

CURRENT RECORDS
North West Metropolitan

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RECORD TYPE: CARNIVAL

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date	
U/7 Boys	50M Run	8.79	James Sullivan	Winston Hills	28/01/2006	
	70M Run	11.0	P. Mogan	W/HLS	01/01/1989	
	100M Run	16.00	T. Henry	W/HLS	01/01/1982	
	200M Run	33.90	M. Canning	W/HLS	01/01/1980	
			J. Adolphe	HILLS	01/01/1983	
	Long Jump	3.59	G. Wells	W/HLS	01/01/1988	
	Shot Put	8.46	M. Bylsma	W/HLS	01/01/1981	
	Discus	21.72	M. Walker	HILLS	30/01/1998	
	500M Pack Start	1-29.50	Josh Green	Hills District	30/01/2008	
U/8 Boys	70M Run	10.5	N. Stephens	W/HLS	01/01/1982	
	100M Run	14.80	A. Polley	W/HLS	01/01/1983	
	200M Run	30.70	A. Polley	W/HLS	01/01/1983	
	400M Run	1-13.70	P. Wallington	HILLS	01/01/1987	
			Adam Harding	Riverstone	27/10/2003	
	60M Hurdles	11.16	Nelson Osifo	Kings Langley	29/01/2005	
	Long Jump	3.95	C. Pound	W/HLS	01/01/1985	
	Shot Put	8.80	S. Dhaliwal	Q/HILL	29/01/2000	
	Discus	27.86	S. Dhaliwal	Q/HILL	30/01/2000	
	700M Pack Start	2-05.30	Josh Green	Hills District	28/01/2009	
U/9 Boys	70M Run	10.7	A. Bowden	KINGSL	01/02/1997	
	100M Run	14.30	P. Mogan	W/HLS	02/02/1991	
	200M Run	29.80	J. De Silva	W/HLS	04/02/1995	
			J. De Silva	W/HLS	04/02/1996	
	400M Run	1-09.20	A. Polley	W/HLS	01/01/1984	
	800M Run	2-35.50	A. Polley	W/HLS	01/01/1984	
	700M Walk	3-51.60	S. Johnstone	W/HLS	30/01/1998	
	60M Hurdles	10.10	C. Nielson	W/HLS	04/02/1995	
	Long Jump	4.27	P. Wallington	HILLS	01/01/1988	
	High Jump	1.31	Tim Clarke	Winston Hills	27/10/2003	
	Shot Put	9.70	Tepai Moerea	Winston Hills	29/01/2005	
	Discus	30.83	Tepai Moerea	Winston Hills	30/01/2005	
	U/10 Boys	70M Run	10.0	D. Wright	W/HLS	01/02/1997
100M Run		13.90	D. Wright	W/HLS	01/02/1997	
200M Run		28.80	T. Henry	W/HLS	01/01/1985	
400M Run		1-07.70	M. Canning	W/HLS	01/01/1983	
800M Run		2-34.30	A. Polley	W/HLS	01/01/1985	
1500M Run		5-09.10	G. Vermeulen	W/HLS	01/01/1983	
1100M Walk		6-06.36	Lachlan McGrath	Hills District	27/01/2010	
60M Hurdles		9.60	G. O'Donell	RICH	07/12/1991	
Long Jump		4.53	B. Courtney	HILLS	01/01/1984	
High Jump		1.41	D. Harris	P TOWN	01/01/1980	
Shot Put		11.25	M Teina	Winston Hills	26/01/2003	
Discus		35.40	Joshua Baker	Winston Hills	31/01/2009	
U/11 Boys		100M Run	12.90	C. Cassidy	HILLS	01/01/1980
		200M Run	27.60	C. Cassidy	HILLS	01/01/1980
	400M Run	1-04.20	C. Cassidy	HILLS	01/01/1980	
	800M Run	2-27.20	P. Stellino	HILLS	01/01/1982	
	1500M Run	4-59.30	P. Stellino	HILLS	01/01/1982	
	1100M Walk	5-59.87	Jordan Glover	Hills District	27/01/2010	
	1500M Walk	7-55.20	C. Arkins	HILLS	01/01/1982	
	60M Hurdles	9.70	G. O'Donell	RICH	06/02/1993	
			D Zisti	Riverstone	27/10/2003	
	Long Jump	5.06	T. Henry	W/HLS	01/01/1986	
	High Jump	1.50	Joel Edwards	Winston Hills	28/01/2006	

