
3 Oliver Phillips		The Ponds	8.42m
4 Casey McLean		Blacktown	8.34m
5 Dylan Parker		Mt Druitt	8.22m
6 Scott Allen		The Ponds	7.96m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - Triple Jump**

Zone: Z 11.51m 10-Dec-16 Christopher Gillett, Minchin			
Name	Age	Centre	Final
1 Jesse McLean		Blacktown	11.16m
2 Shayan Adhikari		Prospect	10.39m
3 Harry Stancic		Prospect	9.95m
4 James White		Quakers Hill	9.19m
5 Stuart Cregan		Doonside	9.09m
6 Ayouk Mow		Prospect	8.80m
7 Tyrone Martin		Doonside	8.73m
8 Benjamin Klemenic		Mt Druitt	8.44m
9 Caidyn Joel Armitage		Prospect	7.96m

Boys U 14 - Triple Jump

Zone: Z 12.49m 2000 M.Mansour, BLACK			
Name	Age	Centre	Final
1 Christopher Gillett		Minchinbury	11.54m
2 Abiatara Peter		Blacktown	10.63m
3 Samuel Adeti		Blacktown	10.54m
4 Jessie Jackson		Blacktown	8.95m
5 Beau Jenkins		Blacktown	8.88m
6 Jaxon Savage		Blacktown	8.57m
7 Lucas Tabone		Tallawong Park	7.88m

Boys U 15 - Triple Jump

Zone: Z 13.45m 1999 F.Lapierre, BLACK			
Name	Age	Centre	Final
1 Noah Nourdine		The Ponds	12.07m
2 Elijah Ezekiel Barret		Blacktown	11.82m
3 Lachlan Watson		Minchinbury	11.72m
4 Rhys Walker		Doonside	11.43m
5 Andrew Dean		Doonside	10.39m
6 William Jackson		Blacktown	10.32m
7 Jordan Thompson		Quakers Hill	9.83m
8 Mijwok Mugo		Blacktown	9.43m
9 Cameron Mitchell		Blacktown	8.37m
10 Brendan Fraser		Quakers Hill	8.08m
11 Kyle Zammit		Tallawong Park	7.65m

Boys U 17 - Triple Jump

Zone: Z 13.99m 13-Dec-15 Frederick Adutwum, Quakers H			
Name	Age	Centre	Final
1 Mitchell Fraser		Quakers Hill	12.52m
2 Dylan Baptist		Doonside	12.07m
3 Jayden Rowe		Lethbridge Park	11.29m
4 Huon Cousins		Doonside	10.77m
5 Blake Dwyer- Hall		Blacktown	10.19m
6 Brayden Findlay		Tallawong Park	10.09m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 7 - Shot Put (1.0 Kg)**

Zone: Z 8.90m 1994			S.Benson, GIRR
Name	Age Centre		Final
1 Quade Ra	Doonside		6.17m
2 Hayze Fualau	Minchinbury		5.34m
3 Christian Attard	Blacktown		4.89m
4 Latu Manako	Doonside		4.27m
5 Sunny Fofanah	Mt Druitt		3.04m
6 Alphonso Inigo Baron	Mt Druitt		2.79m
7 Thomas Perkins	Lethbridge Park		2.78m
8 Scott Chestnut	Lethbridge Park		2.37m
9 Declan Galea	The Ponds		2.16m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.85m 1995			S.Benson, GIRR
Name	Age Centre		Final
1 Mavrix Tauasa	Doonside		7.29m
2 Bayleigh Ellison	Minchinbury		6.98m
3 Kalisi Aualiitia	Lethbridge Park		6.83m
4 Kaihana Waddell-scanlan	Lethbridge Park		6.23m
5 Kalio Manako	Doonside		5.36m
6 Arbaaz Randhawa	Blacktown		4.93m
7 Cooper Findlay	Tallawong Park		4.84m
8 Murray Gibson	Blacktown		4.79m
9 Miles Nicholas	Minchinbury		4.07m
10 Zac Johnson	Tallawong Park		4.06m
11 Kaiden Laing	The Ponds		3.86m
12 Beau Bennett	Lethbridge Park		3.25m
13 Caleb Fowler	Lethbridge Park		2.87m
14 Brody Becker	The Ponds		2.43m
15 Jayden Howell	Tallawong Park		1.86m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 10.07m 2003			H.Cherrington, BLACK
Name	Age Centre		Final
1 Cornelius Pupualii	Lethbridge Park		7.67m
2 Alexander Pupualii	Lethbridge Park		7.33m
3 Xavier Fenech	Prospect		5.71m
4 Lachlan Fahey	Blacktown		4.92m
5 Joshparvir Madahar	The Ponds		4.85m
6 Cameron Edwards	The Ponds		4.82m
7 Lachlan Vicary	Prospect		4.47m
8 Jacob Plummer	The Ponds		4.37m
9 Xavier Young	Blacktown		4.16m
10 Brandon Ferlauto	The Ponds		4.12m
11 August Cyresko	Tallawong Park		4.08m
12 Lachlan Hawke	Doonside		4.05m
13 Tayga Sevdimbis	Tallawong Park		3.83m
14 Ethan Aguasa	Quakers Hill		3.43m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 10 - Shot Put (2.0 Kg)**

