

RECORDS HISTORY
North West Metropolitan

LAANSW Carnival System

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Age Group	Event	Record	Current?	Record Holder(s)	Centre/Club	Date		
U/7 Boys	50M Run	9.48	Yes	Jarrold Horder	Hills District	30/01/2010		
		8.82		Kye Dermuth	Rouse Hill	31/01/2009		
		8.85		Josh Green	Hills District	02/02/2008		
		9.21		Timothy Simmons	Winston Hills	27/01/2007		
		8.88		James Sullivan	Winston Hills	28/01/2006		
		8.80		Jordan Shelley	Hills District	29/01/2005		
		9.37		Cameron Cavaleri	Winston Hills	31/01/2004		
		70M Run		12.66	Yes	Reece Gerungan	Hills District	31/01/2010
				12.28		Lachlan Camilleri	Riverstone	01/02/2009
				12.8		Harrison McLean	Rouse Hill	03/02/2008
				12.5		Timothy Simmons	Winston Hills	28/01/2007
				12.2		James Sullivan	Winston Hills	29/01/2006
	12.5		Jordan Shelley	Hills District		30/01/2005		
	13.0		Nicholas Andrews	Hills District		01/02/2004		
	12.7		A Shorroch	Hills District		26/01/2003		
	100M Run		18.18	Yes		Lachlan Purnell	Rouse Hill	30/01/2010
			16.74			Kye Dermuth	Rouse Hill	31/01/2009
		17.68	Harrison McLean		Rouse Hill	02/02/2008		
		17.72	Jye Clisby		Hawkesbury City	27/01/2007		
		17.20	Zachary Spryn		Riverstone	28/01/2006		
		17.58	Corey Butcher		Quakers Hill	29/01/2005		
		17.44	Troy Black		Winston Hills	31/01/2004		
		17.58	D Holdsworth		Winston Hills	25/01/2003		
		200M Run	39.16		Yes	Lachlan Purnell	Rouse Hill	31/01/2010
			37.34			Lachlan Camilleri	Riverstone	01/02/2009
	37.66		Liam Hope	Kings Langley		03/02/2008		
	39.01		Ty Schneider	Kings Langley		28/01/2007		
	36.99		Zachary Spryn	Riverstone		29/01/2006		
	36.20		Jordan Shelley	Hills District		30/01/2005		
	37.96		Troy Black	Winston Hills		01/02/2004		
	37.63		D Holdsworth	Winston Hills		26/01/2003		
	Long Jump		2.68	Yes		Lachlan Longridge	Kings Langley	27/01/2010
			2.97			Lachlan Camilleri	Riverstone	01/02/2009
		3.22	Josh Green		Hills District	03/02/2008		
		2.90	Walther Wegmann		Kings Langley	28/01/2007		
		2.88	Alexander Newton		Hills District	29/01/2006		
		3.24	Jordan Shelley		Hills District	30/01/2005		
		2.99	Nicholas Andrews		Hills District	01/02/2004		
		2.97	D Kwarcinski		Hills District	26/01/2003		
		Shot Put	5.10		Yes	Kartar Pooni	Kings Langley	30/01/2010
			6.63			Ryan Dean	Kings Langley	31/01/2009
	5.34		Ramil Wilson	Riverstone		02/02/2008		
6.00	Travis Osbourne		Kings Langley	27/01/2007				
4.60	J Gregg		Quakers Hill	28/01/2006				
6.20	Adam Pawelko		Hills District	29/01/2005				
5.73	L Mulford		Quakers Hill	31/01/2004				
6.00	A Apikotoa		Kings Langley	25/01/2003				
Discus	14.10		Yes	Aaron Smith		Quakers Hill	31/01/2010	
	13.72			Alexandar Murdocca		Rouse Hill	01/02/2009	
	15.52	Matthew Tillott		Quakers Hill	03/02/2008			
	16.29	Kundan Pooni		Kings Langley	28/01/2007			
	14.54	Lachlan Rose		Winston Hills	29/01/2006			
	15.77	Airfun Javam		Winston Hills	30/01/2005			
	17.82	Joshua Byron		Winston Hills	01/02/2004			
	22.08	Pita Vi		Winston Hills	27/10/2003			
	15.07	B Wasson		Quakers Hill	26/01/2003			
	500M Pack Sta	1-46.07		Yes	Reece Gerungan	Hills District	27/01/2010	
1-40.50		Tom Watson	Hills District		28/01/2009			
1-29.50		Josh Green	Hills District		30/01/2008			

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U/8 Boys	70M Run	11.34	Yes	Lachlan Camilleri	Riverstone	31/01/2010		
		11.37		Josh Green	Hills District	01/02/2009		
		11.3		Walther Wegemann	Kings Langley	03/02/2008		
		11.7		James Sullivan	Winston Hills	28/01/2007		
		11.6		Jordan Shelley	Hills District	29/01/2006		
		12.0		Nicholas Andrews	Hills District	30/01/2005		
		12.2		Andre Krucican	Winston Hills	01/02/2004		
		11.7		B Goodwin	Hawkesbury City	26/01/2003		
		100M Run		15.57	Yes	Lachlan Camilleri	Riverstone	30/01/2010
				15.87		Josh Green	Hills District	31/01/2009
				16.47		Walther Wegemann	Kings Langley	02/02/2008
				16.90		James Sullivan	Winston Hills	27/01/2007
				16.01		Jordan Shelley	Hills District	28/01/2006
				15.68		Nicholas Andrews	Hills District	29/01/2005
	16.88		Dylan Holdsworth	Winston Hills		31/01/2004		
	16.41		B Goodwin	Hawkesbury City		25/01/2003		
	200M Run		33.80	Yes		Lachlan Camilleri	Riverstone	31/01/2010
			35.70			Liam Hope	Kings Langley	01/02/2009
			36.20			Zachary Duncan	Kings Langley	03/02/2008
			34.65			Tom Robson	Winston Hills	28/01/2007
			34.21			Jordan Shelley	Hills District	29/01/2006
			34.12			Troy Black	Winston Hills	30/01/2005
		37.41	Dylan Holdsworth		Winston Hills	01/02/2004		
		35.14	B Rappolt		Winston Hills	26/01/2003		
		400M Run	1-18.09		Yes	Lachlan Camilleri	Riverstone	30/01/2010
			1-21.42			Saxon Kirkley	Winston Hills	31/01/2009
			1-20.35			Zachary Duncan	Kings Langley	02/02/2008
			1-23.22			Lachlan Rose	Winston Hills	27/01/2007
			1-21.86			Ashley Doggett	Hills District	28/01/2006
			1-17.39			Connor Stewart	Hills District	29/01/2005
	1-22.18		Jayden Rennie	Hills District		31/01/2004		
	1-25.20		R Kenny	Hills District		25/01/2003		
	60M Hurdles		11.52	Yes		Chad Burriss	Kings Langley	30/01/2010
			12.30			James Sprague	Hills District	31/01/2009
			11.97			Walther Wegemann	Kings Langley	02/02/2008
			12.09			Scott Browning	Hills District	27/01/2007
			12.27			Conrad Kaazke-McDonald	Winston Hills	28/01/2006
			11.16			Nelson Osifo	Kings Langley	29/01/2005
		12.35	Dylan Holdsworth		Winston Hills	31/01/2004		
		11.59	S Krishua		Winston Hills	25/01/2003		
		Long Jump	3.41		Yes	Heath Shields	Riverstone	30/01/2010
			3.54			Josh Green	Hills District	31/01/2009
			3.23			Walther Wegemann	Kings Langley	02/02/2008
			3.46			Alexander Newton	Hills District	27/01/2007
			3.47			Jordan Shelley	Hills District	28/01/2006
			3.37			Timothy Anstee	Hills District	29/01/2005
	3.33		Andre Krucican	Winston Hills		31/01/2004		
	3.09		T Bracey	Winston Hills		25/01/2003		
	Shot Put		6.29	Yes		Jamie Monahan	Winston Hills	30/01/2010
			5.56			Callum Rennie	Hills District	31/01/2009
			6.57			Travis Osbourne	Kings Langley	02/02/2008
			5.87			Frank Malani	Hills District	27/01/2007
7.09			Liam Usher			Winston Hills	28/01/2006	
5.87			Connor Stewart			Hills District	29/01/2005	
6.12		Caylem Smith	Hawkesbury City		31/01/2004			
8.02		P Vi	Winston Hills		25/01/2003			
Discus		15.96	Yes		Jamie Monahan	Winston Hills	31/01/2010	

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U/8 Boys	Discus	18.66		Jordan Hill	Winston Hills	01/02/2009	
		16.27		Kyle Ekstrom	Rouse Hill	03/02/2008	
		16.47		Harrison Leonard	Hills District	28/01/2007	
		18.65		Airfun Javm	Winston Hills	29/01/2006	
		19.57		Joshua Byron	Winston Hills	30/01/2005	
		17.52		Mitchell Anderson	Hawkesbury City	01/02/2004	
		20.42		P Vi	Winston Hills	26/01/2003	
	700M Pack Sta	2-22.77	Yes	Tom Watson	Hills District	27/01/2010	
		2-05.30		Josh Green	Hills District	28/01/2009	
		2-23.40		Aidan Roache	Riverstone	01/02/2008	
U/9 Boys	70M Run	11.24	Yes	Brody Donovan	Kings Langley	31/01/2010	
		11.23		Blake Cossor	Rouse Hill	01/02/2009	
		10.9		Joshua Baker	Winston Hills	03/02/2008	
		11.1		Jordan Shelley	Hills District	28/01/2007	
		11.0		Nicholas Andrews	Hills District	29/01/2006	
		11.2		Ruben Robertson	Hills District	30/01/2005	
		11.7		Ben Goodwin	Winston Hills	01/02/2004	
		10.9		N Hough	Hills District	26/01/2003	
		100M Run	15.74	Yes	Jordan Hill	Winston Hills	30/01/2010
			15.25		Marshall Luke	Rouse Hill	31/01/2009
	14.99			Jordan Idiare	Winston Hills	02/02/2008	
	16.00			Jordan Shelley	Hills District	27/01/2007	
	15.27			Nelson Osifo	Hills District	28/01/2006	
				Tepai Moerea	Winston Hills	29/01/2005	
	15.83			Ben Goodwin	Winston Hills	31/01/2004	
	15.08			N Hough	Hills District	25/01/2003	
	200M Run		32.44	Yes	Thomas Smith	Hills District	31/01/2010
			33.03		Blake Cossor	Rouse Hill	01/02/2009
		32.95		Aaron Creagh	Winston Hills	03/02/2008	
		33.34		Jordan Shelley	Hills District	28/01/2007	
		30.86		Riley Staraj	Hawkesbury City	29/01/2006	
		33.18		Tepai Moerea	Winston Hills	30/01/2005	
		34.89		Jarrid Fyfe	Hawkesbury City	01/02/2004	
		30.24		A Harding	Riverstone	26/01/2003	
		400M Run	1-12.74	Yes	Thomas Smith	Hills District	30/01/2010
			1-17.07		Ty Schneider	Kings Langley	31/01/2009
	1-19.21			Lachlan Davis	Quakers Hill	02/02/2008	
	1-17.93			Benjamin Thomson	Hills District	27/01/2007	
	1-12.23			Riley Staraj	Hawkesbury City	28/01/2006	
	1-19.09			Joshua Shepherd	Hills District	29/01/2005	
	1-14.93			Jack Alderton	Hills District	31/01/2004	
	1-10.56			A Harding	Riverstone	25/01/2003	
	800M Run		2-46.42	Yes	Thomas Smith	Hills District	31/01/2010
			2-59.27		Ty Schneider	Kings Langley	01/02/2009
		2-55.95		Lachlan Davis	Quakers Hill	03/02/2008	
		2-54.70		Benjamin Thomson	Hills District	28/01/2007	
		2-47.80		Connor Stewart	Hills District	29/01/2006	
		2-58.94		Jayden Rennie	Hills District	30/01/2005	
		2-56.99		Shiva Sanjai Krishna	Winston Hills	01/02/2004	
		2-42.36		A Harding	Riverstone	26/01/2003	
		700M Walk	4-38.69	Yes	Alex Borg	Hills District	27/01/2010
			4-16.40		Lachlan McGrath	Hills District	28/01/2009
	4-50.60			Ben Hall	Kings Langley	30/01/2008	
	4-38.71			Matthew Price	Hills District	24/01/2007	
	4-21.12			Nelson Osifo	Hills District	25/01/2006	
	4-39.07			Andre Krucican	Winston Hills	27/01/2005	
	4-45.60			Sean Leckie	Winston Hills	29/01/2004	

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U/9 Boys	700M Walk	4-24.80		S Lockrey	Quakers Hill	23/01/2003		
		60M Hurdles	11.18	Yes	Luca Parramon	Winston Hills	30/01/2010	
		11.31		Marshall Luke	Rouse Hill	31/01/2009		
		10.90		Jordan Idiare	Winston Hills	02/02/2008		
		11.51		Luke Osborne	Kings Langley	27/01/2007		
		10.58		Nelson Osifo	Hills District	28/01/2006		
		11.03		Dylan Holdsworth	Winston Hills	29/01/2005		
		10.93		Shiva Sanjai Krishna	Winston Hills	31/01/2004		
		10.71		H Gardner	Winston Hills	25/01/2003		
	Long Jump		3.90	Yes	Brody Donovan	Kings Langley	31/01/2010	
			3.39		Travis Osborne	Kings Langley	01/02/2009	
			3.82		Jordan Idiare	Winston Hills	03/02/2008	
			3.93		Jordan Shelley	Hills District	28/01/2007	
			3.64		Nicholas Andrews	Hills District	29/01/2006	
			3.49		Ruben Robertson	Hills District	30/01/2005	
			3.71		Steven Jessep	Kings Langley	01/02/2004	
			3.90		N Hough	Hills District	26/01/2003	
		High Jump		1.11	Yes	Nicholas Zakhia	Kings Langley	30/01/2010
				1.18		Travis Osborne	Kings Langley	31/01/2009
			1.09		Kai Parello	Winston Hills	02/02/2008	
			1.10		Ashley Doggett	Hills District	27/01/2007	
			1.18		Shaun Garner	Winston Hills	28/01/2006	
			1.15		Andre Krucican	Winston Hills	29/01/2005	
			1.22		Joel Edwards	Winston Hills	31/01/2004	
			1.27		S Nicholls	Hawkesbury City	25/01/2003	
	Shot Put			6.72	Yes	Brandon Longridge	Kings Langley	30/01/2010
				6.63		Patrick Idiare	Winston Hills	31/01/2009
			8.11		Joshua Baker	Winston Hills	02/02/2008	
			7.62		Airfun Javam	Winston Hills	27/01/2007	
			6.68		Lachlyn Mulford	Riverstone	28/01/2006	
			9.70		Tepai Moerea	Winston Hills	29/01/2005	
			8.99		Pita Vi	Winston Hills	31/01/2004	
			6.82		S Ranson	Hawkesbury City	25/01/2003	
		Discus		21.97	Yes	Jordan Hill	Winston Hills	31/01/2010
				20.57		Kundan Pooni	Kings Langley	01/02/2009
			28.37		Joshua Baker	Winston Hills	03/02/2008	
			24.03		Airfun Javam	Winston Hills	28/01/2007	
			24.18		Joshua Byron	Winston Hills	29/01/2006	
			30.83		Tepai Moerea	Winston Hills	30/01/2005	
			23.73		Pita Vi	Winston Hills	01/02/2004	
			22.74		S Ranson	Hawkesbury City	26/01/2003	
	U/10 Boys	70M Run	10.37	Yes	Marshall Luke	Rouse Hill	31/01/2010	
			10.41		James Sullivan	Winston Hills	01/02/2009	
			10.1		Jordan Shelley	Hills District	03/02/2008	
			11.0		Darien Mocatta	Hills District	28/01/2007	
			10.8		Ruben Robertson	Hills District	29/01/2006	
			11.2		Jack Alderton	Hills District	30/01/2005	
10.9				Nicholas Hough	Hills District	01/02/2004		
11.1				G McCallum	Quakers Hill	26/01/2003		
100M Run				14.50	Yes	Marshall Luke	Rouse Hill	30/01/2010
				14.05		Jordan Idiare	Winston Hills	31/01/2009
			14.20		Jordan Shelley	Hills District	02/02/2008	
			15.67		Nelson Osifo	Hills District	27/01/2007	
			14.63		Ruben Robertson	Hills District	28/01/2006	
			14.90		Jack Alderton	Hills District	29/01/2005	
			14.81		Nicholas Hough	Hills District	31/01/2004	
			14.99		D Duclos	Winston Hills	25/01/2003	