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Age Group	Event	Record	Record Holder(s)	Centre/Club	Date	
U/11 Boys	Triple Jump	10.12	Nicholas Hough	Hills District	29/01/2005	
	Shot Put	13.22	Maeva-nui Teina	Winston Hills	31/01/2004	
	Discus	33.83	Maeva-nui Teina	Winston Hills	01/02/2004	
U/12 Boys	100M Run	12.60	C. Cassidy	HILLS	01/01/1981	
	200M Run	26.80	S. Wright	W/HLS	01/01/1983	
	400M Run	1-02.00	N. Wallington	HILLS	01/01/1988	
	800M Run	2-16.80	P. Stellino	HILLS	01/01/1983	
	1500M Run	4-38.50	P. Stellino	HILLS	01/01/1983	
	1500M Walk	7-25.90	C. Arkins	HILLS	01/01/1983	
	60M Hurdles		9.40	A. Abou-Mahmoud	W/HLS	03/02/1995
				A. Abou-Mahmoud	W/HLS	03/02/1996
	Long Jump	5.10	B. Courtney	HILLS	01/01/1986	
	High Jump	1.52	N. Wallington	HILLS	01/01/1988	
	Triple Jump	10.66	D. Barrett	HILLS	01/01/1984	
	Shot Put	12.87	Maeva-nui Teina	Winston Hills	30/01/2005	
	Discus	41.02	A Luzi	Winston Hills	25/01/2003	
	U/13 Boys	100M Run	12.30	S. Spicer	W/HLS	07/12/1991
				A. Abou-Mahmoud	W/HLS	01/02/1997
200M Run		24.88	Nicholas Hough	Hills District	28/01/2007	
400M Run		1-00.10	M. Adams	HILLS	06/02/1993	
800M Run		2-18.70	R. Bileckij	HILLS	03/02/1991	
1500M Run		4-44.50	R. Bileckij	HILLS	02/02/1991	
3000M Run		10-12.08	A Ellis	Hills District	29/01/2003	
1500M Walk		7-37.80	B. Murray	W/HLS	04/02/1994	
80M Hurdles		12.10	A. Abou-Mahmoud	W/HLS	02/02/1997	
90M Hurdles		14.10	B. Courtney	HILLS	01/01/1987	
200M Hurdles		28.30	L. Liaubon	W/HLS	01/01/1985	
Long Jump		5.33	Denzel Singleton	Hills District	31/01/2010	
High Jump		1.78	P. Jackson	RICH	02/02/1991	
Triple Jump		11.76	Nicholas Hough	Hills District	27/01/2007	
Shot Put		16.34	S. Novkovic	W/HLS	05/02/1994	
Discus		43.10	S. Novkovic	W/HLS	06/02/1994	
Javelin		39.67	Adam Luzi	Winston Hills	29/01/2004	
U/14 Boys		100M Run	11.90	M. Adams	HILLS	05/02/1994
	200M Run	23.98	Nicholas Hough	Hills District	03/02/2008	
	400M Run	54.80	M. Adams	HILLS	05/02/1994	
	800M Run	2-14.90	R. Bileckij	HILLS	08/12/1991	
	1500M Run	4-36.80	B. McEearney	HILLS	01/01/1987	
	3000M Run	10-11.90	Andrew Ellis	Hills District	04/02/2004	
	1500M Walk	7-44.20	D. Rushworth	PROS	05/02/1993	
	80M Hurdles	12.80	L. Liaubon	W/HLS	01/01/1986	
	90M Hurdles	12.55	Nicholas Hough	Hills District	03/02/2008	
	200M Hurdles	25.41	Nicholas Hough	Hills District	02/02/2008	
	Long Jump	5.77	A. Abou-Mahmoud	HILLS	30/01/1998	
	High Jump	1.72	M Claridge	Hills District	27/10/2003	
	Triple Jump	11.55	S. Novkovic	W/HLS	04/02/1995	
	Shot Put	16.12	S. Novkovic	W/HLS	04/02/1995	
	Discus	53.70	S. Novkovic	W/HLS	05/02/1995	
	Javelin	45.52	M. Sowden	RIV	31/01/1997	
	U/15 Boys	100M Run	11.20	Nicholas Hough	Hills District	31/01/2009
200M Run		22.87	Nicholas Hough	Hills District	01/02/2009	
400M Run		55.00	P. Williams	W/HLS	07/12/1991	
800M Run		2-07.38	James Kaan	Hills District	30/01/2005	
1500M Run		4-20.45	James Kaan	Hills District	29/01/2005	

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Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/15 Boys	3000M Run	9-50.30	C. Jones	HILLS	31/01/1991
	1500M Walk	7-17.50	A. Midgley	PROS	05/02/1993
	90M Hurdles	13.30	P. Valenti	W/HLS	07/02/1993
	100M Hurdles	14.49	C Burns	Hawkesbury City	30/01/2005
	200M Hurdles	26.59	K Mannix	Hills District	25/01/2003
	Long Jump	6.00	Andrew Semple	Winston Hills	27/10/2003
	High Jump	1.85	Ryan Webster	Winston Hills	29/01/2005
	Triple Jump	12.37	Andrew Semple	Winston Hills	27/10/2003
	Shot Put	17.34	M. Sowden	RIV	30/01/1998
	Discus	55.88	A. Walker	HILLS	30/01/1999
Javelin	56.44	M Outzen	Winston Hills	26/01/2003	
U/17 Boys	100M Run	12.09	Matthew Wesble	Riverstone	30/01/2010
	200M Run	24.18	Anthony Baddock	Winston Hills	31/01/2010
	400M Run	54.67	Anthony Baddock	Winston Hills	31/01/2009
	800M Run	2-16.33	Franz Hartmann	Hills District	31/01/2010
	3000M Run	12-10.65	Bryce Traynor	Kings Langley	30/01/2010
	200M Hurdles	26.36	Anthony Baddock	Winston Hills	23/01/2010
	Long Jump	5.85	Elliott Balkin	Hills District	30/01/2010
	High Jump	1.72	Elliott Balkin	Hills District	30/01/2010
	Triple Jump	12.20	Anthony Baddock	Winston Hills	01/02/2009
	Shot Put	15.34	Maeva Teina	Winston Hills	31/01/2009
	Discus	41.18	Maeva Nui Teina	Winston Hills	31/01/2010
	Javelin	43.56	Maeva Teina	Winston Hills	28/01/2009
	110M Hurdles	16.41	Robert Jessep	Kings Langley	01/02/2009
Junior Boys	4 x 100 Relay	57.90	Hills District	HILLS	01/01/1990
Senior Boys	3000M Run	9-50.30	C. Jones	HILLS	31/01/1991
	4 x 100 Relay	49.19	Relay Sb	Hills District	31/01/2010
U/7 Girls	50M Run	9.04	Chloe Kennedy	Quakers Hill	30/01/2010
	70M Run	11.4	A. Davis	HILLS	01/01/1984
	100M Run	16.30	D. Kerr	W/HLS	01/01/1985
	200M Run	33.70	A. Ashton	KINGSL	30/01/2000
	Long Jump	3.46	R. Crooks	RIV	01/01/1987
	Shot Put	7.96	K. Leppanen	W/HLS	01/01/1984
	Discus	20.08	T Sengul	Winston Hills	25/01/2003
	500M Pack Start	1-37.80	S. Lapham	HILLS	01/01/1988
U/8 Girls	70M Run	10.6	D. Kerr	W/HLS	01/01/1986
	100M Run	15.40	A. Parker	HILLS	01/01/1980
			K. Smith	LAL PK	01/01/1984
			D. Kerr	W/HLS	01/01/1986
			D. Kearney	HILLS	01/01/1990
	200M Run	32.80	D. Kearney	HILLS	01/01/1990
	400M Run	1-17.12	Matilda Souter	Winston Hills	31/01/2004
	60M Hurdles	11.70	A. Kerr	W/HLS	04/02/1995
			K. McMahan	HAWKES	01/02/1997
	Long Jump	4.17	D. Kerr	W/HLS	01/01/1986
	Shot Put	8.50	Taylah Sengul	Winston Hills	01/02/2004
Discus	23.74	Taylah Sengul	Winston Hills	31/01/2004	
700M Pack Start	2-18.10	K. Drennan	Winston Hills	06/12/1991	
U/9 Girls	70M Run	10.7	L. Todd	KINGSL	30/01/2000
	100M Run	14.30	L. Whiteside	W/HLS	01/01/1981
	200M Run	31.20	D. Kerr	W/HLS	01/01/1987
	400M Run	1-10.40	N. Stenberg	HILLS	01/01/1980

