

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.65 2007 B SALAWU, PENRITH VALLEY			
Name	Age	Centre	Prelims

## Heat 1 Heats

1	Minuli Molligoda	Penrith	9.53Q
2	Isabella Sullivan	Emu Plains	9.95Q
3	Scarlett Owens	Cranebrook	10.11q
4	Olivia Enushi Senaratna	Cranebrook	10.55q
5	Ariana Tantalos	Penrith	10.73
6	Noa Robinson	Penrith	10.92
7	Summer Lewis	Cranebrook	11.17
8	Georgia Alexander	Werrington	12.47

## Heat 2 Heats

1	Addison Daly	Nepean	9.73Q
2	Aria Hutton	Colyton St Clair	9.86Q
3	Felicity Pola	Werrington	9.90q
4	Alara Kandemir	Emu Plains	9.98q
5	Chloe Barbe	Nepean	10.72
6	Lila Hetherington	Emu Plains	10.74
7	Abigail McKinnon	Emu Plains	12.20

**Girls U 7 - 50 Metre Sprint**

Zone: Z 8.65 2007 B SALAWU, PENRITH VALLEY			
Name	Age	Centre	Final

## Section 1 Final

1	Minuli Molligoda	Penrith	9.41
2	Addison Daly	Nepean	9.72
3	Scarlett Owens	Cranebrook	9.92
4	Felicity Pola	Werrington	10.06
5	Aria Hutton	Colyton St Clair	10.07
6	Isabella Sullivan	Emu Plains	10.11
6	Alara Kandemir	Emu Plains	10.11
8	Olivia Enushi Senaratna	Cranebrook	10.48

**Girls U 7 - 70 Metre Sprint**

Zone: Z 11.84 2015 A STAPLETON, JAMISON			
Name	Age	Centre	Prelims

## Heat 1 Heats

1	Millie Planer	Penrith	13.09Q
2	Isabella Sullivan	Emu Plains	13.67Q
3	Scarlett Owens	Cranebrook	13.94q
4	Alara Kandemir	Emu Plains	14.11q
5	Lila Hetherington	Emu Plains	14.91
6	Olivia Enushi Senaratna	Cranebrook	15.29
7	Georgia Alexander	Werrington	17.26

## Heat 2 Heats

1	Minuli Molligoda	Penrith	13.17Q
2	Addison Daly	Nepean	13.34Q
3	Aria Hutton	Colyton St Clair	13.77q
4	Felicity Pola	Werrington	14.06q
5	Lucy Cairns	Emu Plains	14.23

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 7 - 70 Metre Sprint**

6 Georgia Irwin	Werrington	14.63
7 Ohana Brandt	Nepean	15.27

**Girls U 7 - 70 Metre Sprint**

=====			
Zone: Z 11.84		2015	A STAPLETON, JAMISON
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Millie Planer		Penrith	12.87
2 Minuli Molligoda		Penrith	13.00
3 Addison Daly		Nepean	13.32
4 Felicity Pola		Werrington	13.81
5 Scarlett Owens		Cranebrook	13.87
6 Isabella Sullivan		Emu Plains	14.00
7 Alara Kandemir		Emu Plains	14.04
8 Aria Hutton		Colyton St Clair	14.10

**Girls U 8 - 70 Metre Sprint**

=====			
Zone: Z 11.35		1986	S WISEMAN, NEPEAN
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1 Charlotte Simpson		Emu Plains	11.89Q
2 Azaria Lima		Nepean	12.10Q
3 Avarni Palu-Luka		Werrington	12.73q
4 Moana Owens		Cranebrook	13.00q
5 Harper Stein		Werrington	13.45q
6 Arya Swift		Cranebrook	13.68
7 Hennessy Thomas		Nepean	13.71
8 Evelyn Lilly Callus		Colyton St Clair	14.00
Heat 2 Heats			
1 Ruby Watson		Colyton St Clair	11.90Q
2 Ava Kean		Emu Plains	12.76Q
3 Charlotte Penning		Nepean	12.86q
4 Emmi Munro		Cranebrook	13.49
5 Hazel Nicholls		Cranebrook	13.84
6 Mariah Spillane		Nepean	14.25
7 Vanessa Lia		Emu Plains	14.83
-- Taylah Milosev		Nepean	DNS

**Girls U 8 - 70 Metre Sprint**

=====			
Zone: Z 11.35		1986	S WISEMAN, NEPEAN
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Ruby Watson		Colyton St Clair	11.71
2 Charlotte Simpson		Emu Plains	12.00
3 Azaria Lima		Nepean	12.12
4 Ava Kean		Emu Plains	12.78
5 Moana Owens		Cranebrook	12.95
6 Charlotte Penning		Nepean	13.00
7 Avarni Palu-Luka		Werrington	13.03

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 8 - 70 Metre Sprint**

8 Harper Stein	Werrington	13.35
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**Girls U 9 - 70 Metre Sprint**

Zone: Z 10.65 2004 T FORNO, COLYTON

Name	Age Centre	Prelims
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## Heat 1 Heats

1 Miracle Egbufor	Nepean	11.67q
2 Tamanna Chaudhary	Nepean	11.91q
3 Nora Flynn	Nepean	12.00q
4 Nya Wilson	Nepean	12.36q
5 Ava Harvey	Penrith	12.83q
6 Mia Hagan	Nepean	12.84q
7 Olivia Hayek	Emu Plains	12.99q
8 Evaloni Fekitoa	Emu Plains	13.21q
9 Elena Demetriou	Nepean	14.51

**Girls U 9 - 70 Metre Sprint**

Zone: Z 10.65 2004 T FORNO, COLYTON

Name	Age Centre	Final
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## Section 1 Final

1 Miracle Egbufor	Nepean	11.67
2 Tamanna Chaudhary	Nepean	11.91
3 Nora Flynn	Nepean	12.00
4 Nya Wilson	Nepean	12.36
5 Ava Harvey	Penrith	12.83
6 Mia Hagan	Nepean	12.84
7 Olivia Hayek	Emu Plains	12.99
8 Evaloni Fekitoa	Emu Plains	13.21

**Girls U 10 - 70 Metre Sprint**

Zone: Z 10.65 1997 H MAHER, COLYTON

Name	Age Centre	Prelims
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## Heat 1 Heats

1 Mikayla Pace	Penrith	11.41Q
2 Everleigh Robinson	Penrith	11.61Q
3 Vivienne Pola	Werrington	13.07Q
4 Millie Okell	Nepean	13.41q
5 Maria Nordsvan-McLean	Nepean	13.80
-- Jazmine Zarglis	Nepean	DNS
-- Klarity Talivaa	Werrington	DNS

## Heat 2 Heats

1 Isabella Bateman	Penrith	11.91Q
2 Hannah Parkinson	Nepean	12.44Q
3 Sienna Hawkings	Cranebrook	12.99Q
4 Pascalle Hartnig	Nepean	13.35q
5 Salwa Bol	Werrington	13.44
-- Ava Zeibots	Colyton St Clair	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 10 - 70 Metre Sprint**

Zone: Z 10.65 1997 H MAHER, COLYTON			
Name	Age	Centre	Final
Section 1 Final			
1 Mikayla Pace		Penrith	11.34
2 Everleigh Robinson		Penrith	11.41
3 Isabella Bateman		Penrith	11.87
4 Pascale Hartnig		Nepean	12.21
5 Vivienne Pola		Werrington	12.50
6 Sienna Hawkings		Cranebrook	12.87
7 Hannah Parkinson		Nepean	12.96
8 Millie Okell		Nepean	13.20

**Girls U 7 - 100 Metre Sprint**

Zone: Z 16.94 2015 A STAPLETON, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Zoe Forth		Nepean	19.75Q
2 Chloe Barbe		Nepean	20.91Q
2 Olivia Enushi Senaratna		Cranebrook	20.91Q
4 Summer Lewis		Cranebrook	20.92
5 Charlotte Maynard		Penrith	22.18
6 Claire King		Cranebrook	22.97
Heat 2 Heats			
1 Millie Planer		Penrith	18.60Q
2 Aria Hutton		Colyton St Clair	19.88Q
3 Lila Hetherington		Emu Plains	20.31q
4 Felicity Pola		Werrington	21.53
5 Noa Robinson		Penrith	21.70
-- Scarlett Owens		Cranebrook	DQ
Heat 3 Heats			
1 Addison Daly		Nepean	19.64Q
2 Penelope Peachy		Emu Plains	20.28Q
3 Alara Kandemir		Emu Plains	20.37q
4 Adriana Martin		Emu Plains	22.89
5 Arianna Martin		Emu Plains	23.43

**Girls U 7 - 100 Metre Sprint**

Zone: Z 16.94 2015 A STAPLETON, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Millie Planer		Penrith	18.41
2 Zoe Forth		Nepean	19.28
2 Addison Daly		Nepean	19.28
4 Penelope Peachy		Emu Plains	19.36
5 Felicity Pola		Werrington	19.87
6 Aria Hutton		Colyton St Clair	20.15
7 Olivia Enushi Senaratna		Cranebrook	21.53
8 Chloe Barbe		Nepean	22.04
-- Lila Hetherington		Emu Plains	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 8 - 100 Metre Sprint**

Zone: Z 16.25 1996 B SMITH, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Ruby Watson		Colyton St Clair	16.77Q
2 Charlotte Penning		Nepean	18.37Q
3 Moana Owens		Cranebrook	18.68Q
4 Emmi Munro		Cranebrook	19.54q
5 Mariah Spillane		Nepean	20.09
6 Nora Venables		Cranebrook	21.56
7 Holly Mitchell		Nepean	22.31
-- Charlie Williams		Emu Plains	DNS
Heat 2 Heats			
1 Charlotte Simpson		Emu Plains	17.14Q
2 Ava Kean		Emu Plains	18.76Q
3 Harper Stein		Werrington	19.17Q
4 Hazel Nicholls		Cranebrook	19.77q
5 Hennessy Thomas		Nepean	21.09
6 Naya Boueiri		Cranebrook	23.15
-- Olivia Zarglis		Nepean	DNS
-- Taylah Milosev		Nepean	DNS

**Girls U 8 - 100 Metre Sprint**

Zone: Z 16.25 1996 B SMITH, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Ruby Watson		Colyton St Clair	16.85
2 Charlotte Simpson		Emu Plains	17.13
3 Ava Kean		Emu Plains	18.48
4 Charlotte Penning		Nepean	18.51
5 Moana Owens		Cranebrook	18.66
6 Hazel Nicholls		Cranebrook	20.06
7 Emmi Munro		Cranebrook	20.09
8 Harper Stein		Werrington	20.10

**Girls U 9 - 100 Metre Sprint**

Zone: Z 14.75 1985 B PIENING, NEPEAN			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Violet Panopoulos		Penrith	16.74Q
2 Nya Wilson		Nepean	17.56Q
3 Lily Kilgour		Werrington	18.36Q
4 Ava Harvey		Penrith	18.65
5 Olivia Hayek		Emu Plains	19.17
6 Charlotte Furby		Nepean	19.52
7 Madelyn Murray		Emu Plains	20.15
8 Ruthie-May Morgan-Thomas		Nepean	20.18
Heat 2 Heats			
1 Charlotte Irwin		Werrington	16.92Q
2 Tamanna Chaudhary		Nepean	16.97Q
3 Nora Flynn		Nepean	17.12Q

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 9 - 100 Metre Sprint**

4	Adalynn Hook	Emu Plains	18.41q
5	Jayde Thompson	Nepean	18.46q
6	Evaloni Fekitoa	Emu Plains	18.92
7	Jeyda Kandemir	Emu Plains	18.97
--	Lily-Davina Campbell	Nepean	DNS

**Girls U 9 - 100 Metre Sprint**

=====			
	Zone: Z 14.75	1985	B PIENING, NEPEAN
Name	Age	Centre	Final
=====			

## Section 1 Final

1	Violet Panopoulos	Penrith	16.55
2	Charlotte Irwin	Werrington	16.64
3	Tamanna Chaudhary	Nepean	16.95
4	Nora Flynn	Nepean	17.34
5	Nya Wilson	Nepean	17.76
6	Lily Kilgour	Werrington	18.53
7	Adalynn Hook	Emu Plains	18.55
--	Jayde Thompson	Nepean	DNS

**Girls U 10 - 100 Metre Sprint**

=====			
	Zone: Z 14.25	1986	B PIENING, NEPEAN
Name	Age	Centre	Prelims
=====			

## Heat 1 Heats

1	Isabelle Bourke	Cranebrook	15.84Q
2	Mikayla Pace	Penrith	16.02Q
3	Aleigha Regan	Colyton St Clair	18.25
4	Chaise Nicholls	Cranebrook	18.44
--	Alueth Majak	Nepean	DNS
--	Hannah Parkinson	Nepean	DNS

## Heat 2 Heats

1	Everleigh Robinson	Penrith	15.85Q
2	Keira Alderson	Penrith	16.49Q
3	Isabella Bateman	Penrith	16.54q
4	Vivienne Pola	Werrington	18.14
5	Hailey Pehr	Nepean	18.27
--	Amelia Campbell	Nepean	DNS

## Heat 3 Heats

1	Adrianna Keil	Nepean	15.75Q
2	Aaliyah Mccarron	Werrington	17.06Q
3	Airlie Howard	Penrith	17.79q
4	Sarah Maczek	Penrith	18.25
5	Salwa Bol	Werrington	18.46
--	Charlotte Donlan	Nepean	DNS

**Girls U 10 - 100 Metre Sprint**

=====			
	Zone: Z 14.25	1986	B PIENING, NEPEAN
Name	Age	Centre	Final
=====			

## Section 1 Final

1	Adrianna Keil	Nepean	15.57
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**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**....Girls U 10 - 100 Metre Sprint**