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U/10 Boys	200M Run	32.41	Yes	Ty Schneider	Kings Langley	31/01/2010
		30.55		Joshua Baker	Winston Hills	01/02/2009
		30.92		Jordan Shelley	Hills District	03/02/2008
		30.77		Nelson Osifo	Hills District	28/01/2007
		31.24		Joshua Shepherd	Winston Hills	29/01/2006
		31.31		Jack Alderton	Hills District	30/01/2005
		31.21		Nicholas Hough	Hills District	01/02/2004
		31.33		T Clarke	Winston Hills	26/01/2003
	400M Run	1-11.15	Yes	Sam Williams	Hills District	30/01/2010
		1-12.26		Joshua Baker	Winston Hills	31/01/2009
		1-11.90		Benjamin Thomson	Hills District	02/02/2008
		1-14.25		Riley Starraj	Hills District	27/01/2007
		1-11.57		Joshua Shepherd	Winston Hills	28/01/2006
		1-08.65		Harry Stewart	Hills District	29/01/2005
		1-15.29		Daniel Moore	Hills District	31/01/2004
		1-12.50		T Clarke	Winston Hills	25/01/2003
	800M Run	2-39.34	Yes	Sam Williams	Hills District	31/01/2010
		2-50.76		James Duff	Hills District	01/02/2009
		2-38.64		Benjamin Thomson	Hills District	03/02/2008
		2-52.42		Joshua Windsor	Hills District	28/01/2007
		2-42.47		Joshua Shepherd	Winston Hills	29/01/2006
		2-41.42		Harry Stewart	Hills District	30/01/2005
		2-48.14		Richard Lack	Hills District	01/02/2004
		2-53.59		H Laing	Hills District	26/01/2003
	1500M Run	5-22.10	Yes	Sam Williams	Hills District	30/01/2010
		5-43.23		James Duff	Hills District	31/01/2009
		5-18.66		Benjamin Thomson	Hills District	02/02/2008
		5-40.04		Joshua Windsor	Hills District	27/01/2007
		5-34.00		Jayden Rennie	Hills District	28/01/2006
		5-19.10		Harry Stewart	Hills District	29/01/2005
		5-39.94		Richard Lack	Hills District	31/01/2004
		5-55.70		H Laing	Hills District	25/01/2003
	1100M Walk	6-06.36	Yes	Lachlan McGrath	Hills District	27/01/2010
		6-16.50		Jordan Glover	Hills District	28/01/2009
		6-35.80		Matthew Price	Hills District	30/01/2008
		7-03.72		Nelson Osifo	Hills District	24/01/2007
		8-15.09		Andre Krucican	Winston Hills	25/01/2006
		6-51.47		Thomas Mcinnes	Hills District	27/01/2005
		7-18.50		B Lockrey	Quakers Hill	29/01/2004
		6-16.20		J Sultana	Hills District	23/01/2003
	60M Hurdles	11.79	Yes	Marshall Luke	Rouse Hill	30/01/2010
		11.15		Zachary Spryn	Riverstone	31/01/2009
11.46			Luke Osbourne	Kings Langley	02/02/2008	
			Conrad Kaatzke-McDonald	Winston Hills	02/02/2008	
11.13			Nelson Osifo	Hills District	27/01/2007	
11.68			Andrew Shorrock	Hills District	28/01/2006	
11.71			Sanjai Krisjna	Winston Hills	29/01/2005	
11.34			Shane Nicholls	Hawkesbury City	31/01/2004	
Long Jump	11.65		H Laing	Hills District	25/01/2003	
	3.76	Yes	Walther Wegmann	Kings Langley	30/01/2010	
	4.10		James Sullivan	Winston Hills	31/01/2009	
	4.36		Jordan Shelley	Hills District	02/02/2008	
	3.75		Chris Hayward	Quakers Hill	27/01/2007	
	3.93		Andre Krucican	Winston Hills	28/01/2006	
	3.99		Steven Jessep	Kings Langley	29/01/2005	
	4.26		Nicholas Hough	Hills District	31/01/2004	
High Jump	4.05		T Clarke	Winston Hills	25/01/2003	
	1.19	Yes	Travis Osborne	Kings Langley	31/01/2010	
	1.21		Alexander Cummins	Winston Hills	01/02/2009	

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U/10 Boys	High Jump	1.23		Luke Osbourne	Kings Langley	03/02/2008	
		1.15		Jaywan Maxwell	Kings Langley	28/01/2007	
		1.25		Andre Krucican	Winston Hills	29/01/2006	
		1.30		Joel Edwards	Winston Hills	30/01/2005	
		1.29		Shane Nicholls	Hawkesbury City	01/02/2004	
		1.36		T Clarke	Winston Hills	26/01/2003	
	Shot Put	7.82	Yes	Patrick Idiare	Winston Hills	31/01/2010	
		7.74		Thomas Summerhays	Rouse Hill	01/02/2009	
		8.93		Airfun Javam	Winston Hills	03/02/2008	
		8.22		Lachlan Parle	Winston Hills	28/01/2007	
		7.76		Aaron Apikotoa	Kings Langley	29/01/2006	
		8.13		Jarryd Rylance	Hills District	30/01/2005	
		8.43		Scott Ranson	Hawkesbury City	01/02/2004	
		11.25		M Teina	Winston Hills	26/01/2003	
		Discus	27.27	Yes	Patrick Idiare	Winston Hills	30/01/2010
			35.40		Joshua Baker	Winston Hills	31/01/2009
			27.10		Billy Nicolson	Hills District	02/02/2008
	22.16			Lachlan Byron	Winston Hills	27/01/2007	
	27.62			Aaron Apikotoa	Kings Langley	28/01/2006	
	21.87			Ali Javam	Winston Hills	29/01/2005	
	29.76			Scott Ranson	Hawkesbury City	31/01/2004	
	33.29			M Teina	Winston Hills	25/01/2003	
	U/11 Boys	100M Run	13.39	Yes	Jordan Idiare	Winston Hills	30/01/2010
			13.65		Jordan Shelley	Hills District	31/01/2009
			14.06		Nelson Osifo	Hills District	02/02/2008
			15.44		Arshdeep Sidhu	Hills District	27/01/2007
					Mark Mc Leay	Hills District	27/01/2007
			14.24		Jacob Roberts	Hawkesbury City	28/01/2006
			14.18		Nicholas Hough	Hills District	29/01/2005
14.46				Tommy Cirjak	Winston Hills	31/01/2004	
14.48				C Searle	Winston Hills	25/01/2003	
200M Run			30.15	Yes	Lachlan Davis	Quakers Hill	31/01/2010
			29.81		Jordan Shelley	Hills District	01/02/2009
			29.84		Harrison Frecklington	Rouse Hill	03/02/2008
			30.93		Joshua Shepherd	Winston Hills	28/01/2007
			30.18		Jacob Roberts	Hawkesbury City	29/01/2006
		29.18		Nicholas Hough	Hills District	30/01/2005	
		30.36		D Mooneesamy	Quakers Hill	01/02/2004	
		28.74		D Marcel	Hills District	26/01/2003	
400M Run		1-10.48	Yes	Thomas Robson	Winston Hills	30/01/2010	
		1-10.03		Benjamin Thomson	Hills District	31/01/2009	
		1-07.96		Joshua Byron	Winston Hills	02/02/2008	
		1-08.45		Jayden Rennie	Hills District	27/01/2007	
		1-09.62		Harry Stewart	Hills District	28/01/2006	
		1-10.26		Matthew Gonzalez	Hills District	29/01/2005	
		1-11.65		D Mooneesamy	Quakers Hill	31/01/2004	
		1-05.85		D Marcel	Hills District	25/01/2003	
		800M Run	2-34.61	Yes	Joshua Baker	Winston Hills	31/01/2010
			2-36.28		Benjamin Thomson	Hills District	01/02/2009
			2-35.49		Joshua Windsor	Hills District	03/02/2008
2-38.93				Jayden Rennie	Hills District	28/01/2007	
2-35.51				Harry Stewart	Hills District	29/01/2006	
2-45.32				Matthew Gonzalez	Hills District	30/01/2005	
2-44.85				Tommy Cirjak	Winston Hills	01/02/2004	
2-45.98				J Lum	Winston Hills	26/01/2003	
1500M Run			5-24.00	Yes	William Smith	Hills District	30/01/2010
		5-16.91		Benjamin Thomson	Hills District	31/01/2009	

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U/11 Boys	1500M Run	5-25.00		Joshua Windsor	Hills District	02/02/2008	
		5-24.18		Jayden Rennie	Hills District	27/01/2007	
		5-17.00		Harry Stewart	Hills District	28/01/2006	
		5-36.04		Blake Wigley	Hills District	29/01/2005	
		5-42.06		Hayden Capewell	Hills District	31/01/2004	
		5-27.53		D Marcel	Hills District	25/01/2003	
	1100M Walk	5-59.87	Yes	Jordan Glover	Hills District	27/01/2010	
		6-30.50		Matthew Price	Hills District	28/01/2009	
		6-28.70		Adam Mylonas	Winston Hills	30/01/2008	
		7-55.87		Nicholas Shina	Hills District	24/01/2007	
		7-03.07		Sean Leckie	Winston Hills	25/01/2006	
		6-56.86		Aiden Kelly	Winston Hills	27/01/2005	
		6-21.70		Justin Sultana	Hills District	29/01/2004	
		6-17.50		J Rojas	Quakers Hill	23/01/2003	
		1500M Walk	8-46.90	Yes	R. Cooper	HAWKES	03/02/1995
		60M Hurdles	11.82	Yes	Alexander Thompson	Quakers Hill	30/01/2010
	10.72			Luke Osborne	Kings Langley	31/01/2009	
	9.95			Joshua Byron	Winston Hills	02/02/2008	
	12.24			Lee Kennedy	Winston Hills	27/01/2007	
	10.69			Sanjai Krishna	Winston Hills	28/01/2006	
	11.09			Shameem Husain	Hills District	29/01/2005	
	11.02			Tim Clarke	Winston Hills	31/01/2004	
	11.00			A Torta	Hills District	25/01/2003	
	Long Jump		4.59	Yes	Joshua Baker	Winston Hills	31/01/2010
			4.42		Jordan Shelley	Hills District	01/02/2009
		4.19		Nelson Osifo	Hills District	03/02/2008	
		4.16		Jason Brown	Kings Langley	28/01/2007	
		4.28		Sanjai Krishna	Winston Hills	29/01/2006	
		4.26		Nicholas Hough	Hills District	30/01/2005	
		4.33		Tim Clarke	Winston Hills	01/02/2004	
		4.30		L Herzog	Hills District	26/01/2003	
		High Jump	1.28	Yes	Alexander Cummins	Winston Hills	30/01/2010
			1.40		Ashley Doggett	Hills District	31/01/2009
	1.25			Shaun Garner	Winston Hills	02/02/2008	
	1.30			Allyn Hicks	Hills District	27/01/2007	
	1.50			Joel Edwards	Winston Hills	28/01/2006	
	1.46			Nathan White	Hills District	29/01/2005	
	1.40			Tim Clarke	Winston Hills	31/01/2004	
	1.45			D Marcel	Hills District	25/01/2003	
	Triple Jump	9.28	Yes	Joshua Baker	Winston Hills	30/01/2010	
		9.74		Jordan Shelley	Hills District	31/01/2009	
		8.18		Jaywan Maxwell	Kings Langley	02/02/2008	
		8.94		Mark Mc Leay	Hills District	27/01/2007	
9.18			Sanjai Krishna	Winston Hills	28/01/2006		
10.12			Nicholas Hough	Hills District	29/01/2005		
9.66			Tim Clarke	Winston Hills	31/01/2004		
9.10			A Booth	Quakers Hill	25/01/2003		
Shot Put	8.64	Yes	Joshua Wooldridge	Winston Hills	30/01/2010		
	10.16		Airfun Javam	Winston Hills	31/01/2009		
	9.85		Lachlan Parle	Winston Hills	02/02/2008		
	11.54		Aaron Apikotoa	Kings Langley	27/01/2007		
	9.81		Joel Edwards	Winston Hills	28/01/2006		
	8.65		M Wesble	Riverstone	29/01/2005		
	13.22		Maeva-nui Teina	Winston Hills	31/01/2004		
	10.20		J Ruwhiu	Winston Hills	25/01/2003		
Discus	30.07	Yes	Joshua Baker	Winston Hills	31/01/2010		
	26.08		Billy Nicolson	Hills District	01/02/2009		
	27.34		Corey Mackay	Winston Hills	03/02/2008		
	30.09		Aaron Apikotoa	Kings Langley	28/01/2007		

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U/11 Boys	Discus	22.55		Ali Javam	Winston Hills	29/01/2006
		19.21		Kris Hayman	Quakers Hill	30/01/2005
		33.83		Maeva-nui Teina	Winston Hills	01/02/2004
		29.51		J Ruwhiu	Winston Hills	26/01/2003
U/12 Boys	100M Run	13.63	Yes	Jordan Shelley	Hills District	30/01/2010
		13.49		Samuel Mckinlay	Hawkesbury City	31/01/2009
		13.82		Jonathan Lagos	Rouse Hill	02/02/2008
		14.75		Steven Jessep	Kings Langley	27/01/2007
		13.82		Nicholas Hough	Hills District	28/01/2006
		13.31		Dilshen Mooneesany	Quakers Hill	29/01/2005
		14.59		Cameron Searle	Winston Hills	31/01/2004
		14.00		A Luzi	Winston Hills	25/01/2003
	200M Run	29.01	Yes	Corey Gaal	Winston Hills	31/01/2010
		28.30		Joshua Byron	Winston Hills	01/02/2009
		29.06		Blake Wasson	Quakers Hill	03/02/2008
		29.21		Mitchell Claxton	Winston Hills	28/01/2007
		28.88		Nicholas Hough	Hills District	29/01/2006
		27.76		Dilshen Mooneesany	Quakers Hill	30/01/2005
		28.06		Daniel Marcel	Hills District	01/02/2004
		29.72		S Watson	Hills District	26/01/2003
	400M Run	1-05.06	Yes	Benjamin Thomson	Hills District	30/01/2010
		1-06.77		Joshua Byron	Winston Hills	31/01/2009
		1-06.87		Joshua Shepherd	Winston Hills	02/02/2008
		1-08.25		Duane Tennent	Hills District	27/01/2007
		1-03.75		Adam Harding	Hills District	28/01/2006
		1-05.61		Dilshen Mooneesany	Quakers Hill	29/01/2005
		1-05.72		Daniel Marcel	Hills District	31/01/2004
		1-09.84		B Simpson	Winston Hills	25/01/2003
	800M Run	2-27.12	Yes	Benjamin Thomson	Hills District	31/01/2010
		2-37.02		Hayden Sly	Hawkesbury City	01/02/2009
		2-32.20		Joshua Shepherd	Winston Hills	03/02/2008
		2-39.78		Brandon Smallwood	Hawkesbury City	28/01/2007
		2-34.95		Adam Harding	Hills District	29/01/2006
		2-36.43		Brodie Mcinnes	Hills District	30/01/2005
		2-40.91		A Lans	Quakers Hill	01/02/2004
		2-41.85		B Williams	Quakers Hill	26/01/2003
1500M Run	4-54.86	Yes	Benjamin Thomson	Hills District	30/01/2010	
	5-22.00		Joshua Windsor	Hills District	31/01/2009	
	5-21.04		Jayden Rennie	Hills District	02/02/2008	
	5-20.18		Brandon Smallwood	Hawkesbury City	27/01/2007	
	5-15.00		Blake Wigley	Hills District	28/01/2006	
	5-14.01		Brodie Mcinnes	Hills District	29/01/2005	
	5-34.28		D Bragg	Quakers Hill	31/01/2004	
	5-46.90		B Williams	Quakers Hill	25/01/2003	
1500M Walk	10-05.22	Yes	Ryan Owen	Kings Langley	27/01/2010	
	9-08.50		Adam Mylonas	Winston Hills	28/01/2009	
	9-46.30		Nicholas Shina	Hills District	30/01/2008	
	13-22.78		Ali Javam	Winston Hills	24/01/2007	
	9-36.86		Aiden Kelly	Winston Hills	25/01/2006	
	10-46.62		Justin Sultana	Hills District	27/01/2005	
	8-43.20		J Rojas	Quakers Hill	29/01/2004	
	9-19.00		J Tuohy	Hills District	23/01/2003	
60M Hurdles	11.13	Yes	Luke Osborne	Kings Langley	30/01/2010	
	9.88		Joshua Byron	Winston Hills	31/01/2009	
	11.49		Lee Kennedy	Winston Hills	02/02/2008	
	10.78		Steven Jessep	Kings Langley	27/01/2007	
	10.57		Nathan White	Hills District	28/01/2006	