Zone: Z 12.11m 1991 S.Lee, BLACK			
Name	Age	Centre	Final
1 James Schofield		Mt Druitt	8.35m
2 Julio-Xavier Tatupu		Quakers Hill	7.17m
3 Ryan Ferguson		Tallawong Park	7.11m
4 Dominic-Xander Tatupu		Quakers Hill	6.74m
5 Dominic Apulu		Lethbridge Park	6.03m
6 Logan White		Quakers Hill	5.67m
7 Zaran Mortimer		Blacktown	4.86m
8 Bradley Yousef		Blacktown	4.34m
9 Jugaad Dhillon		The Ponds	3.72m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 13.54m 12-Dec-15 Muhumuza Guma, Prospect			
Name	Age	Centre	Final
1 Phoenix Tauasa		Doonside	10.76m
2 Luis IV Magsanoc		The Ponds	9.01m
3 Rafy Abuganaba		Blacktown	7.64m
4 Sebastian Fenech		Prospect	7.64m
5 Max Fleeting		The Ponds	7.15m
6 Thomas Daw		Minchinbury	6.98m
7 Tamas Sasinszki		Mt Druitt	6.70m
8 Moses Madeni		Blacktown	5.93m
9 Kyan Cunningham		Blacktown	4.75m

Boys U 12 - Shot Put (3.0 Kg)

Zone: Z 15.61m 1989 S.Brooker, DOON			
Name	Age	Centre	Final
1 Dylan Parker		Mt Druitt	7.30m
2 Casey McLean		Blacktown	7.22m
3 Caleb Torrisheba		Quakers Hill	6.93m
4 Aidan Faller		Prospect	6.88m
5 Riley McWhinney		The Ponds	5.98m
6 Thomas New		The Ponds	4.93m
7 Dylan Hayter		Blacktown	4.85m
8 Ethan Martin		Doonside	4.58m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 16.88m 2009 T.Moeroa, DOON			
Name	Age	Centre	Final
1 Muhumuza Guma		Prospect	12.93m
2 Jesse McLean		Blacktown	10.85m
3 Hayden McLeod		Mt Druitt	9.32m
4 Samuel Perkins		Lethbridge Park	8.20m
5 Brayden Matthews		Quakers Hill	7.89m
6 Oliver Vella		Tallawong Park	7.71m
7 Ewan Foster		Quakers Hill	7.36m
8 Prabhnoor Dhillon		The Ponds	6.34m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - Shot Put (3.0 Kg)**

Zone: Z 11.96m 05-Feb-13 D.Amos, BLA			
Name	Age	Centre	Final
1 Jaxon Savage		Blacktown	9.95m
2 Samuel Adeti		Blacktown	8.17m
3 Byron Cousins		Doonside	7.04m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 18.08m 2011 T.Moeroa, DOON			
Name	Age	Centre	Final
1 James Wark		Tallawong Park	11.91m
2 William Jackson		Blacktown	9.61m
3 Andrew Dean		Doonside	9.16m
4 Mijwok Mugo		Blacktown	6.16m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 17.93m 04-Feb-13 T.Moeroa, DOO			
Name	Age	Centre	Final
1 Jakob Sale		Lethbridge Park	11.20m
2 Grant Kennerly		Mt Druitt	8.23m

Boys U 7 - Discus (350 Gram)

Zone: Z 20.27m 2003 W.O'Brien, MTDRU			
Name	Age	Centre	Final
1 Hayze Fualau		Minchinbury	15.09m
2 Bryson Samuel		Blacktown	14.47m
3 Aurelious Amadi		Prospect	13.78m
4 Darcy Waring		Tallawong Park	12.94m
5 Sunny Fofanah		Mt Druitt	11.54m
6 Christian Attard		Blacktown	11.01m
7 Quade Ra		Doonside	10.67m
8 Benjamin Nasio		Doonside	10.05m
9 Latu Manako		Doonside	6.35m
10 Scott Chestnut		Lethbridge Park	3.03m
-- Mikaele Aualiitia		Lethbridge Park	FOUL