2	Mikayla Pace	Penrith	15.88
3	Isabelle Bourke	Cranebrook	16.02
4	Everleigh Robinson	Penrith	16.11
5	Isabella Bateman	Penrith	16.49
6	Aaliyah Mccarron	Werrington	16.88
7	Keira Alderson	Penrith	17.44
8	Airlie Howard	Penrith	17.92

**Girls U 11 - 100 Metre Sprint**

Zone: Z 13.97 08/12/2018 Virginia Cole, Emu Plains

Name Age Centre Prelims

Heat 1 Heats

1	Briar Auva'a	Penrith	14.77Q
2	Mia Olds	Colyton St Clair	15.34Q
3	Cassidy Kelly	Penrith	15.41Q
4	Malia Odhiambo	Emu Plains	15.46q
5	Lily Aldred	Werrington	15.86q

Heat 2 Heats

1	Alana Keil	Nepean	15.65Q
2	Felicity Sutton	Emu Plains	16.15Q
3	Rosie Chan	Emu Plains	16.85Q
4	Kaitlyn Downes	Nepean	17.11
5	Mavie Aris	Penrith	19.63

**Girls U 11 - 100 Metre Sprint**

Zone: Z 13.97 08/12/2018 Virginia Cole, Emu Plains

Name Age Centre Final

Section 1 Final

1	Briar Auva'a	Penrith	14.89
2	Cassidy Kelly	Penrith	15.21
3	Mia Olds	Colyton St Clair	15.55
4	Alana Keil	Nepean	15.67
5	Malia Odhiambo	Emu Plains	15.95
6	Lily Aldred	Werrington	16.03
7	Felicity Sutton	Emu Plains	16.37
8	Rosie Chan	Emu Plains	16.86

**Girls U 12 - 100 Metre Sprint**

Zone: Z 13.35 2007 C HEEPS, JAMISON

Name Age Centre Final

Section 1

1	Chelsea Wright	Werrington	14.07
2	Christine Raniga	Emu Plains	14.88
3	Harmoni Hill	Penrith	15.07
4	Charlize Sielicki	Nepean	15.45
5	Taylah Pagnamenta	Penrith	16.00
6	Sophie Griggs	Cranebrook	16.21
--	Sasha Anderson	Colyton St Clair	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 13 - 100 Metre Sprint**

Zone: Z 13.08 2017 Ella Sweeney, Emu Plains			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Hayley Milson		Emu Plains	13.94Q
2 Sarah Galea		Cranebrook	14.46Q
3 Alexis Rowan		Emu Plains	14.82Q
4 Taylor Auld		Emu Plains	15.06q
5 Ava Ilijeski		Emu Plains	15.08
6 Summer Amituanai		Emu Plains	15.78
-- Zoe Mitchell		Nepean	DQ
-- Alysha Bodie		Nepean	DNS
Heat 2 Heats			
1 Chloe Williams		Werrington	13.69Q
2 Aliyah Adjei		Nepean	13.70Q
3 Ella Long		Werrington	14.14Q
4 Mia Magnoli		Emu Plains	15.05q
5 Taya Brewer		Colyton St Clair	15.07
6 Effy Bachtis		Emu Plains	15.19
7 Kimora Talivaa		Werrington	15.70
-- Breanna Calford		Nepean	DNS

**Girls U 13 - 100 Metre Sprint**

Zone: Z 13.08 2017 Ella Sweeney, Emu Plains			
Name	Age	Centre	Final
Section 1 Final			
1 Chloe Williams		Werrington	13.74
2 Aliyah Adjei		Nepean	13.83
3 Hayley Milson		Emu Plains	14.07
4 Ella Long		Werrington	14.16
5 Sarah Galea		Cranebrook	14.45
6 Alexis Rowan		Emu Plains	14.50
7 Mia Magnoli		Emu Plains	14.66
8 Taylor Auld		Emu Plains	16.41

**Girls U 14 - 100 Metre Sprint**

Zone: Z 12.95 1991 M FENNING, EMU PLAINS			
Name	Age	Centre	Final
Section 1			
1 Lilly Brown		Emu Plains	13.29
2 Laylah Golden		Werrington	13.59
3 Charlotte Harrison		Cranebrook	14.16
4 Siena Vecchio		Colyton St Clair	14.65
-- Chelsea Attwill		Werrington	DNS



**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**Girls U 15 - 100 Metre Sprint**

Zone: Z 12.84 2017 Claire Meyers, Emu Plains			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Charlotte Bradshaw		Penrith	13.21q
2 Taylah Conway		Werrington	13.62q
3 Ayla Kandemir		Emu Plains	14.78q
4 Amelia Griggs		Cranebrook	16.44q
-- Aliye Dalkilinc		Colyton St Clair	DNS

**Girls U 17 - 100 Metre Sprint**

Zone: Z 12.36 02/12/2023 Nekea Talaia, Emu Plains			
Zone: Z 12.36 02/12/2023 Nekea Talaia, Emu Plains			
Name	Age	Centre	Prelims
1 Nekea Talaia		Emu Plains	Z 12.36q
2 Adriana Borg		Colyton St Clair	12.99q
3 Ainsley Giampietro		Emu Plains	13.52q
4 Lilli Kandel		Werrington	13.71q
5 Breana Steele		Werrington	14.29q
6 Abbey Bektas		Nepean	15.87q
-- Jessey Bektas		Nepean	DNS

**Girls U 7 - 200 Metre Sprint**

Zone: Z 36.05 1987 E MCGREGOR, COLYTON			
Name	Age	Centre	Prelims
1 Millie Planer		Penrith	38.67Q
2 Ava Kanmaz		Nepean	41.45Q
3 Penelope Peachy		Emu Plains	42.88q
4 Alara Kandemir		Emu Plains	45.50q
5 Georgia Irwin		Werrington	47.46
6 Ariana Tantalos		Penrith	48.16
7 Claire King		Cranebrook	50.66
Heat 2 Heats			
1 Isabella Sullivan		Emu Plains	41.88Q
2 Lucy Cairns		Emu Plains	44.08Q
3 Isla Zeibots		Colyton St Clair	45.45q
4 Arianna Martin		Emu Plains	45.91q
5 Charlotte Maynard		Penrith	46.01
6 Summer Lewis		Cranebrook	47.91
7 Adriana Martin		Emu Plains	50.75

**Girls U 7 - 200 Metre Sprint**

Zone: Z 36.05 1987 E MCGREGOR, COLYTON			
Name	Age	Centre	Final
Section 1 Final			
1 Millie Planer		Penrith	38.79
2 Penelope Peachy		Emu Plains	41.06
3 Ava Kanmaz		Nepean	41.10
4 Isabella Sullivan		Emu Plains	41.89

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 7 - 200 Metre Sprint**

5 Lucy Cairns	Emu Plains	44.39
6 Alara Kandemir	Emu Plains	46.27
7 Isla Zeibots	Colyton St Clair	47.59
-- Arianna Martin	Emu Plains	DNS

**Girls U 8 - 200 Metre Sprint**

=====			
	Zone: Z 32.45	1984	B PIENING, NEPEAN
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1 Charlotte Simpson		Emu Plains	36.14Q
2 Azaria Lima		Nepean	36.77Q
3 Charlotte Penning		Nepean	38.73q
4 Maxwell Bale		Penrith	40.22q
5 Cadence Miles		Colyton St Clair	41.33
6 Charlie Williams		Emu Plains	43.71
-- Hennessy Thomas		Nepean	DNS
-- Evelyn Lilly Callus		Colyton St Clair	DNS
Heat 2 Heats			
1 Ruby Watson		Colyton St Clair	36.21Q
2 Avarni Palu-Luka		Werrington	39.20Q
3 Ava Kean		Emu Plains	39.25q
4 Moana Owens		Cranebrook	39.48q
5 Acacia Jarman		Nepean	42.23
6 Holly Mitchell		Nepean	47.28
-- Olivia Zarglis		Nepean	DNS

**Girls U 8 - 200 Metre Sprint**

=====			
	Zone: Z 32.45	1984	B PIENING, NEPEAN
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Ruby Watson		Colyton St Clair	35.45
2 Charlotte Simpson		Emu Plains	35.64
3 Azaria Lima		Nepean	38.86
4 Moana Owens		Cranebrook	39.54
5 Charlotte Penning		Nepean	39.69
6 Maxwell Bale		Penrith	41.67
7 Ava Kean		Emu Plains	41.68
8 Avarni Palu-Luka		Werrington	41.75

**Girls U 9 - 200 Metre Sprint**

=====			
	Zone: Z 30.95	1985	B PIENING, NEPEAN
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1 Violet Panopoulos		Penrith	34.89Q
2 Taneeka Talaia		Emu Plains	34.98Q
3 Jayde Thompson		Nepean	42.02
4 Willow Hewett		Emu Plains	46.01
5 Ruthie-May Morgan-Thomas		Nepean	47.80
-- Peyton Wassilenko		Nepean	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 9 - 200 Metre Sprint**

-- Adalynn Hook	Emu Plains	DNS
Heat 2 Heats		
1 Miracle Egbufor	Nepean	34.12Q
2 Lily Kilgour	Werrington	37.02Q
3 Nya Wilson	Nepean	37.62q
4 Mia Egglestone	Emu Plains	37.69
5 Nora Flynn	Nepean	39.77
6 Ariana Pontello	Emu Plains	40.52
Heat 3 Heats		
1 Charlotte Irwin	Werrington	35.38Q
2 Marlowe Bale	Penrith	36.81Q
3 Evie Thomas	Colyton St Clair	37.25q
4 Ava Harvey	Penrith	37.82
5 Jeyda Kandemir	Emu Plains	39.77
-- Lily-Davina Campbell	Nepean	DNS

**Girls U 9 - 200 Metre Sprint**

=====			
Zone: Z 30.95 1985		B PIENING, NEPEAN	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Miracle Egbufor	Nepean	34.42	
2 Taneeka Talaia	Emu Plains	35.54	
3 Violet Panopoulos	Penrith	35.63	
4 Charlotte Irwin	Werrington	36.34	
5 Lily Kilgour	Werrington	37.38	
6 Nya Wilson	Nepean	37.41	
7 Evie Thomas	Colyton St Clair	38.74	
8 Marlowe Bale	Penrith	40.01	

**Girls U 10 - 200 Metre Sprint**

=====			
Zone: Z 30.05 1994		N PROUSE, WERRINGTON	
Name	Age Centre	Prelims	
=====			
Heat 1 Heats			
1 Adrianna Keil	Nepean	34.59Q	
2 Nicole Rich	Nepean	35.63Q	
3 Allegra Tantalos	Penrith	35.96q	
4 Isobel Omoh	Colyton St Clair	36.53	
5 Salwa Bol	Werrington	40.32	
-- Amelia Campbell	Nepean	DNS	
-- Charlotte Donlan	Nepean	DNS	
-- Alueth Majak	Nepean	DNS	
Heat 2 Heats			
1 Isabelle Bourke	Cranebrook	34.30Q	
2 Isabella Bateman	Penrith	35.43Q	
3 Keira Alderson	Penrith	35.68q	
3 Liana Alderson	Penrith	35.68q	
5 Aaliyah Mccarron	Werrington	35.96q	
6 Airlie Howard	Penrith	37.20	
-- Sarah Maczek	Penrith	DNS	

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 10 - 200 Metre Sprint**

Zone: Z 30.05 1994 N PROUSE, WERRINGTON			
Name	Age	Centre	Final
Section 1 Final			
1 Adrianna Keil		Nepean	33.97
2 Liana Alderson		Penrith	34.87
3 Aaliyah Mccarron		Werrington	35.31
4 Keira Alderson		Penrith	35.38
5 Isabella Bateman		Penrith	35.58
6 Isabelle Bourke		Cranebrook	35.79
7 Allegra Tantalos		Penrith	36.42
8 Nicole Rich		Nepean	40.83

**Girls U 11 - 200 Metre Sprint**

Zone: Z 28.55 1990 R MOSSMAN, NEPEAN			
Name	Age	Centre	Final
Section 1			
1 Alanna Thornton		Penrith	31.25
2 Cassidy Kelly		Penrith	31.77
3 Malia Odhiambo		Emu Plains	33.17
4 Alana Keil		Nepean	33.73
5 Felicity Sutton		Emu Plains	35.19
6 Rosie Chan		Emu Plains	36.39
7 Kaitlyn Downes		Nepean	37.23

**Girls U 12 - 200 Metre Sprint**

Zone: Z 27.75 1987 C BENNEY, PENRITH VALLEY			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Charlize Sielicki		Nepean	32.01q
2 Taylah Pagnamenta		Penrith	32.64q
3 Dana Francis		Nepean	36.38q
4 Holly Chater		Cranebrook	37.65
-- Sasha Anderson		Colyton St Clair	DNS
Heat 2 Heats			
1 Chelsea Wright		Werrington	29.38q
2 Christine Raniga		Emu Plains	30.87q
3 Bianca Rossetto		Emu Plains	31.61q
4 Emily Payne		Werrington	32.22q
5 Sophie Griggs		Cranebrook	33.52q

**Girls U 12 - 200 Metre Sprint**

Zone: Z 27.75 1987 C BENNEY, PENRITH VALLEY			
Name	Age	Centre	Final
Section 1 Final			
1 Chelsea Wright		Werrington	29.38
2 Christine Raniga		Emu Plains	30.87
3 Bianca Rossetto		Emu Plains	31.61
4 Charlize Sielicki		Nepean	32.01

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 12 - 200 Metre Sprint**

5 Emily Payne	Werrington	32.22
6 Taylah Pagnamenta	Penrith	32.64
7 Sophie Griggs	Cranebrook	33.52
8 Dana Francis	Nepean	36.38