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U/12 Boys	60M Hurdles	10.93		Tim Clarke	Winston Hills	29/01/2005	
		11.18		Luke Herzog	Hills District	31/01/2004	
		11.42		M Brennan	Winston Hills	25/01/2003	
	Long Jump	4.84	Yes	Jordan Shelley	Hills District	30/01/2010	
		4.77		Nelson Osifo	Hills District	31/01/2009	
		4.44		Mark Mcleay	Hills District	02/02/2008	
		4.90		Steven Jessep	Kings Langley	27/01/2007	
		4.77		Nathan White	Hills District	28/01/2006	
		4.56		Elliott Balkin	Hills District	29/01/2005	
		4.69		Daniel Marcel	Hills District	31/01/2004	
		4.35		S Watson	Hills District	25/01/2003	
		High Jump	1.45	Yes	Jordan Shelley	Hills District	31/01/2010
			1.37		Harrison Frecklington	Hills District	01/02/2009
	1.30			Kane Lippman	Kings Langley	03/02/2008	
	1.48			James Frecklington	Riverstone	28/01/2007	
	1.32			Nicholas Hough	Hills District	29/01/2006	
	1.40			Tim Clarke	Winston Hills	30/01/2005	
	1.36			Adam Grech	Hills District	01/02/2004	
	1.35			B Williams	Quakers Hill	26/01/2003	
	Triple Jump		10.55	Yes	Jordan Shelley	Hills District	31/01/2010
			9.35		Samuel Mckinlay	Hawkesbury City	01/02/2009
		10.32		Jonathan Lagos	Rouse Hill	03/02/2008	
		9.22		Sanjai Krishna	Winston Hills	28/01/2007	
		10.29		Nicholas Hough	Hills District	29/01/2006	
		9.84		Tim Clarke	Winston Hills	30/01/2005	
		9.20		Jordan Ruwhiu	Winston Hills	01/02/2004	
		8.94		S Watson	Hills District	26/01/2003	
		Shot Put	9.98	Yes	Zachary Blackburn	Winston Hills	31/01/2010
			11.07		Neil Jordan	Winston Hills	01/02/2009
	11.34			Aaron Apikotoa	Kings Langley	03/02/2008	
	10.56			Pita Vi	Winston Hills	28/01/2007	
	7.94			Samuel Morgan	Winston Hills	29/01/2006	
	12.87			Maeva-nui Teina	Winston Hills	30/01/2005	
	9.80			Jordan Ruwhiu	Winston Hills	01/02/2004	
	12.67			A Luzi	Winston Hills	26/01/2003	
	Discus		31.54	Yes	Airfun Javam	Winston Hills	30/01/2010
			34.35		Corey Mackay	Winston Hills	31/01/2009
		32.76		Aaron Apikotoa	Kings Langley	02/02/2008	
		34.39		Pita Vi	Winston Hills	27/01/2007	
		20.61		Aaron Kramer	Hills District	28/01/2006	
		39.55		Maeva-nui Teina	Winston Hills	29/01/2005	
		32.77		Jordan Ruwhiu	Winston Hills	31/01/2004	
41.02			A Luzi	Winston Hills	25/01/2003		
U/13 Boys		100M Run	12.87	Yes	Denzel Singleton	Hills District	30/01/2010
			13.34		Blake Wasson	Quakers Hill	31/01/2009
	13.61			Mitchell Claxton	Winston Hills	02/02/2008	
	13.13			Nicholas Hough	Hills District	27/01/2007	
	12.73			D Moonesamy	Quakers Hill	28/01/2006	
	12.77			Shane Chalmers	Hills District	29/01/2005	
	13.00			Sean crosdale	Kings Langley	31/01/2004	
	13.71			C Burns	Hawkesbury City	25/01/2003	
	200M Run		26.97	Yes	Denzel Singleton	Hills District	31/01/2010
			26.07		Jonathan Lagos	Rouse Hill	01/02/2009
		27.39		Julian Dimitriou	Winston Hills	03/02/2008	
		25.36		Nicholas Hough	Hills District	28/01/2007	
		26.44		D Moonesamy	Quakers Hill	29/01/2006	
		29.19		Cameron Searle	Winston Hills	30/01/2005	

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U/13 Boys	200M Run	27.53		Sean Crosdale	Kings Langley	01/02/2004	
		28.01		D Fell	Quakers Hill	26/01/2003	
	400M Run	1-04.62	Yes	Neil Jordan	Winston Hills	30/01/2010	
		1-07.28		Joshua Shepherd	Winston Hills	31/01/2009	
		1-01.64		Julian Dimitriou	Winston Hills	02/02/2008	
		1-06.56		Adam Harding	Hills District	27/01/2007	
		1-02.52		Aiden Evans	Winston Hills	28/01/2006	
		1-02.30		Daniel Marcel	Hills District	29/01/2005	
		1-08.02		Blake Simpson	Winston Hills	31/01/2004	
		1-04.18		A Ellis	Hills District	25/01/2003	
		1-04.20		J. Hooimeyer	W/HLS	29/01/2000	
		800M Run	2-27.65	Yes	Nathan McGrath	Hills District	31/01/2010
	2-36.93			Jayden Rennie	Hills District	01/02/2009	
	2-25.06			Julian Dimitriou	Winston Hills	03/02/2008	
	2-34.24			Adam Harding	Hills District	28/01/2007	
	2-29.94			Aiden Evans	Winston Hills	29/01/2006	
	2-32.38			Daniel Marcel	Hills District	30/01/2005	
	2-37.34			Adam Nagle	Hawkesbury City	01/02/2004	
	2-30.24			A Ellis	Hills District	26/01/2003	
	1500M Run		5-00.16	Yes	Nathan McGrath	Hills District	30/01/2010
			5-21.30		Joshua Shepherd	Winston Hills	31/01/2009
		5-13.90		B. Smallwood	Hawkesbury City	02/02/2008	
		5-17.04		Adam Harding	Hills District	27/01/2007	
		5-21.00		Jesse Beadman	Riverstone	28/01/2006	
		5-49.77		Cameron Whittle	Hills District	29/01/2005	
		5-46.07		Michael	Hills District	31/01/2004	
		4-57.06		A Ellis	Hills District	25/01/2003	
		3000M Run	11-59.79	Yes	Nicholas Henson	Hills District	30/01/2010
			14-01.58		Kane Lippmann	Kings Langley	31/01/2009
	11-27.81			B. Smallwood	Hawkesbury City	02/02/2008	
	11-08.06			Blake Wigley	Hills District	31/01/2007	
	11-21.90			Jesse Beadman	Riverstone	02/02/2006	
	13-06.80			Blake Simpson	Winston Hills	04/02/2004	
	10-12.08			A Ellis	Hills District	29/01/2003	
	1500M Walk		8-36.89	Yes	Adam Mylonas	Winston Hills	27/01/2010
			8-51.00		Nicholas Shina	Hills District	28/01/2009
			11-03.80		Michael Candiloro	Hills District	30/01/2008
		10-27.26		Franz Hartevelt	Hills District	24/01/2007	
		9-59.79		Jake Richardson	Riverstone	25/01/2006	
		9-27.10		Joshua Tuohy	Hills District	29/01/2004	
		8-52.80		J Harrison	Parramatta CityTrack&Field	23/01/2003	
		80M Hurdles	13.70	Yes	Joshua Byron	Winston Hills	31/01/2010
15.92				Lee Kennedy	Winston Hills	01/02/2009	
14.23				Steven Jessep	Kings Langley	03/02/2008	
15.60			Nathan White	Hills District	28/01/2007		
14.54			Tim Clarke	Winston Hills	29/01/2006		
15.31			Vincent Hee	Hills District	11/02/2005		
15.43			Nicholas Schmid	Hills District	01/02/2004		
16.21			C Menzies	Hills District	26/01/2003		
90M Hurdles	14.60		Yes	B. Hopkinson	W/HLS	07/02/1993	
	200M Hurdles		32.22	Yes	Joshua Byron	Winston Hills	30/01/2010
31.70			Mark Mc Leay	Hills District	31/01/2009		
32.88			David Thomson	Winston Hills	02/02/2008		
34.73			Matthew Van Arkel	Hills District	27/01/2007		
31.79			Jonathan Perry	Hills District	28/01/2006		
32.02			Luke Herzog	Hills District	29/01/2005		
35.56			Nicholas Schmid	Hills District	31/01/2004		
32.26			L Maddalena	Hills District	25/01/2003		
Long Jump		5.33	Yes	Denzel Singleton	Hills District	31/01/2010	

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U/13 Boys	Long Jump	4.85		Jonathan Lagos	Rouse Hill	01/02/2009	
		4.67		Steven Jessep	Kings Langley	03/02/2008	
		4.71		Sanji Fernando	Kings Langley	28/01/2007	
		5.11		Joshua Andrew	Hawkesbury City	29/01/2006	
		4.35		Vincent Hee	Quakers Hill	30/01/2005	
		4.88		Sean Crosdale	Kings Langley	01/02/2004	
		4.52		C Menzies	Hills District	26/01/2003	
	High Jump	1.50	Yes	Denzel Singleton	Hills District	31/01/2010	
		1.35		Davis Erwin	Hills District	01/02/2009	
		1.55		James Frecklington	Rouse Hill	03/02/2008	
		1.60		Nathan White	Hills District	28/01/2007	
		1.45		Angus Baird	Hills District	29/01/2006	
		1.51		David Hayman	Quakers Hill	30/01/2005	
		1.32		David Atkins	Winston Hills	01/02/2004	
		1.58		R Webster	Winston Hills	26/01/2003	
		Triple Jump	9.48	Yes	Joshua Byron	Winston Hills	30/01/2010
			11.06		Jonathan Lagos	Rouse Hill	31/01/2009
			9.77		Duane Tennent	Hills District	02/02/2008
			11.76		Nicholas Hough	Hills District	27/01/2007
			9.48		Elliott Balkin	Hills District	28/01/2006
	10.35			Daniel Marcel	Hills District	29/01/2005	
	9.25			Michael	Hills District	31/01/2004	
	9.31			L Maddalena	Hills District	25/01/2003	
	Shot Put		12.87	Yes	Corey Mackay	Winston Hills	31/01/2010
			13.41		Aaron Apikotoa	Kings Langley	01/02/2009
			11.98		Pita Vi	Winston Hills	03/02/2008
		10.38		Aaron Winslade	Kings Langley	28/01/2007	
		16.24		Maeva-nui Teina	Winston Hills	29/01/2006	
		10.28		David Hayman	Quakers Hill	30/01/2005	
		14.57		Adam Luzi	Winston Hills	01/02/2004	
		8.00		R Johnson	Hawkesbury City	26/01/2003	
	Discus	35.25	Yes	Corey Mackay	Winston Hills	30/01/2010	
		32.68		Aaron Apikotoa	Kings Langley	31/01/2009	
		35.97		Pita Vi	Winston Hills	02/02/2008	
		23.96		Brad McNaughton	Winston Hills	27/01/2007	
		40.40		Maeva-nui Teina	Winston Hills	28/01/2006	
		30.78		David Hayman	Quakers Hill	29/01/2005	
		41.93		Adam Luzi	Winston Hills	31/01/2004	
		27.98		L Maddalena	Hills District	25/01/2003	
		Javelin	27.13	Yes	Joshua Byron	Winston Hills	27/01/2010
			31.13		Aaron Apikotoa	Kings Langley	28/01/2009
	25.11			Joel Edwards	Winston Hills	30/01/2008	
	29.02			Brad McNaughton	Winston Hills	24/01/2007	
	32.06			Benn Melrose	Winston Hills	25/01/2006	
	27.88			Kerris Menzies	Hills District	27/01/2005	
	39.67			Adam Luzi	Winston Hills	29/01/2004	
	31.62			R Webster	Winston Hills	25/01/2003	
U/14 Boys	100M Run		12.52	Yes	Blake Wasson	Quakers Hill	30/01/2010
		12.92		J Lord	Hills District	31/01/2009	
		11.97		Nicholas Hough	Hills District	02/02/2008	
		13.19		Joshua Andrew	Hills District	27/01/2007	
		12.72		Rory Mcveigh	Hills District	28/01/2006	
		12.21		Sean Crosdale	Kings Langley	29/01/2005	
		12.47		J Rumble	Quakers Hill	31/01/2004	
		12.39		B Rossi-Murray	Riverstone	25/01/2003	
		200M Run	25.25	Yes	Jonathon Lagos	Rouse Hill	31/01/2010
			26.82		Julian Dimitriou	Hills District	01/02/2009

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U/14 Boys	200M Run	23.98		Nicholas Hough	Hills District	03/02/2008	
		25.90		Anthony Baddock	Winston Hills	28/01/2007	
		26.17		Rory Mcveigh	Hills District	29/01/2006	
		25.88		Sean Crosdale	Kings Langley	30/01/2005	
		26.69		Bradley Hoy	Hills District	01/02/2004	
		26.81		D Marshall	Hills District	26/01/2003	
	400M Run	1-05.68	Yes	Jayden Rennie	Hills District	30/01/2010	
		57.99		Julian Dimitriou	Hills District	31/01/2009	
		1-02.86		Jackson Canning	Hills District	02/02/2008	
		58.75		Aiden Evans	Winston Hills	27/01/2007	
		59.02		Michael Inskip	Riverstone	28/01/2006	
		1-06.21		Timothy Barclay	Hills District	29/01/2005	
		1-03.49		Andrew Ellis	Hills District	31/01/2004	
		1-01.84		D Wylie	Winston Hills	25/01/2003	
		2-37.69	Yes	Jayden Rennie	Hills District	31/01/2010	
		2-39.05		Julian Dimitriou	Hills District	01/02/2009	
		2-24.75		Matthew Van Arkel	Hills District	03/02/2008	
		2-22.62		Aiden Evans	Winston Hills	28/01/2007	
		2-21.68		Daniel Marcel	Hills District	29/01/2006	
		2-36.00		Benjamin Sparkes	Hills District	30/01/2005	
	2-20.76		J Rumble	Quakers Hill	01/02/2004		
	2-36.59		M Trescott	Winston Hills	26/01/2003		
	1500M Run	5-40.28	Yes	Jayden Rennie	Hills District	30/01/2010	
		5-25.80		Michael Candiloro	Hills District	31/01/2009	
		4-55.00		Blake Wigley	Hills District	02/02/2008	
		5-07.53		Jesse Beadman	Riverstone	27/01/2007	
		5-10.00		Luke Herzog	Hills District	28/01/2006	
		6-08.06		Daniel Maxwell	Hills District	29/01/2005	
		4-54.32		Andrew Ellis	Hills District	31/01/2004	
		5-02.16		T Laurie	Riverstone	25/01/2003	
		3000M Run	11-41.97	Yes	Jayden Rennie	Hills District	30/01/2010
			12-16.31		Brandon Smallwood	Hawkesbury City	31/01/2009
	10-46.72			Blake Wigley	Hills District	02/02/2008	
	10-28.78			Jesse Beadman	Riverstone	31/01/2007	
	10-52.20			Daniel Marcel	Hills District	02/02/2006	
	10-11.90			Andrew Ellis	Hills District	04/02/2004	
	12-27.02			Tylor Vella	Kings Langley	02/02/2004	
	10-24.39		T Laurie	Riverstone	29/01/2003		
	1500M Walk	8-28.51	Yes	Nicholas Shina	Hills District	27/01/2010	
		10-41.30		Michael Candiloro	Hills District	28/01/2009	
		9-31.60		Elliott Balkin	Hills District	24/01/2007	
		9-43.73		Joshua Tuohy	Hills District	27/01/2005	
		8-46.30		S Johntone	Winston Hills	23/01/2003	
	90M Hurdles	15.97	Yes	Matt Pell	Kings Langley	31/01/2010	
		14.48		Steven Jessep	Kings Langley	01/02/2009	
		12.55		Nicholas Hough	Hills District	03/02/2008	
		13.84		Brandon Webster	Winston Hills	28/01/2007	
		16.03		Cameron Whittle	Hills District	29/01/2006	
		16.21		Nicholas Schmid	Hills District	30/01/2005	
		13.84		Chris Burns	Hawkesbury City	01/02/2004	
13.74			L Dulay	Winston Hills	26/01/2003		
200M Hurdles	31.25	Yes	Matt Pell	Kings Langley	30/01/2010		
	29.10		Matthew Collins	Hills District	31/01/2009		
	25.41		Nicholas Hough	Hills District	02/02/2008		
	28.90		Jahmali Hicks	Hills District	27/01/2007		
	30.45		Scott Watson	Hills District	29/01/2005		
	28.19		L Dulay	Winston Hills	25/01/2003		
Long Jump	5.32	Yes	Jonathon Lagos	Rouse Hill	31/01/2010		
	5.24		Steven Jessep	Kings Langley	01/02/2009		

