

**NORTH WEST MET ZONE CHAMPIONSHIPS****Roxborough Park****Zone - Records**

1	Girls U 50 Metre Sprint 7's	9.04	30/01/2010	C.Kennedy - Quakers Hill
2	Boys U 50 Metre Sprint 7's	8.46	12/12/2015	Saxon Ward - Hills District
3	Girls U 70 Metre Sprint 7's	11.40	1/01/1984	A.Davis - Hills
4	Boys U 70 Metre Sprint 7's	11.00	1/01/1989	P. Morgan - Winston Hills
5	Girls U 70 Metre Sprint 8's	10.60	1/01/1986	D Kerr - Winston Hills
6	Boys U 70 Metre Sprint 8's	10.50	1/01/1982	N Stephens - Winston Hills
7	Girls U 70 Metre Sprint 9's	10.69	13/12/2015	Tuliana Kabuyawa - Hills District
8	Boys U 70 Metre Sprint 9's	10.54	11/12/2016	Rhys Webster - Winston Hills
9	Girls U 70 Metre Sprint 10's	9.80	1/02/1997	A Kerr - Winston Hills
10	Boys U 70 Metre Sprint 10's	10.00	1/02/1997	D Wright - Winston Hills
11	Girls U 100 Metre Sprint 7's	16.30	1/01/1985	D.Kerr - Winston Hills
12	Boys U 100 Metre Sprint 7's	15.90	8/12/2012	Nathaniel Idehen - Hills District
13	Girls U 100 Metre Sprint 8's	15.40	1/01/1980	A Parker - Hills
14	Boys U 100 Metre Sprint 8's	14.80	1/01/1983	A Polley - Winston Hills
15	Girls U 100 Metre Sprint 9's	14.30	1/01/1981	L Whiteside - Winston Hills
16	Boys U 100 Metre Sprint 9's	14.30	2/02/1991	P Mogan - Winston Hills
17	Girls U 100 Metre Sprint 10's	13.70	1/02/1997	A Kerr - Winston Hills
18	Boys U 100 Metre Sprint 10's	13.90	1/02/1997	D Wright - Winston Hills
19	Girls U 100 Metre Sprint 11's	13.69	1/01/1987	B Page - Hills
20	Boys U 100 Metre Sprint 11's	12.90	1/01/1980	C Cassidy - Hills
21	Girls U 100 Metre Sprint 12's	13.20	1/01/1986	A Coupland - Hills
22	Boys U 100 Metre Sprint 12's	12.60	1/01/1981	C Cassidy - Hills
23	Girls U 100 Metre Sprint 13's (U14)	12.60	2/02/1991	D Kerr - Winston Hills
24	Boys U 100 Metre Sprint 13's (U14)	12.09	8/12/2012	Timothy Simmons - Hills District
25	Girls U 100 Metre Sprint 14's (U15)	12.40	27/10/2003	A Kerr - Winston Hills
26	Boys U 100 Metre Sprint 14's (U15)	11.90	5/02/1994	M Adams - Hills
27	Girls U 100 Metre Sprint 15's (U16)	12.50	6/02/1993	D Kerr - Winston Hills
28	Boys U 100 Metre Sprint 15's (U16)	11.15	14/12/2019	Lachlan Wood - Winston Hills
29	Girls U 100 Metre Sprint 17's (U18)	12.33	14/12/2019	Erin Graham - Hawkesbury City
30	Boys U 100 Metre Sprint 17's (U18)	11.12	29/01/2022	Lachlan Wood - Winston Hills
31	Girls U 200 Metre Sprint 7's	33.70	30/01/2000	A.Ashton - Kings Langley
32	Boys U 200 Metre Sprint 7's	33.90	1/01/1980	M.Canning - Winston Hills
33	Girls U 200 Metre Sprint 8's	25.91	14/12/2014	Alannah Ellis - Hills District
34	Boys U 200 Metre Sprint 8's	30.70	1/01/1983	A Polley - Winston Hills
35	Girls U 200 Metre Sprint 9's	31.20	1/01/1987	D Kerr - Winston Hills
36	Boys U 200 Metre Sprint 9's	29.80	4/02/1996	J De Silva - Winston Hills
37	Girls U 200 Metre Sprint 10's	29.50	1/01/1983	D Waltmann - Lalor Park
38	Boys U 200 Metre Sprint 10's	28.80	1/01/1985	T Henry - Winston Hills
39	Girls U 200 Metre Sprint 11's	28.74	10/12/2017	tuliana kabuyawa - Hills District
40	Boys U 200 Metre Sprint 11's	27.60	1/01/1980	C Cassidy - Hills
41	Girls U 200 Metre Sprint 12's	27.10	30/01/1999	M Riley - Hills
42	Boys U 200 Metre Sprint 12's	26.42	29/01/2012	Timothy Simmons - Quakers Hill
43	Girls U 200 Metre Sprint 13's (U14)	26.38	4/12/2022	Beyza Sevdimbaz - Hills District