**Girls U 13 - 200 Metre Sprint**

=====			
Zone: Z 27.15 1991		R MOSSMAN, NEPEAN	
Name	Age Centre	Prelims	
=====			
Heat 1 Heats			
1 Aliyah Adjei	Nepean	29.15Q	
2 Hayley Milson	Emu Plains	29.77Q	
3 Phoebe Morris	Werrington	29.95q	
4 Bonnie Clark	Emu Plains	29.96q	
5 Summer Amituanai	Emu Plains	32.86	
6 Katherine Raniga	Emu Plains	33.61	
7 Zoe Mitchell	Nepean	34.03	
8 Taylor Auld	Emu Plains	34.20	
Heat 2 Heats			
1 Chloe Williams	Werrington	28.12Q	
2 Ella Long	Werrington	29.35Q	
3 Sarah Galea	Cranebrook	30.52q	
4 Alexis Rowan	Emu Plains	31.46q	
5 Ava Ilijeski	Emu Plains	31.58	
6 Effy Bachtis	Emu Plains	32.75	
-- Taya Brewer	Colyton St Clair	DNS	
-- Kimora Talivaa	Werrington	DNS	

**Girls U 13 - 200 Metre Sprint**

=====			
Zone: Z 27.15 1991		R MOSSMAN, NEPEAN	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Chloe Williams	Werrington	28.00	
2 Aliyah Adjei	Nepean	29.19	
3 Ella Long	Werrington	29.50	
4 Hayley Milson	Emu Plains	29.87	
5 Bonnie Clark	Emu Plains	30.01	
6 Phoebe Morris	Werrington	30.55	
7 Sarah Galea	Cranebrook	30.57	
-- Alexis Rowan	Emu Plains	DNS	

**Girls U 14 - 200 Metre Sprint**

=====			
Zone: Z 26.85 1990		E SEERS, WERRINGTON	
Name	Age Centre	Final	
=====			
Section 1			
1 Lilly Brown	Emu Plains	27.83	
2 Sophie Kuach	Werrington	31.89	
3 Charlotte Harrison	Cranebrook	32.65	
-- Chelsea Attwill	Werrington	DNS	

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 15 - 200 Metre Sprint**

Zone: Z 26.45 2013 A PETERSON, COLYTON ST CLAIR			
Name	Age	Centre	Final
1 Charlotte Bradshaw		Penrith	27.15
2 Taylah Conway		Werrington	29.11
3 Ayla Kandemir		Emu Plains	30.78
4 Amelia Griggs		Cranebrook	35.67
5 Aliye Dalkilinc		Colyton St Clair	36.64

**Girls U 17 - 200 Metre Sprint**

Zone: Z 26.53 2017 Monique Quirk, Emu Plains			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Nekea Talaia		Emu Plains	27.41q
2 Ainsley Giampietro		Emu Plains	27.95q
3 Lilli Kandel		Werrington	28.92q
4 Breana Steele		Werrington	30.97q
5 Kirsty Battye		Nepean	34.19q
Heat 2 Heats			
1 Adriana Borg		Colyton St Clair	27.29q
2 Mabel Dukes		Emu Plains	31.74q
3 Tara Hughes		Werrington	33.32q
4 Krystal Burrows		Penrith	37.42

**Girls U 17 - 200 Metre Sprint**

Zone: Z 26.53 2017 Monique Quirk, Emu Plains			
Name	Age	Centre	Final
Section 1 Final			
-- Adriana Borg		Colyton St Clair	NT 2nd
-- Nekea Talaia		Emu Plains	NT 1st
-- Breana Steele		Werrington	NT 6th
-- Lilli Kandel		Werrington	NT 5th
-- Ainsley Giampietro		Emu Plains	NT 3rd
-- Mabel Dukes		Emu Plains	NT 4th
-- Kirsty Battye		Nepean	DNS
-- Tara Hughes		Werrington	DNS

**Girls U 9 - 400 Metre Sprint**

Zone: Z 1:13.95 1985 B PIENING, NEPEAN			
Name	Age	Centre	Final
Section 1			
1 Pippa Aris		Penrith	1:27.49
2 Peyton Wassilenko		Nepean	1:29.19
3 Nya Wilson		Nepean	1:29.35
4 Adalynn Hook		Emu Plains	1:34.24
5 Ariana Pontello		Emu Plains	1:38.55
6 Elena Demetriou		Nepean	1:44.64
-- Lily-Davina Campbell		Nepean	DNS
Section 2			

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 9 - 400 Metre Sprint**

1	Taneeka Talaia	Emu Plains	1:21.44
2	Marlowe Bale	Penrith	1:24.61
3	Lily Kilgour	Werrington	1:30.35
4	Jeyda Kandemir	Emu Plains	1:39.66
5	Willow Hewett	Emu Plains	1:46.02
--	Maddison Carter	Penrith	DNS

**Girls U 10 - 400 Metre Sprint**

=====			
Zone: Z 1:09.45		1986	S HARRISON, NEPEAN
Name	Age	Centre	Final
=====			

## Section 1

1	Allegra Tantalos	Penrith	1:20.59
2	Isabelle Bourke	Cranebrook	1:22.78
3	Klarity Talivaa	Werrington	1:24.59
4	Adrianna Keil	Nepean	1:25.39
5	Liana Alderson	Penrith	1:30.21
6	Tiannah Hickson	Werrington	1:31.92
7	Willow Duggan	Cranebrook	1:36.33
8	Serena Vella	Werrington	1:41.27

## Section 2

1	Airlie Howard	Penrith	1:23.38
2	Isobel Omoh	Colyton St Clair	1:24.53
3	Aaliyah Mccarron	Werrington	1:25.73
4	Summer Flemming	Emu Plains	1:28.29
5	Eden Allen	Nepean	1:31.00
6	Chaise Nicholls	Cranebrook	1:35.49
--	Nicole Rich	Nepean	DNS
--	Amelia Campbell	Nepean	DNS

**Girls U 11 - 400 Metre Sprint**

=====			
Zone: Z 1:07.95		1990	R MOSSMAN, NEPEAN
Name	Age	Centre	Final
=====			

## Section 1

1	Marguerite Toohey	Emu Plains	1:20.07
2	Mia Olds	Colyton St Clair	1:20.88
3	Alana Keil	Nepean	1:28.79
4	Mavie Aris	Penrith	1:57.70

**Girls U 12 - 400 Metre Sprint**

=====			
Zone: Z 1:04.35		1997	R JUNOR, PENRITH VALLEY
Name	Age	Centre	Final
=====			

1	Chelsea Wright	Werrington	1:09.86
2	Harmoni Hill	Penrith	1:09.93
3	Bianca Rossetto	Emu Plains	1:15.70
4	Charlize Sielicki	Nepean	1:16.67
5	Emily Payne	Werrington	1:19.96
6	Saige Zammitt	Colyton St Clair	1:22.39
7	Sophie Griggs	Cranebrook	1:22.70
--	Matilda-Holly Marks	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 12 - 400 Metre Sprint**

## Section 2

-- Sasha Anderson	Colyton St Clair	DNS
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**Girls U 13 - 400 Metre Sprint**

Zone: Z 1:02.15 02/12/2023 Chloe Williams, Werrington

Zone: Z 1:02.15 02/12/2023 Chloe Williams, Werrington

Name	Age Centre	Final
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## Section 1

1 Chloe Williams	Werrington	1:02.15Z
2 Chloe Griffiths	Penrith	1:16.82
3 Zoe Mitchell	Nepean	1:17.94
4 Taya Brewer	Colyton St Clair	1:20.34
5 Taylor Auld	Emu Plains	1:21.72
6 Kimora Talivaa	Werrington	1:25.52

## Section 2

1 Phoebe Morris	Werrington	1:07.79
2 Sarah Galea	Cranebrook	1:09.07
3 Bonnie Clark	Emu Plains	1:11.29
4 Katherine Raniga	Emu Plains	1:20.09
-- Georgia Watson	Colyton St Clair	DNS
-- Aliyah Adjei	Nepean	DNS

**Girls U 14 - 400 Metre Sprint**

Zone: Z 1:02.05 1990 K BENNOIT, EMU PLAINS

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

## Section 1

1 Lilly Brown	Emu Plains	1:05.46
2 Hannah Loxley	Werrington	1:06.91
3 Adelaide Grima	Emu Plains	1:11.15
4 Siena Vecchio	Colyton St Clair	1:12.89
5 Sophie Kuach	Werrington	1:13.07
6 Charlotte Harrison	Cranebrook	1:14.58

**Girls U 15 - 400 Metre Sprint**

Zone: Z 58.55 2015 M QUIRK, EMU PLAINS

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

1 Taylah Conway	Werrington	1:07.92
2 Ayla Kandemir	Emu Plains	1:11.47
-- Aliye Dalkilinc	Colyton St Clair	DNS

**Girls U 17 - 400 Metre Sprint**

Zone: Z 58.09 02/12/2023 Nekea Talaia, Emu Plains

Zone: Z 58.09 02/12/2023 Nekea Talaia, Emu Plains

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

1 Nekea Talaia	Emu Plains	58.09Z
2 Mabel Dukes	Emu Plains	1:01.15
3 Ainsley Giampietro	Emu Plains	1:02.54



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 17 - 400 Metre Sprint**

4	Layla Sharp	Werrington	1:05.52
5	Kirsty Battye	Nepean	1:17.84
6	Krystal Burrows	Penrith	1:30.79
--	Brianna Atkins	Werrington	DNS
--	Lilli Kandel	Werrington	DNS

**Girls U 8 - 400 Metre Run Pack Start**

=====			
Zone: Z 1:21.60 03/12/2022 Miracle Egbufor, Nepean			
Name	Age	Centre	Final
=====			
1	Maxwell Bale	Penrith	1:29.71
2	Cadence Miles	Colyton St Clair	1:31.59
3	Ivy-Rose Christie	Nepean	1:32.65
4	Moana Owens	Cranebrook	1:33.72
5	Charlotte Haworth	Cranebrook	1:38.42
6	Amaya Matakatea-Williams	Cranebrook	1:42.08
7	Avarni Palu-Luka	Werrington	1:43.22
8	Holly Mitchell	Nepean	1:50.38

**Girls U 7 - 500 Metre Run Pack Start**

=====			
Zone: Z 1:54.00 1997 S.GUNN, NEPEAN			
Name	Age	Centre	Final
=====			
1	Millie Planer	Penrith	1:56.98
2	Ava Kanmaz	Nepean	2:07.19
3	Zoe Forth	Nepean	2:14.57
4	Lucy Cairns	Emu Plains	2:17.65
5	Ariana Tantalos	Penrith	2:18.08
6	Arianna Martin	Emu Plains	2:19.33
7	Penelope Peachy	Emu Plains	2:19.73
8	Georgia Irwin	Werrington	2:19.88
9	Summer Lewis	Cranebrook	2:24.10
10	Kyah Beale	Penrith	2:25.35
11	Selena Sawaszenko	Cranebrook	2:26.78
12	Adriana Martin	Emu Plains	2:34.16

**Girls U 8 - 700 Metre Run Pack Start**

=====			
Zone: Z 2:33.80 1996 A.MATAFONOV, PENRITH VALLEY			
Name	Age	Centre	Final
=====			
1	Maxwell Bale	Penrith	2:58.64
2	Cadence Miles	Colyton St Clair	3:01.40
3	Charlotte Haworth	Cranebrook	3:02.99
4	Ivy-Rose Christie	Nepean	3:06.20
5	Charlotte Flemming	Emu Plains	3:07.86
6	Acacia Jarman	Nepean	3:10.88
7	Amaya Matakatea-Williams	Cranebrook	3:11.60
8	Charlie Williams	Emu Plains	3:16.75
9	Evelyn Lilly Callus	Colyton St Clair	3:31.54

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 9 - 800 Metre Run**

Zone: Z 2:48.40 1987 M HEPWORTH, WERRINGTON			
Name	Age	Centre	Final
1 Marlowe Bale		Penrith	3:11.02
2 Pippa Aris		Penrith	3:13.68
3 Charlotte Irwin		Werrington	3:22.59
4 Peyton Wassilenko		Nepean	3:24.79
5 Reagan Mackie		Penrith	3:35.20
6 Mackenzie Hanson		Penrith	3:57.34
7 Elena Demetriou		Nepean	4:01.55
-- Adalynn Hook		Emu Plains	DNS
-- Ariana Pontello		Emu Plains	DNS
-- Maddison Carter		Penrith	DNS
-- Aniva Malaeulu		Werrington	DNS

**Girls U 10 - 800 Metre Run**

Zone: Z 2:40.00 1988 M HEPWORTH, WERRINGTON			
Name	Age	Centre	Final
1 Allegra Tantalos		Penrith	3:00.43
2 Nicole Rich		Nepean	3:07.47
3 Tiannah Hickson		Werrington	3:09.47
4 Isabelle Bourke		Cranebrook	3:16.80
5 Summer Flemming		Emu Plains	3:17.79
6 Klarity Talivaa		Werrington	3:21.73
7 Antonia Powter		Emu Plains	3:23.97
8 Audrey Commerford		Emu Plains	3:37.12
9 Lilly McSharry		Colyton St Clair	3:38.84
10 Eden Allen		Nepean	3:45.15
11 Serena Vella		Werrington	3:52.50
-- Willow Duggan		Cranebrook	DNS

**Girls U 11 - 800 Metre Run**

Zone: Z 2:34.10 1989 M HEPWORTH, WERRINGTON			
Name	Age	Centre	Final
1 Laci Roman		Werrington	2:49.78
2 Alanna Thornton		Penrith	2:54.95
3 Matilda Watts		Colyton St Clair	3:02.12
4 Eva Hetherington		Emu Plains	3:08.06
5 Mia Olds		Colyton St Clair	3:11.47
6 Lucy Tindall		Emu Plains	3:17.30
-- Skye Lawn		Nepean	DNS