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U/14 Boys	Long Jump	4.86		Sarpong Kwakwa	Hills District	03/02/2008	
		5.26		Jahmali Hicks	Hills District	28/01/2007	
		4.55		Cameron Searle	Winston Hills	29/01/2006	
		4.74		Kenneth Hee	Quakers Hill	30/01/2005	
		5.50		J Rumble	Quakers Hill	01/02/2004	
		5.36		D Marshall	Hills District	26/01/2003	
	High Jump	1.37	Yes	Matt Pell	Kings Langley	31/01/2010	
			1.50		James Frecklington	Hills District	01/02/2009
				Steven Jessep	Kings Langley	01/02/2009	
		1.30		Sarpong Kwakwa	Hills District	03/02/2008	
		1.58		Jahmali Hicks	Hills District	28/01/2007	
		1.35		Bradley Bridge	Winston Hills	29/01/2006	
		1.42		James Dray	Winston Hills	30/01/2005	
		1.69		Ryan Webster	Winston Hills	01/02/2004	
		1.47		S Jackson	Quakers Hill	26/01/2003	
		Triple Jump	10.72	Yes	Matt Pell	Kings Langley	30/01/2010
				11.05		Cameron Robertson	Winston Hills
			11.20		Aaron Winslade	Kings Langley	02/02/2008
			11.12		Brandon Webster	Winston Hills	27/01/2007
			11.10		Daniel Marcel	Hills District	28/01/2006
	10.50			Nicholas Schmid	Hills District	29/01/2005	
	10.79			Ryan Webster	Winston Hills	31/01/2004	
	10.74			L Dulay	Winston Hills	25/01/2003	
	Shot Put	10.98	Yes	Andrew Simpson	Hills District	30/01/2010	
			10.35		Ali Javam	Winston Hills	31/01/2009
		7.31		Aaron Kramer	Hills District	02/02/2008	
		15.22		Maeva-nui Teina	Winston Hills	27/01/2007	
		10.07		Michael Zaharia	Hills District	28/01/2006	
		15.55		Adam Luzi	Winston Hills	29/01/2005	
		10.34		Ryan Webster	Winston Hills	31/01/2004	
		9.78		B Rossi-Murray	Riverstone	25/01/2003	
		Discus	35.09	Yes	Bradley Baker	Hills District	31/01/2010
				27.12		Amandeep Dhaliwal	Quakers Hill
			21.60		Aaron Kramer	Hills District	03/02/2008
	45.44			Maeva-nui Teina	Winston Hills	28/01/2007	
	27.23			Benjamin Apikotoa	Kings Langley	29/01/2006	
	40.81			Adam Luzi	Winston Hills	30/01/2005	
	31.08			Luke Maddalena	Hills District	01/02/2004	
	23.85			S Rogers	Hills District	26/01/2003	
	Javelin	29.73	Yes	Shaun Woodhouse	Winston Hills	27/01/2010	
			29.11		Owen Murray	Winston Hills	28/01/2009
		21.16		Lang T e h	Hills District	30/01/2008	
		38.46		Maeva-nui Teina	Winston Hills	24/01/2007	
		37.10		Ethan Fowler	Hills District	25/01/2006	
		44.95		Adam Luzi	Winston Hills	27/01/2005	
		40.63		Ryan Webster	Winston Hills	29/01/2004	
		34.70		P Maroun	Winston Hills	25/01/2003	
U/15 Boys		100M Run	12.59	Yes	Duane Tennent	Hills District	30/01/2010
			11.20		Nicholas Hough	Hills District	31/01/2009
	12.26			Joshua Andrew	Hills District	02/02/2008	
	12.75			Cameron Searle	Winston Hills	27/01/2007	
	12.20			Simon Powell	Hills District	28/01/2006	
	12.19			Prishen Naidoo	Quakers Hill	29/01/2005	
	12.04			Leo Dulay	Winston Hills	31/01/2004	
	11.76			K Mannix	Hills District	25/01/2003	
	200M Run		25.46	Yes	Matthew Collins	Hills District	31/01/2010
			22.87		Nicholas Hough	Hills District	01/02/2009

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U/15 Boys	200M Run	25.31		Anthony Baddock	Winston Hills	03/02/2008
		25.76		Cameron Searle	Winston Hills	28/01/2007
		25.33		Mitchell Dobson	Hawkesbury City	29/01/2006
		25.23		Bradley Hoy	Winston Hills	30/01/2005
		25.13		Daniel Marshall	Hills District	01/02/2004
		24.35		K Mannix	Hills District	26/01/2003
	400M Run	58.01	Yes	Duane Tennent	Hills District	30/01/2010
		57.25		Matthew Wesble	Riverstone	31/01/2009
		57.33		Anthony Baddock	Winston Hills	02/02/2008
		57.44		Henry Jones	Hills District	27/01/2007
		58.33		James Dray	Winston Hills	28/01/2006
		1-03.83		Matthew Hughes	Quakers Hill	29/01/2005
		58.39		David Wylie	Winston Hills	31/01/2004
		55.07		P Williams	Hawkesbury City	25/01/2003
		800M Run	2-22.75	Yes	Duane Tennent	Hills District
	2-17.91			Matthew Van Arkel	Hills District	01/02/2009
	2-17.57			Jesse Beadman	Riverstone	03/02/2008
	2-16.54			Henry Jones	Hills District	28/01/2007
	2-23.29			Regino Caswell	Kings Langley	29/01/2006
	2-07.38			James Kaan	Hills District	30/01/2005
	2-38.54			Martin Trescott	Winston Hills	01/02/2004
	1500M Run		5-08.18	Yes	Ben Allen	Winston Hills
		4-53.60		Blake Wigley	Hills District	31/01/2009
		4-47.70		Jesse Beadman	Riverstone	02/02/2008
		5-08.79		Henry Jones	Hills District	27/01/2007
		5-17.00		Derek Mulheam	Hawkesbury City	28/01/2006
		4-20.45		James Kaan	Hills District	29/01/2005
		5-31.98		Martin Trescott	Winston Hills	31/01/2004
	3000M Run	11-35.53	Yes	Ben Allen	Winston Hills	30/01/2010
		10-35.71		Blake Wigley	Hills District	31/01/2009
		10-18.26		Jonathan Perry	Hills District	02/02/2008
		10-29.04		Daniel Marcel	Hills District	31/01/2007
		10-52.00		Regino Caswell	Kings Langley	02/02/2006
		10-25.63		Andrew Ellis	Hills District	02/02/2004
	1500M Walk	8-44.89	Yes	Max Olsson	Kings Langley	24/01/2007
		7-59.85		Derek Mulheam	Hawkesbury City	25/01/2006
		9-53.00		Scott Johnstone	Winston Hills	29/01/2004
	90M Hurdles	14.40	Yes	G. Moore	HILLS	05/02/1995
	100M Hurdles	15.73	Yes	Matthew Collins	Hills District	31/01/2010
		14.57		Nicholas Hough	Hills District	01/02/2009
		14.66		Brandon Webster	Winston Hills	03/02/2008
		16.46		Cameron Whittle	Hills District	28/01/2007
15.87			James Mitchelhill-Miller	Riverstone	29/01/2006	
14.49			C Burns	Hawkesbury City	30/01/2005	
14.65			Leo Dulay	Winston Hills	01/02/2004	
15.30			K Mannix	Hills District	26/01/2003	
200M Hurdles		30.17	Yes	Matthew Collins	Hills District	30/01/2010
		30.11		Shameem Husain	Hills District	31/01/2009
	28.56		Angus Baird	Hills District	02/02/2008	
	30.01		Matthew Loader	Riverstone	27/01/2007	
	28.54		Regino Caswell	Kings Langley	28/01/2006	
	27.77		Brendan Bagley	Hills District	29/01/2005	
	27.57		Leo Dulay	Winston Hills	31/01/2004	
	26.59		K Mannix	Hills District	25/01/2003	
Long Jump	5.52	Yes	Matthew Collins	Hills District	30/01/2010	
	5.49		Philip Lampart	Kings Langley	31/01/2009	
	2.72		Jahmali Hicks	Hills District	02/02/2008	
	5.03		Ethan Fowler	Hills District	27/01/2007	
	5.10		Gerard Hord	Winston Hills	28/01/2006	

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U/15 Boys	Long Jump	5.50		Bradley Hoy	Winston Hills	29/01/2005	
		5.92		Daniel Marshall	Hills District	31/01/2004	
		5.47		D Vaughan	Hills District	25/01/2003	
	High Jump	1.55	Yes	Matthew Collins	Hills District	30/01/2010	
		1.50		Zachary Kavanagh	Hills District	31/01/2009	
		1.45		Angus Baird	Hills District	02/02/2008	
		1.49		Joshua Ellis	Kings Langley	27/01/2007	
		1.75		Michael McDougall	Hawkesbury City	28/01/2006	
		1.85		Ryan Webster	Winston Hills	29/01/2005	
		1.48		Christopher Chester	Winston Hills	31/01/2004	
		1.75		D Vaughan	Hills District	25/01/2003	
		Triple Jump	11.81	Yes	Cameron Robertson	Winston Hills	31/01/2010
			11.08		Franz Hartmann	Hills District	01/02/2009
	11.09			Jesse Beadman	Riverstone	03/02/2008	
	10.87			Ethan Fowler	Hills District	28/01/2007	
	9.93			Regino Caswell	Kings Langley	29/01/2006	
	11.56			Bradley Hoy	Winston Hills	30/01/2005	
	10.42			Christopher Jackson	Hills District	01/02/2004	
	11.08			N Ledgerwood	Winston Hills	26/01/2003	
	Shot Put		13.09	Yes	Pita Vi	Winston Hills	30/01/2010
			13.53		Tim Pond	Hills District	31/01/2009
		15.84		Maeva-Nui Teina	Winston Hills	02/02/2008	
		12.16		Aaron Weston	Winston Hills	27/01/2007	
		14.42		Adam Luzi	Winston Hills	28/01/2006	
		12.35		Ryan Webster	Winston Hills	29/01/2005	
		14.91		M Vi	Winston Hills	25/01/2003	
		Discus	40.10	Yes	Pita Vi	Winston Hills	31/01/2010
	36.29			Tim Pond	Hills District	01/02/2009	
	44.80			Maeva-Nui Teina	Winston Hills	03/02/2008	
	36.21			Benjamin Apikotoa	Kings Langley	28/01/2007	
	46.74			Adam Luzi	Winston Hills	29/01/2006	
	37.93			James Kaan	Hills District	30/01/2005	
	25.26			Craig Hurdis	Hawkesbury City	01/02/2004	
	50.40			M Vi	Winston Hills	26/01/2003	
	Javelin	32.40	Yes	Ali Moubasseri	Winston Hills	27/01/2010	
		42.90		Tim Pond	Hills District	28/01/2009	
		39.02		Maeva-Nui Teina	Winston Hills	30/01/2008	
		38.18		Ethan Fowler	Hills District	24/01/2007	
		49.31		James Dray	Winston Hills	25/01/2006	
		48.95		Ryan Webster	Winston Hills	27/01/2005	
		37.00		Daniel Marshall	Hills District	29/01/2004	
		56.44		M Outzen	Winston Hills	26/01/2003	
	U/17 Boys	100M Run	12.09	Yes	Matthew Wesble	Riverstone	30/01/2010
			12.26		Alexander Lorenzelli	Hills District	31/01/2009
		200M Run	24.18	Yes	Anthony Baddock	Winston Hills	31/01/2010
			24.58		Anthony Baddock	Winston Hills	01/02/2009
		400M Run	55.62	Yes	Anthony Baddock	Winston Hills	30/01/2010
54.67				Anthony Baddock	Winston Hills	31/01/2009	
800M Run		2-16.33	Yes	Franz Hartmann	Hills District	31/01/2010	
		2-27.16		Jake Farquar	Kings Langley	01/02/2009	
1500M Run		4-50.83	Yes	Franz Hartmann	Hills District	30/01/2010	
3000M Run		12-10.65	Yes	Bryce Traynor	Kings Langley	30/01/2010	
		12-21.65		Bryce Traynor	Kings Langley	31/01/2009	
200M Hurdles		26.42	Yes	Anthony Baddock	Winston Hills	30/01/2010	
		26.36		Anthony Baddock	Winston Hills	31/01/2009	
Long Jump		5.85	Yes	Elliott Balkin	Hills District	30/01/2010	
		5.69		Elliott Balkin	Hills District	31/01/2009	

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U/17 Boys	High Jump	1.72	Yes	Elliott Balkin	Hills District	30/01/2010	
		1.50		Elliott Balkin	Hills District	31/01/2009	
	Triple Jump	12.09	Yes	Brad Mcnaughton	Winston Hills	31/01/2010	
		12.20		Anthony Baddock	Winston Hills	01/02/2009	
	Shot Put	14.95	Yes	Maeva Nui Teina	Winston Hills	30/01/2010	
		15.34		Maeva Teina	Winston Hills	31/01/2009	
	Discus	41.18	Yes	Maeva Nui Teina	Winston Hills	31/01/2010	
		40.23		Maeva Teina	Winston Hills	01/02/2009	
	Javelin	40.39	Yes	Brad Mcnaughton	Winston Hills	27/01/2010	
		43.56		Maeva Teina	Winston Hills	28/01/2009	
	110M Hurdles	16.82	Yes	Angus Baird	Hills District	31/01/2010	
		16.41		Robert Jessep	Kings Langley	01/02/2009	
	Junior Boys	4 x 100 Relay	59.77	Yes	Relay Jb	Winston Hills	31/01/2010
			59.73		JB Relay	Winston Hills	01/02/2009
59.96				Junior Boys	Winston Hills	03/02/2008	
1-01.10				Junior Boys Relay	Hills District	28/01/2007	
59.40				. Hills District	Hills District	29/01/2006	
59.37				Hills District	Hills District	30/01/2005	
59.35				Hd Hd	Hills District	01/02/2004	
Senior Boys	3000M Run	10-43.60	Yes	R. Bileckij	HILLS	03/02/1993	
	4 x 100 Relay	49.19	Yes	Relay Sb	Hills District	31/01/2010	
		51.77		SB Relay	Hills District	01/02/2009	
		52.17		Senior Boys	Hills District	03/02/2008	
		52.07		Senior Boys Relay	Hills District	28/01/2007	
		51.56		. Hills District	Hills District	29/01/2006	
		52.74		Winston Hills	Winston Hills	30/01/2005	
51.25		Wh Wh	Winston Hills	01/02/2004			
U/7 Girls	50M Run	9.04	Yes	Chloe Kennedy	Quakers Hill	30/01/2010	
		9.50		Taylor de la Mare	Hills District	31/01/2009	
		9.25		Semira Tanea	Kings Langley	02/02/2008	
		9.28		Tiana Jaber	Kings Langley	27/01/2007	
		9.40		Alice Collins	Hills District	28/01/2006	
				R Pace	Riverstone	29/01/2005	
		9.80		Rebecca Symonds	Winston Hills	31/01/2004	
		70M Run	12.16	Yes	Chloe Kennedy	Quakers Hill	31/01/2010
			13.11		Taylor de la Mare	Hills District	01/02/2009
	13.0			Semira Tanea	Kings Langley	03/02/2008	
	13.1			Rachel Vaughan	Winston Hills	28/01/2007	
				Samantha Laidler	Hills District	28/01/2007	
	12.6			Chloe Antal	Hills District	29/01/2006	
	13.3			R Pace	Riverstone	30/01/2005	
	13.0			Lucy Claxton	Winston Hills	01/02/2004	
	12.3			M Souter	Winston Hills	26/01/2003	
	100M Run		17.91	Yes	Chloe Kennedy	Quakers Hill	30/01/2010
		18.27		Danielle Drinnan	Winston Hills	31/01/2009	
		18.26		Lauren Berwick	Quakers Hill	02/02/2008	
		18.36		Ellesha Starraj	Hills District	27/01/2007	
		17.30		Chloe Antal	Hills District	28/01/2006	
		18.00		R Pace	Riverstone	29/01/2005	
		18.04		Lucy Claxton	Winston Hills	31/01/2004	
16.97			M Souter	Winston Hills	25/01/2003		
200M Run	37.35	Yes	Georgia Munro	Winston Hills	31/01/2010		
	40.01		Danielle Drinnan	Winston Hills	01/02/2009		
	38.57		Semira Tanea	Kings Langley	03/02/2008		
	39.15		Ellesha Starraj	Hills District	28/01/2007		