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Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/9 Girls	800M Run	2-41.00	N. Stenberg	HILLS	01/01/1980
	700M Walk	3-31.00	S. Munday	PROS	31/01/1997
	60M Hurdles	10.80	S. Starkey	RIV	01/02/1997
	Long Jump	4.31	D. Kerr	W/HLS	01/01/1987
	High Jump	1.14	L. Denning	HILLS	30/01/1999
			Lauren Russell	Hawkesbury City	27/01/2007
	Shot Put	8.12	T Breeze-Backers	Winston Hills	25/01/2003
	Discus	27.18	Paletina Lemi	Winston Hills	30/01/2005
U/10 Girls	70M Run	9.8	A. Kerr	W/HLS	01/02/1997
	100M Run	13.70	A. Kerr	W/HLS	01/02/1997
	200M Run	29.50	D. Waltmann	LAL PK	01/01/1983
	400M Run	1-10.01	Sara de Silva	Winston Hills	31/01/2009
	800M Run	2-40.40	K. Clemens	LAL PK	01/01/1985
	1500M Run	5-29.20	E. Simpson	W/HLS	01/01/1985
	1100M Walk	6-17.40	R Houston	Winston Hills	23/01/2003
	60M Hurdles	9.60	B. Smith	W/HLS	01/01/1988
	Long Jump	4.69	D. Kerr	W/HLS	01/01/1988
	High Jump	1.28	Ashlee Tait	Kings Langley	28/01/2007
	Shot Put	10.92	Paletina Lemi	Winston Hills	29/01/2006
	Discus	36.17	Taylah Sengul	Winston Hills	28/01/2006
U/11 Girls	100M Run	13.60	B. Page	HILLS	01/01/1987
			A. Kerr	W/HLS	30/01/1998
	200M Run	28.90	L. Sheridan	W/HLS	01/01/1980
	400M Run	1-06.00	N. Stenberg	HILLS	01/01/1982
	800M Run	2-33.90	C. Hauser	HILLS	01/01/1981
	1500M Run	5-16.70	E. Simpson	W/HLS	01/01/1986
	1100M Walk	6-03.40	B.Melrose	WinstonHills	02/02/2002
	1500M Walk	8-08.30	S. Pearce	HILLS	01/01/1983
	60M Hurdles	10.00	J. Pittman	W/HLS	05/02/1994
	Long Jump	4.83	D. Kerr	W/HLS	01/01/1989
	High Jump	1.38	A. Fletcher	HILLS	01/01/1985
	Triple Jump	9.46	K. Laws	HILLS	01/01/1988
	Shot Put	12.65	Taylah Sengul	Winston Hills	27/01/2007
	Discus	33.66	Paletina Lemi	Winston Hills	28/01/2007
U/12 Girls	100M Run	13.20	A. Coupland	HILLS	01/01/1986
			M. Riley	HILLS	30/01/1999
	200M Run	27.10	M. Riley	HILLS	30/01/1999
	400M Run	1-04.90	N. Sternberg	HILLS	01/01/1983
	800M Run	2-26.00	A. Harrison	HILLS	01/01/1985
	1500M Run	4-59.00	S. Everitt	HILLS	01/01/1980
	1500M Walk	7-50.80	C. Bock	W/HLS	04/02/1994
	60M Hurdles	9.60	B. Smith	W/HLS	01/01/1990
	Long Jump	5.07	K. Barrett	W/HLS	01/01/1982
	High Jump	1.47	J. Morrison	W/HLS	01/01/1983
	Triple Jump	10.58	L. Caruana	PROS	08/12/1991
	Shot Put	15.76	Taylah Sengul	Winston Hills	03/02/2008
	Discus	41.59	Taylah Sengul	Winston Hills	02/02/2008
U/13 Girls	100M Run	12.60	D. Kerr	W/HLS	02/02/1991
	200M Run	26.80	M. Riley	HILLS	30/01/2000
	400M Run	1-02.04	Phoebe Rom	Winston Hills	31/01/2004
	800M Run	2-22.60	K. Clemens	HILLS	01/01/1988
	1500M Run	4-57.50	A. Harrison	HILLS	01/01/1986
	3000M Run	10-43.12	Sarah Marvin	Winston Hills	30/01/2010
	1500M Walk	7-46.10	Isabella Shina	Hills District	30/01/2008