Boys U 8 - Discus (500 Gram)

Zone: Z 24.40m 1981 J.Arneberger, NEP			
Name	Age	Centre	Final
1 Matrix Tauasa		Doonside	18.05m
2 Kalisi Aualiitia		Lethbridge Park	16.24m
3 Murray Gibson		Blacktown	15.05m
4 Kaihana Waddell-scanlan		Lethbridge Park	14.14m
5 Arbaaz Randhawa		Blacktown	13.96m
6 Eli Ma'u		Doonside	13.10m
7 Kalio Manako		Doonside	12.34m
8 Cooper Findlay		Tallawong Park	12.31m
9 Beau Holahan		Quakers Hill	10.31m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS

Results

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

10	Cruise Piliumi	Doonside	10.29m
11	Caleb Fowler	Lethbridge Park	10.26m
12	Zac Johnson	Tallawong Park	9.15m
13	Ryan Hogan	Doonside	8.76m
14	Kaiden Laing	The Ponds	6.97m
15	Beau Bennett	Lethbridge Park	5.84m
--	Miles Nicholas	Minchinbury	FOUL

Boys U 9 - Discus (500 Gram)

=====			
Zone: Z 32.28m 1982		S.Williams, BLACK	
Name	Age	Centre	Final
=====			
1	Alexander Pupualii	Lethbridge Park	21.81m
2	Cornelius Pupualii	Lethbridge Park	20.19m
3	Daniel Stuart	The Ponds	15.29m
4	Lachlan Fahey	Blacktown	14.74m
5	Xavier Young	Blacktown	14.62m
6	Tayga Sevdimbass	Tallawong Park	13.98m
7	Joshparvir Madahar	The Ponds	13.97m
8	August Cyresko	Tallawong Park	13.20m
9	Rebeen Mirzaei	The Ponds	12.21m
10	Lucas Martin	Doonside	11.16m
11	Cooper Plummer	The Ponds	10.13m
12	Ethan Aguasa	Quakers Hill	9.81m
13	Curtis Moule	Mt Druitt	9.06m
14	Xavier Fenech	Prospect	8.36m
15	Tyrone Jones/Slemnik	Blacktown	8.02m
16	Brandon Ferlauto	The Ponds	7.97m
17	Jamie Chestnut	Lethbridge Park	5.29m
18	Lachlan Vicary	Prospect	2.33m
--	Lucas Whelan	Quakers Hill	ND
--	Benjamin Norman	Prospect	ND
--	Saihajveer Singh	The Ponds	ND

Boys U 10 - Discus (500 Gram)

=====			
Zone: Z 41.48m 1983		J.Arneberger, NEP	
Name	Age	Centre	Final
=====			
1	Dominic-Xander Tatupu	Quakers Hill	24.61m
2	James Schofield	Mt Druitt	23.67m
3	Kingston Vaitusi	Quakers Hill	21.13m
4	Julio-Xavier Tatupu	Quakers Hill	19.50m
5	Dominic Apulu	Lethbridge Park	19.25m
6	Ryan Ferguson	Tallawong Park	18.40m
7	Logan White	Quakers Hill	16.08m
8	Zaran Mortimer	Blacktown	15.97m
9	Dwight Filipino	Blacktown	14.65m
10	Robbie Parker	Lethbridge Park	13.57m
11	Jad Nasser	Tallawong Park	13.23m
12	Shaan Patel	Blacktown	11.98m
13	Bradley Yousef	Blacktown	9.49m
14	Aiden Matejus	Mt Druitt	9.07m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - Discus (750 Gram)**

Zone: Z 34.54m 2008		P.Aokuso, BLACK	
Name	Age	Centre	Final
1 Phoenix Tauasa		Doonside	20.15m
2 Thomas Daw		Minchinbury	19.93m
3 Sebastian Fenech		Prospect	19.51m
4 Ankit Rawal		Blacktown	18.47m
5 Tony Justin		Blacktown	16.92m
6 Rafy Abuganaba		Blacktown	16.34m
7 Navin Soma Sundaram		The Ponds	16.18m
8 Max Fleeting		The Ponds	14.72m
9 Harrison Garbers		Tallawong Park	11.50m
10 Steven Holbourn		Prospect	11.47m
11 Nathan Reveley		Tallawong Park	11.26m
12 Ansh Kapoor		Blacktown	9.42m