**Girls U 12 - 800 Metre Run**

Zone: Z 2:27.10 1999 A HECKENBERG, NEPEAN			
Name	Age	Centre	Final
1 Madison Easterbrook		Emu Plains	2:39.31
2 Charlotte Morris		Werrington	2:54.01
3 Emily Payne		Werrington	2:58.07
4 Amelia Beazley		Emu Plains	3:00.64

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 12 - 800 Metre Run**

5	Bianca Rossetto	Emu Plains	3:01.26
6	Dana Francis	Nepean	3:25.88
--	Saige Zammitt	Colyton St Clair	DNS
--	Matilda-Holly Marks	Werrington	DNS

**Girls U 13 - 800 Metre Run**

=====			
Zone: Z 2:26.50		1986	A BONHAM, NEPEAN
Name	Age	Centre	Final
=====			
1	Bonnie Clark	Emu Plains	3:01.08
2	Isabella Roelofs	Werrington	3:03.81
3	Summer Amituanai	Emu Plains	3:13.74
4	Chloe Griffiths	Penrith	3:15.98

**Girls U 14 - 800 Metre Run**

=====			
Zone: Z 2:24.20		1990	S HARRISON, NEPEAN
Name	Age	Centre	Final
=====			
1	Hannah Loxley	Werrington	2:31.54
2	Sophie Kuach	Werrington	2:59.57

**Girls U 15 - 800 Metre Run**

=====			
Zone: Z 2:21.80		1990	A MENZIES, EMU PLAINS
Name	Age	Centre	Final
=====			
1	Tia Bachtis	Emu Plains	2:48.18
2	Felicity Duggan	Cranebrook	3:05.82
--	Ayla Kandemir	Emu Plains	DNS

**Girls U 17 - 800 Metre Run**

=====			
Zone: Z 2:27.34		03/12/2023	Mabel Dukes, Emu Plains
Zone: Z 2:27.34		03/12/2023	Mabel Dukes, Emu Plains
Name	Age	Centre	Final
=====			
1	Mabel Dukes	Emu Plains	2:27.34Z
2	Ainsley Giampietro	Emu Plains	2:41.45
3	Kirsty Battye	Nepean	3:07.43
4	Krystal Burrows	Penrith	3:57.23
--	Brianna Atkins	Werrington	DNS
--	Jessican Dhaliwal	Colyton St Clair	DNS

**Girls U 11 - 1500 Metre Run**

=====			
Zone: Z 5:15.50		1985	J MARTIN, NEPEAN
Name	Age	Centre	Final
=====			
1	Eva Hetherington	Emu Plains	6:08.91
2	Mia Olds	Colyton St Clair	6:29.21
3	Emily Rogers	Penrith	6:37.41
4	Lucy Tindall	Emu Plains	6:40.31
--	Laci Roman	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 11 - 1500 Metre Run**

-- Alanna Thornton Penrith DNS

**Girls U 12 - 1500 Metre Run**

Zone: Z 5:07.10 1990 M HEPWORTH, WERRINGTON			
Name	Age	Centre	Final
1 Madison Easterbrook		Emu Plains	5:39.84
2 Harmoni Hill		Penrith	5:51.41
3 Charlotte Morris		Werrington	5:52.80
4 Amelia Beazley		Emu Plains	6:16.90
5 Emily Payne		Werrington	6:17.51
6 Saige Zammitt		Colyton St Clair	6:39.42
7 Dana Francis		Nepean	7:52.22
-- Matilda-Holly Marks		Werrington	DNS

**Girls U 13 - 1500 Metre Run**

Zone: Z 4:52.20 1999 S HARRISON, NEPEAN			
Name	Age	Centre	Final
1 Phoebe Morris		Werrington	5:44.94
2 Georgia Watson		Colyton St Clair	6:18.88
3 Bonnie Clark		Emu Plains	6:28.67

**Girls U 14 - 1500 Metre Run**

Zone: Z 4:52.40 1996 M FRENCH, NEPEAN			
Name	Age	Centre	Final
1 Hannah Loxley		Werrington	5:21.99
2 Krystal Trigg		Emu Plains	7:58.19

**Girls U 15 - 1500 Metre Run**

Zone: Z 4:50.40 1996 K FIELD, NEPEAN			
Name	Age	Centre	Final
1 Tia Bachtis		Emu Plains	5:58.57

**Girls U 17 - 1500 Metre Run**

Zone: Z 5:07.04 02/12/2023 Mabel Dukes, Emu Plains			
Zone: Z 5:07.04 02/12/2023 Mabel Dukes, Emu Plains			
Name	Age	Centre	Final
1 Mabel Dukes		Emu Plains	5:07.04Z

**Girls U 14 - 3000 Metre Run**

Zone: Z 10:33.10 1996 M FRENCH, NEPEAN			
Name	Age	Centre	Final
1 Krystal Trigg		Emu Plains	18:21.49

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 15 - 3000 Metre Run**

Zone: Z 10:15.90 1999 S HARRISON, NEPEAN			
Name	Age	Centre	Final
1 Tia Bachtis		Emu Plains	13:24.83

**Girls U 17 - 3000 Metre Run**

Zone: Z 11:17.33 2014 J TIBBETT, CRANE BROOK			
Name	Age	Centre	Final
1 Mabel Dukes		Emu Plains	11:33.29
2 Jessey Bektas		Nepean	13:49.46

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

Zone: Z 11.45 1996 B SMITH, JAMISON			
Name	Age	Centre	Prelims

## Heat 1 Heats

1 Avarni Palu-Luka		Werrington	12.87Q
2 Lucy Sztelma		Cranebrook	14.50Q
3 Charlotte Flemming		Emu Plains	14.63Q
4 Maxwell Bale		Penrith	14.84q
5 Charlotte Haworth		Cranebrook	15.48
-- Taylah Milosev		Nepean	DNS
-- Charlotte Morris		Penrith	DNS

## Heat 2 Heats

1 Charlotte Simpson		Emu Plains	13.72Q
2 Emmi Munro		Cranebrook	14.15Q
3 Evelyn Lilly Callus		Colyton St Clair	14.58Q
4 Mariah Spillane		Nepean	14.83q
5 Ava Kean		Emu Plains	15.79
-- Hennessy Thomas		Nepean	DNS

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

Zone: Z 11.45 1996 B SMITH, JAMISON			
Name	Age	Centre	Final

## Section 1 Final

1 Avarni Palu-Luka		Werrington	12.59
2 Charlotte Simpson		Emu Plains	13.34
3 Emmi Munro		Cranebrook	13.84
4 Maxwell Bale		Penrith	14.01
5 Charlotte Flemming		Emu Plains	14.11
6 Lucy Sztelma		Cranebrook	14.26
7 Evelyn Lilly Callus		Colyton St Clair	14.62
8 Mariah Spillane		Nepean	15.13

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 11.15 1997 E JUNOR, PENRITH VALLEY			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Mia Egglestone		Emu Plains	12.69Q
2 Jayde Thompson		Nepean	13.17Q
3 Mia Hagan		Nepean	13.22Q
4 Reagan Mackie		Penrith	13.34q
5 Eleanna Papadimas		Penrith	13.75q
6 Olivia Hayek		Emu Plains	14.02
7 Madelyn Murray		Emu Plains	14.34
-- Aniva Malaelulu		Werrington	DNS
Heat 2 Heats			
1 Keziah Lui Key		Werrington	12.76Q
2 Pippa Aris		Penrith	13.50Q
3 Maddison Carter		Penrith	13.64Q
4 Evaloni Fekitoa		Emu Plains	13.87
5 Willow Hewett		Emu Plains	14.47
6 Mackenzie Hanson		Penrith	14.73
7 Ruby Magnoli		Emu Plains	16.34
-- Ivory-Lee Mitchell		Penrith	DNS

**Girls U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 11.15 1997 E JUNOR, PENRITH VALLEY			
Name	Age	Centre	Final
Section 1 Final			
1 Mia Egglestone		Emu Plains	12.46
2 Keziah Lui Key		Werrington	12.53
3 Mia Hagan		Nepean	12.95
4 Maddison Carter		Penrith	13.02
5 Jayde Thompson		Nepean	13.20
6 Pippa Aris		Penrith	13.51
7 Eleanna Papadimas		Penrith	13.56
-- Reagan Mackie		Penrith	DNS

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

Zone: Z 11.26 2014 A LEVY, WERRINGTON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Liana Alderson		Penrith	14.10q
2 Sahara McGaughey		Werrington	14.48q
3 Maria Nordsvan-McLean		Nepean	16.65
-- Alueth Majak		Nepean	DNS
-- Charlotte Donlan		Nepean	DNS
-- Jazmine Zarglis		Nepean	DNS
Heat 2 Heats			
1 Summer Flemming		Emu Plains	13.26q
2 Emily Sztelma		Cranebrook	13.56q
3 Vivienne Pola		Werrington	14.50q
4 Airlie Howard		Penrith	14.59q
5 Aleigha Regan		Colyton St Clair	14.92q

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 10 - 60 Metre Hurdles (60cm)**

6	Tiannah Hickson	Werrington	18.61
Heat 3 Heats			
1	Klarity Talivaa	Werrington	14.39q
2	Mannat Kaur Gill	Werrington	16.06
--	Hailey Pehr	Nepean	DNS
--	Salwa Bol	Werrington	DNS
--	Nicole Rich	Nepean	DNS

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

=====			
Zone: Z 11.26		2014	A LEVY, WERRINGTON
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Liana Alderson	Penrith	12.89
2	Summer Flemming	Emu Plains	13.01
3	Emily Sztelma	Cranebrook	13.50
4	Vivienne Pola	Werrington	13.69
5	Klarity Talivaa	Werrington	14.02
6	Aleigha Regan	Colyton St Clair	14.34
7	Sahara McGaughey	Werrington	14.37
8	Airlie Howard	Penrith	14.39

**Girls U 11 - 80 Metre Hurdles (60cm)**

=====			
Zone: Z 14.48		01/12/2019	Charlotte Bradshaw, Penrith
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1	Alanna Thornton	Penrith	15.34q
2	Sabella Whelan	Cranebrook	15.35q
3	Cassidy Kelly	Penrith	16.07q
4	Laci Roman	Werrington	16.62q
5	Lucy Tindall	Emu Plains	16.92q
6	Malia Odhiambo	Emu Plains	17.11q
7	Ava Young	Emu Plains	18.49q
8	Rosie Chan	Emu Plains	19.11q
9	Wylear Morgan-Thomas	Nepean	19.33

**Girls U 11 - 80 Metre Hurdles (60cm)**

=====			
Zone: Z 14.48		01/12/2019	Charlotte Bradshaw, Penrith
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Sabella Whelan	Cranebrook	15.35
1	Alanna Thornton	Penrith	15.35
3	Cassidy Kelly	Penrith	16.07
4	Laci Roman	Werrington	16.62
5	Lucy Tindall	Emu Plains	16.92
6	Malia Odhiambo	Emu Plains	17.11
7	Ava Young	Emu Plains	18.49
8	Rosie Chan	Emu Plains	19.11

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 12 - 80 Metre Hurdles (68cm)**

Zone: Z 15.12 04/12/2022 Aliyah Adjei, Nepean			
Name	Age	Centre	Final
Section 1			
1 Christine Raniga		Emu Plains	16.08
2 Bianca Rossetto		Emu Plains	19.23
-- Sasha Anderson		Colyton St Clair	DNS

**Girls U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 13.32 2015 S POLINSKY, WERRINGTON			
Name	Age	Centre	Final
1 Aliyah Adjei		Nepean	16.26
2 Ella Long		Werrington	16.98
3 Taya Brewer		Colyton St Clair	19.06
4 Chloe Griffiths		Penrith	19.39
5 Mia Magnoli		Emu Plains	19.85
-- Georgia Watson		Colyton St Clair	DNS
-- Keiley Dowds		Colyton St Clair	DNS
-- Maddison Smith		Colyton St Clair	DNS

**Girls U 14 - 80 Metre Hurdles (76cm)**

Zone: Z 12.84 2016 C MEYERS, EMU PLAINS			
Name	Age	Centre	Final
1 Siena Vecchio		Colyton St Clair	16.52
-- Chelsea Attwill		Werrington	DNS

**Girls U 15 - 90 Metre Hurdles (76cm)**

Zone: Z 13.55 2017 Claire Meyers, Emu Plains			
Name	Age	Centre	Final
1 Charlotte Bradshaw		Penrith	15.00

**Girls U 17 - 100 Metre Hurdles (76cm)**

Zone: Z 15.77 2014 A BAXTER, NEPEAN			
Name	Age	Centre	Final
1 Nekea Talaia		Emu Plains	17.39
2 Sophie McPherson		Penrith	18.66
3 Savannah Carter		Emu Plains	23.52

**Girls U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 31.35 2007 G MARSHALL, PENRITH VALLEY			
Name	Age	Centre	Final
1 Mia Magnoli		Emu Plains	37.75
2 Chloe Griffiths		Penrith	38.63
3 Elousie Murray		Emu Plains	42.11
-- Katherine Raniga		Emu Plains	DNS



**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**....Girls U 13 - 200 Metre Hurdles (68cm)**

-- Keiley Dowds	Colyton St Clair	DNS
-- Ava Ilijeski	Emu Plains	DNS

**Girls U 14 - 200 Metre Hurdles (76cm)**

=====		
Zone: Z 30.25	1997	R JUNOR, PENRITH VALLEY
Name	Age Centre	Final
=====		
1 Lilly Brown	Emu Plains	32.87
2 Laylah Golden	Werrington	34.70
3 Krystal Trigg	Emu Plains	41.02
-- Chelsea Attwill	Werrington	DNS