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U/7 Girls	200M Run	37.83		Tegan Pierce	Hawkesbury City	29/01/2006	
		39.97		R Pace	Riverstone	30/01/2005	
		37.63		Kelsey Dwyer	Hills District	01/02/2004	
		35.21		M Souter	Winston Hills	26/01/2003	
	Long Jump	2.80	Yes	Chloe Kennedy	Quakers Hill	27/01/2010	
		2.81		Samantha Hayes	Kings Langley	01/02/2009	
		2.83		Semira Tanea	Kings Langley	03/02/2008	
		2.99		Rachel Vaughan	Winston Hills	28/01/2007	
		2.90		T Sparks	Quakers Hill	29/01/2006	
		2.62		Katie Alderton	Hills District	30/01/2005	
		2.64		Ashlee Tait	Kings Langley	01/02/2004	
		2.91		J Hough	Hills District	26/01/2003	
		Shot Put	4.57	Yes	Kaiya Buchanan	Hills District	31/01/2010
			5.08		Emilia Mayol	Winston Hills	01/02/2009
	4.43			Niamh Duggan	Hills District	03/02/2008	
	5.81			Jessica Gemmell	Hawkesbury City	28/01/2007	
	4.96			Dana Polverino	Kings Langley	29/01/2006	
	4.91			K Gemmell	Hawkesbury City	30/01/2005	
	4.25			Caitlin Mitchell	Hills District	01/02/2004	
	7.74			T Sengul	Winston Hills	26/01/2003	
	Discus		11.64	Yes	Olivia Charlton	Hills District	30/01/2010
			10.63		Sally Shokry	Hills District	31/01/2009
		12.50		Ashleigh Cochrane	Winston Hills	02/02/2008	
		12.09		Jessica Gemmell	Hawkesbury City	27/01/2007	
		12.69		Brianna Weston	Winston Hills	28/01/2006	
		11.33		Monique Borg	Quakers Hill	29/01/2005	
		11.09		A Cochrane	Quakers Hill	31/01/2004	
		20.08		T Sengul	Winston Hills	25/01/2003	
	500M Pack Sta	1-43.55	Yes	Georgia Munro	Winston Hills	27/01/2010	
		1-41.90		Danielle Drinnan	Winston Hills	28/01/2009	
		1-44.40		Alysa Saric	Riverstone	01/02/2008	
	U/8 Girls	70M Run	12.39	Yes	Niamh Sanday	Kings Langley	31/01/2010
12.57				Olivia Marfo	Winston Hills	01/02/2009	
11.9				Tiana Jaber	Kings Langley	03/02/2008	
12.0				Tegan Pierce	Hills District	28/01/2007	
12.2				Rachel Pace	Riverstone	29/01/2006	
12.6				Ashlee Tait	Kings Langley	30/01/2005	
12.3				Jessica Hough	Hills District	01/02/2004	
11.7				N Apikotoa	Kings Langley	26/01/2003	
100M Run			17.58	Yes	Phoebe Young	Rouse Hill	30/01/2010
			16.99		Semira Toireasa Pala Tanea	Kings Langley	31/01/2009
		16.52		Tiana Jaber	Kings Langley	02/02/2008	
		17.48		Sara De Silva	Winston Hills	27/01/2007	
		16.23		Rachel Pace	Riverstone	28/01/2006	
		16.65		Ashlee Tait	Kings Langley	29/01/2005	
		16.53		Jessica Hough	Hills District	31/01/2004	
		16.15		N Apikotoa	Kings Langley	25/01/2003	
200M Run		35.57	Yes	Danielle Drinnan	Winston Hills	31/01/2010	
		36.47		Semira Toireasa Pala Tanea	Kings Langley	01/02/2009	
		38.11		Taylor Kennedy	Quakers Hill	03/02/2008	
		36.27		Tegan Pierce	Hills District	28/01/2007	
		36.92		Bianca Messina	Hawkesbury City	29/01/2006	
		35.92		Kelsey Dwyer	Hills District	30/01/2005	
		35.50		Matilda Souter	Winston Hills	01/02/2004	
		34.26		N Apikotoa	Kings Langley	26/01/2003	
400M Run		1-22.99	Yes	Danielle Drinnan	Winston Hills	30/01/2010	
		1-30.69		Tiajana Gow	Hills District	31/01/2009	

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U/8 Girls	400M Run	1-27.19		Taylor Kennedy	Quakers Hill	02/02/2008			
		1-25.35		Tegan Pierce	Hills District	27/01/2007			
		1-28.15		Bianca Messina	Hawkesbury City	28/01/2006			
		1-23.74		Kelsey Dwyer	Hills District	29/01/2005			
		1-17.12		Matilda Souter	Winston Hills	31/01/2004			
		1-22.55		E Bidart	Hills District	25/01/2003			
	60M Hurdles	60M Hurdles	13.22	Yes	Tahlia O'Connell	Kings Langley	30/01/2010		
			12.32		Lauren Berwick	Quakers Hill	31/01/2009		
			12.19		Tiana Jaber	Kings Langley	02/02/2008		
			13.13		Tegan Pierce	Hills District	27/01/2007		
			12.42		Rachel Pace	Riverstone	28/01/2006		
			12.24		Ashlee Tait	Kings Langley	29/01/2005		
			12.31		Jessica Hough	Hills District	31/01/2004		
			11.81		M Charlton-Owen	Hawkesbury City	25/01/2003		
			Long Jump	Long Jump	3.10	Yes	Danielle Drinnan	Winston Hills	30/01/2010
					3.24		Olivia Marfo	Winston Hills	31/01/2009
					3.27		Tiana Jaber	Kings Langley	02/02/2008
	3.12				Tyler Sparks	Quakers Hill	27/01/2007		
	3.09				Lauren Russell	Hawkesbury City	28/01/2006		
	3.31				Ashlee Tait	Kings Langley	29/01/2005		
	3.27				Jessica Hough	Hills District	31/01/2004		
	3.23				A Pollett	Hills District	25/01/2003		
	Shot Put	Shot Put			5.03	Yes	Sally Shokry	Hills District	31/01/2010
					5.67		Aayushi Keths	Rouse Hill	01/02/2009
			5.74		J. Gemmell	Hawkesbury City	03/02/2008		
			5.00		Edwina Bourne	Winston Hills	28/01/2007		
			6.12		Kathleen Gemmell	Hawkesbury City	29/01/2006		
			5.49		Kirsty Welfare	Winston Hills	30/01/2005		
			8.50		Taylah Sengul	Winston Hills	01/02/2004		
			5.14		K Melrose	Winston Hills	26/01/2003		
			Discus	Discus	13.91	Yes	Sally Shokry	Hills District	30/01/2010
					13.75		Ashleigh Cochrane	Winston Hills	31/01/2009
	16.71				J. Gemmell	Hawkesbury City	02/02/2008		
	12.00				Gabrielle Cahill	Winston Hills	27/01/2007		
	13.41				Kimberley Newell	Winston Hills	28/01/2006		
	13.97				Kirsty Welfare	Winston Hills	29/01/2005		
	23.74				Taylah Sengul	Winston Hills	31/01/2004		
	14.90				K Melrose	Winston Hills	25/01/2003		
	700M Pack Sta	700M Pack Sta			2-23.63	Yes	Danielle Drinnan	Winston Hills	27/01/2010
					2-26.10		Semira Toireasa Pala Tanea	Kings Langley	28/01/2009
			2-33.00		Taylor Kennedy	Quakers Hill	10/01/2009		
	U/9 Girls	70M Run	11.49	Yes	Georgia Cosatto	Hills District	31/01/2010		
			11.08		Tiana Jaber	Kings Langley	01/02/2009		
			11.2		Jane Hill	Winston Hills	03/02/2008		
			11.3		Rachel Pace	Riverstone	28/01/2007		
			11.2		Allanah Cochrane	Winston Hills	29/01/2006		
			11.7		Jessica Hough	Hills District	30/01/2005		
11.2				Natalie Apikotoa	Kings Langley	01/02/2004			
11.3				V Osifo	Kings Langley	26/01/2003			
100M Run			100M Run	15.94	Yes	Semira Tanea	Kings Langley	30/01/2010	
				15.48		Tiana Jaber	Kings Langley	31/01/2009	
		16.15			Taan Mocatta	Hills District	02/02/2008		
		16.32			Rachel Pace	Riverstone	27/01/2007		
		15.18			Ashlee Tait	Kings Langley	28/01/2006		
		15.74			Jessica Hough	Hills District	29/01/2005		
		15.29			Natalie Rimac	Winston Hills	31/01/2004		
		15.51			V Osifo	Kings Langley	25/01/2003		

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U/9 Girls	200M Run	32.85	Yes	Semira Tanea	Kings Langley	31/01/2010		
		34.47		Amanda Bello	Rouse Hill	01/02/2009		
		33.28		Sara De Silva	Winston Hills	03/02/2008		
		36.06		Maddie Green	Hills District	28/01/2007		
		32.54		Kelsey Dwyer	Hills District	29/01/2006		
		33.46		Jessica Hough	Hills District	30/01/2005		
		33.09		Natalie Apikotoa	Kings Langley	01/02/2004		
		33.30		V Osifo	Kings Langley	26/01/2003		
		400M Run		1-19.26	Yes	Brooke Steinwede	Rouse Hill	30/01/2010
				1-21.58		Ali Thomson	Hills District	31/01/2009
				1-16.98		Sara De Silva	Winston Hills	02/02/2008
				1-23.92		Christine Hadfield	Winston Hills	27/01/2007
				1-17.53		Lucy Claxton	Winston Hills	28/01/2006
				1-17.30		Matilda Souter	Winston Hills	29/01/2005
	1-19.37		Karly Melrose	Winston Hills		31/01/2004		
	1-21.52		T Breeze-Backers	Winston Hills		25/01/2003		
	800M Run		3-01.68	Yes		Brooke Steinwede	Rouse Hill	31/01/2010
			3-03.36			Ali Thomson	Hills District	01/02/2009
		3-07.96	Ella Jorgensen		Hills District	03/02/2008		
		3-13.51	Kate O' Gorman		Hills District	28/01/2007		
		3-01.20	Sarah Marvin		Winston Hills	29/01/2006		
		3-04.26	Matilda Souter		Winston Hills	30/01/2005		
		2-59.46	Jessica Clarke		Winston Hills	01/02/2004		
		3-00.63	S Bright		Hills District	26/01/2003		
		700M Walk	4-37.74		Yes	Georgia Garnett	Winston Hills	27/01/2010
			4-09.90			Ali Thomson	Hills District	28/01/2009
	4-46.90		Gabrielle Cahill	Winston Hills		30/01/2008		
	4-40.90		Daniela Milicevic	Hills District		24/01/2007		
	4-56.06		Tiralyn Watson	Kings Langley		25/01/2006		
	4-30.80		Taylah Sengul	Winston Hills		27/01/2005		
	4-30.20		Jasmin Cobb	Winston Hills		29/01/2004		
	4-18.30		K Scholz	Winston Hills		23/01/2003		
	60M Hurdles		11.17	Yes		Olivia Marfo	Winston Hills	30/01/2010
			11.07			Tiana Jaber	Kings Langley	31/01/2009
		11.46	Chloe Antal		Hills District	02/02/2008		
		11.68	Rachel Pace		Riverstone	27/01/2007		
		11.53	Ashlee Tait		Kings Langley	28/01/2006		
		11.36	Paige Wilson-Mosey		Winston Hills	29/01/2005		
		11.80	Jessica Clarke		Winston Hills	31/01/2004		
		11.37	A VanZeeland		Winston Hills	25/01/2003		
		Long Jump	3.50		Yes	Olivia Marfo	Winston Hills	31/01/2010
			3.68			Tiana Jaber	Kings Langley	01/02/2009
	3.50		Tyler Sparks	Quakers Hill		03/02/2008		
	3.81		Rachel Pace	Riverstone		28/01/2007		
	3.52		Ashlee Tait	Kings Langley		29/01/2006		
	3.44		Jessica Hough	Hills District		30/01/2005		
	3.80		Natalie Apikotoa	Kings Langley		01/02/2004		
3.34	A Lewis		Kings Langley	26/01/2003				
High Jump	1.03		Yes	Olivia Marfo		Winston Hills	30/01/2010	
	1.05			Samantha Laidler		Hills District	31/01/2009	
		Tyler Sparks		Quakers Hill	02/02/2008			
	1.14	Lauren Russell		Hawkesbury City	27/01/2007			
	1.12	Ashlee Tait		Kings Langley	28/01/2006			
	1.03	Paige Wilson-Mosey		Winston Hills	29/01/2005			
	1.08	Alexandra Walsh		Winston Hills	31/01/2004			
	1.05	T Williams		Hills District	25/01/2003			
	Shot Put	4.72		Yes	Anna Lockrey	Hills District	30/01/2010	
		6.08			Jessica Gemmell	Hawkesbury City	31/01/2009	
5.19		Gabrielle Cahill	Winston Hills		02/02/2008			

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U/9 Girls	Shot Put	6.37		Kathleen Gemmell	Hawkesbury City	27/01/2007		
		6.40		Kirsty Welfare	Winston Hills	28/01/2006		
		7.82		Taylah Sengul	Winston Hills	29/01/2005		
		6.71		Jean Harvey	Winston Hills	31/01/2004		
		8.12		T Breeze-Backers	Winston Hills	25/01/2003		
	Discus	14.19	Yes	Emily Mooney	Winston Hills	31/01/2010		
		16.17		Isabel Barton	Winston Hills	01/02/2009		
		17.26		Alice Collins	Hills District	03/02/2008		
		16.37		Kimberley Newell	Winston Hills	28/01/2007		
		16.74		Allanah Cochrane	Winston Hills	29/01/2006		
		27.18		Paletina Lemi	Winston Hills	30/01/2005		
		19.65		Karly Melrose	Winston Hills	01/02/2004		
		18.80		J Punch	Kings Langley	26/01/2003		
		U/10 Girls	70M Run	10.93	Yes	Tiana Jaber	Kings Langley	31/01/2010
				10.82		Chloe Antal	Hills District	01/02/2009
10.7				Rachel Pace	Riverstone	03/02/2008		
11.1				Allanah Cochrane	Winston Hills	28/01/2007		
				Jessica Hough	Hills District	29/01/2006		
10.9				Natalie Rimac	Winston Hills	30/01/2005		
11.1				Ashley Breen	Hills District	01/02/2004		
11.3				E Sheridan	Hawkesbury City	26/01/2003		
100M Run	14.91			Yes	Tiana Jaber	Kings Langley	30/01/2010	
	14.98			Chloe Antal	Hills District	31/01/2009		
	15.32			Rachel Pace	Riverstone	02/02/2008		
	15.93			Ashlee Tait	Kings Langley	27/01/2007		
	15.09			Jessica Hough	Hills District	28/01/2006		
	14.81			Natalie Rimac	Winston Hills	29/01/2005		
	15.59			Ashley Breen	Hills District	31/01/2004		
	15.21			M Denning	Hills District	25/01/2003		
	200M Run		31.86	Yes	Samantha Laidler	Hills District	31/01/2010	
31.03				Sara de Silva	Winston Hills	01/02/2009		
33.36				Elouise Abrahams	Hills District	03/02/2008		
32.97				Kelsey Dwyer	Hills District	28/01/2007		
32.10				Jessica Hough	Hills District	29/01/2006		
31.60				Natalie Rimac	Winston Hills	30/01/2005		
33.76				Sarah Bright	Hills District	01/02/2004		
32.86				L Dowle	Winston Hills	26/01/2003		
400M Run			1-18.04	Yes	Ali Thomson	Hills District	30/01/2010	
	1-12.53			Sara de Silva	Winston Hills	31/01/2009		
	1-19.80			Maddie Green	Hills District	02/02/2008		
	1-14.21			Kelsey Dwyer	Hills District	27/01/2007		
	1-14.38			Matilda Souter	Winston Hills	28/01/2006		
	1-20.23			Shinelle Baker	Winston Hills	29/01/2005		
	1-19.53			S Brown	Riverstone	31/01/2004		
	1-18.93			L Dowle	Winston Hills	25/01/2003		
	800M Run		2-54.98	Yes	Ali Thomson	Hills District	31/01/2010	
3-00.33				Madison McComsky	Rouse Hill	01/02/2009		
3-11.62				Kate O' Gorman	Hills District	03/02/2008		
2-50.33				Sarah Marvin	Winston Hills	28/01/2007		
2-44.55				Katie Gamble	Hills District	29/01/2006		
2-58.94				Katie Ingle	Hills District	30/01/2005		
2-55.03				Sarah Bright	Hills District	01/02/2004		
3-08.25				R Houston	Winston Hills	26/01/2003		
1500M Run			5-52.70	Yes	Ali Thomson	Hills District	30/01/2010	
	6-12.83			Ella Jorgensen	Hills District	31/01/2009		
	6-19.40			Kate O' Gorman	Hills District	02/02/2008		
	5-48.02			Sarah Marvin	Winston Hills	27/01/2007		