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U/13 Girls	80M Hurdles	13.50	A. Parry	HAWKES	05/02/1995
	90M Hurdles	14.10	B. Smith	W/HLS	03/02/1991
	200M Hurdles	29.70	A. Maguire	HILLS	01/01/1990
	Long Jump	5.05	D. Kerr	W/HLS	02/02/1991
	High Jump	1.55	E South	Winston Hills	25/01/2003
	Triple Jump	10.94	B. Smith	W/HLS	02/02/1991
	Shot Put	14.57	Taylah Sengul	Winston Hills	01/02/2009
	Discus	47.60	Taylah Sengul	Winston Hills	31/01/2009
	Javelin	41.86	Taylah Sengul	Winston Hills	28/01/2009
U/14 Girls	100M Run	12.40	Ashleigh Kerr	Winston Hills	27/10/2003
	200M Run	25.90	P. Carey	HILLS	30/01/1998
	400M Run	1-00.80	K. Clemens	HILLS	01/01/1989
	800M Run	2-20.60	K. Clemens	HILLS	01/01/1989
	1500M Run	5-04.64	H Gregson	Hills 2WS Athletic Club	25/01/2003
	3000M Run	11-32.10	Holly Pobjie	Hills District	27/10/2003
	1500M Walk	7-52.57	Brittany Melrose	Winston Hills	27/01/2005
	80M Hurdles	13.00	A. Luthy	HAWKES	04/02/1996
	90M Hurdles	14.20	B. Smith	W/HLS	08/12/1991
	200M Hurdles	29.10	R. Freeman	HILLS	01/01/1988
	Long Jump	5.39	P. Carey	HILLS	30/01/1998
	High Jump	1.57	K. Noon	HAWKS	30/01/1998
	Triple Jump	11.28	B. Smith	W/HLS	08/12/1991
	Shot Put	15.42	Taylah Sengul	Winston Hills	30/01/2010
	Discus	44.29	Taylah Sengul	Winston Hills	31/01/2010
Javelin	37.11	Taylah Sengul	Winston Hills	27/01/2010	
U/15 Girls	100M Run	12.50	D. Kerr	W/HLS	06/02/1993
			P. Carey	HILLS	30/01/1999
			M Riley	Hills District	27/10/2003
	200M Run	26.20	M Riely	Hills District	27/10/2003
	400M Run	59.30	S. Lapham	HILLS	03/02/1996
	800M Run	2-18.30	S. Lapham	HILLS	04/02/1996
	1500M Run	4-58.60	Sarah Bright	Hills District	31/01/2009
	3000M Run	10-57.25	H Pobjie	Hills District	29/01/2003
	1500M Walk	7-15.46	Melissa Hayes	Kings Langley	25/01/2006
	90M Hurdles	13.30	A. Luthy	HAWKES	02/02/1997
	200M Hurdles	29.50	J. Eccleston	W/HLS	01/01/1990
	Long Jump	5.49	M Riely	Hills District	27/10/2003
	High Jump	1.66	C. Mortleman	HILLS	05/02/1994
	Triple Jump	11.47	Natalie Apikotoa	Kings Langley	31/01/2010
	Shot Put	13.58	J. Everson	W/HLS	01/01/1989
Discus	40.32	D. Ciferson	W/HLS	01/01/1989	
Javelin	35.80	L Pruyt	Hills District	26/01/2003	
U/17 Girls	100M Run	13.51	Meryn Denning	Hills District	31/01/2009
	200M Run	28.38	Meryn Denning	Hills District	01/02/2009
	400M Run	1-07.28	Hannah Monty	Hills District	30/01/2010
	800M Run	2-43.72	Louise Marvin	Winston Hills	01/02/2009
	1500M Run	5-19.14	Else Gallen	Riverstone	30/01/2010
	3000M Run	11-09.39	Else Gallen	Riverstone	30/01/2010
	1500M Walk	9-49.93	Rebecca Houston	Winston Hills	27/01/2010
	100M Hurdles	17.82	Hannah Monty	Hills District	31/01/2010
	200M Hurdles	32.87	Meryn Denning	Hills District	31/01/2009
	Long Jump	4.56	Emily Jordan	Winston Hills	30/01/2010
	High Jump	1.35	Emily Thomson	Winston Hills	31/01/2009
	Triple Jump	9.93	Meryn Denning	Hills District	01/02/2009
	Shot Put	11.73	Tepa Lemi	Winston Hills	31/01/2010

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U/17 Girls	Discus	38.30	Tepa Lemi	Winston Hills	30/01/2010
	Javelin	31.16	Nicole Dahlberg	Winston Hills	28/01/2009
Junior Girls	4 x 100 Relay	58.50	Hills District	HILLS	04/02/1996
Senior Girls	3000M Run	11-12.00	E. Simpson	W/HLS	02/02/1990
	4 x 100 Relay	51.60	Relay Hills	Hills District	27/10/2003