**Girls U 15 - 300 Metre Hurdles (76cm)**

=====		
Zone: Z 49.62	07/12/2018	Keeli Brown, Emu Plains
Name	Age Centre	Final
=====		
1 Charlotte Bradshaw	Penrith	54.14
-- Ayla Kandemir	Emu Plains	DNS

**Girls U 17 - 300 Metre Hurdles (76cm)**

=====		
Zone: Z 48.16	07/12/2018	Sundance Fuller, Penrith
Name	Age Centre	Final
=====		
1 Sophie McPherson	Penrith	58.16
-- Savannah Carter	Emu Plains	DNS

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

=====		
Zone: Z 57.45	2012	JAMISON, JAMISON
Centre		Final
=====		
1 Werrington		1:02.57
1) Aaliyah Mccarron 10	2) Laci Roman 11	
3) Charlotte Irwin 9	4) Chelsea Wright 12	
2 Nepean		1:03.42
1) Miracle Egbufor 9	2) Adrianna Keil 10	
3) Alana Keil 11	4) Charlize Sielicki 12	
3 Penrith		1:03.88
1) Violet Panopoulos 9	2) Isabella Bateman 10	
3) Alanna Thornton 11	4) Briar Auva'a 11	
4 Emu Plains		1:04.34
1) Summer Flemming 10	2) Taneeka Talaia 9	

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

=====		
Zone: Z 53.06	03/12/2023	Werrington, Werrington
		L Golden, C Williams, T Conway, L Kandel
Zone: Z 53.06	03/12/2023	Werrington, Werrington
		L Golden, C Williams, T Conway, L Kandel
Centre		Final
=====		
1 Werrington		53.06Z

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 12-17 4x100 Metre Relay (Snr)**

1) Laylah Golden 14	2) Chloe Williams 13	
3) Taylah Conway 15	4) Lilli Kandel 17	
2 Penrith		57.39
1) Havana Pagnamenta 12	2) Sophie McPherson 17	
3) Charlotte Bradshaw 15	4)	
3 Cranebrook		1:01.01
1) Jemma Camilleri 15	2) Sarah Galea 13	
3) Amelia Griggs 15	4) Charlotte Harrison 14	
-- Emu Plains		DQ
1) Lilly Brown 14	2) Ayla Kandemir 15	
3) Nekea Talaia 17	4) Hayley Milson 13	
-- Nepean		DQ
1) Zoe Mitchell 13	2)	

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

Zone: Z 1.20m 1984 A NOLAN, NEPEAN			
Name	Age	Centre	Final
Flight 1			
1 Violet Panopoulos		Penrith	0.97m
1 Evie Thomas		Colyton St Clair	0.97m
3 Taneeka Talaia		Emu Plains	0.95m
4 Mia Egglestone		Emu Plains	0.90m
4 Reagan Mackie		Penrith	0.90m
6 Jeyda Kandemir		Emu Plains	0.85m
6 Keziah Lui Key		Werrington	0.85m
8 Mackenzie Hanson		Penrith	0.80m
-- Ruthie-May Morgan-Thomas		Nepean	NH
-- Ariana Pontello		Emu Plains	NH
-- Aniva Malaeulu		Werrington	DNS

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

Zone: Z 1.29m 1991 K MULHERON, WERRINGTON			
Name	Age	Centre	Final
1 Mikayla Pace		Penrith	1.11m
2 Emily Sztelma		Cranebrook	1.09m
3 Isobel Omoh		Colyton St Clair	1.05m
4 Lilly McSharry		Colyton St Clair	1.00m
5 Mannat Kaur Gill		Werrington	0.90m
5 Maria Nordsvan-McLean		Nepean	0.90m
-- Tiannah Hickson		Werrington	NH
-- Sienna Hawkings		Cranebrook	NH

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

Zone: Z 1.40m 1987 L PROIETTI, NEPEAN			
Name	Age	Centre	Final
1 Sabella Whelan		Cranebrook	1.39m
2 Briar Auva'a		Penrith	1.17m
2 Laci Roman		Werrington	1.17m
4 Harper Egglestone		Emu Plains	1.15m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 11 - High Jump (S/H 1.00m)**

5	Marguerite Toohey	Emu Plains	1.10m
5	Emily Rogers	Penrith	1.10m
5	Giselle Stopins	Colyton St Clair	1.10m
8	Skye Lawn	Nepean	1.05m
8	Lily Aldred	Werrington	1.05m
10	Felicity Sutton	Emu Plains	1.00m

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

=====			
Zone: Z 1.51m		1987	K MELVIN, NEPEAN
Name	Age	Centre	Final
=====			
1	Havana Pagnamenta	Penrith	1.31m
2	Christine Raniga	Emu Plains	1.31m
3	Aliyah Henderson	Nepean	1.20m
--	Holly Chater	Cranebrook	NH
--	Talia Vecchio	Colyton St Clair	DNS
--	Amelia Beazley	Emu Plains	DNS

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

=====			
Zone: Z 1.58m		1994	K MULHERON, WERRINGTON
Name	Age	Centre	Final
=====			
1	Ella Long	Werrington	1.34m
2	Aliyah Adjei	Nepean	1.30m
3	Georgia Watson	Colyton St Clair	1.20m
3	Chloe Griffiths	Penrith	1.20m
5	Aimee Johannsen	Colyton St Clair	1.15m
--	Taylor Auld	Emu Plains	NH
--	Taya Brewer	Colyton St Clair	NH

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

=====			
Zone: Z 1.57m		2000	A KELLY, PENRITH VALLEY
Name	Age	Centre	Final
=====			
1	Charlotte Harrison	Cranebrook	1.37m
1	Siena Vecchio	Colyton St Clair	1.37m
3	Hannah Loxley	Werrington	1.35m
--	Sophie Kuach	Werrington	NH

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

=====			
Zone: Z 1.68m		1991	L PROIETTI, NEPEAN
Name	Age	Centre	Final
=====			
1	Charlotte Bradshaw	Penrith	1.43m
2	Mia Brown	Penrith	1.30m
--	Taylah Conway	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 17 - High Jump (S/H 1.25m)**

Zone: Z 1.56m 2017 Jaz Byrnes, Emu Plains			
Name	Age	Centre	Final
1 Jessey Bektas		Nepean	1.30m

**Girls U 7 - Long Jump**

Zone: Z 3.19m 2015 A STAPLETON, JAMISON			
Name	Age	Centre	Final
1 Minuli Molligoda		Penrith	2.64m
2 Lucy Cairns		Emu Plains	2.51m
3 Scarlett Owens		Cranebrook	2.50m
4 Felicity Pola		Werrington	2.41m
5 Chloe Barbe		Nepean	2.37m
6 Addison Daly		Nepean	2.36m
6 Isabella Sullivan		Emu Plains	2.36m
8 Kyah Beale		Penrith	2.29m
9 Georgia Irwin		Werrington	2.24m
10 Isla Zeibots		Colyton St Clair	2.04m
11 Aria Hutton		Colyton St Clair	2.01m
11 Lila Hetherington		Emu Plains	2.01m
13 Abigail McKinnon		Emu Plains	1.68m
14 Selena Sawaszenko		Cranebrook	1.57m
-- Ohana Brandt		Nepean	DNS
-- Ava Kanmaz		Nepean	DNS
-- Arianna Martin		Emu Plains	DNS
-- Adriana Martin		Emu Plains	DNS

**Girls U 8 - Long Jump**

Zone: Z 3.47m 1991 J WEBSTER, COLYTON			
Name	Age	Centre	Final
1 Azaria Lima		Nepean	2.87m
1 Ruby Watson		Colyton St Clair	2.87m
3 Charlotte Penning		Nepean	2.86m
4 Acacia Jarman		Nepean	2.68m
5 Lucy Sztelma		Cranebrook	2.59m
6 Arya Swift		Cranebrook	2.56m
7 Charlotte Flemming		Emu Plains	2.49m
8 Ivy-Rose Christie		Nepean	2.41m
9 Harper Stein		Werrington	2.24m
10 Charlotte Haworth		Cranebrook	2.14m
11 Nora Venables		Cranebrook	1.85m
12 Hazel Nicholls		Cranebrook	1.83m
13 Holly Mitchell		Nepean	1.76m
14 Naya Boueiri		Cranebrook	1.60m
-- Emmi Munro		Cranebrook	DNS
-- Olivia Zarglis		Nepean	DNS
-- Taylah Milosev		Nepean	DNS
-- Charlie Williams		Emu Plains	DNS
-- Charlotte Morris		Penrith	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 9 - Long Jump**

Zone: Z 3.97m 1985		B PIENING, NEPEAN	
Name	Age	Centre	Final
1 Tamanna Chaudhary		Nepean	3.16m
2 Evie Thomas		Colyton St Clair	3.07m
2 Mia Egglestone		Emu Plains	3.07m
4 Keziah Lui Key		Werrington	2.98m
5 Mia Hagan		Nepean	2.91m
6 Marlowe Bale		Penrith	2.90m
7 Evaloni Fekitoa		Emu Plains	2.81m
8 Eleanna Papadimas		Penrith	2.77m
9 Willow Hewett		Emu Plains	2.40m
10 Pippa Aris		Penrith	2.33m
10 Peyton Wassilenko		Nepean	2.33m
12 Mishika Bhardwaj		Nepean	2.28m
13 Madelyn Murray		Emu Plains	2.18m
14 Ruby Magnoli		Emu Plains	1.97m
15 Monika Dabra		Nepean	1.75m
-- Lily-Davina Campbell		Nepean	DNS
-- Ruthie-May Morgan-Thomas		Nepean	DNS
-- Ivory-Lee Mitchell		Penrith	DNS

**Girls U 10 - Long Jump**

Zone: Z 4.24m 1985		B PIENING, NEPEAN	
Name	Age	Centre	Final
1 Emily Sztelma		Cranebrook	3.53m
2 Mikayla Pace		Penrith	3.48m
3 Adrianna Keil		Nepean	3.34m
4 Keira Alderson		Penrith	3.29m
5 Summer Flemming		Emu Plains	3.18m
6 Everleigh Robinson		Penrith	3.11m
7 Aaliyah Mccarron		Werrington	3.06m
8 Sahara McGaughey		Werrington	2.81m
9 Sarah Maczek		Penrith	2.79m
10 Pascale Hartnig		Nepean	2.67m
11 Chaise Nicholls		Cranebrook	2.50m
12 Sophie Maloney		Nepean	2.39m
13 Ava Zeibots		Colyton St Clair	2.38m
14 Millie Okell		Nepean	2.13m
15 Hannah Parkinson		Nepean	2.10m
16 Holly Krahe		Nepean	2.06m
17 Eden Allen		Nepean	1.85m
18 Maria Nordsvan-McLean		Nepean	1.70m
-- Jessica Edwards		Emu Plains	DNS
-- Charlotte Donlan		Nepean	DNS
-- Amelia Campbell		Nepean	DNS
-- Hailey Pehr		Nepean	DNS
-- Jazmine Zarglis		Nepean	DNS
-- Alueth Majak		Nepean	DNS
-- Lilly McSharry		Colyton St Clair	DNS
-- Lara Evans		Nepean	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 11 - Long Jump**

Zone: Z 4.45m 1990 R MOSSMAN, NEPEAN			
Name	Age	Centre	Final
1 Harper Egglestone		Emu Plains	3.59m
2 Lily Aldred		Werrington	3.59m
3 Matilda Watts		Colyton St Clair	3.29m
4 Marguerite Toohey		Emu Plains	3.17m
5 Felicity Sutton		Emu Plains	3.02m
6 Wylear Morgan-Thomas		Nepean	2.96m
7 Hannah Garrard		Werrington	2.83m
8 Ava Young		Emu Plains	2.80m
9 Skye Lawn		Nepean	2.54m
10 Mavie Aris		Penrith	2.12m
11 Alexis Allen		Nepean	2.03m
-- Kaitlyn Downes		Nepean	DNS
-- Briar Auva'a		Penrith	DNS
-- Alana Keil		Nepean	DNS

**Girls U 12 - Long Jump**

Zone: Z 4.78m 1991 R MOSSMAN, NEPEAN			
Name	Age	Centre	Final
1 Chelsea Wright		Werrington	4.08m
2 Charlize Sielicki		Nepean	3.61m
2 Emily Payne		Werrington	3.61m
4 Bianca Rossetto		Emu Plains	3.43m
4 Aliyah Henderson		Nepean	3.43m
6 Talia Vecchio		Colyton St Clair	2.97m
7 Mackenzie Russell		Nepean	2.66m
8 Chelsea Hardacre		Emu Plains	2.33m
-- Emelia Corby		Penrith	DNS
-- Holly Chater		Cranebrook	DNS

**Girls U 13 - Long Jump**

Zone: Z 5.16m 1991 R MOSSMAN, NEPEAN			
Name	Age	Centre	Final
1 Bonnie Clark		Emu Plains	4.14m
2 Aimee Johannsen		Colyton St Clair	3.94m
3 Mia Magnoli		Emu Plains	3.92m
4 Ava Ilijeski		Emu Plains	3.88m
5 Alexis Rowan		Emu Plains	3.63m
6 Effy Bachtis		Emu Plains	3.45m
7 Aliyah Adjei		Nepean	3.35m
8 Chloe Griffiths		Penrith	3.28m
-- Maddison Smith		Colyton St Clair	DNS
-- Breanna Calford		Nepean	DNS
-- Isabella Roelofs		Werrington	DNS
-- Zoe Mitchell		Nepean	DNS
-- Alysha Bodie		Nepean	DNS
-- Elousie Murray		Emu Plains	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 14 - Long Jump**