44	Boys U 200 Metre Sprint 13's (U14)	24.88	28/01/2007	N Hough - Hills
45	Girls U 200 Metre Sprint 14's (U15)	25.90	30/01/1998	P Carey - Hills
46	Boys U 200 Metre Sprint 14's (U15)	23.98	3/02/2008	N Hough - Hills
47	Girls U 200 Metre Sprint 15's (U16)	26.15	9/12/2018	Jorja Wilson - Winston Hills
48	Boys U 200 Metre Sprint 15's (U16)	22.87	1/02/2009	N Hough - Hills
49	Girls U 200 Metre Sprint 17's (U18)	25.58	15/12/2019	Erin Graham - Hawkesbury City
50	Boys U 200 Metre Sprint 17's (U18)	22.29	4/12/2022	Cameron Davies - Hawkesbury City
51	Girls U 400 Metre Run Pack Start 8's	1:23.08	30/11/2024	Charlotte (Charlie) Bardsley - Winston Hills
52	Boys U 400 Metre Run Pack Start 8's	1:18.38	30/11/2024	Xavier Newlove - Hills District
53	Girls U 400 Metre Sprint 9's	1:10.40	1/01/1980	N Stenberg - Hills
54	Boys U 400 Metre Sprint 9's	1:09.20	1/01/1984	A Polley - Winston Hills
55	Girls U 400 Metre Sprint 10's	1:10.01	31/01/2009	S De Sliva - Winston Hills
56	Boys U 400 Metre Sprint 10's	1:07.70	1/01/1983	M Canning - Winston Hills
57	Girls U 400 Metre Sprint 11's	1:06.00	1/01/1982	N Stenberg - Hills
58	Boys U 400 Metre Sprint 11's	1:04.20	1/01/1980	C Cassidy - Hills
59	Girls U 400 Metre Sprint 12's	1:04.90	1/01/1983	N Stenberg - Hills
60	Boys U 400 Metre Sprint 12's	1:00.66	10/12/2016	Lachlan Wood - Winston Hills
61	Girls U 400 Metre Sprint 13's (U14)	1:02.04	30/01/2004	P Rom - Winston Hills

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62	Boys U 400 Metre Sprint 13's (U14)	56.74	9/12/2017	Lachlan Wood - Winston Hills
63	Girls U 400 Metre Sprint 14's (U15)	1:00.80	1/01/1989	K Clemens - Hills
64	Boys U 400 Metre Sprint 14's (U15)	54.80	5/02/1994	M Adams - Hills
65	Girls U 400 Metre Sprint 15's (U16)	59.30	3/02/1996	S Lapham - Hills
66	Boys U 400 Metre Sprint 15's (U16)	53.44	14/12/2019	Lachlan Wood - Winston Hills
67	Girls U 400 Metre Sprint 17's (U18)	1:00.70	10/12/2016	Rowena Milliss - Winston Hills
68	Boys U 400 Metre Sprint 17's (U18)	49.39	14/12/2019	Joshua Atkinson - Hills District
69	Girls U 60 Metre Hurdles (45cm) 8's	11.70	4/02/1995	A Kerr - Winston Hills
70	Boys U 60 Metre Hurdles (45cm) 8's	11.00	10/12/2016	Saxon Ward - Hills District
71	Girls U 60 Metre Hurdles (45cm) 9's	10.80	1/01/1997	S Starkey - Riverstone
72	Boys U 60 Metre Hurdles (45cm) 9's	10.10	4/02/1995	C Nielson - Winston Hills
73	Girls U 60 Metre Hurdles (60cm) 10's	9.60	1/01/1988	B Smith - Winston Hills
74	Boys U 60 Metre Hurdles (60cm) 10's	9.60	7/12/1991	G O'Donnell - Richmond
75	Girls U 80 Metre Hurdles (60cm) 11's	13.69	4/12/2022	Savannah Cox - Hills District
76	Boys U 80 Metre Hurdles (60cm) 11's	13.54	1/12/2024	Ryan Panich - Hills District
77	Girls U 80 Metre Hurdles (68cm) 12's	13.32	4/12/2022	Sanjana Iyer - Winston Hills
78	Boys U 80 Metre Hurdles (68cm) 12's	12.77	15/12/2019	Joshua Cetinic - Hills District
79	Girls U 80 Metre Hurdles (76cm) 13's (U14)	13.31	4/12/2022	Beyza Sevdimbaz - Hills District
80	Boys U 90 Metre Hurdles (76cm) 13's (U14)	12.10	2/02/1997	A Abou-Mahmoud - Winston Hills
81	Girls U 90 Metre Hurdles (76cm) 14's (U15)	12.53	15/12/2013	Tiana Death - Hills District
82	Boys U 100 Metre Hurdles (76cm) 14's (U15)	12.55	3/02/2008	N Hough - Hills
83	Girls U 90 Metre Hurdles (76cm) 15's (U16)	13.30	2/02/1997	A Luthy - Hawkesbury City