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U/7 Boys	50M Run	9.48	Jarrold Horder	Hills District	30/01/2010
	70M Run	12.66	Reece Gerungan	Hills District	31/01/2010
	100M Run	18.18	Lachlan Purnell	Rouse Hill	30/01/2010
	200M Run	39.16	Lachlan Purnell	Rouse Hill	31/01/2010
	Long Jump	2.68	Lachlan Longridge	Kings Langley	27/01/2010
	Shot Put	5.10	Kartar Pooni	Kings Langley	30/01/2010
	Discus	14.10	Aaron Smith	Quakers Hill	31/01/2010
	500M Pack Start	1-46.07	Reece Gerungan	Hills District	27/01/2010
U/8 Boys	70M Run	11.34	Lachlan Camilleri	Riverstone	31/01/2010
	100M Run	15.57	Lachlan Camilleri	Riverstone	30/01/2010
	200M Run	33.80	Lachlan Camilleri	Riverstone	31/01/2010
	400M Run	1-18.09	Lachlan Camilleri	Riverstone	30/01/2010
	60M Hurdles	11.52	Chad Burriss	Kings Langley	30/01/2010
	Long Jump	3.41	Heath Shields	Riverstone	30/01/2010
	Shot Put	6.29	Jamie Monahan	Winston Hills	30/01/2010
	Discus	15.96	Jamie Monahan	Winston Hills	31/01/2010
700M Pack Start	2-22.77	Tom Watson	Hills District	27/01/2010	
U/9 Boys	70M Run	11.24	Brody Donovan	Kings Langley	31/01/2010
	100M Run	15.74	Jordan Hill	Winston Hills	30/01/2010
	200M Run	32.44	Thomas Smith	Hills District	31/01/2010
	400M Run	1-12.74	Thomas Smith	Hills District	30/01/2010
	800M Run	2-46.42	Thomas Smith	Hills District	31/01/2010
	700M Walk	4-38.69	Alex Borg	Hills District	27/01/2010
	60M Hurdles	11.18	Luca Parramon	Winston Hills	30/01/2010
	Long Jump	3.90	Brody Donovan	Kings Langley	31/01/2010
	High Jump	1.11	Nicholas Zakhia	Kings Langley	30/01/2010
	Shot Put	6.72	Brandon Longridge	Kings Langley	30/01/2010
	Discus	21.97	Jordan Hill	Winston Hills	31/01/2010
U/10 Boys	70M Run	10.37	Marshall Luke	Rouse Hill	31/01/2010
	100M Run	14.50	Marshall Luke	Rouse Hill	30/01/2010
	200M Run	32.41	Ty Schneider	Kings Langley	31/01/2010
	400M Run	1-11.15	Sam Williams	Hills District	30/01/2010
	800M Run	2-39.34	Sam Williams	Hills District	31/01/2010
	1500M Run	5-22.10	Sam Williams	Hills District	30/01/2010
	1100M Walk	6-06.36	Lachlan McGrath	Hills District	27/01/2010
	60M Hurdles	11.79	Marshall Luke	Rouse Hill	30/01/2010
	Long Jump	3.76	Walther Wegmann	Kings Langley	30/01/2010
	High Jump	1.19	Travis Osborne	Kings Langley	31/01/2010
	Shot Put	7.82	Patrick Idiare	Winston Hills	31/01/2010
	Discus	27.27	Patrick Idiare	Winston Hills	30/01/2010
	U/11 Boys	100M Run	13.39	Jordan Idiare	Winston Hills
200M Run		30.15	Lachlan Davis	Quakers Hill	31/01/2010
400M Run		1-10.48	Thomas Robson	Winston Hills	30/01/2010
800M Run		2-34.61	Joshua Baker	Winston Hills	31/01/2010
1500M Run		5-24.00	William Smith	Hills District	30/01/2010
1100M Walk		5-59.87	Jordan Glover	Hills District	27/01/2010
1500M Walk		8-46.90	R. Cooper	HAWKES	03/02/1995
60M Hurdles		11.82	Alexander Thompson	Quakers Hill	30/01/2010
Long Jump		4.59	Joshua Baker	Winston Hills	31/01/2010
High Jump		1.28	Alexander Cummins	Winston Hills	30/01/2010
Triple Jump		9.28	Joshua Baker	Winston Hills	30/01/2010
Shot Put		8.64	Joshua Wooldridge	Winston Hills	30/01/2010
Discus		30.07	Joshua Baker	Winston Hills	31/01/2010