Zone: Z 5.34m 2009		C HEEPS, JAMISON	
Name	Age	Centre	Final
1 Charlotte Harrison		Cranebrook	4.25m
2 Adelaide Grima		Emu Plains	4.18m
3 Laylah Golden		Werrington	4.05m
4 Siena Vecchio		Colyton St Clair	3.87m
5 Kiarna Bretschneider		Nepean	3.33m
6 Krystal Trigg		Emu Plains	3.33m
-- Chelsea Attwill		Werrington	DNS

**Girls U 15 - Long Jump**

Zone: Z 5.36m 2013		A BAXTER, NEPEAN	
Name	Age	Centre	Final
1 Taylah Conway		Werrington	4.16m
2 Felicity Duggan		Cranebrook	3.78m
3 Mia Brown		Penrith	3.59m
4 Amelia Griggs		Cranebrook	3.08m

**Girls U 17 - Long Jump**

Zone: Z 5.52m 2015		A BAXTER, NEPEAN	
Name	Age	Centre	Final
1 Nekea Talaia		Emu Plains	5.37m
2 Adriana Borg		Colyton St Clair	5.34m
3 Lilli Kandel		Werrington	4.44m
4 Ainsley Giampietro		Emu Plains	4.17m
5 Abbey Bektas		Nepean	4.04m
6 Sophie McPherson		Penrith	3.96m
7 Savannah Carter		Emu Plains	3.49m
8 Michayla Espie		Penrith	2.90m
-- Tara Hughes		Werrington	DNS

**Girls U 11 - Triple Jump**

Zone: Z 9.54m 1990		R MOSSMAN, NEPEAN	
Name	Age	Centre	Final
1 Sabella Whelan		Cranebrook	7.81m
2 Cassidy Kelly		Penrith	7.77m
3 Malia Odhiambo		Emu Plains	7.46m
4 Harper Egglestone		Emu Plains	7.42m
5 Marguerite Toohey		Emu Plains	7.27m
6 Matilda Watts		Colyton St Clair	7.17m
7 Lilliana Hayek		Emu Plains	7.15m
8 Chloe Campbell		Nepean	7.09m
9 Stella McDiarmid-Great		Nepean	6.68m
10 Lucy Tindall		Emu Plains	6.45m
11 Giselle Stopins		Colyton St Clair	6.30m
12 Hannah Garrard		Werrington	5.99m
-- Alexis Allen		Nepean	DNF

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 12 - Triple Jump**

Zone: Z 9.94m 2003			S PEPA, PENRITH VALLEY
Name	Age Centre		Final
1 Harmoni Hill	Penrith		8.44m
2 Amelia Beazley	Emu Plains		7.31m
3 Emily Payne	Werrington		7.21m
4 Lily Pattison	Werrington		6.92m
5 Sophie Griggs	Cranebrook		6.83m
6 Talia Vecchio	Colyton St Clair		6.21m
-- Emelia Corby	Penrith		DNS

**Girls U 13 - Triple Jump**

Zone: Z 10.56m 2010			M RUSHTON, CRANEBROOK
Name	Age Centre		Final
1 Phoebe Morris	Werrington		9.02m
2 Bonnie Clark	Emu Plains		8.89m
3 Ava Ilijeski	Emu Plains		8.76m
4 Aimee Johannsen	Colyton St Clair		8.42m
5 Georgia Watson	Colyton St Clair		7.89m
6 Alexis Rowan	Emu Plains		7.49m
-- Alysha Bodie	Nepean		DNS
-- Elousie Murray	Emu Plains		DNS

**Girls U 14 - Triple Jump**

Zone: Z 11.32m 2010			A RUSE, JAMISON
Name	Age Centre		Final
1 Lilly Brown	Emu Plains		10.07m
2 Adelaide Grima	Emu Plains		9.26m
3 Charlotte Harrison	Cranebrook		9.18m
4 Hannah Loxley	Werrington		8.56m
5 Siena Vecchio	Colyton St Clair		8.18m
6 Kiarna Bretschneider	Nepean		7.22m
-- Chelsea Attwill	Werrington		DNS
-- Alexis South	Colyton St Clair		DNS

**Girls U 15 - Triple Jump**

Zone: Z 11.47m 2012			T GARRETT, PENRITH VALLEY
Name	Age Centre		Final
1 Charlotte Bradshaw	Penrith		9.94m
2 Tia Bachtis	Emu Plains		8.62m

**Girls U 17 - Triple Jump**

Zone: Z 11.83m 2012			A RUSE, JAMISON
Name	Age Centre		Final
1 Adriana Borg	Colyton St Clair		11.50m
2 Lilli Kandel	Werrington		10.21m
3 Breana Steele	Werrington		9.11m



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****...Girls U 17 - Triple Jump**

4	Sophie McPherson	Penrith	8.51m
5	Tara Hughes	Werrington	7.73m
6	Savannah Carter	Emu Plains	7.28m
7	Krystal Burrows	Penrith	6.53m
--	Jessey Bektas	Nepean	DNS
--	Brianna Atkins	Werrington	DNS
--	Michayla Espie	Penrith	DNS

**Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 6.34m 1988 K MULHERON, WERRINGTON			
Name	Age	Centre	Final
1	Selena Sawaszenko	Cranebrook	3.89m
2	Charlotte Maynard	Penrith	3.89m
3	Kyah Beale	Penrith	3.66m
4	Zoe Forth	Nepean	3.66m
5	Aliyana Burg	Werrington	3.62m
6	Isla Zeibots	Colyton St Clair	3.59m
7	Ava Kanmaz	Nepean	3.58m
8	Claire King	Cranebrook	3.27m
9	Olivia Enushi Senaratna	Cranebrook	2.65m
9	Ohana Brandt	Nepean	2.65m
11	Georgia Alexander	Werrington	2.32m
--	Abigail McKinnon	Emu Plains	DNS

**Girls U 8 - Shot Put (1.5 Kg)**

Zone: Z 6.99m 2006 T HILL, COLYTON			
Name	Age	Centre	Final
1	Lucy Sztelma	Cranebrook	4.06m
2	Azaria Lima	Nepean	3.36m
3	Ivy-Rose Christie	Nepean	3.26m
4	Vanessa Lia	Emu Plains	3.17m
5	Amaya Matakatea-Williams	Cranebrook	2.97m
6	Acacia Jarman	Nepean	2.64m
7	Naya Boueiri	Cranebrook	2.46m
8	Arya Swift	Cranebrook	2.20m
9	Nora Venables	Cranebrook	1.74m
--	Olivia Zarglis	Nepean	DNS

**Girls U 9 - Shot Put (2.0 Kg)**

Zone: Z 7.67m 2003 K CHAPPLE, NEPEAN			
Name	Age	Centre	Final
1	Miracle Egbufor	Nepean	6.06m
2	Violet Panopoulos	Penrith	5.13m
3	Keziah Lui Key	Werrington	3.91m
4	Eleanna Papadimas	Penrith	3.89m
5	Charlotte Furby	Nepean	3.60m
6	Ruby Magnoli	Emu Plains	3.52m
7	Mishika Bhardwaj	Nepean	3.48m
8	Monika Dabra	Nepean	3.11m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 9 - Shot Put (2.0 Kg)**

9 Elena Demetriou	Nepean	2.54m
-- Ivory-Lee Mitchell	Penrith	DNS

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

Zone: Z 9.04m 1991			K MULHERON, WERRINGTON
Name	Age Centre		Final
1 Antonia Powter	Emu Plains		6.80m
2 Sophie Maloney	Nepean		6.49m
3 Ava Zeibots	Colyton St Clair		6.24m
4 Emily Sztelma	Cranebrook		6.03m
5 Millie Okell	Nepean		5.89m
6 Pascalle Hartnig	Nepean		5.17m
7 Hannah Parkinson	Nepean		5.14m
8 Keira Alderson	Penrith		4.90m
9 Phoebe Ellis	Werrington		4.01m
10 Mannat Kaur Gill	Werrington		3.71m
11 Sahara McGaughey	Werrington		3.37m
12 Holly Krahe	Nepean		3.08m
-- Aleigha Regan	Colyton St Clair		DNF
-- Jessica Edwards	Emu Plains		DNS
-- Lara Evans	Nepean		DNS
-- Jazmine Zarglis	Nepean		DNS

**Girls U 11 - Shot Put (2.0 Kg)**

Zone: Z 11.36m 1996			K DONOVAN, COLYTON
Name	Age Centre		Final
1 Giselle Stopins	Colyton St Clair		8.08m
2 Stella McDiarmid-Great	Nepean		7.28m
3 Sabella Whelan	Cranebrook		6.69m
4 Lilliana Hayek	Emu Plains		5.88m
5 Wylear Morgan-Thomas	Nepean		5.29m
6 Eva Hetherington	Emu Plains		4.96m
7 Jannat Mann	Penrith		4.71m
8 Mavie Aris	Penrith		3.90m
9 Kaitlyn Downes	Nepean		3.48m

**Girls U 12 - Shot Put (2.0 Kg)**

Zone: Z 13.72m 1996			M MARTIN, COLYTON
Name	Age Centre		Final
1 Havana Pagnamenta	Penrith		9.05m
2 Taylah Pagnamenta	Penrith		7.70m
3 Talia Vecchio	Colyton St Clair		7.55m
4 Charlotte Morris	Werrington		7.42m
5 Aliyah Henderson	Nepean		6.89m
6 Lily Pattison	Werrington		6.08m
7 Mackenzie Russell	Nepean		6.06m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 13 - Shot Put (3.0 Kg)**

Zone: Z 11.76m 2007 K CHAPPLE, NEPEAN			
Name	Age	Centre	Final
1 Sarah Galea		Cranebrook	9.89m
2 Summer Amituanai		Emu Plains	7.73m
3 Isabella Roelofs		Werrington	7.51m
4 Aimee Johannsen		Colyton St Clair	6.53m
5 Katherine Raniga		Emu Plains	5.85m
6 Zoe Mitchell		Nepean	4.75m
7 Olivia Holden		Emu Plains	3.95m
-- Kimora Talivaa		Werrington	DNS
-- Breanna Calford		Nepean	DNS

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

Zone: Z 12.28m 2008 K CHAPPLE, NEPEAN			
Name	Age	Centre	Final
1 Alexis South		Colyton St Clair	9.99m
2 Laylah Golden		Werrington	9.19m
3 Kiarna Bretschneider		Nepean	7.72m
4 Tahlia Thomson		Werrington	7.38m
5 Indyana Campbell		Nepean	6.60m
-- Ava Gregory		Penrith	DNS

**Girls U 15 - Shot Put (3.0 Kg)**

Zone: Z 13.02m 2016 A PEARSON, JAMISON			
Name	Age	Centre	Final
1 Kaiah Wong		Werrington	12.15m
2 Zhaliya Tanielu-Park		Colyton St Clair	11.41m
3 Jemma Camilleri		Cranebrook	8.94m
4 Mannat Mann		Penrith	6.48m

**Girls U 17 - Shot Put (3.0 Kg)**

Zone: Z 15.98m 2012 T SENGAL, NEPEAN			
Name	Age	Centre	Final
1 Nekea Talaia		Emu Plains	10.38m
2 Ashleigh South		Colyton St Clair	10.34m
3 Mia Thomson		Werrington	9.83m
4 Zoe Mark		Nepean	9.55m
5 Michayla Espie		Penrith	8.25m
6 Tara Hughes		Werrington	6.81m
-- Abbey Bektas		Nepean	DNS
-- Kirsty Battye		Nepean	DNS

**Girls U 7 - Discus (350 Gram)**

Zone: Z 17.26m 2001 K RANADI, NEPEAN			
Name	Age	Centre	Final
1 Selena Sawaszenko		Cranebrook	11.12m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 7 - Discus (350 Gram)**

2	Ariana Tantalos	Penrith	10.87m
3	Isla Zeibots	Colyton St Clair	10.84m
4	Abigail McKinnon	Emu Plains	8.40m
5	Zoe Forth	Nepean	7.69m
6	Chloe Barbe	Nepean	7.27m
7	Minuli Molligoda	Penrith	7.08m
8	Charlotte Maynard	Penrith	6.15m
8	Noa Robinson	Penrith	6.15m
10	Penelope Peachy	Emu Plains	6.01m
11	Ohana Brandt	Nepean	5.66m
12	Kyah Beale	Penrith	5.25m
13	Georgia Alexander	Werrington	5.19m
14	Claire King	Cranebrook	4.60m

**Girls U 8 - Discus (500 Gram)**

Zone: Z 18.56m 2002 J PETERS, NEPEAN

Name	Age	Centre	Final
1	Harper Stein	Werrington	10.98m
2	Lucy Sztelma	Cranebrook	9.01m
3	Vanessa Lia	Emu Plains	7.54m
4	Nora Venables	Cranebrook	7.21m
5	Amaya Matakatea-Williams	Cranebrook	6.99m
6	Cadence Miles	Colyton St Clair	6.70m
7	Mariah Spillane	Nepean	6.68m
8	Hazel Nicholls	Cranebrook	6.57m
9	Naya Boueiri	Cranebrook	6.17m
10	Arya Swift	Cranebrook	5.80m