84	Boys U 100 Metre Hurdles (76cm) 15's (U16)	14.49	30/01/2005	C Burns - Hawkesbury City
85	Girls U 100 Metre Hurdles (76cm) 17's (U18)	15.14	3/12/2023	Mikayla Muscat - Hills District
86	Boys U 110 Metre Hurdles (76cm) 17's (U18)	14.16	4/12/2022	Cameron Davies - Hawkesbury City
87	Girls U 200 Metre Hurdles (76cm) 13's (U14)	29.70	1/01/1990	A Maguire - Hills
88	Boys U 200 Metre Hurdles (76cm) 13's (U14)	28.30	1/01/1985	L Liaubon - Winston Hills
89	Girls U 300 Metre Hurdles (76cm) 14's (U15)	29.10	1/01/1988	R Freeman - Hills
90	Boys U 300 Metre Hurdles (76cm) 14's (U15)	25.41	2/02/2008	N Hough - Hills
91	Girls U 300 Metre Hurdles (76cm) 15's (U16)	46.55	1/12/2023	Angelina Burford - Hills District
92	Boys U 300 Metre Hurdles (76cm) 15's (U16)	42.58	29/11/2024	Franklin Gaitanidis - Winston Hills
93	Girls U 400 Metre Hurdles (76cm) 17's (U18)	46.26	2/12/2022	Avalene Tandog - Hills District
94	Boys U 400 Metre Hurdles (76cm) 17's (U18)	39.90	28/01/2022	Travis Hargrave - Hawkesbury City
95	Girls U 500 Metre Run Pack Start 7's	1:37.80	1/01/1988	S Lapham - Hills
96	Boys U 500 Metre Run Pack Start 7's	1:29.50	30/01/2008	J Green - Hills
97	Girls U 700 Metre Run Pack Start 8's	2:18.10	16/12/1991	K Drennan - Hills
98	Boys U 700 Metre Run Pack Start 8's	2:05.30	28/01/2009	H Green - Hills
99	Girls U 800 Metre Run 9's	2:41.00	1/01/1980	N Stenberg - Hills
100	Boys U 800 Metre Run 9's	2:35.50	1/01/1984	A Polley - Winston Hills
101	Girls U 800 Metre Run 10's	2:40.40	1/01/1985	K Clemens - Lalor Park
102	Boys U 800 Metre Run 10's	2:34.30	1/01/1985	A Polley - Winston Hills
103	Girls U 800 Metre Run 11's	2:33.90	1/01/1981	C Hauser - Hills
104	Boys U 800 Metre Run 11's	2:27.20	1/01/1982	P Stellino - Hills
105	Girls U 800 Metre Run 12's	2:26.00	1/01/1985	A Harrison - Hills
106	Boys U 800 Metre Run 12's	2:16.80	1/01/1983	N Stellino - Hills
107	Girls U 800 Metre Run 13's (U14)	2:22.60	1/01/1988	K Clemens - Hills
108	Boys U 800 Metre Run 13's (U14)	2:15.05	1/12/2024	Cameron Batey - Hills District
109	Girls U 800 Metre Run 14's (U15)	2:20.60	1/01/1989	K Clemens - Hills
110	Boys U 800 Metre Run 14's (U15)	2:08.41	11/12/2016	Joshua Atkinson - Hills District
111	Girls U 800 Metre Run 15's (U16)	2:18.30	1/01/1996	S Lapham - Hills
112	Boys U 800 Metre Run 15's (U16)	2:04.73	10/12/2017	Joshua Atkinson - Hills District
113	Girls U 800 Metre Run 17's (U18)	2:24.11	9/12/2012	Sarah Marvin - Winston Hills
114	Boys U 800 Metre Run 17's (U18)	1:55.43	15/12/2019	Joshua Atkinson - Hills District
117	Girls U 1500 Metre Run 11's	5:16.70	1/01/1986	E Simpson - Winston Hills
118	Boys U 1500 Metre Run 11's	4:59.30	1/01/1982	P Stellino - Hills
119	Girls U 1500 Metre Run 12's	4:59.00	1/01/1980	S Everitt - Hills
120	Boys U 1500 Metre Run 12's	4:38.50	1/01/1983	N Stellino - Hills
121	Girls U 1500 Metre Run 13's (U14)	4:57.50	1/01/1986	A Harrison - Hills
122	Boys U 1500 Metre Run 13's (U14)	4:37.25	30/11/2024	Cameron Batey - Hills District
123	Girls U 1500 Metre Run 14's (U15)	4:52.70	14/12/2013	Leena Yang - Hills District
124	Boys U 1500 Metre Run 14's (U15)	4:32.16	28/01/2012	Benjamin Thomson - Hills District

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125	Girls U 1500 Metre Run 15's (U16)	4:58.60	30/01/2009	S Bright - Hills