Boys U 12 - Discus (750 Gram)

Zone: Z 45.99m 2008		T.Moeroa, LPARK	
Name	Age	Centre	Final
1 Jake Hayter		Blacktown	19.06m
2 Caleb Torrisheba		Quakers Hill	17.04m
3 Thomas New		The Ponds	15.53m
4 Ethan Filipino		Blacktown	13.64m
5 Rombe Sule		Blacktown	13.48m
6 Ethan Mendonca		The Ponds	11.83m
7 Dylan Hayter		Blacktown	11.74m

Boys U 13 - Discus (1.0 Kg)

Zone: Z 51.39m 2009		T.Moeroa, DOON	
Name	Age	Centre	Final
1 Muhumuza Guma		Prospect	35.25m
2 Hayden McLeod		Mt Druitt	25.05m
3 Jackson Parker		Lethbridge Park	19.40m
4 Caidyn Joel Armitage		Prospect	16.07m
5 Samuel Perkins		Lethbridge Park	15.75m
6 Arman Sidhu		The Ponds	14.32m
7 Brock McDonald		Minchinbury	11.02m
8 Brunthen Sithyvinayagali		Tallawong Park	9.79m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 54.22m 2010		T.Moeroa, DOON	
Name	Age	Centre	Final
1 Lucas Tabone		Tallawong Park	21.09m
2 Jaxon Savage		Blacktown	20.42m
3 Samuel Adeti		Blacktown	18.19m
4 Byron Cousins		Doonside	14.76m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - Discus (1.0 Kg)**

Zone: Z 55.59m 2011 T.Moeroa, DOON			
Name	Age	Centre	Final
1 James Wark		Tallawong Park	35.86m
2 Andrew Dean		Doonside	29.68m
3 Brendan Fraser		Quakers Hill	27.22m
4 William Jackson		Blacktown	24.98m
5 Declan Thompson		Quakers Hill	24.13m
6 Cameron Mitchell		Blacktown	19.90m
7 Yuvraj Singh		Doonside	17.67m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 41.81m 05-Feb-12 J.Bartley, BLA			
Name	Age	Centre	Final
1 Jakob Sale		Lethbridge Park	28.85m

Boys U 13-14 Discus Para

Name	Age	Centre	Final
1 Dustin Coles		Lethbridge Park	3.68m

Boys U 11 - Javelin (400 Gram)

Zone: Z 26.84m 12-Dec-15 Muhumuza Guma, Prospect			
Name	Age	Centre	Final
1 Peter Elliott		The Ponds	25.96m
2 Thomas Daw		Minchinbury	24.43m
3 Phoenix Tauasa		Doonside	20.11m
4 Tamas Sasinszki		Mt Druitt	16.52m
5 Iosefa Senifili		Lethbridge Park	15.73m
6 Rafy Abuganaba		Blacktown	15.43m
7 Navin Soma Sundaram		The Ponds	14.90m
8 Nathan Reveley		Tallawong Park	13.89m
9 Luis IV Magsanoc		The Ponds	13.13m
10 Sebastian Fenech		Prospect	12.84m
11 Tarun Puri		Blacktown	11.61m
12 Kyan Cunningham		Blacktown	10.69m
13 Max Fleeting		The Ponds	10.66m
14 Steven Holbourn		Prospect	9.59m
15 Ethan Vicary		Prospect	9.22m
16 Jayden Edwards		Blacktown	4.15m
-- Moses Madeni		Blacktown	FOUL

Boys U 12 - Javelin (400 Gram)

Zone: Z 30.39m 11-Dec-15 Tyler Anderson, Blacktown			
Name	Age	Centre	Final
1 Casey McLean		Blacktown	25.20m
2 Jamie Kennedy		Quakers Hill	23.75m
3 Mitchell Bradley		Prospect	23.27m
4 Caleb Torrisheba		Quakers Hill	21.31m

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12 - Javelin (400 Gram)**

5	Jarrold Zammit	Tallawong Park	17.88m
6	Dylan Parker	Mt Druitt	17.07m
7	Martin Rosso	The Ponds	11.09m
8	Ethan Mendonca	The Ponds	9.95m

Boys U 13 - Javelin (600 Gram)