**Girls U 9 - Discus (500 Gram)**

Zone: Z 26.46m 1985 A RICHARDS, JAMISON

Name	Age	Centre	Final
1	Miracle Egbufor	Nepean	18.51m
2	Tamanna Chaudhary	Nepean	15.45m
3	Mishika Bhardwaj	Nepean	13.71m
4	Eleanna Papadimas	Penrith	13.28m
5	Nora Flynn	Nepean	12.34m
6	Taneeka Talaia	Emu Plains	12.14m
7	Olivia Hayek	Emu Plains	10.22m
8	Jayde Thompson	Nepean	9.66m
9	Ruby Magnoli	Emu Plains	9.43m
10	Lily Kilgour	Werrington	9.23m
11	Mackenzie Hanson	Penrith	9.01m
12	Reagan Mackie	Penrith	8.52m
13	Madelyn Murray	Emu Plains	8.51m
14	Charlotte Irwin	Werrington	8.41m
15	Monika Dabra	Nepean	7.26m
--	Aniva Malaeulu	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 10 - Discus (500 Gram)**

Zone: Z 30.38m 1991		P McGUFFOG, COLYTON	
Name	Age Centre		Final
1 Sophie Maloney	Nepean		24.42m
2 Antonia Powter	Emu Plains		23.59m
3 Ava Zeibots	Colyton St Clair		20.90m
4 Pascalle Hartnig	Nepean		18.90m
5 Aleigha Regan	Colyton St Clair		14.22m
6 Millie Okell	Nepean		13.90m
7 Sienna Hawkings	Cranebrook		13.72m
8 Hailey Pehr	Nepean		12.15m
9 Hannah Parkinson	Nepean		11.99m
10 Allegra Tantalos	Penrith		11.16m
11 Mannat Kaur Gill	Werrington		10.97m
12 Scarlett Hardacre	Emu Plains		10.85m
13 Liana Alderson	Penrith		10.70m
14 Sarah Maczek	Penrith		10.60m
15 Sahara McGaughey	Werrington		9.66m
16 Phoebe Ellis	Werrington		9.14m
17 Chaise Nicholls	Cranebrook		8.87m
18 Holly Krahe	Nepean		8.47m
19 Eden Allen	Nepean		8.17m
-- Jessica Edwards	Emu Plains		DNS
-- Lara Evans	Nepean		DNS

**Girls U 11 - Discus (500 Gram)**

Zone: Z 31.74m 1996		K DONOVAN, COLYTON	
Name	Age Centre		Final
1 Stella McDiarmid-Great	Nepean		20.33m
2 Lilliana Hayek	Emu Plains		19.03m
3 Harper Egglestone	Emu Plains		18.23m
4 Briar Auva'a	Penrith		17.45m
5 Giselle Stopins	Colyton St Clair		16.60m
6 Chloe Campbell	Nepean		15.07m
7 Lily Aldred	Werrington		14.55m
8 Jannat Mann	Penrith		12.43m
9 Wylear Morgan-Thomas	Nepean		12.15m
10 Rosie Chan	Emu Plains		10.74m
11 Alexis Allen	Nepean		8.54m

**Girls U 12 - Discus (750 Gram)**

Zone: Z 35.68m 1996		K DONOVAN, COLYTON	
Name	Age Centre		Final
1 Havana Pagnamenta	Penrith		21.91m
2 Chelsea Wright	Werrington		19.66m
3 Taylah Pagnamenta	Penrith		16.94m
4 Mackenzie Russell	Nepean		14.59m
5 Aliyah Henderson	Nepean		13.47m
6 Lily Pattison	Werrington		11.51m
7 Holly Chater	Cranebrook		8.48m
-- Emelia Corby	Penrith		DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 13 - Discus (750 Gram)**

Zone: Z 37.62m 2014			A PEARSON, JAMISON
Name	Age Centre		Final
1 Sarah Galea	Cranebrook		30.34m
2 Isabella Roelofs	Werrington		23.96m
3 Phoebe Morris	Werrington		19.80m
4 Aimee Johannsen	Colyton St Clair		17.92m
5 Ava Ilijeski	Emu Plains		14.92m
6 Olivia Holden	Emu Plains		11.81m
-- Breanna Calford	Nepean		DNS
-- Alysha Bodie	Nepean		DNS
-- Kimora Talivaa	Werrington		DNS

**Girls U 14 - Discus (1.0 Kg)**

Zone: Z 38.80m 2015			A PEARSON, JAMISON
Name	Age Centre		Final
1 Laylah Golden	Werrington		24.31m
2 Alexis South	Colyton St Clair		23.11m
3 Ava Gregory	Penrith		19.63m
4 Tahlia Thomson	Werrington		17.91m
5 Kiarna Bretschneider	Nepean		16.17m
6 Krystal Trigg	Emu Plains		12.71m
-- Indyana Campbell	Nepean		DNS

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

Zone: Z 42.96m 2016			A PEARSON, JAMISON
Name	Age Centre		Final
1 Kaiah Wong	Werrington		38.09m
2 Jemma Camilleri	Cranebrook		29.75m
3 Zhaliya Tanielu-Park	Colyton St Clair		22.63m
4 Tia Bachtis	Emu Plains		19.60m
5 Mannat Mann	Penrith		16.54m
6 Taylah Conway	Werrington		14.59m

**Girls U 17 - Discus (1.0 Kg)**

Zone: Z 43.07m 2012			T SENGAL, NEPEAN
Name	Age Centre		Final
1 Mia Thomson	Werrington		30.47m
2 Ashleigh South	Colyton St Clair		28.05m
3 Michayla Espie	Penrith		26.00m
4 Zoe Mark	Nepean		25.50m
5 Tara Hughes	Werrington		23.57m
6 Jessican Dhaliwal	Colyton St Clair		18.74m
-- Kirsty Battye	Nepean		DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 11 - Javelin (400 Gram)**

Zone: Z 21.50m 2017 Emma Matthias, Emu Plains			
Name	Age	Centre	Final
1 Stella McDiarmid-Great		Nepean	16.94m
2 Matilda Watts		Colyton St Clair	14.12m
3 Lilliana Hayek		Emu Plains	12.34m
4 Ava Young		Emu Plains	10.90m
5 Chloe Campbell		Nepean	8.78m
6 Hannah Garrard		Werrington	6.28m
7 Jannat Mann		Penrith	4.57m

**Girls U 12 - Javelin (400 Gram)**

Zone: Z 27.42m 2016 A LEVY, WERRINGTON			
Name	Age	Centre	Final
1 Charlotte Morris		Werrington	15.49m
2 Lily Pattison		Werrington	14.07m
3 Madison Easterbrook		Emu Plains	13.99m
4 Havana Pagnamenta		Penrith	13.94m
5 Chelsea Hardacre		Emu Plains	8.94m

**Girls U 13 - Javelin (400 Gram)**

Zone: Z 31.98m 2003 N FORTH, NEPEAN			
Name	Age	Centre	Final
1 Sarah Galea		Cranebrook	30.44m
2 Anna Coburn		Emu Plains	14.87m
3 Summer Amituanai		Emu Plains	11.19m
-- Elousie Murray		Emu Plains	DNS
-- Kimora Talivaa		Werrington	DNS
-- Maddison Smith		Colyton St Clair	DNS

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

Zone: Z 34.13m 03/12/2022 Jemma Camilleri, Cranebrook			
Name	Age	Centre	Final
1 Kiarna Bretschneider		Nepean	26.63m
2 Laylah Golden		Werrington	19.21m
3 Indyana Campbell		Nepean	16.58m
4 Hannah Loxley		Werrington	14.58m
5 Ruby Rose Steiner		Colyton St Clair	14.57m
6 Alexis South		Colyton St Clair	14.14m
7 Krystal Trigg		Emu Plains	13.51m
8 Ava Gregory		Penrith	11.33m

**Girls U 15 - Javelin (500 Gram)**

Zone: Z 35.73m 2016 C SCHWARZ, NEPEAN			
Name	Age	Centre	Final
1 Jemma Camilleri		Cranebrook	33.66m
2 Mannat Mann		Penrith	7.72m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Girls U 15 - Javelin (500 Gram)**

-- Kaiah Wong Werrington DNS

**Girls U 17 - Javelin (500 Gram)**

Zone: Z 37.71m 2012 T SENGAL, NEPEAN

Name Age Centre Final

1	Tara Hughes	Werrington	28.36m
2	Ashleigh South	Colyton St Clair	24.65m
3	Michayla Espie	Penrith	17.41m
4	Jessican Dhaliwal	Colyton St Clair	17.25m
5	Savannah Carter	Emu Plains	9.84m

**Girls U 9 - 700 Metre Walk**

Zone: Z 3:29.20 2000 J MILLER, NEPEAN

Name Age Centre Final

## Section 1

1	Mia Hagan	Nepean	5:05.69
2	Mishika Bhardwaj	Nepean	5:39.54
3	Monika Dabra	Nepean	6:20.13
--	Ivory-Lee Mitchell	Penrith	DNS

**Girls U 10 - 1100 Metre Walk**

Zone: Z 5:36.00 2003 S JENNINGS, NEPEAN

Name Age Centre Final

1	Antonia Powter	Emu Plains	6:52.02
2	Lilly McSharry	Colyton St Clair	7:11.64
3	Vivienne Pola	Werrington	8:25.29
--	Holly Krahe	Nepean	DNS
--	Sophie Maloney	Nepean	DNS
--	Lara Evans	Nepean	DNS

**Girls U 11 - 1100 Metre Walk**

Zone: Z 5:43.40 2000 S MILLER, NEPEAN

Name Age Centre Final

1	Eva Hetherington	Emu Plains	6:59.13
2	Chloe Campbell	Nepean	6:59.57
3	Skye Lawn	Nepean	7:36.12
4	Alexis Allen	Nepean	8:24.46
--	Emily Rogers	Penrith	DQ

**Girls U 12 - 1500 Metre Walk**

Zone: Z 7:05.30 1996 L McILVENIE, NEPEAN

Name Age Centre Final

1	Saige Zammitt	Colyton St Clair	9:58.55
2	Dana Francis	Nepean	9:58.74
--	Emelia Corby	Penrith	DNS



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Girls U 13 - 1500 Metre Walk**

Zone: Z 6:55.80 2006 S JENNINGS, NEPEAN			
Name	Age	Centre	Final
1 Georgia Watson		Colyton St Clair	8:26.01
2 Zoe Mitchell		Nepean	9:37.40
3 Effy Bachtis		Emu Plains	11:05.53
4 Aimee Johannsen		Colyton St Clair	11:20.90

**Girls U 15 - 1500 Metre Walk**

Zone: Z 6:37.40 1991 C WEBB, PENRITH			
Name	Age	Centre	Final
1 Tia Bachtis		Emu Plains	9:34.77
-- Aliye Dalkilinc		Colyton St Clair	DNS

**Girls U 17 - 1500 Metre Walk**

Zone: Z 7:37.03 03/12/2023 Jessey Bektas, Nepean			
Zone: Z 7:37.03 03/12/2023 Jessey Bektas, Nepean			
Name	Age	Centre	Final
1 Jessey Bektas		Nepean	7:37.03Z
2 Abbey Bektas		Nepean	9:43.11

**Boys U 7 - 50 Metre Sprint**

Zone: Z 8.41 08/12/2018 Beau Argæet, Nepean			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Elijah Devos		Werrington	9.13q
2 Noah Kolila Nanai		Colyton St Clair	9.52q
3 Carter Tidyman		Penrith	9.66q
4 Malaki Ioane		Penrith	9.97q
5 Ashton Henricksen		Werrington	10.43q
6 Liev Kovacevic		Emu Plains	10.56q
7 Lucas Ashman		Werrington	11.11q
8 Tyler Hawkings		Cranebrook	11.30q
Heat 2 Heats			
-- Abhinu Wijayarathna		Penrith	DNS

**Boys U 7 - 50 Metre Sprint**

Zone: Z 8.41 08/12/2018 Beau Argæet, Nepean			
Name	Age	Centre	Final
Section 1 Final			
1 Elijah Devos		Werrington	9.13
2 Noah Kolila Nanai		Colyton St Clair	9.52
3 Carter Tidyman		Penrith	9.66
4 Malaki Ioane		Penrith	9.97
5 Ashton Henricksen		Werrington	10.43
6 Liev Kovacevic		Emu Plains	10.56
7 Lucas Ashman		Werrington	11.11

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 7 - 50 Metre Sprint**

8 Tyler Hawkings	Cranebrook	11.30
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**Boys U 7 - 70 Metre Sprint**

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Zone: Z 11.45	1997	B MEDLIN, JAMISON
Name	Age Centre	Prelims
=====		

## Heat 1 Heats

1 Carter Tidyman	Penrith	13.00Q
2 Spencer Robinson	Colyton St Clair	13.02Q
3 Malaki Ioane	Penrith	13.35q
4 Lachlan Soe-Lausi'i	Werrington	13.67q
5 Asher Vella	Cranebrook	13.89q
6 Tyler Hawkings	Cranebrook	14.32

## Heat 2 Heats

1 Elijah Devos	Werrington	12.62Q
2 Noah Kolila Nanai	Colyton St Clair	12.88Q
3 Ashton Henricksen	Werrington	13.94q
4 Mitchell Hughes	Werrington	18.72
5 Malachi Klaassen	Nepean	18.81
-- Abhinu Wijayarathna	Penrith	DNS

**Boys U 7 - 70 Metre Sprint**

=====		
Zone: Z 11.45	1997	B MEDLIN, JAMISON
Name	Age Centre	Final
=====		

## Section 1 Final

1 Elijah Devos	Werrington	12.44
2 Noah Kolila Nanai	Colyton St Clair	12.87
3 Carter Tidyman	Penrith	12.95
4 Spencer Robinson	Colyton St Clair	13.22
5 Ashton Henricksen	Werrington	13.45
6 Malaki Ioane	Penrith	13.58
7 Lachlan Soe-Lausi'i	Werrington	13.86
8 Asher Vella	Cranebrook	14.15