126	Boys U 1500 Metre Run 15's (U16)	4:20.45	29/01/2005	J Kaan - Hills
127	Girls U 1500 Metre Run 17's (U18)	4:59.01	12/12/2015	Ali Thomson - Hills District
128	Boys U 1500 Metre Run 17's (U18)	4:18.70	14/12/2013	Ben Thomson - Hills District
129	Girls U 3000 Metre Run 13's (U14)	10:43.12	30/01/2010	S Marvin - Winston Hills
130	Boys U 3000 Metre Run 13's (U14)	10:03.63	13/12/2019	Billy Mulvihill - Hills District
131	Girls U 3000 Metre Run 14's (U15)	10:31.67	14/12/2013	Leena Yang - Hills District
132	Boys U 3000 Metre Run 14's (U15)	9:50.38	28/01/2012	Benjamin Thomson - Hills District
133	Girls U 3000 Metre Run 15's (U16)	10:32.90	28/01/2012	Sarah Marvin - Winston Hills
134	Boys U 3000 Metre Run 15's (U16)	9:34.19	8/12/2012	Ben Thomson - Hills District
135	Girls U 3000 Metre Run 17's (U18)	10:38.44	2/12/2022	Lucie Francis - Hills District
136	Boys U 3000 Metre Run 17's (U18)	9:18.51	14/12/2013	Ben Thomson - Hills District
137	Girls U 700 Metre Walk 9's	3:31.00	1/02/1997	S Munday - Prospect
138	Boys U 700 Metre Walk 9's	3:45.12	30/01/2022	Joshua Waddington - Winston Hills
139	Girls U 1100 Metre Walk 10's	5:54.43	4/12/2022	Keira Gill - Riverstone
140	Boys U 1100 Metre Walk 10's	5:18.68	4/12/2022	Nate Appleyard - Winston Hills
141	Girls U 1100 Metre Walk 11's	5:39.96	9/12/2016	Ella Munroe - Hills District
142	Boys U 1100 Metre Walk 11's	5:20.59	1/12/2024	Harrison Bouquet - Winston Hills
143	Girls U 1500 Metre Walk 12's	7:50.80	4/02/1994	C Bock - Winston Hills
144	Boys U 1500 Metre Walk 12's	7:02.12	1/12/2024	Nate Appleyard - Winston Hills
145	Girls U 1500 Metre Walk 13's (U14)	7:40.90	7/12/2018	Ella Munroe - Hills District
146	Boys U 1500 Metre Walk 13's (U14)	7:23.28	7/12/2018	Brodie Payne - Winston Hills
147	Girls U 1500 Metre Walk 14's (U15)	6:54.06	4/12/2022	Matilda Webb - Winston Hills
148	Boys U 1500 Metre Walk 14's (U15)	7:44.20	5/02/1993	D Rushworth - Prospect
149	Girls U 1500 Metre Walk 15's (U16)	7:08.00	3/12/2023	Matilda Webb - Winston Hills
150	Boys U 1500 Metre Walk 15's (U16)	7:17.50	5/02/1993	A Midgley - Prospect
151	Girls U 1500 Metre Walk 17's (U18)	7:15.30	4/12/2022	Chelsea Roberts - Riverstone
152	Boys U 1500 Metre Walk 17's (U18)	6:50.42	11/12/2015	Jordan Glover - Hills District
153	Girls U High Jump (S/H 0.80m) 9's	1.14m	30/01/1999	L Denning - Hills
154	Boys U High Jump (S/H 0.85m) 9's	1.40m	10/12/2016	Joshua Hand - Winston Hills
155	Girls U High Jump (S/H 0.90m) 10's	1.28m	28/01/2007	A Tait - Kings Langley
156	Boys U High Jump (S/H 0.95m) 10's	1.41m	1/01/1980	D Harris - P Town
157	Girls U High Jump (S/H 1.00m) 11's	1.40m	29/01/2022	Ava Cetinic - Hills District
158	Boys U High Jump (S/H 1.05m) 11's	1.50m	28/01/2006	J Edwards - Winston Hills
159	Girls U High Jump (S/H 1.10m) 12's	1.50m	3/12/2022	Ava Cetinic - Hills District
160	Boys U High Jump (S/H 1.15m) 12's	1.52m	1/01/1988	N Wallington - Hills
161	Girls U High Jump (S/H 1.15m) 13's (U14)	1.57m	8/12/2018	Vanessa Apel - Winston Hills
162	Boys U High Jump (S/H 1.20m) 13's (U14)	1.78m	2/02/1991	P Jackson - Richmond
163	Girls U High Jump (S/H 1.20m) 14's (U15)	1.68m	3/12/2023	Olivia Scott-Rogers - Hills District
164	Boys U High Jump (S/H 1.25m) 14's (U15)	1.72m	27/10/2003	M Claridge - Hills
165	Girls U High Jump (S/H 1.20m) 15's (U16)	1.70m	2/12/2023	Caitlyn Martin - Winston Hills