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U/10 Girls	1500M Run	5-39.00		Katie Gamble	Hills District	28/01/2006	
		5-58.20		Jessica Clarke	Winston Hills	29/01/2005	
		5-52.42		Sarah Bright	Hills District	31/01/2004	
		6-00.04		M Denning	Hills District	25/01/2003	
	1100M Walk	6-23.75	Yes	Ali Thomson	Hills District	27/01/2010	
		6-38.20		Tiffany Saker	Hills District	28/01/2009	
		7-43.20		Adriana Shina	Hills District	30/01/2008	
		7-04.47		Michelle Dalbon	Hills District	24/01/2007	
		7-13.50		Taylah Sengul	Winston Hills	25/01/2006	
		7-07.44		Jasmin Cobb	Winston Hills	27/01/2005	
		7-01.90		Kate Scholz	Winston Hills	29/01/2004	
		6-17.40		R Houston	Winston Hills	23/01/2003	
		60M Hurdles	11.36	Yes	Tiana Jaber	Kings Langley	30/01/2010
			12.32		Tegan Pierce	Hills District	31/01/2009
	11.82			Rachel Pace	Riverstone	02/02/2008	
	12.02			Ashlee Tait	Kings Langley	27/01/2007	
	11.78			Paige Wilson-Mosey	Winston Hills	28/01/2006	
	12.15			Alexandra Walsh	Winston Hills	29/01/2005	
	12.54			S Brown	Riverstone	31/01/2004	
	12.42			L Kenny	Hills District	25/01/2003	
	Long Jump		4.19	Yes	Tiana Jaber	Kings Langley	30/01/2010
			3.90		Sara de Silva	Winston Hills	31/01/2009
		4.00		Rachel Pace	Riverstone	02/02/2008	
		3.72		Ashlee Tait	Kings Langley	27/01/2007	
		4.00		Jessica Hough	Hills District	28/01/2006	
		3.93		Natalie Apikotoa	Kings Langley	29/01/2005	
		3.97		Taylor Breeze-Backers	Winston Hills	31/01/2004	
		3.64		M Denning	Hills District	25/01/2003	
		High Jump	1.05	Yes	Samantha Laidler	Hills District	31/01/2010
			1.14		Anastasia Plummer	Hawkesbury City	01/02/2009
	1.08			Eliza Adams	Winston Hills	03/02/2008	
	1.28			Ashlee Tait	Kings Langley	28/01/2007	
	1.17			Sarah Watts	Hills District	29/01/2006	
				Alexandra Walsh	Winston Hills	30/01/2005	
	1.27			Taylor Breeze-Backers	Winston Hills	01/02/2004	
	1.15			B Claassens	Hawkesbury City	26/01/2003	
	Shot Put		6.82	Yes	Natalie Warwick	Hills District	31/01/2010
			6.93		Edwina Bourne	Winston Hills	01/02/2009
		6.25		K. Gemmell	Hawkesbury City	03/02/2008	
		6.32		Taylor Douglas	Winston Hills	28/01/2007	
		10.92		Paletina Lemi	Winston Hills	29/01/2006	
		7.63		Mikaela Cameron	Winston Hills	30/01/2005	
		9.27		Taylor Breeze-Backers	Winston Hills	01/02/2004	
		6.88		K Kennedy	Winston Hills	26/01/2003	
		Discus	15.59	Yes	Amanda Bello	Rouse Hill	30/01/2010
			19.83		Bethany Parker	Kings Langley	31/01/2009
	18.06			K. Gemmell	Hawkesbury City	02/02/2008	
	16.39			Dana Pogson	Quakers Hill	27/01/2007	
	36.17			Taylah Sengul	Winston Hills	28/01/2006	
	20.23			Jean Harvey	Winston Hills	29/01/2005	
25.70			Jessica Punch	Winston Hills	31/01/2004		
23.77			K Kennedy	Winston Hills	25/01/2003		
U/11 Girls	100M Run		14.61	Yes	Chloe Antal	Hills District	30/01/2010
			14.55		Rachel Pace	Riverstone	31/01/2009
		14.21		Emily Lagos	Rouse Hill	02/02/2008	
		15.18		Sonya Taumaialo	Winston Hills	27/01/2007	
		14.45		Natalie Apikotoa	Kings Langley	28/01/2006	

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U/11 Girls	100M Run	14.81		C Stedman	Hawkesbury City	29/01/2005
		15.29		Rebecca Watts	Winston Hills	31/01/2004
		14.54		D Eros	Hills District	25/01/2003
	200M Run	30.02	Yes	Sara De Silva	Winston Hills	31/01/2010
		31.31		Rachel Pace	Riverstone	01/02/2009
		30.77		Kelsey Dwyer	Hills District	03/02/2008
		30.50		Sonya Taumaialo	Winston Hills	28/01/2007
		30.26		Natalie Rimac	Winston Hills	29/01/2006
		32.21		Amy Lewis	Hills District	30/01/2005
		30.44		Meryn Denning	Hills District	01/02/2004
		30.30		C Stedman	Hawkesbury City	26/01/2003
	400M Run	1-09.37	Yes	Melissa Bello	Rouse Hill	30/01/2010
		1-17.61		Maddie Green	Hills District	31/01/2009
		1-13.86		Kelsey Dwyer	Hills District	02/02/2008
		1-11.76		Matilda Souter	Winston Hills	27/01/2007
		1-15.73		Shayna Killey	Winston Hills	28/01/2006
		1-12.93		Sarah Bright	Hills District	29/01/2005
		1-13.69		Rebecca Watts	Winston Hills	31/01/2004
		1-11.94		V Thwaites	Riverstone	25/01/2003
		2-59.83	Yes	Jane Hill	Winston Hills	31/01/2010
		2-53.81		Tayla Deverell	Quakers Hill	01/02/2009
	800M Run	2-43.54		Sarah Marvin	Winston Hills	03/02/2008
		2-46.50		Katie Gamble	Hills District	28/01/2007
		2-52.79		Kristal Lewis	Hawkesbury City	29/01/2006
		2-52.66		Sarah Bright	Hills District	30/01/2005
		2-46.34		Meryn Denning	Hills District	01/02/2004
		2-50.17		J Dawson	Riverstone	26/01/2003
		6-06.29	Yes	Tayla Chaplin	Kings Langley	30/01/2010
		5-50.08		Tayla Deverell	Quakers Hill	31/01/2009
	1500M Run	5-28.60		Sarah Marvin	Winston Hills	02/02/2008
		5-53.41		Katie Gamble	Hills District	27/01/2007
		5-52.00		Kristal Lewis	Hawkesbury City	28/01/2006
		5-54.74		Sarah Bright	Hills District	29/01/2005
		5-56.86		Laura Kenny	Hills District	31/01/2004
		5-50.57		J Dawson	Riverstone	25/01/2003
		6-25.81	Yes	Tiffany Saker	Hills District	27/01/2010
		6-41.40		Adriana Shina	Hills District	28/01/2009
	1100M Walk	6-44.10		Cliantha Tanea	Kings Langley	30/01/2008
		6-48.30		Alicia Van Arkel	Hills District	24/01/2007
		6-55.50		Taryn Eddy	Hawkesbury City	25/01/2006
		7-03.90		Lauren Deverell	Quakers Hill	27/01/2005
		6-25.70		Rebecca Houston	Winston Hills	29/01/2004
		6-24.00		L Cameron	Hills District	23/01/2003
8-38.40		Yes	K. Drennan	W/HLS	03/02/1995	
60M Hurdles		11.87	Yes	Sherrie Calleia	Hills District	30/01/2010
	10.65		Rachel Pace	Riverstone	31/01/2009	
	10.56		Ashlee Tait	Kings Langley	02/02/2008	
	10.65		Sonya Taumaialo	Winston Hills	27/01/2007	
	11.61		Corrina Moore	Kings Langley	28/01/2006	
	11.37		Vanessa Osifo	Kings Langley	29/01/2005	
	12.04		Laura Kenny	Hills District	31/01/2004	
	10.70		D Macer-Wright	Kings Langley	25/01/2003	
Long Jump	4.03	Yes	Taan Mocatta	Hills District	31/01/2010	
	4.15		Rachel Pace	Riverstone	01/02/2009	
	4.16		Tienna Parello	Winston Hills	03/02/2008	
	4.19		Sonya Taumaialo	Winston Hills	28/01/2007	
	4.12		Natalie Apikotoa	Kings Langley	29/01/2006	
	4.07		Amy Lewis	Hills District	30/01/2005	
	3.95		Erin Sheridan	Hawkesbury City	01/02/2004	

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U/11 Girls	Long Jump	3.99		D Macer-Wright	Kings Langley	26/01/2003	
		1.19	Yes	Anastasia Plummer	Hawkesbury City	30/01/2010	
	High Jump			Tayla Deverell	Quakers Hill	31/01/2009	
		1.24		Ashlee Tait	Kings Langley	02/02/2008	
		1.28		Sarah Watts	Hills District	27/01/2007	
				Natalie Rimac	Winston Hills	28/01/2006	
		1.20		N Stalenberg	Hawkesbury City	29/01/2005	
		1.23		Bethany Claassens	Hawkesbury City	31/01/2004	
		1.27		D Eros	Hills District	25/01/2003	
		Triple Jump	8.76	Yes	Chloe Antal	Hills District	30/01/2010
			8.68		Emma-Jane Missio	Kings Langley	31/01/2009
			9.27		Allanah Cochrane	Winston Hills	02/02/2008
			8.61		Jessica Hough	Hills District	27/01/2007
					Alexandra Pollett	Hills District	28/01/2006
			8.65		Taylor Breeze-Backers	Winston Hills	29/01/2005
			9.15		Meryn Denning	Hills District	31/01/2004
			8.49		A Badcoe	Hills District	25/01/2003
			Shot Put	9.44	Yes	Bethany Parker	Kings Langley
	8.18				Emma Ralphs	Hills District	31/01/2009
	8.66				Tienna Parello	Winston Hills	02/02/2008
	12.65				Taylah Sengul	Winston Hills	27/01/2007
	10.69			Jean Harvey	Winston Hills	28/01/2006	
	10.36			Amber Van Zeeland	Winston Hills	29/01/2005	
	8.24			Kim Kennedy	Winston Hills	31/01/2004	
	8.22			A Brough	Hills District	25/01/2003	
	Discus	23.60		Yes	Bethany Parker	Kings Langley	31/01/2010
		22.50			Emma Ralphs	Hills District	01/02/2009
		16.13		Daisy Bryant	Hills District	03/02/2008	
		33.66		Paletina Lemi	Winston Hills	28/01/2007	
		26.91		Jean Harvey	Winston Hills	29/01/2006	
		25.23		Tepa Lemi	Winston Hills	30/01/2005	
		22.92		Kim Kennedy	Winston Hills	01/02/2004	
		21.41		L Cameron	Hills District	26/01/2003	
	U/12 Girls	100M Run	14.98	Yes	Elouise Abrahams	Hills District	30/01/2010
			13.56		Ashlee Tait	Kings Langley	31/01/2009
			13.64		Sonya Taumaialo	Winston Hills	02/02/2008
			14.60		Alexandra Pollett	Hills District	27/01/2007
			13.89		Tatum Kite	Hawkesbury City	28/01/2006
			13.97		Meryn Denning	Hills District	29/01/2005
			14.40		Caitlin Stedman	Hawkesbury City	31/01/2004
13.77				L Nicola	Winston Hills	25/01/2003	
200M Run			30.81	Yes	Natalie Szabo	Rouse Hill	31/01/2010
			29.52		Emily Lagos	Rouse Hill	01/02/2009
		29.00		Sonya Taumaialo	Winston Hills	03/02/2008	
		28.89		Natalie Apikotoa	Kings Langley	28/01/2007	
		30.13		Vanessa Osifo	Hills District	29/01/2006	
		30.20		Meryn Denning	Hills District	30/01/2005	
		29.73		Caitlin Stedman	Hawkesbury City	01/02/2004	
400M Run				A Zaja	Hills District	26/01/2003	
		1-09.97	Yes	Elouise Abrahams	Hills District	30/01/2010	
		1-14.36		Rachel Knellwolf	Rouse Hill	31/01/2009	
		1-12.48		Samantha Cahill	Winston Hills	02/02/2008	
		1-15.15		Shayna Killey	Winston Hills	27/01/2007	
		1-09.98		Sarah Bright	Hills District	28/01/2006	
		1-12.15		Hannah Monty	Hills District	29/01/2005	
		1-09.41		Caitlin Stedman	Hawkesbury City	31/01/2004	
1-07.84			B Melrose	Winston Hills	25/01/2003		

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U/12 Girls	800M Run	2-44.64	Yes	Paris Lawrence	Hills District	31/01/2010		
		2-38.42		Sarah Marvin	Winston Hills	01/02/2009		
		2-42.90		Abby Brown	Riverstone	03/02/2008		
		2-53.84		Gabrielle Ralphs	Hills District	28/01/2007		
		2-39.29		Sarah Bright	Hills District	29/01/2006		
		2-54.52		Courtney Hughes	Quakers Hill	30/01/2005		
		2-37.94		Xanthe Dwyer	Hills District	01/02/2004		
		2-36.49		B Melrose	Winston Hills	26/01/2003		
		1500M Run		5-41.74	Yes	Paris Lawrence	Hills District	30/01/2010
				5-16.27		Sarah Marvin	Winston Hills	31/01/2009
				5-39.60		Abby Brown	Riverstone	02/02/2008
				6-02.94		Isabella Shina	Hills District	27/01/2007
				5-28.00		Sarah Bright	Hills District	28/01/2006
				5-57.35		Courtney Hughes	Quakers Hill	29/01/2005
	5-29.03		Xanthe Dwyer	Hills District		31/01/2004		
	5-52.04		B Melrose	Winston Hills		25/01/2003		
	1500M Walk	9-20.95	Yes	Adriana Shina	Hills District	27/01/2010		
		9-15.20		Clantha Philene Tut Tanea	Kings Langley	28/01/2009		
		10-22.40		Telicia Watson	Kings Langley	30/01/2008		
		9-17.74		Isabella Shina	Hills District	24/01/2007		
		9-33.12		L Deverell	Quakers Hill	25/01/2006		
		8-44.35		B Claassens	Hawkesbury City	27/01/2005		
		9-07.30		Lauren Leckie	Winston Hills	29/01/2004		
		8-18.80		B Melrose	Winston Hills	23/01/2003		
		60M Hurdles		11.88	Yes	Freya Cleveringa	Hills District	30/01/2010
				11.28		Ashlee Tait	Kings Langley	31/01/2009
	10.53		Sonya Taumaialo	Winston Hills		02/02/2008		
	11.60		Corrina Moore	Kings Langley		27/01/2007		
	11.17		Vanessa Osifo	Hills District		28/01/2006		
	11.44		Meryn Denning	Hills District		29/01/2005		
	10.67		Dominique Macer-wright	Kings Langley		31/01/2004		
	11.22		J Burge	Hills District		25/01/2003		
	Long Jump		4.27	Yes		Emma Ralphs	Hills District	30/01/2010
			4.23			Tienna Parrello	Winston Hills	31/01/2009
		4.57	Sonya Taumaialo		Winston Hills	02/02/2008		
		4.61	Natalie Apikotoa		Kings Langley	27/01/2007		
		4.32	Amy Lewis		Hills District	28/01/2006		
		4.22	E Sheridan		Hawkesbury City	29/01/2005		
		4.44	Dominique Macer-wright		Kings Langley	31/01/2004		
		4.25	J Dowle		Winston Hills	25/01/2003		
		High Jump	1.35		Yes	Emma Ralphs	Hills District	31/01/2010
			1.25			Allanah Cochrane	Winston Hills	01/02/2009
1.36	Brooke Hojel		Kings Langley	03/02/2008				
1.25	Gabrielle Ralphs		Hills District	28/01/2007				
1.26	Vanessa Osifo		Hills District	29/01/2006				
1.15	B Claassens		Hawkesbury City	30/01/2005				
1.33	Jemimah Hoare		Winston Hills	01/02/2004				
1.35	Z Wanschers		Winston Hills	26/01/2003				
Triple Jump	8.81		Yes	Emma-Jane Missio		Kings Langley	31/01/2010	
	9.05			Ashlee Tait		Kings Langley	01/02/2009	
	9.76	Jessica Hough		Hills District	03/02/2008			
	9.91	Natalie Apikotoa		Kings Langley	28/01/2007			
	8.91	Amy Lewis		Hills District	29/01/2006			
	9.26	Meryn Denning		Hills District	30/01/2005			
	9.02	Dominique Macer-wright		Kings Langley	01/02/2004			
	8.94	A Zaja		Hills District	26/01/2003			
Shot Put	9.59	Yes	Emma Ralphs	Hills District	31/01/2010			
	10.05		Francesca Mayol	Winston Hills	01/02/2009			
	15.76		Taylah Sengul	Winston Hills	03/02/2008			