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RECORD TYPE: TITLE

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/12 Boys	100M Run	13.63	Jordan Shelley	Hills District	30/01/2010
	200M Run	29.01	Corey Gaal	Winston Hills	31/01/2010
	400M Run	1-05.06	Benjamin Thomson	Hills District	30/01/2010
	800M Run	2-27.12	Benjamin Thomson	Hills District	31/01/2010
	1500M Run	4-54.86	Benjamin Thomson	Hills District	30/01/2010
	1500M Walk	10-05.22	Ryan Owen	Kings Langley	27/01/2010
	60M Hurdles	11.13	Luke Osborne	Kings Langley	30/01/2010
	Long Jump	4.84	Jordan Shelley	Hills District	30/01/2010
	High Jump	1.45	Jordan Shelley	Hills District	31/01/2010
	Triple Jump	10.55	Jordan Shelley	Hills District	31/01/2010
	Shot Put	9.98	Zachary Blackburn	Winston Hills	31/01/2010
	Discus	31.54	Airfun Javam	Winston Hills	30/01/2010
	U/13 Boys	100M Run	12.87	Denzel Singleton	Hills District
200M Run		26.97	Denzel Singleton	Hills District	31/01/2010
400M Run		1-04.62	Neil Jordan	Winston Hills	30/01/2010
800M Run		2-27.65	Nathan McGrath	Hills District	31/01/2010
1500M Run		5-00.16	Nathan McGrath	Hills District	30/01/2010
3000M Run		11-59.79	Nicholas Henson	Hills District	30/01/2010
1500M Walk		8-36.89	Adam Mylonas	Winston Hills	27/01/2010
80M Hurdles		13.70	Joshua Byron	Winston Hills	31/01/2010
90M Hurdles		14.60	B. Hopkinson	W/HLS	07/02/1993
200M Hurdles		32.22	Joshua Byron	Winston Hills	30/01/2010
Long Jump		5.33	Denzel Singleton	Hills District	31/01/2010
High Jump		1.50	Denzel Singleton	Hills District	31/01/2010
Triple Jump		9.48	Joshua Byron	Winston Hills	30/01/2010
Shot Put		12.87	Corey Mackay	Winston Hills	31/01/2010
Discus		35.25	Corey Mackay	Winston Hills	30/01/2010
Javelin	27.13	Joshua Byron	Winston Hills	27/01/2010	
U/14 Boys	100M Run	12.52	Blake Wasson	Quakers Hill	30/01/2010
	200M Run	25.25	Jonathon Lagos	Rouse Hill	31/01/2010
	400M Run	1-05.68	Jayden Rennie	Hills District	30/01/2010
	800M Run	2-37.69	Jayden Rennie	Hills District	31/01/2010
	1500M Run	5-40.28	Jayden Rennie	Hills District	30/01/2010
	3000M Run	11-41.97	Jayden Rennie	Hills District	30/01/2010
	1500M Walk	8-28.51	Nicholas Shina	Hills District	27/01/2010
	90M Hurdles	15.97	Matt Pell	Kings Langley	31/01/2010
	200M Hurdles	31.25	Matt Pell	Kings Langley	30/01/2010
	Long Jump	5.32	Jonathon Lagos	Rouse Hill	31/01/2010
	High Jump	1.37	Matt Pell	Kings Langley	31/01/2010
	Triple Jump	10.72	Matt Pell	Kings Langley	30/01/2010
	Shot Put	10.98	Andrew Simpson	Hills District	30/01/2010
	Discus	35.09	Bradley Baker	Hills District	31/01/2010
	Javelin	29.73	Shaun Woodhouse	Winston Hills	27/01/2010
U/15 Boys	100M Run	12.59	Duane Tennent	Hills District	30/01/2010
	200M Run	25.46	Matthew Collins	Hills District	31/01/2010
	400M Run	58.01	Duane Tennent	Hills District	30/01/2010
	800M Run	2-22.75	Duane Tennent	Hills District	31/01/2010
	1500M Run	5-08.18	Ben Allen	Winston Hills	30/01/2010
	3000M Run	11-35.53	Ben Allen	Winston Hills	30/01/2010
	1500M Walk	8-44.89	Max Olssan	Kings Langley	24/01/2007
	90M Hurdles	14.40	G. Moore	HILLS	05/02/1995
	100M Hurdles	15.73	Matthew Collins	Hills District	31/01/2010
	200M Hurdles	30.17	Matthew Collins	Hills District	30/01/2010
	Long Jump	5.52	Matthew Collins	Hills District	30/01/2010