166	Boys U High Jump (S/H 1.25m) 15's (U16)	1.85m	29/01/2005	R Webster - Winston Hills
167	Girls U High Jump (S/H 1.25m) 17's (U18)	1.70m	4/12/2022	Vanessa Apel - Winston Hills
168	Boys U High Jump (S/H 1.30m) 17's (U18)	1.85m	30/11/2024	Liam Grant - Winston Hills
169	Girls U Long Jump 7's	3.46m	1/01/1987	R.Crooks - Riverstone
170	Boys U Long Jump 7's	3.59m	1/01/1988	G.Wells - Winston Hills
171	Girls U Long Jump 8's	4.17m	1/01/1986	D Kerr - Winston Hills
172	Boys U Long Jump 8's	3.95m	1/01/1985	C Pound - Winston Hills
173	Girls U Long Jump 9's	4.31m	1/01/1987	D Kerr - Winston Hills
174	Boys U Long Jump 9's	4.27m	1/01/1988	P Wallington - Winston Hills
175	Girls U Long Jump 10's	4.69m	1/01/1988	D Kerr - Winston Hills
176	Boys U Long Jump 10's	4.53m	1/01/1984	B Courtney - Hills
177	Girls U Long Jump 11's	4.83m	1/01/1989	D Kerr - Winston Hills
178	Boys U Long Jump 11's	5.06m	1/01/1986	T Henry - Winston Hills
179	Girls U Long Jump 12's	5.07m	1/01/1982	K Barrett - Winston Hills
180	Boys U Long Jump 12's	5.10m	1/01/1986	B Courtney - Hills
181	Girls U Long Jump 13's (U14)	5.22m	8/12/2018	Tuliana Kabuyawa - Hills District
182	Boys U Long Jump 13's (U14)	5.37m	11/12/2016	Patrick Spence - Winston Hills
183	Girls U Long Jump 14's (U15)	5.39m	30/01/1998	P Carey - Hills
184	Boys U Long Jump 14's (U15)	5.90m	10/12/2017	Sylvester Amon - Rouse Hill
185	Girls U Long Jump 15's (U16)	5.49m	27/10/2003	M Riley - Hills

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186	Boys U Long Jump 15's (U16)	6.06m	3/12/2022	Liam Hayes - Hills District
187	Girls U Long Jump 17's (U18)	5.64m	10/12/2016	Caitlyn Hicks - Winston Hills
188	Boys U Long Jump 17's (U18)	6.79m	2/12/2023	Luca de Burnay Thompson - Hawkesbury City
189	Girls U Triple Jump 11's	10.07m	29/01/2022	Ava Cetinic - Hills District
190	Boys U Triple Jump 11's	10.12m	29/01/2005	N Hough - Hills
191	Girls U Triple Jump 12's	10.58m	8/12/1991	L Caruana - Prospect
192	Boys U Triple Jump 12's	10.86m	3/12/2023	Weiyi Tang - Hills District
193	Girls U Triple Jump 13's (U14)	11.02m	8/12/2012	Tiana Jaber - Kings Langley
194	Boys U Triple Jump 13's (U14)	11.76m	27/01/2007	N Hough - Hills
195	Girls U Triple Jump 14's (U15)	11.28m	8/12/1991	B Smith - Winston Hills
196	Boys U Triple Jump 14's (U15)	12.27m	9/12/2017	Sylvester Amon - Rouse Hill
197	Girls U Triple Jump 15's (U16)	12.07m	14/12/2019	Olivia Dimech - Hawkesbury City
198	Boys U Triple Jump 15's (U16)	12.58m	4/12/2022	Liam Hayes - Hills District
199	Girls U Triple Jump 17's (U18)	11.90m	30/01/2011	N Apikotoa - Kings Langley
200	Boys U Triple Jump 17's (U18)	13.15m	2/12/2022	Faris Khan - Hills District
201	Girls U Discus (350 Gram) 7's	20.08m	25/01/2003	T.Sengul - Winston Hills
202	Boys U Discus (350 Gram) 7's	27.67m	14/12/2014	Lachlan Metcalfe - Kings Langley
203	Girls U Discus (500 Gram) 8's	23.74m	31/01/2004	T Sengul - Winston Hills
204	Boys U Discus (500 Gram) 8's	27.86m	30/01/2000	S Dhaliwal - Quakers Hill
205	Girls U Discus (500 Gram) 9's	27.18m	30/01/2005	P Lemi - Winston Hills
206	Boys U Discus (500 Gram) 9's	30.83m	30/01/2005	T Moerea - Winston Hills
207	Girls U Discus (500 Gram) 10's	36.17m	28/01/2006	T Sengul - Winston Hills
208	Boys U Discus (500 Gram) 10's	35.40m	31/01/2009	J Baker - Winston Hills