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U/12 Girls	Shot Put	12.00		Jean Harvey	Winston Hills	28/01/2007	
		12.65		Tepa Lemi	Winston Hills	29/01/2006	
		9.61		Kim Kennedy	Winston Hills	30/01/2005	
		9.58		Alison Brough	Hills District	01/02/2004	
		12.69		J Cameron	Hills District	26/01/2003	
	Discus	25.22	Yes	Emma Ralphs	Hills District	30/01/2010	
		31.24		Francesca Mayol	Winston Hills	31/01/2009	
		41.59		Taylah Sengul	Winston Hills	02/02/2008	
		31.04		Jean Harvey	Winston Hills	27/01/2007	
		37.31		Tepa Lemi	Winston Hills	28/01/2006	
		27.48		Kim Kennedy	Winston Hills	29/01/2005	
		24.92		Sarah Dalrymple	Winston Hills	31/01/2004	
		35.46		J Cameron	Hills District	25/01/2003	
		U/13 Girls	100M Run	14.01	Yes	Ashlee Tait	Kings Langley
14.10				Courtney Elliott	Winston Hills	31/01/2009	
13.75				Alexandra Pollett	Hills District	02/02/2008	
14.73				Amy Lewis	Hills District	27/01/2007	
13.41				Rebecca Watts	Winston Hills	28/01/2006	
13.24				Jessi Elliott	Winston Hills	29/01/2005	
13.75				Phoebe Rom	Winston Hills	31/01/2004	
13.95				J Hampson	Hills District	25/01/2003	
200M Run	28.87			Yes	Ashlee Tait	Kings Langley	31/01/2010
	29.09				Jessica Hough	Hills District	01/02/2009
	28.64			Alexandra Pollett	Hills District	03/02/2008	
	29.49			Amy Lewis	Hills District	28/01/2007	
	28.40			Rebecca Watts	Winston Hills	29/01/2006	
	27.85			Jessi Elliott	Winston Hills	30/01/2005	
	27.60			Phoebe Rom	Winston Hills	01/02/2004	
400M Run	28.62			S BoshierEggins	Hills 2WS Athletic Club	26/01/2003	
	1-10.34		Yes	Victoria Hack	Hills District	30/01/2010	
	1-09.94			Samantha Cahill	Winston Hills	31/01/2009	
	1-08.90			Shayna Killey	Winston Hills	02/02/2008	
	1-06.45			Stephanie Brown	Riverstone	27/01/2007	
	1-04.29			Janine Liversage	Hills District	28/01/2006	
	1-08.96			C Stedman	Hawkesbury City	29/01/2005	
	1-02.04			Phoebe Rom	Winston Hills	31/01/2004	
	1-06.57			E South	Winston Hills	25/01/2003	
	800M Run		2-33.71	Yes	Sarah Marvin	Winston Hills	31/01/2010
2-38.16				Emily Michell	Hills District	01/02/2009	
2-42.90				Isabella Shina	Hills District	03/02/2008	
2-38.99				Sarah Bright	Hills District	28/01/2007	
2-28.72				Janine Liversage	Hills District	29/01/2006	
2-34.72				Kristina Cavanna	Hills District	30/01/2005	
2-32.20				Brittany Melrose	Winston Hills	01/02/2004	
2-55.09				J Dalbon	Hills District	26/01/2003	
1500M Run			5-07.31	Yes	Sarah Marvin	Winston Hills	30/01/2010
			5-30.15		Emily Michell	Hills District	31/01/2009
	5-37.41			Isabella Shina	Hills District	02/02/2008	
	5-26.51			Sarah Bright	Hills District	27/01/2007	
	5-12.00			Janine Liversage	Hills District	28/01/2006	
	5-23.51			Kristina Cavanna	Hills District	29/01/2005	
	5-47.04			Alyse Wigley	Hills District	31/01/2004	
	6-01.93			A Clark	Quakers Hill	25/01/2003	
3000M Run	10-43.12		Yes	Sarah Marvin	Winston Hills	30/01/2010	
	11-41.20			Emily Michell	Hills District	31/01/2009	
	11-55.49			Isabella Shina	Hills District	02/02/2008	
	11-48.40			Elese Gallen	Riverstone	31/01/2007	

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U/13 Girls	3000M Run	11-17.40		Janine Liversage	Hills District	02/02/2006	
		13-12.20		Melissa Hayes	Kings Langley	04/02/2004	
		12-37.53		Louise Marvin	Winston Hills	02/02/2004	
		13-20.03		A Clark	Quakers Hill	29/01/2003	
		12-02.30		K. Drennan	W/HLS	02/02/1997	
	1500M Walk	8-03.44	Yes	Kerilee Coote	Hills District	27/01/2010	
		8-55.70		Emily Tahiri	Kings Langley	28/01/2009	
		7-46.10		Isabella Shina	Hills District	30/01/2008	
		9-13.20		Alison Jalvo	Hills District	24/01/2007	
		8-37.29		Bethany Claassens	Hawkesbury City	25/01/2006	
		9-49.31		Lauren Leckie	Winston Hills	27/01/2005	
		8-01.40		Brittany Melrose	Winston Hills	29/01/2004	
		8-55.00		J Cobb	Winston Hills	23/01/2003	
		80M Hurdles	14.04	Yes	Ashlee Tait	Kings Langley	31/01/2010
			15.24		Jessica Hough	Hills District	01/02/2009
	14.40			Corrina Moore	Kings Langley	03/02/2008	
	15.11			Rosie Bradshaw	Winston Hills	28/01/2007	
	15.07			Meryn Denning	Hills District	29/01/2006	
	14.18			Dominique Macer-Wright	Winston Hills	30/01/2005	
	14.88			Jennifer Burge	Hills District	01/02/2004	
	14.10			E South	Winston Hills	26/01/2003	
				L Huston	Winston Hills	26/01/2003	
	90M Hurdles		15.80	Yes	N. Crawford	HILLS	07/02/1993
	200M Hurdles	30.12	Yes	Ashlee Tait	Kings Langley	30/01/2010	
		32.11		Courtney Elliott	Winston Hills	31/01/2009	
		32.51		Corrina Moore	Kings Langley	02/02/2008	
		31.58		Amy Lewis	Hills District	27/01/2007	
		32.18		Kim Kennedy	Winston Hills	28/01/2006	
		30.70		Jessi Elliott	Winston Hills	29/01/2005	
		32.54		Phoebe Rom	Winston Hills	31/01/2004	
		31.26		L Denning	Hills District	25/01/2003	
		Long Jump	4.57	Yes	Victoria Hack	Hills District	31/01/2010
			4.17		Sarah Watts	Hills District	01/02/2009
	4.58			Gabrielle Ralphs	Hills District	03/02/2008	
	4.22			Rosie Bradshaw	Winston Hills	28/01/2007	
	4.36			Erin Sheridan	Hawkesbury City	29/01/2006	
	4.56			Jessi Elliott	Winston Hills	30/01/2005	
	4.27			Shalini Haines	Winston Hills	01/02/2004	
	4.53			E South	Winston Hills	26/01/2003	
	High Jump		1.31	Yes	Natasha Roach	Winston Hills	30/01/2010
			1.45		Sarah Watts	Hills District	31/01/2009
				Gabrielle Ralphs	Hills District	02/02/2008	
		1.40		Rosie Bradshaw	Winston Hills	27/01/2007	
1.32			Katherine Innes	Hills District	28/01/2006		
1.44			Jemimah Hoare	Winston Hills	29/01/2005		
1.36			Kate Dossaer	Hawkesbury City	31/01/2004		
1.55			E South	Winston Hills	25/01/2003		
Triple Jump		9.60	Yes	Ashlee Tait	Kings Langley	30/01/2010	
		9.34		Nicola Claravall	Hawkesbury City	31/01/2009	
	10.14		Alexandra Pollett	Hills District	02/02/2008		
	9.58		Vanessa Osifo	Hills District	27/01/2007		
	9.79		Meryn Denning	Hills District	28/01/2006		
	9.80		Dominique Macer-Wright	Winston Hills	29/01/2005		
	9.20		Natalie Tereba	Hills District	31/01/2004		
	9.12		J Hampson	Hills District	25/01/2003		
	Shot Put	9.51	Yes	Lucinda Wade	Hawkesbury City	31/01/2010	
		14.57		Taylah Sengul	Winston Hills	01/02/2009	
10.14			Jean Harvey	Winston Hills	03/02/2008		
11.97			Tepa Lemi	Winston Hills	28/01/2007		

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U/13 Girls	Shot Put	9.11		Kim Kennedy	Winston Hills	29/01/2006	
		8.92		Lauren Cameron	Winston Hills	30/01/2005	
		11.14		Jessica Cameron	Winston Hills	01/02/2004	
		9.24		J Richter	Winston Hills	26/01/2003	
	Discus	21.61	Yes	Tienna Parrello	Winston Hills	30/01/2010	
		47.60		Taylah Sengul	Winston Hills	31/01/2009	
		31.51		Jean Harvey	Winston Hills	02/02/2008	
		37.96		Tepa Lemi	Winston Hills	27/01/2007	
		30.32		Kim Kennedy	Winston Hills	28/01/2006	
		28.67		Lauren Cameron	Winston Hills	29/01/2005	
		37.24		Jessica Cameron	Winston Hills	31/01/2004	
		33.80		L Huston	Winston Hills	25/01/2003	
		Javelin	11.17	Yes	Talisha Jones	Hills District	27/01/2010
			41.86		Taylah Sengul	Winston Hills	28/01/2009
	28.44			Jean Harvey	Winston Hills	30/01/2008	
	29.76			Tepa Lemi	Winston Hills	24/01/2007	
	30.10			Kim Kennedy	Winston Hills	25/01/2006	
	26.30			Nicole Dahlberg	Winston Hills	27/01/2005	
	U/14 Girls	100M Run	13.44	Yes	Courtney Elliott	Winston Hills	30/01/2010
			13.46		Natalie Apikotoa	Kings Langley	31/01/2009
13.91				Amy Lewis	Hills District	02/02/2008	
13.76				Rebecca Watts	Winston Hills	27/01/2007	
12.98				Jessi Elliott	Winston Hills	28/01/2006	
13.35				Lauren Nicola	Winston Hills	29/01/2005	
13.07				Cara Berry	Winston Hills	31/01/2004	
13.39				C Davis	Hills District	25/01/2003	
200M Run			28.38	Yes	Michaela Emblem	Hawkesbury City	31/01/2010
			28.15		Natalie Apikotoa	Kings Langley	01/02/2009
		28.43		Amy Lewis	Hills District	03/02/2008	
		27.62		Rebecca Watts	Winston Hills	28/01/2007	
		27.46		Jessi Elliott	Winston Hills	29/01/2006	
		27.22		Lauren Nicola	Winston Hills	30/01/2005	
400M Run		27.22		Cara Berry	Winston Hills	01/02/2004	
		28.15		F Tassone	Hills District	26/01/2003	
		1-06.99	Yes	Michaela Emblem	Hawkesbury City	30/01/2010	
		1-07.74		Genevieve Cowie	Hills District	31/01/2009	
		1-03.33		Stephanie Brown	Riverstone	02/02/2008	
		1-03.49		Janine Liversage	Hills District	27/01/2007	
		1-07.49		Xanthe Dwyer	Hills District	28/01/2006	
		1-04.54		Andrea Zaja	Hills District	29/01/2005	
		1-03.84		Lauren Johnston	Hills District	31/01/2004	
		1-04.75		F Tassone	Hills District	25/01/2003	
800M Run		2-39.37	Yes	Emily Michell	Hills District	31/01/2010	
		2-42.18		Kristal Lewis	Hawkesbury City	01/02/2009	
		2-31.52		Sarah Bright	Hills District	03/02/2008	
		2-27.13		Janine Liversage	Hills District	28/01/2007	
		2-34.53		Xanthe Dwyer	Hills District	29/01/2006	
		2-37.08		Katy Tomasums	Hills District	30/01/2005	
	2-39.62		Lauren Wheeler	Hills District	01/02/2004		
	2-22.05		H Gregson	Hills 2WS Athletic Club	26/01/2003		
1500M Run	5-26.69	Yes	Emily Michell	Hills District	30/01/2010		
	5-33.80		Isabella Shina	Hills District	31/01/2009		
	5-19.30		Sarah Bright	Hills District	02/02/2008		
	5-12.14		Janine Liversage	Hills District	27/01/2007		
	5-15.00		Louise Marvin	Winston Hills	28/01/2006		

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U/14 Girls	1500M Run	5-44.05		Alyse Wigley	Hills District	29/01/2005	
		6-02.07		Lauren Wheeler	Hills District	31/01/2004	
		5-04.64		H Gregson	Hills 2WS Athletic Club	25/01/2003	
	3000M Run	11-51.88	Yes	Corinne Gard	Hills District	30/01/2010	
		11-44.44		Isabella Wigley	Hills District	31/01/2009	
		11-58.18		Else Gallen	Riverstone	02/02/2008	
		13-05.50		Emily Thomson	Winston Hills	31/01/2007	
		11-33.30		Louise Marvin	Winston Hills	02/02/2006	
		17-33.40		Laura Fletcher	Hawkesbury City	04/02/2004	
				Malissa Smith	Hawkesbury City	04/02/2004	
				Melissa Hayes	Kings Langley	02/02/2004	
				N Xuereb	Riverstone	29/01/2003	
				13-07.04			
	1500M Walk	8-12.11	Yes	Maddison Hardy	Hills District	27/01/2010	
		8-16.50		Isabella Shina	Hills District	28/01/2009	
		10-59.10		Emily Scott	Hawkesbury City	30/01/2008	
		8-51.85		Bethany Claassens	Hawkesbury City	24/01/2007	
		9-22.44		Dalbon Louise	Hills District	25/01/2006	
		7-52.57		Brittany Melrose	Winston Hills	27/01/2005	
		9-37.00		Jessica Cobb	Winston Hills	29/01/2004	
		9-17.50		C Chircop	Winston Hills	23/01/2003	
		80M Hurdles	14.04	Yes	Courtney Elliott	Winston Hills	31/01/2010
			13.49		Corrina Moore	Kings Langley	01/02/2009
	15.55			Rosie Bradshaw	Winston Hills	03/02/2008	
	14.46			Kim Kennedy	Winston Hills	28/01/2007	
	14.17			Dominique Macer-Wright	Winston Hills	29/01/2006	
	15.01			Jennifer Burge	Hills District	30/01/2005	
	13.18			Cara Berry	Winston Hills	01/02/2004	
	14.54			C Cody	Hills District	26/01/2003	
	90M Hurdles	15.50	Yes	T. Furlong	RICH	07/02/1993	
	200M Hurdles	32.04	Yes	Abigail Marfo	Winston Hills	30/01/2010	
		31.09		Genevieve Cowie	Hills District	31/01/2009	
		32.30		Amy Lewis	Hills District	02/02/2008	
		31.89		Meryn Denning	Hills District	27/01/2007	
		30.64		Jessi Elliott	Winston Hills	28/01/2006	
		32.59		Natalie Tereba	Hills District	29/01/2005	
		30.67		Laura Denning	Hills District	31/01/2004	
		33.28		T Guyatt	Hills District	25/01/2003	
	Long Jump	4.65	Yes	Jessica Hough	Hills District	30/01/2010	
		4.77		Natalie Apikotoa	Kings Langley	31/01/2009	
		4.68		Amy Lewis	Hills District	02/02/2008	
		3.94		Elizabeth Tobar	Quakers Hill	27/01/2007	
4.78			Jessi Elliott	Winston Hills	28/01/2006		
4.21			Shalini Haines	Winston Hills	29/01/2005		
4.91			Cara Berry	Winston Hills	31/01/2004		
			Janine Hampson	Hills District	31/01/2004		
			4.41				
			C Cody	Hills District	25/01/2003		
High Jump	1.45	Yes	Sarah Watts	Hills District	31/01/2010		
	1.50		Gabrielle Ralphs	Hills District	01/02/2009		
	1.40		Rosie Bradshaw	Winston Hills	03/02/2008		
	1.45		Chelsea Killey	Winston Hills	28/01/2007		
	1.31		Ashlee Clews	Winston Hills	29/01/2006		
	1.40		Andrea Zaja	Hills District	30/01/2005		
	1.39		Lauren Johnston	Hills District	01/02/2004		
	1.41		C Cody	Hills District	26/01/2003		
Triple Jump	10.20	Yes	Abigail Marfo	Winston Hills	31/01/2010		
	9.84		Gabrielle Ralphs	Hills District	01/02/2009		
	8.68		Tamara Smith	Winston Hills	03/02/2008		
	9.38		Meryn Denning	Hills District	28/01/2007		
	10.35		Dominique Macer-Wright	Winston Hills	29/01/2006		