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RECORD TYPE: TITLE

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/15 Boys	High Jump	1.55	Matthew Collins	Hills District	30/01/2010
	Triple Jump	11.81	Cameron Robertson	Winston Hills	31/01/2010
	Shot Put	13.09	Pita Vi	Winston Hills	30/01/2010
	Discus	40.10	Pita Vi	Winston Hills	31/01/2010
	Javelin	32.40	Ali Moubasseri	Winston Hills	27/01/2010
U/17 Boys	100M Run	12.09	Matthew Wesble	Riverstone	30/01/2010
	200M Run	24.18	Anthony Baddock	Winston Hills	31/01/2010
	400M Run	55.62	Anthony Baddock	Winston Hills	30/01/2010
	800M Run	2-16.33	Franz Hartmann	Hills District	31/01/2010
	1500M Run	4-50.83	Franz Hartmann	Hills District	30/01/2010
	3000M Run	12-10.65	Bryce Traynor	Kings Langley	30/01/2010
	200M Hurdles	26.42	Anthony Baddock	Winston Hills	30/01/2010
	Long Jump	5.85	Elliott Balkin	Hills District	30/01/2010
	High Jump	1.72	Elliott Balkin	Hills District	30/01/2010
	Triple Jump	12.09	Brad Mcnaughton	Winston Hills	31/01/2010
	Shot Put	14.95	Maeva Nui Teina	Winston Hills	30/01/2010
	Discus	41.18	Maeva Nui Teina	Winston Hills	31/01/2010
	Javelin	40.39	Brad Mcnaughton	Winston Hills	27/01/2010
	110M Hurdles	16.82	Angus Baird	Hills District	31/01/2010
Junior Boys	4 x 100 Relay	59.77	Relay Jb	Winston Hills	31/01/2010
Senior Boys	3000M Run	10-43.60	R. Bileckij	HILLS	03/02/1993
	4 x 100 Relay	49.19	Relay Sb	Hills District	31/01/2010
U/7 Girls	50M Run	9.04	Chloe Kennedy	Quakers Hill	30/01/2010
	70M Run	12.16	Chloe Kennedy	Quakers Hill	31/01/2010
	100M Run	17.91	Chloe Kennedy	Quakers Hill	30/01/2010
	200M Run	37.35	Georgia Munro	Winston Hills	31/01/2010
	Long Jump	2.80	Chloe Kennedy	Quakers Hill	27/01/2010
	Shot Put	4.57	Kaiya Buchanan	Hills District	31/01/2010
	Discus	11.64	Olivia Charlton	Hills District	30/01/2010
	500M Pack Start	1-43.55	Georgia Munro	Winston Hills	27/01/2010
U/8 Girls	70M Run	12.39	Niamh Sanday	Kings Langley	31/01/2010
	100M Run	17.58	Phoebe Young	Rouse Hill	30/01/2010
	200M Run	35.57	Danielle Drinnan	Winston Hills	31/01/2010
	400M Run	1-22.99	Danielle Drinnan	Winston Hills	30/01/2010
	60M Hurdles	13.22	Tahlia O'Connell	Kings Langley	30/01/2010
	Long Jump	3.10	Danielle Drinnan	Winston Hills	30/01/2010
	Shot Put	5.03	Sally Shokry	Hills District	31/01/2010
	Discus	13.91	Sally Shokry	Hills District	30/01/2010
	700M Pack Start	2-23.63	Danielle Drinnan	Winston Hills	27/01/2010
U/9 Girls	70M Run	11.49	Georgia Cosatto	Hills District	31/01/2010
	100M Run	15.94	Semira Tanea	Kings Langley	30/01/2010
	200M Run	32.85	Semira Tanea	Kings Langley	31/01/2010
	400M Run	1-19.26	Brooke Steinwede	Rouse Hill	30/01/2010
	800M Run	3-01.68	Brooke Steinwede	Rouse Hill	31/01/2010
	700M Walk	4-37.74	Georgia Garnett	Winston Hills	27/01/2010
	60M Hurdles	11.17	Olivia Marfo	Winston Hills	30/01/2010
	Long Jump	3.50	Olivia Marfo	Winston Hills	31/01/2010
	High Jump	1.03	Olivia Marfo	Winston Hills	30/01/2010
	Shot Put	4.72	Anna Lockrey	Hills District	30/01/2010
	Discus	14.19	Emily Mooney	Winston Hills	31/01/2010

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Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/10 Girls	70M Run	10.93	Tiana Jaber	Kings Langley	31/01/2010
	100M Run	14.91	Tiana Jaber	Kings Langley	30/01/2010
	200M Run	31.86	Samantha Laidler	Hills District	31/01/2010
	400M Run	1-18.04	Ali Thomson	Hills District	30/01/2010
	800M Run	2-54.98	Ali Thomson	Hills District	31/01/2010
	1500M Run	5-52.70	Ali Thomson	Hills District	30/01/2010
	1100M Walk	6-23.75	Ali Thomson	Hills District	27/01/2010
	60M Hurdles	11.36	Tiana Jaber	Kings Langley	30/01/2010
	Long Jump	4.19	Tiana Jaber	Kings Langley	30/01/2010
	High Jump	1.05	Samantha Laidler	Hills District	31/01/2010
	Shot Put	6.82	Natalie Warwick	Hills District	31/01/2010
	Discus	15.59	Amanda Bello	Rouse Hill	30/01/2010
U/11 Girls	100M Run	14.61	Chloe Antal	Hills District	30/01/2010
	200M Run	30.02	Sara De Silva	Winston Hills	31/01/2010
	400M Run	1-09.37	Melissa Bello	Rouse Hill	30/01/2010
	800M Run	2-59.83	Jane Hill	Winston Hills	31/01/2010
	1500M Run	6-06.29	Tayla Chaplin	Kings Langley	30/01/2010
	1100M Walk	6-25.81	Tiffany Saker	Hills District	27/01/2010
	1500M Walk	8-38.40	K. Drennan	W/HLS	03/02/1995
	60M Hurdles	11.87	Sherrie Calleia	Hills District	30/01/2010
	Long Jump	4.03	Tean Mocatta	Hills District	31/01/2010
	High Jump	1.19	Anastasia Plummer	Hawkesbury City	30/01/2010
	Triple Jump	8.76	Chloe Antal	Hills District	30/01/2010
	Shot Put	9.44	Bethany Parker	Kings Langley	30/01/2010
	Discus	23.60	Bethany Parker	Kings Langley	31/01/2010
U/12 Girls	100M Run	14.98	Elouise Abrahams	Hills District	30/01/2010
	200M Run	30.81	Natalie Szabo	Rouse Hill	31/01/2010
	400M Run	1-09.97	Elouise Abrahams	Hills District	30/01/2010
	800M Run	2-44.64	Paris Lawrence	Hills District	31/01/2010
	1500M Run	5-41.74	Paris Lawrence	Hills District	30/01/2010
	1500M Walk	9-20.95	Adriana Shina	Hills District	27/01/2010
	60M Hurdles	11.88	Freya Cleveringa	Hills District	30/01/2010
	Long Jump	4.27	Emma Ralphs	Hills District	30/01/2010
	High Jump	1.35	Emma Ralphs	Hills District	31/01/2010
	Triple Jump	8.81	Emma-Jane Missio	Kings Langley	31/01/2010
	Shot Put	9.59	Emma Ralphs	Hills District	31/01/2010
	Discus	25.22	Emma Ralphs	Hills District	30/01/2010
	U/13 Girls	100M Run	14.01	Ashlee Tait	Kings Langley
200M Run		28.87	Ashlee Tait	Kings Langley	31/01/2010
400M Run		1-10.34	Victoria Hack	Hills District	30/01/2010
800M Run		2-33.71	Sarah Marvin	Winston Hills	31/01/2010
1500M Run		5-07.31	Sarah Marvin	Winston Hills	30/01/2010
3000M Run		10-43.12	Sarah Marvin	Winston Hills	30/01/2010
1500M Walk		8-03.44	Kerilee Coote	Hills District	27/01/2010
80M Hurdles		14.04	Ashlee Tait	Kings Langley	31/01/2010
90M Hurdles		15.80	N. Crawford	HILLS	07/02/1993
200M Hurdles		30.12	Ashlee Tait	Kings Langley	30/01/2010
Long Jump		4.57	Victoria Hack	Hills District	31/01/2010
High Jump		1.31	Natasha Roach	Winston Hills	30/01/2010
Triple Jump		9.60	Ashlee Tait	Kings Langley	30/01/2010
Shot Put		9.51	Lucinda Wade	Hawkesbury City	31/01/2010
Discus		21.61	Tienna Parrello	Winston Hills	30/01/2010
Javelin		11.17	Talisha Jones	Hills District	27/01/2010
U/14 Girls		100M Run	13.44	Courtney Elliott	Winston Hills