=====			
Zone: Z 38.05m		2009	T.Moeroa, Doonside
Name	Age	Centre	Final
=====			
1	Muhumuza Guma	Prospect	26.19m
2	Harry Stancic	Prospect	24.08m
3	Benjamin Klemenic	Mt Druitt	21.50m
4	Prabhnoor Dhillon	The Ponds	19.35m
5	Oliver Vella	Tallawong Park	13.79m
6	Brock McDonald	Minchinbury	12.39m
7	Brayden Matthews	Quakers Hill	11.20m
8	Caidyn Joel Armitage	Prospect	7.22m

Boys U 14 - Javelin (600 Gram)

=====			
Zone: Z 44.83m		2007	A.Neville, Blacktown
Name	Age	Centre	Final
=====			
1	Joel Schubert	Quakers Hill	24.90m
2	Jessie Jackson	Blacktown	21.06m
3	Beau Jenkins	Blacktown	19.36m

Boys U 15 - Javelin (700 Gram)

=====			
Zone: Z 39.62m		2014	B.Rodricks, Doonside
Name	Age	Centre	Final
=====			
1	Declan Thompson	Quakers Hill	27.95m
2	James Wark	Tallawong Park	27.86m
3	Cameron Mitchell	Blacktown	23.46m
4	William Jackson	Blacktown	22.13m
5	Jack Allen	The Ponds	16.40m

Boys U 17 - Javelin (700 Gram)

=====			
Zone: Z 42.29m		2013	M.Hayes, Blacktown
Name	Age	Centre	Final
=====			
1	Jayden Rowe	Lethbridge Park	32.29m
2	Jakob Sale	Lethbridge Park	31.35m

Boys U 13-14 Long Jump Para

=====			
Name	Age	Centre	Final
=====			
--	Dustin Coles	Lethbridge Park	FOUL

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 9 - 700 Metre Walk**

Zone: Z 3:36.30 1999 J.Milan, MINCH			
Name	Age	Centre	Final
Section 1			
1 Xavier Young		Blacktown	4:34.04
2 Brayden Doran		Minchinbury	4:35.56
3 Kevin Bosco		Prospect	5:08.56
4 Lewis Savic		Prospect	5:38.27
5 Lachlan Vicary		Prospect	5:41.64
-- Tyrone Jones/Slemnik		Blacktown	DQ
-- Lachlan Fahey		Blacktown	DQ
-- Oliver Coats		Blacktown	DQ

Boys U 10 - 1100 Metre Walk

Zone: Z 5:45.30 2003 N.Henshaw, DOON			
Name	Age	Centre	Final
1 Thomas Varga-Strike		Quakers Hill	6:55.94
2 Jad Nasser		Tallawong Park	8:03.58

Boys U 11 - 1100 Metre Walk

Zone: Z 5:38.00 2005 S.Washburn, MTRU			
Name	Age	Centre	Final
1 Isaac Beacroft		Quakers Hill	5:42.96
2 Peter Elliott		The Ponds	5:58.86
3 Ankit Rawal		Blacktown	6:57.36
4 Ryan Edwards		The Ponds	6:58.95
5 Lachlan Findlay		Tallawong Park	7:47.64
-- Brock Parker		Mt Druitt	DQ

Boys U 12 - 1500 Metre Walk

Zone: Z 7:08.60 1992 D.Beacroft, BLACK			
Name	Age	Centre	Final
-- Ethan Martin		Doonside	DQ

Boys U 13 - 1500 Metre Walk

Zone: Z 7:04.60 2003 B.Keys, DOON			
Name	Age	Centre	Final
1 Caidyn Joel Armitage		Prospect	9:35.70

Boys U 14 - 1500 Metre Walk

Zone: Z 6:33.40 1994 D.Beacroft, BLACK			
Name	Age	Centre	Final
1 Beau Jenkins		Blacktown	8:50.50
2 Byron Cousins		Doonside	12:00.55

WEST MET ZONE TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 1500 Metre Walk**

=====			
Zone: Z 5:57.50		1998	D.Connolly, MTDRU
Name	Age	Centre	Final
=====			
1 Logan Barendregt		Doonside	11:01.79
-- Kyle Zammit		Tallawong Park	DQ
-- Mitchell Walker		Mt Druitt	DQ
-- James Wark		Tallawong Park	DQ

Boys U 17 - 1500 Metre Walk

=====			
Zone: Z 7:28.32		11-Dec-16	Travis Barendregt, Doonside
Name	Age	Centre	Final
=====			
1 Blake Dwyer- Hall		Blacktown	7:08.54Z
2 Christopher Wicks		Quakers Hill	7:42.90
3 Brayden Findlay		Tallawong Park	9:57.68