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North West Metropolitan

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RECORD TYPE: TITLE

Age Group	Event	Record	Current?	Record Holder(s)	Centre/Club	Date		
U/14 Girls	Triple Jump	9.62		Andrea Zaja	Hills District	30/01/2005		
		10.26		Lara Huston	Winston Hills	01/02/2004		
		9.21		T Guyatt	Hills District	26/01/2003		
	Shot Put	15.42	Yes	Taylah Sengul	Winston Hills	30/01/2010		
		11.92		Gabrielle Ralphs	Hills District	31/01/2009		
		11.01		Tepa Lemi	Winston Hills	02/02/2008		
		9.56		Lauren Dowle	Winston Hills	27/01/2007		
		9.91		Alison Brough	Hills District	28/01/2006		
		13.16		Jessica Cameron	Winston Hills	29/01/2005		
		9.49		Rhiannon Sengul	Winston Hills	31/01/2004		
		10.86		A Levick	Kings Langley	25/01/2003		
		44.29	Yes	Taylah Sengul	Winston Hills	31/01/2010		
		33.28		Natalie Apikotoa	Kings Langley	01/02/2009		
	Discus	35.23		Cassie Hewitt	Hills District	03/02/2008		
		26.88		Kim Kennedy	Winston Hills	28/01/2007		
		25.23		Lauren Cameron	Winston Hills	29/01/2006		
		36.66		Jessica Cameron	Winston Hills	30/01/2005		
		26.65		Lara Huston	Winston Hills	01/02/2004		
		25.35		A Levick	Kings Langley	26/01/2003		
		37.11	Yes	Taylah Sengul	Winston Hills	27/01/2010		
		26.29		Daniela Mayol	Winston Hills	28/01/2009		
		28.48		Cassie Hewitt	Hills District	30/01/2008		
		30.03		Lauren Dowle	Winston Hills	24/01/2007		
	Javelin	23.13		Nichole Dahlberg	Winston Hills	25/01/2006		
		30.11		Jessica Cameron	Winston Hills	27/01/2005		
		32.17		Lara Huston	Winston Hills	29/01/2004		
		22.54		A Levick	Kings Langley	25/01/2003		
		U/15 Girls	100M Run	13.06	Yes	Natalie Apikotoa	Kings Langley	30/01/2010
				13.37		Amy Lewis	Hills District	31/01/2009
				12.86		Rebecca Watts	Winston Hills	02/02/2008
13.47					Jessi Elliott	Winston Hills	27/01/2007	
13.65					Phoebe Rom	Winston Hills	28/01/2006	
13.25					Janine Hampson	Hills District	29/01/2005	
13.75				Candice Davis	Hills District	31/01/2004		
13.27				T Harris	Hills District	25/01/2003		
27.39	Yes			Natalie Apikotoa	Kings Langley	31/01/2010		
27.92				Stephanie Brown	Riverstone	01/02/2009		
26.92				Rebecca Watts	Winston Hills	03/02/2008		
27.60				Jessi Elliott	Winston Hills	28/01/2007		
27.50				Andrea Zaja	Hills District	29/01/2006		
200M Run	28.13			Lauren Johnston	Hills District	30/01/2005		
	28.16			Filomena Tassone	Hills District	01/02/2004		
	27.33			S Hewitt	Hills District	26/01/2003		
	1-12.28		Yes	Shinelle Baker	Winston Hills	30/01/2010		
	1-03.30			Sarah Bright	Hills District	31/01/2009		
	1-03.18			Hannah Monty	Hills District	02/02/2008		
	1-11.25			Amanda Xuereb	Riverstone	27/01/2007		
	1-03.42			Hayley Jones	Riverstone	28/01/2006		
	1-04.21			Lauren Johnston	Hills District	29/01/2005		
	1-04.41			Filomena Tassone	Hills District	31/01/2004		
400M Run	1-05.08			H Pobjie	Hills District	25/01/2003		
	2-42.39		Yes	Kristal Lewis	Hawkesbury City	31/01/2010		
	2-21.78			Sarah Bright	Hills District	01/02/2009		
	2-39.68			Hannah Monty	Hills District	03/02/2008		
	2-29.48			Kristina Cavanna	Hills District	28/01/2007		
	2-28.76			Hayley Jones	Riverstone	29/01/2006		
	2-54.97			Lauren Wheeler	Hills District	30/01/2005		
	800M Run							

RECORD TYPE: TITLE

Age Group	Event	Record	Current?	Record Holder(s)	Centre/Club	Date	
U/15 Girls	800M Run	2-40.48		N Xuereb	Riverstone	01/02/2004	
		2-28.23		H Pobjie	Hills District	26/01/2003	
		2-52.00		B. Weaver	HILLS	30/01/2000	
	1500M Run	5-49.84	Yes	Shinelle Baker	Winston Hills	30/01/2010	
		4-58.60		Sarah Bright	Hills District	31/01/2009	
		5-11.73		Kristina Cavanna	Hills District	27/01/2007	
		5-19.00		Brittany Melrose	Winston Hills	28/01/2006	
		7-14.58		Jessica Bisazza	Winston Hills	29/01/2005	
		5-49.95		Jessica Brewster	Winston Hills	31/01/2004	
		5-07.20		H Pobjie	Hills District	25/01/2003	
		6-01.30		J. Chang	W/HLS	29/01/2000	
		3000M Run	12-27.54	Yes	Kristal Lewis	Hawkesbury City	30/01/2010
			11-10.19		Elese Gallen	Riverstone	31/01/2009
	17-20.90			Natalie Hendley	Kings Langley	02/02/2008	
	11-18.79			Louise Marvin	Winston Hills	31/01/2007	
	12-27.30			Alyse Wigley	Hills District	02/02/2006	
	12-59.40			Jessica Brewster	Winston Hills	04/02/2004	
	10-57.25			H Pobjie	Hills District	29/01/2003	
	11-56.40			A. Jones	HILLS	02/02/1997	
	1500M Walk		8-21.14	Yes	Isabella Shina	Hills District	27/01/2010
			9-37.00		Bethany Claassens	Hawkesbury City	30/01/2008
				Rebecca Houston	Winston Hills	30/01/2008	
		9-12.12		Louise Dalbon	Hills District	24/01/2007	
		7-15.46		Melissa Hayes	Kings Langley	25/01/2006	
		8-55.62		Jessica Cobb	Winston Hills	27/01/2005	
		10-49.30		Amy Sultana	Hills District	29/01/2004	
		9-03.10		H Anschau	Kings Langley	23/01/2003	
		90M Hurdles	14.34	Yes	Corrina Moore	Kings Langley	31/01/2010
			15.20		Bianca Mayol	Winston Hills	01/02/2009
	20.86			Megan Moore	Kings Langley	03/02/2008	
	14.59			Rachel May	Winston Hills	28/01/2007	
	15.34			Jennifer Burge	Hills District	29/01/2006	
	14.66			Laura Denning	Hills District	30/01/2005	
	19.61			Nicole Schaerer	Winston Hills	01/02/2004	
	14.10			T Harris	Hills District	26/01/2003	
	200M Hurdles		30.91	Yes	Natalie Apikotoa	Kings Langley	30/01/2010
			31.39		Bianca Mayol	Winston Hills	31/01/2009
		31.44		Hannah Monty	Hills District	02/02/2008	
		29.76		Jessi Elliott	Winston Hills	27/01/2007	
		33.28		Natalie Tereba	Hills District	28/01/2006	
		32.71		Sasha Serrao	Winston Hills	29/01/2005	
		32.30		Courtney Vince	Winston Hills	31/01/2004	
30.45			S Hewitt	Hills District	25/01/2003		
Long Jump		5.13	Yes	Natalie Apikotoa	Kings Langley	30/01/2010	
		4.69		Amy Lewis	Hills District	31/01/2009	
	4.64		Meryn Denning	Hills District	02/02/2008		
	4.61		Emilie Duval	Winston Hills	27/01/2007		
	4.66		Jennifer Burge	Hills District	28/01/2006		
	4.83		Lara Huston	Winston Hills	29/01/2005		
	4.65		Courtney Vince	Winston Hills	31/01/2004		
	5.07		S Hewitt	Hills District	25/01/2003		
	High Jump	1.50	Yes	Genevieve Cowie	Hills District	30/01/2010	
		1.30		Courtney Bridge	Winston Hills	31/01/2009	
1.35			Chelsea Killey	Winston Hills	02/02/2008		
			Bethany Claassens	Hawkesbury City	02/02/2008		
			Ashlee Clews	Winston Hills	27/01/2007		
1.40			Andrea Zaja	Hills District	28/01/2006		
1.55			Emma South	Winston Hills	29/01/2005		
1.46			Penny Skeen	Hills District	31/01/2004		

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RECORD TYPE: TITLE

Age Group	Event	Record	Current?	Record Holder(s)	Centre/Club	Date	
U/15 Girls	High Jump	1.35		N Huston	Winston Hills	25/01/2003	
		11.47	Yes	Natalie Apikotoa	Kings Langley	31/01/2010	
	Triple Jump	9.68		Cassie Hewitt	Hills District	01/02/2009	
		10.05		Meryn Denning	Hills District	03/02/2008	
		9.80		Therese Canty	Winston Hills	28/01/2007	
		10.28		Andrea Zaja	Hills District	29/01/2006	
		10.25		Emma South	Winston Hills	30/01/2005	
		9.64		Courtney Vince	Winston Hills	01/02/2004	
		9.71		S McKinley	Quakers Hill	26/01/2003	
		Shot Put	11.92	Yes	Gabrielle Ralphs	Hills District	31/01/2010
			11.76		Tepa Lemi	Winston Hills	01/02/2009
			9.35		Elyce Hanson	Winston Hills	03/02/2008
			9.86		Nicole Dahlberg	Winston Hills	28/01/2007
			11.77		Bridgette Gemmell	Hawkesbury City	29/01/2006
			10.66		Rhiannon Sengul	Winston Hills	30/01/2005
			11.08		Amanda Levick	Kings Langley	01/02/2004
	11.98			K Cannavo	Hills District	26/01/2003	
	Discus	28.97	Yes	Natalie Apikotoa	Kings Langley	30/01/2010	
		36.37		Tepa Lemi	Winston Hills	31/01/2009	
		24.48		Kim Kennedy	Winston Hills	02/02/2008	
		26.37		Lauren Cameron	Winston Hills	27/01/2007	
		33.49		Bridgette Gemmell	Hawkesbury City	28/01/2006	
		33.16		Rhiannon Sengul	Winston Hills	29/01/2005	
		28.24		Amanda Levick	Kings Langley	31/01/2004	
		37.50		L Pruyne	Hills District	25/01/2003	
	Javelin	28.83	Yes	Cassie Hewitt	Hills District	28/01/2009	
		29.69		Lauren Dowle	Winston Hills	30/01/2008	
		28.70		Nicole Dahlberg	Winston Hills	24/01/2007	
		20.30		Melissa Hayes	Kings Langley	25/01/2006	
		30.21		Lara Huston	Winston Hills	27/01/2005	
		24.68		Amanda Levick	Kings Langley	29/01/2004	
		35.80		L Pruyne	Hills District	26/01/2003	
		U/17 Girls	100M Run	13.66	Yes	Emily Jordan	Winston Hills
	13.51				Meryn Denning	Hills District	31/01/2009
	200M Run		28.71	Yes	Emily Jordan	Winston Hills	31/01/2010
28.38				Meryn Denning	Hills District	01/02/2009	
400M Run	1-07.28		Yes	Hannah Monty	Hills District	30/01/2010	
	1-08.99			Emily Jordan	Winston Hills	31/01/2009	
800M Run	2-50.62		Yes	India Cuttilan	Quakers Hill	31/01/2010	
	2-43.72			Louise Marvin	Winston Hills	01/02/2009	
1500M Run	5-19.14		Yes	Else Gallen	Riverstone	30/01/2010	
	5-31.70			Louise Marvin	Winston Hills	31/01/2009	
3000M Run	11-09.39		Yes	Else Gallen	Riverstone	30/01/2010	
	12-02.43			Louise Marvin	Winston Hills	31/01/2009	
1500M Walk	9-49.93		Yes	Rebecca Houston	Winston Hills	27/01/2010	
	10-12.60			Rebecca Houston	Winston Hills	28/01/2009	
100M Hurdles	17.82		Yes	Hannah Monty	Hills District	31/01/2010	
	19.91			Emily Thomson	Winston Hills	01/02/2009	
200M Hurdles	35.18		Yes	Emily Thomson	Winston Hills	30/01/2010	
	32.87			Meryn Denning	Hills District	31/01/2009	
Long Jump	4.56		Yes	Emily Jordan	Winston Hills	30/01/2010	
	4.54			Alison McIntye	Hills District	31/01/2009	
High Jump	1.31		Yes	Mahsa Javam	Winston Hills	30/01/2010	
	1.35			Emily Thomson	Winston Hills	31/01/2009	
Triple Jump	9.24		Yes	Emily Jordan	Winston Hills	31/01/2010	
	9.93		Meryn Denning	Hills District	01/02/2009		
Shot Put	11.73	Yes	Tepa Lemi	Winston Hills	31/01/2010		

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RECORD TYPE: TITLE

Age Group	Event	Record	Current?	Record Holder(s)	Centre/Club	Date
U/17 Girls	Shot Put	8.27		Nicole Dahlberg	Winston Hills	01/02/2009
	Discus	38.30	Yes	Tepa Lemi	Winston Hills	30/01/2010
		24.16		Mahsa Javam	Winston Hills	31/01/2009
	Javelin	29.07	Yes	Brianna Murray	Winston Hills	27/01/2010
		31.16		Nicole Dahlberg	Winston Hills	28/01/2009
Junior Girls	4 x 100 Relay	1-00.93	Yes	Relay Jg	Winston Hills	31/01/2010
		1-01.96		JG Relay	Kings Langley	01/02/2009
		1-03.57		Junior Girls	Winston Hills	03/02/2008
		1-01.67		Junior Girls Relay	Winston Hills	28/01/2007
		1-02.46		. Hills District	Hills District	29/01/2006
		1-01.82		Winston Hills	Winston Hills	30/01/2005
		1-01.07		Hd Hd	Hills District	01/02/2004
Senior Girls	3000M Run	11-42.80	Yes	K. Clarke	W/HLS	03/02/1993
	4 x 100 Relay	54.30	Yes	Relay Sg	Winston Hills	31/01/2010
		54.82		SG Relay	Winston Hills	01/02/2009
		54.27		Senior Girls	Winston Hills	03/02/2008
		54.59		Senior Girls Relay	Winston Hills	28/01/2007
		53.76		. Winston Hills	Winston Hills	29/01/2006
		55.81		Hills District	Hills District	30/01/2005
		53.62		Hd Hd	Hills District	01/02/2004

Selection Criteria for this Report

Record Type: TITLE

Age Group: All

Event: All