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Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/14 Girls	200M Run	28.38	Michaela Emblem	Hawkesbury City	31/01/2010
	400M Run	1-06.99	Michaela Emblem	Hawkesbury City	30/01/2010
	800M Run	2-39.37	Emily Michell	Hills District	31/01/2010
	1500M Run	5-26.69	Emily Michell	Hills District	30/01/2010
	3000M Run	11-51.88	Corinne Gard	Hills District	30/01/2010
	1500M Walk	8-12.11	Maddison Hardy	Hills District	27/01/2010
	80M Hurdles	14.04	Courtney Elliott	Winston Hills	31/01/2010
	90M Hurdles	15.50	T. Furlong	RICH	07/02/1993
	200M Hurdles	32.04	Abigail Marfo	Winston Hills	30/01/2010
	Long Jump	4.65	Jessica Hough	Hills District	30/01/2010
	High Jump	1.45	Sarah Watts	Hills District	31/01/2010
	Triple Jump	10.20	Abigail Marfo	Winston Hills	31/01/2010
	Shot Put	15.42	Taylah Sengul	Winston Hills	30/01/2010
	Discus	44.29	Taylah Sengul	Winston Hills	31/01/2010
	Javelin	37.11	Taylah Sengul	Winston Hills	27/01/2010
U/15 Girls	100M Run	13.06	Natalie Apikotoa	Kings Langley	30/01/2010
	200M Run	27.39	Natalie Apikotoa	Kings Langley	31/01/2010
	400M Run	1-12.28	Shinelle Baker	Winston Hills	30/01/2010
	800M Run	2-42.39	Kristal Lewis	Hawkesbury City	31/01/2010
	1500M Run	5-49.84	Shinelle Baker	Winston Hills	30/01/2010
	3000M Run	12-27.54	Kristal Lewis	Hawkesbury City	30/01/2010
	1500M Walk	8-21.14	Isabella Shina	Hills District	27/01/2010
	90M Hurdles	14.34	Corrina Moore	Kings Langley	31/01/2010
	200M Hurdles	30.91	Natalie Apikotoa	Kings Langley	30/01/2010
	Long Jump	5.13	Natalie Apikotoa	Kings Langley	30/01/2010
	High Jump	1.50	Genevieve Cowie	Hills District	30/01/2010
	Triple Jump	11.47	Natalie Apikotoa	Kings Langley	31/01/2010
	Shot Put	11.92	Gabrielle Ralphs	Hills District	31/01/2010
	Discus	28.97	Natalie Apikotoa	Kings Langley	30/01/2010
	Javelin	28.83	Cassie Hewitt	Hills District	28/01/2009
U/17 Girls	100M Run	13.66	Emily Jordan	Winston Hills	30/01/2010
	200M Run	28.71	Emily Jordan	Winston Hills	31/01/2010
	400M Run	1-07.28	Hannah Monty	Hills District	30/01/2010
	800M Run	2-50.62	India Cuttilan	Quakers Hill	31/01/2010
	1500M Run	5-19.14	Else Gallen	Riverstone	30/01/2010
	3000M Run	11-09.39	Else Gallen	Riverstone	30/01/2010
	1500M Walk	9-49.93	Rebecca Houston	Winston Hills	27/01/2010
	100M Hurdles	17.82	Hannah Monty	Hills District	31/01/2010
	200M Hurdles	35.18	Emily Thomson	Winston Hills	30/01/2010
	Long Jump	4.56	Emily Jordan	Winston Hills	30/01/2010
	High Jump	1.31	Mahsa Javam	Winston Hills	30/01/2010
	Triple Jump	9.24	Emily Jordan	Winston Hills	31/01/2010
	Shot Put	11.73	Tepa Lemi	Winston Hills	31/01/2010
	Discus	38.30	Tepa Lemi	Winston Hills	30/01/2010
	Javelin	29.07	Brianna Murray	Winston Hills	27/01/2010
Junior Girls	4 x 100 Relay	1-00.93	Relay Jg	Winston Hills	31/01/2010
Senior Girls	3000M Run	11-42.80	K. Clarke	W/HLS	03/02/1993
	4 x 100 Relay	54.30	Relay Sg	Winston Hills	31/01/2010

Selection Criteria for this Report

Record Type: All

Age Group: All

Event: All