209	Girls U Discus (500 Gram) 11's	33.66m	28/01/2007	P Lemi - Winston Hills
210	Boys U Discus (500 Gram) 11's	35.64m	9/12/2012	Alexander Murdocca - Rouse Hill
211	Girls U Discus (750 Gram) 12's	41.59m	2/02/2008	T Sengul - Winston Hills
212	Boys U Discus (750 Gram) 12's	47.02m	14/12/2013	Alexander Murdocca - Rouse Hill
213	Girls U Discus (750 Gram) 13's (U14)	47.60m	31/01/2009	T Sengul - Winston Hills
214	Boys U Discus (750 Gram) 13's (U14)	48.00m	13/12/2014	Alexander Murdocca - Rouse Hill
215	Girls U Discus (1.0 Kg) 14's (U15)	44.29m	31/01/2010	T Sengul - Winston Hills
216	Boys U Discus (1.0 Kg) 14's (U15)	53.70m	5/02/1995	S Novkovic - Winston Hills
217	Girls U Discus (1.0 Kg) 15's (U16)	44.63m	29/01/2011	T Sengul - Winston Hills
218	Boys U Discus (1.0 Kg) 15's (U16)	55.88m	30/01/1999	A Walker - Hills
219	Girls U Discus (1.0 Kg) 17's (U18)	45.49m	8/12/2012	Taylah Sengal - Winston Hills
220	Boys U Discus (1.5 Kg) 17's (U18)	45.91m	14/12/2019	Blake Archer - Rouse Hill
221	Girls U Shot Put (1.0 Kg) 7's	7.96m	1/01/1984	K.Leppanen - Winston Hills
222	Boys U Shot Put (1.0 Kg) 7's	9.50m	13/12/2014	Lachlan Metcalfe - Kings Langley
223	Girls U Shot Put (1.5 Kg) 8's	8.50m	1/02/2004	T Sengul - Winston Hills
224	Boys U Shot Put (1.5 Kg) 8's	9.04m	12/12/2015	Lachlan Metcalfe - Kings Langley
225	Girls U Shot Put (2.0 Kg) 9's	8.12m	25/01/2003	T Breeze-Brackers - Winston Hills
226	Boys U Shot Put (2.0 Kg) 9's	9.70m	29/01/2005	T Moerea - Winston Hills
227	Girls U Shot Put (2.0 Kg) 10's	10.92m	29/01/2006	P Lemi - Winston Hills
228	Boys U Shot Put (2.0 Kg) 10's	11.25m	26/01/2003	M Teina - Winston Hills
229	Girls U Shot Put (2.0 Kg) 11's	12.65m	27/01/2007	T Sengul - Winston Hills
230	Boys U Shot Put (2.0 Kg) 11's	13.22m	31/01/2004	M Teina - Winston Hills
231	Girls U Shot Put (2.0 Kg) 12's	15.76m	3/02/2008	T Sengul - Winston Hills
232	Boys U Shot Put (2.0 Kg) 12's	13.12m	9/12/2018	Benjamin Kasozi - Hills District
233	Girls U Shot Put (3.0 Kg) 13's (U14)	14.57m	1/02/2009	T Sengul - Winston Hills
234	Boys U Shot Put (3.0 Kg) 13's (U14)	16.34m	5/02/1994	S Novkovic - Winston Hills
235	Girls U Shot Put (3.0 Kg) 14's (U15)	15.42m	30/01/2010	T Sengul - Winston Hills
236	Boys U Shot Put (4.0 Kg) 14's (U15)	16.16m	13/12/2014	Jandamura Stewart - Winston Hills
237	Girls U Shot Put (3.0 Kg) 15's (U16)	14.86m	30/01/2011	T Sengul - Winston Hills
238	Boys U Shot Put (4.0 Kg) 15's (U16)	17.34m	30/01/1988	M Sowden - Riverstone
239	Girls U Shot Put (3.0 Kg) 17's (U18)	15.15m	9/12/2012	Taylah Sengal - Winston Hills
240	Boys U Shot Put (5.0 Kg) 17's (U18)	15.34m	31/01/2009	M Teina - Winston Hills
241	Girls U Javelin (400 Gram) 11's	26.20m	11/12/2016	Rachel Bardney - Kings Langley
242	Boys U Javelin (400 Gram) 11's	27.56m	29/01/2022	Hayden Free - Hills District
243	Girls U Javelin (400 Gram) 12's	30.42m	1/12/2023	Ocean Kennedy - Riverstone
244	Boys U Javelin (400 Gram) 12's	33.62m	12/12/2015	Blake Archer - Rouse Hill
245	Girls U Javelin (400 Gram) 13's (U14)	41.86m	28/01/2009	T Sengul - Winston Hills
246	Boys U Javelin (600 Gram) 13's (U14)	39.67m	29/01/2004	A Luzi

**NORTH WEST MET ZONE CHAMPIONSHIPS****Roxborough Park****Zone - Records**

247	Girls U Javelin (500 Gram) 14's (U15)	38.36m	13/12/2019	Rachel Bardney - Winston Hills
248	Boys U Javelin (700 Gram) 14's (U15)	42.08m	7/12/2018	Ilankumaran Murugappan - Kings Langley
249	Girls U Javelin (500 Gram) 15's (U16)	40.82m	1/12/2023	Marlee Gill - Riverstone
250	Boys U Javelin (700 Gram) 15's (U16)	45.52m	1/12/2023	Keegan Free - Hills District
251	Girls U Javelin (500 Gram) 17's (U18)	41.82m	3/12/2022	Vanessa Apel - Winston Hills
252	Boys U Javelin (700 Gram) 17's (U18)	52.64m	3/12/2023	Isaac Chevalier - Winston Hills
255	Girls U 100 Metre Sprint Para 11's-12's	25.37	2/12/2023	Eden Brooks - Rouse Hill
256	Boys U 100 Metre Sprint Para 11's-12's	26.18	30/11/2024	Liam Harris (T/F20) - Hills District
257	Girls U 100 Metre Sprint Para 13's-14's (U15)	21.30	30/11/2024	Viola Ramsay (T/F38) - Winston Hills
258	Boys U 100 Metre Sprint Para 13's-14's (U15)	20.19	2/12/2023	Levi Douglass - Hawkesbury City
262	Boys U Long Jump Para 9's-10's	1.92m	15/12/2019	Levi Douglas - Hawkesbury City
265	Girls U Long Jump Para 13's-14's (U15)	2.18m	30/11/2024	Viola Ramsay (T/F38) - Winston Hills
266	Boys U Long Jump Para 13's-14's (U15)	2.22m	4/12/2022	Levi Douglass - Hawkesbury City
270	Boys U Discus Para 9's-10's	8.00m	9/12/2018	Levi Douglass - Hawkesbury City
271	Girls U Discus Para 11's-12's	6.61m	3/12/2022	Eden Brooks - Rouse Hill
272	Boys U Discus Para 11's-12's	6.75m	30/11/2024	Liam Harris (T/F20) - Hills District
273	Girls U Discus Para 13's-14's (U15)	7.17m	1/12/2024	Viola Ramsay (T/F38) - Winston Hills
274	Boys U Discus Para 13's-14's (U15)	13.66m	3/12/2022	Levi Douglass - Hawkesbury City
277	Girls U 4x100 Metre Relay (Jnr) Junior	57.47	13/12/2015	Hills District - Hills District T Kabuyawa, T Paki, J Du Preez, E Buchanan
278	Boys U 4x100 Metre Relay (Jnr) Junior	56.68	15/12/2019	Hills District - Hills District
279	Girls U 4x100 Metre Relay (Snr) Senior	50.39	4/12/2022	Hills District - Hills District A Burford, T Kabuyawa, M Muscat, B Sevdimbias
280	Boys U 4x100 Metre Relay (Snr) Senior	46.34	30/01/2022	Hills District - Hills District J Proudford, L Hayes, D Illangantilake, L Roche
282	Boys U 800 Metre Run Para 9's-10's	4:41.56	15/12/2019	Levi Douglas - Hawkesbury City
284	Boys U 800 Metre Run Para 11's-12's	3:50.01	4/12/2022	Ethan Odell - Rouse Hill
286	Boys U 800 Metre Run Para 13's-14's (U15)	3:15.57	3/12/2023	Ethan Odell - Rouse Hill
291	Girls U 200 Metre Run Para 11's-12's	1:17.58	4/12/2022	Eden Brooks - Rouse Hill
292	Boys U 200 Metre Run Para 11's-12's	48.02	4/12/2022	Ethan Odell - Rouse Hill
293	Girls U 200 Metre Run Para 13's-14's (U15)	49.49	1/12/2024	Viola Ramsay (T/F38) - Winston Hills
298	Boys U Shot Put Para 9's-10's	2.83m	14/12/2019	Levi Douglas - Hawkesbury City
299	Girls U Shot Put Para 11's-12's	4.09m	4/12/2022	Eden Brooks - Rouse Hill
300	Boys U Shot Put Para 11's-12's	4.09m	4/12/2022	Ethan Odell - Rouse Hill
301	Girls U Shot Put Para 13's-14's (U15)	3.51m	30/11/2024	Viola Ramsay (T/F38) - Winston Hills
302	Boys U Shot Put Para 13's-14's (U15)	4.43m	3/12/2023	Levi Douglass - Hawkesbury City
309	Girls U 400 Metre Run Para 13's-14's (U15)	2:08.98	30/11/2024	Viola Ramsay (T/F38) - Winston Hills
313	Girls U Javelin Para 11's-12's	3.52m	1/12/2023	Eden Brooks - Rouse Hill
314	Boys U Javelin Para 11's-12's	3.77m	30/11/2024	Liam Harris (T/F20) - Hills District
316	Boys U Javelin Para 13's-14's (U15)	6.02m	1/12/2023	Levi Douglass - Hawkesbury City
323	Girls U 100 Metre Sprint 16's (U17)	13.28	30/11/2024	Flynn Cowper - Rouse Hill
324	Boys U 100 Metre Sprint 16's (U17)	12.02	30/11/2024	Jacob Sugumaran - Winston Hills
325	Girls U 200 Metre Sprint 16's (U17)	27.36	1/12/2024	Marlee Gill - Riverstone
326	Boys U 200 Metre Sprint 16's (U17)	25.09	1/12/2024	Jacob Sugumaran - Winston Hills
327	Girls U 100 Metre Hurdles (76cm) 16's (U17)	15.65	1/12/2024	Caitlyn Martin - Winston Hills
329	Girls U 400 Metre Sprint 16's (U17)	1:00.01	30/11/2024	Marlee Gill - Riverstone
330	Boys U 400 Metre Sprint 16's (U17)	59.89	30/11/2024	Jacob Sugumaran - Winston Hills
331	Girls U 400 Metre Hurdles (76cm) 16's (U17)	1:23.45	29/11/2024	Hannah Selvaraj - Hills District
332	Boys U 400 Metre Hurdles (76cm) 16's (U17)	1:22.37	29/11/2024	Vincent Contini - Hills District
333	Girls U 800 Metre Run 16's (U17)	2:54.70	1/12/2024	Abigail Simiana - Hawkesbury City
334	Boys U 800 Metre Run 16's (U17)	2:39.93	1/12/2024	Vincent Contini - Hills District
335	Girls U 1500 Metre Run 16's (U17)	5:42.89	30/11/2024	Matilda Webb - Winston Hills
336	Boys U 1500 Metre Run 16's (U17)	4:46.89	30/11/2024	Harrison Ferns - Hills District
337	Girls U 1500 Metre Walk 16's (U17)	7:08.97	1/12/2024	Matilda Webb - Winston Hills
339	Girls U 3000 Metre Run 16's (U17)	13:34.28	29/11/2024	Tayla Dobson - Hills District
340	Boys U 3000 Metre Run 16's (U17)	10:18.23	29/11/2024	Harrison Ferns - Hills District
341	Girls U High Jump (S/H 1.20m) 16's (U17)	1.60m	30/11/2024	Caitlyn Martin - Winston Hills
342	Boys U High Jump (S/H 1.25m) 16's (U17)	1.60m	1/12/2024	Keegan Free - Hills District
343	Girls U Long Jump 16's (U17)	5.48m	1/12/2024	Caitlyn Martin - Winston Hills
344	Boys U Long Jump 16's (U17)	5.33m	30/11/2024	Jacob Sugumaran - Winston Hills
345	Girls U Triple Jump 16's (U17)	11.12m	29/11/2024	Caitlyn Martin - Winston Hills

**NORTH WEST MET ZONE CHAMPIONSHIPS****Roxborough Park****Zone - Records**

346	Boys U Triple Jump 16's (U17)	11.53m	29/11/2024	Aarush Anandh - Hills District
347	Girls U Discus (1.0 Kg) 16's (U17)	29.72m	1/12/2024	Isabella West - Hills District
348	Boys U Discus (1.5 Kg) 16's (U17)	34.85m	1/12/2024	Keegan Free - Hills District
349	Girls U Javelin (500 Gram) 16's (U17)	40.68m	29/11/2024	Marlee Gill - Riverstone
350	Boys U Javelin (700 Gram) 16's (U17)	51.86m	29/11/2024	Keegan Free - Hills District
351	Girls U Shot Put (3.0 Kg) 16's (U17)	11.08m	30/11/2024	Isabella West - Hills District
352	Boys U Shot Put (5.0 Kg) 16's (U17)	13.19m	1/12/2024	Keegan Free - Hills District
360	Boys U 400 Metre Sprint Under 20	1:07.48	30/11/2024	Nicholas Crass - Hawkesbury City
362	Boys U 400 Metre Hurdles (76cm) Under 20	1:10.71	29/11/2024	Aidan Pospischil - Winston Hills
364	Boys U 800 Metre Run Under 20	2:09.39	1/12/2024	Ryan Wen - Winston Hills
366	Boys U 1500 Metre Run Under 20	4:47.65	30/11/2024	Ryan Wen - Winston Hills
368	Boys U 3000 Metre Run Under 20	11:13.63	29/11/2024	Aidan Pospischil - Winston Hills
370	Boys U High Jump (S/H 1.30m) Under 20	1.40m	30/11/2024	Ryan Wen - Winston Hills
372	Boys U Long Jump Under 20	3.90m	30/11/2024	Nicholas Crass - Hawkesbury City
374	Boys U Triple Jump Under 20	11.95m	29/11/2024	Lucas Scerri - Winston Hills