**Boys U 8 - 70 Metre Sprint**

=====		
Zone: Z 11.12	01/12/2019	Jobie Madden, Werrington
Name	Age Centre	Prelims
=====		

## Heat 1 Heats

1 Chase Heron	Colyton St Clair	12.78Q
2 Blake Watkins	Penrith	13.13Q
3 Logan Brown	Penrith	13.17q
-- Kenny Josio	Penrith	DNS
-- Noah Smith	Colyton St Clair	DNS

## Heat 2 Heats

1 Jett Rastall	Emu Plains	12.15Q
2 Zac Farrugia	Werrington	14.63Q
3 Jensen Edwards	Cranebrook	16.04
-- Blake Kelly	Penrith	DNS
-- Taswik Battu	Nepean	DNS
-- Aaron Walker	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 8 - 70 Metre Sprint**

Heat 3 Heats

1 Dalton Percival	Penrith	12.00Q
2 Nate Farrugia	Werrington	12.01Q
3 Nixon Heron	Colyton St Clair	12.37q
4 Ekambir Singh	Werrington	13.26
5 Eli Newman	Werrington	14.43
-- Raphael Vaifale	Nepean	DNS

**Boys U 8 - 70 Metre Sprint**

Zone: Z 11.12 01/12/2019 Jobie Madden, Werrington

Name	Age Centre	Final
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Section 1 Final

1 Nate Farrugia	Werrington	11.84
2 Dalton Percival	Penrith	11.90
3 Chase Heron	Colyton St Clair	11.91
4 Jett Rastall	Emu Plains	12.26
5 Nixon Heron	Colyton St Clair	12.42
6 Blake Watkins	Penrith	12.84
7 Logan Brown	Penrith	13.20
8 Zac Farrugia	Werrington	14.14

**Boys U 9 - 70 Metre Sprint**

Zone: Z 10.35 1996 D CAHALANE, CRANEBROOK

Name	Age Centre	Prelims
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Heat 1 Heats

1 Kobee Laws	Colyton St Clair	11.12Q
2 Ashton Salter	Nepean	11.79Q
3 Jacob Kurniadi	Penrith	11.85q
4 Hunter Demuth	Penrith	11.86q
5 Nixon Bell	Colyton St Clair	11.92q
6 Hunter Ngapuhi	Nepean	12.47
-- Jack Lemon	Penrith	DQ

Heat 2 Heats

1 Chase Swift	Cranebrook	11.05Q
2 Minon Molligoda	Penrith	11.36Q
3 Lucas Borg	Colyton St Clair	11.64q
4 Jonathan Finn	Werrington	12.00
5 Tyler Treharne	Nepean	12.23
6 Ellery Klaassen	Nepean	14.69

**Boys U 9 - 70 Metre Sprint**

Zone: Z 10.35 1996 D CAHALANE, CRANEBROOK

Name	Age Centre	Final
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Section 1 Final

1 Kobee Laws	Colyton St Clair	11.13
2 Chase Swift	Cranebrook	11.16
3 Minon Molligoda	Penrith	11.70
4 Jacob Kurniadi	Penrith	11.83
5 Nixon Bell	Colyton St Clair	11.97

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 9 - 70 Metre Sprint**

6 Hunter Demuth	Penrith	12.01
7 Lucas Borg	Colyton St Clair	12.04
8 Ashton Salter	Nepean	12.19

**Boys U 10 - 70 Metre Sprint**

Zone: Z 10.15 1997			J ATKINS, CRANEBROOK
Name	Age Centre		Prelims
Heat 1 Heats			
1 Brady Henricksen	Werrington	11.36Q	
2 Levi Brothers	Cranebrook	11.57Q	
3 Logan Leathan	Colyton St Clair	11.68q	
4 Aiden Lisso	Penrith	11.71q	
5 Cooper Campbell	Nepean	12.20q	
6 Ashton Campbell	Nepean	13.88	
Heat 2 Heats			
1 Riley Penning	Nepean	11.07Q	
2 Toby Miles	Colyton St Clair	11.66Q	
3 Roman Sawaszenko	Cranebrook	12.17q	
4 Liam Kintanar	Werrington	12.45	
-- William Edwards	Emu Plains	DNS	

**Boys U 10 - 70 Metre Sprint**

Zone: Z 10.15 1997			J ATKINS, CRANEBROOK
Name	Age Centre		Final
Section 1 Final			
1 Riley Penning	Nepean	11.10	
2 Brady Henricksen	Werrington	11.18	
3 Levi Brothers	Cranebrook	11.63	
4 Aiden Lisso	Penrith	11.77	
5 Logan Leathan	Colyton St Clair	11.84	
6 Toby Miles	Colyton St Clair	12.08	
7 Roman Sawaszenko	Cranebrook	12.44	
-- Cooper Campbell	Nepean	DNS	

**Boys U 7 - 100 Metre Sprint**

Zone: Z 16.25 1997			B MEDLIN, JAMISON
Name	Age Centre		Prelims
Heat 1 Heats			
1 Kai Stewart-Williams	Penrith	18.25Q	
2 Ignatius Ireton	Nepean	18.62Q	
3 Malaki Ioane	Penrith	18.98Q	
4 Spencer Robinson	Colyton St Clair	19.14q	
5 Liev Kovacevic	Emu Plains	21.60q	
-- Lachlan Soe-Lausi'i	Werrington	DNS	
Heat 2 Heats			
1 Ashton Henricksen	Werrington	18.94Q	
2 Tyler Regan	Colyton St Clair	19.73Q	
3 Asher Vella	Cranebrook	20.98Q	
4 Lucas Ashman	Werrington	22.05	

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 7 - 100 Metre Sprint**

5 Senuka Amarasena	Penrith	22.99
-- Liam Collimore	Emu Plains	DNS
-- Abhinu Wijayarathna	Penrith	DNS

**Boys U 7 - 100 Metre Sprint**

Zone: Z 16.25 1997		B MEDLIN, JAMISON	
Name	Age Centre	Final	
Section 1 Final			
1 Kai Stewart-Williams	Penrith	17.93	
2 Spencer Robinson	Colyton St Clair	18.54	
3 Ignatius Ireton	Nepean	18.69	
4 Ashton Henricksen	Werrington	18.89	
5 Malaki Ioane	Penrith	18.94	
6 Tyler Regan	Colyton St Clair	19.13	
7 Asher Vella	Cranebrook	20.26	
8 Liev Kovacevic	Emu Plains	21.45	

**Boys U 8 - 100 Metre Sprint**

Zone: Z 15.35 1987		P ROSE, EMU PLAINS	
Name	Age Centre	Prelims	
Heat 1 Heats			
1 Chase Heron	Colyton St Clair	16.75Q	
2 Jett Rastall	Emu Plains	17.39Q	
3 Archer Tonacia	Emu Plains	17.41q	
4 Blake Watkins	Penrith	18.61	
5 Dallas Lewis	Cranebrook	19.00	
-- Taswik Battu	Nepean	DNS	
-- Kenny Josio	Penrith	DNS	
-- Raphael Vaifale	Nepean	DNS	
Heat 2 Heats			
1 Nate Farrugia	Werrington	17.00Q	
2 Nixon Heron	Colyton St Clair	17.36Q	
3 Sidney Jarman	Nepean	18.30q	
4 George French	Cranebrook	18.38	
5 Peyton Arecco	Nepean	19.46	
6 Eli Newman	Werrington	20.22	
7 Silas Thomas	Nepean	20.25	
8 Raymond Vella	Werrington	26.60	
Heat 3 Heats			
1 Dalton Percival	Penrith	16.98Q	
2 Austin Mccarron	Werrington	17.46Q	
3 Ekambir Singh	Werrington	18.37	
4 Linkon Crosby	Nepean	20.30	
-- Aaron Walker	Werrington	DNS	
-- Noah Smith	Colyton St Clair	DNS	
-- Harrison Fisher	Nepean	DNS	

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 8 - 100 Metre Sprint**

Zone: Z 15.35 1987 P ROSE, EMU PLAINS			
Name	Age	Centre	Final
Section 1 Final			
1 Chase Heron		Colyton St Clair	16.56
2 Dalton Percival		Penrith	16.75
3 Nate Farrugia		Werrington	16.77
4 Jett Rastall		Emu Plains	17.01
5 Archer Tonacia		Emu Plains	17.22
6 Nixon Heron		Colyton St Clair	17.34
7 Austin Mccarron		Werrington	17.35
8 Sidney Jarman		Nepean	18.37

**Boys U 9 - 100 Metre Sprint**

Zone: Z 14.55 1994 A GARRARD, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Chase Swift		Cranebrook	15.51Q
2 Chase Hodgins		Werrington	16.35Q
3 Tyler Horvath		Colyton St Clair	16.78
4 Jonathan Finn		Werrington	16.83
5 Eli Coburn		Emu Plains	17.62
6 Madden Vella		Cranebrook	17.88
Heat 2 Heats			
1 Saxon Borg		Emu Plains	15.82Q
2 Thomas Fokes		Penrith	16.02Q
3 Ashton Salter		Nepean	16.99
4 Harrison Sutton		Emu Plains	17.78
5 Arkin Lat		Nepean	17.81
6 Sami Bol		Werrington	18.44
Heat 3 Heats			
1 Kobee Laws		Colyton St Clair	15.47Q
2 Minon Molligoda		Penrith	15.99Q
3 Archie Brown		Emu Plains	16.25q
4 Kai Mihalic		Nepean	16.46q
5 Edward Jarman		Nepean	17.81
6 Cooper Martin		Emu Plains	18.97

**Boys U 9 - 100 Metre Sprint**

Zone: Z 14.55 1994 A GARRARD, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Chase Swift		Cranebrook	15.20
2 Kobee Laws		Colyton St Clair	15.38
3 Minon Molligoda		Penrith	15.78
4 Saxon Borg		Emu Plains	15.89
5 Thomas Fokes		Penrith	16.13
6 Kai Mihalic		Nepean	16.42
7 Chase Hodgins		Werrington	16.55
8 Archie Brown		Emu Plains	16.66

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 10 - 100 Metre Sprint**

Zone: Z 14.05 1985 S SUTTON, EMU PLAINS			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Riley Penning		Nepean	15.79Q
2 Levi Brothers		Cranebrook	16.58Q
3 Ashton Jenson		Penrith	16.95Q
4 Logan Leathan		Colyton St Clair	16.98
5 Aiden Ryan		Nepean	17.18
-- William Edwards		Emu Plains	DNS
-- Edward Gersteling		Cranebrook	DNS

Heat 2 Heats			
1 Brady Henricksen		Werrington	15.61Q
2 Aiden Lisso		Penrith	16.59Q
3 Isaac Payne		Werrington	16.82Q
4 Aisake McGoon		Colyton St Clair	16.91q
5 Aaron Sulsters		Nepean	16.97q
6 Liam Kintanar		Werrington	17.74
7 Abdulsalam Ogunwoolu		Werrington	18.82

**Boys U 10 - 100 Metre Sprint**

Zone: Z 14.05 1985 S SUTTON, EMU PLAINS			
Name	Age	Centre	Final
Section 1 Final			
1 Riley Penning		Nepean	15.37
2 Brady Henricksen		Werrington	15.70
3 Levi Brothers		Cranebrook	16.23
4 Aiden Lisso		Penrith	16.27
5 Aaron Sulsters		Nepean	16.66
6 Isaac Payne		Werrington	16.95
7 Ashton Jenson		Penrith	17.03
-- Aisake McGoon		Colyton St Clair	DNS

**Boys U 11 - 100 Metre Sprint**

Zone: Z 13.25 1996 A GARRARD, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Jake Farrugia		Emu Plains	15.10Q
2 Declan Thomas		Colyton St Clair	15.81Q
3 Riley Kacarovski		Nepean	16.86Q
4 Damian Beale		Werrington	17.22
5 Sebastian Steele		Werrington	18.51
-- Noah Harvey		Penrith	DQ
Heat 2 Heats			
1 Alexander Simpson		Emu Plains	14.20Q
2 Braxton Colburn		Werrington	14.23Q
3 Finn Robinson		Penrith	14.40Q
4 Koen Beale		Penrith	15.03q
5 Jax McAvoy		Werrington	15.07q
6 Saxon Panopoulos		Penrith	15.74
-- Chase Walker		Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 11 - 100 Metre Sprint**

Zone: Z 13.25 1996 A GARRARD, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Alexander Simpson		Emu Plains	14.28
2 Braxton Colburn		Werrington	14.32
3 Finn Robinson		Penrith	14.76
4 Koen Beale		Penrith	15.31
5 Jake Farrugia		Emu Plains	15.40
6 Declan Thomas		Colyton St Clair	16.35
7 Riley Kacarovski		Nepean	17.03
-- Jax McAvoy		Werrington	DNS

**Boys U 12 - 100 Metre Sprint**

Zone: Z 12.95 2012 S MUNAWEERA, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Devrim Tenish		Penrith	14.28Q
2 Peter Bachtis		Emu Plains	14.33Q
3 Lachlan Bradshaw		Penrith	14.36q
4 Xander Pringle		Werrington	14.38q
5 Harrison Flemming		Emu Plains	16.05
-- Caleb Mackie		Penrith	DNS
Heat 2 Heats			
1 Mukhtar Ogunwoolu		Werrington	13.91Q
2 Caleb Kennedy		Penrith	13.94Q
3 Preston Swann		Nepean	15.76
4 Isaac Diola		Emu Plains	16.06
-- Lucas O'Hare		Nepean	DNS
-- Ageshaan Muraledaran		Colyton St Clair	DNS
Heat 3 Heats			
1 Loki Howard		Penrith	15.60Q
2 Hayden Macaulay		Penrith	15.91Q
3 Orlando Pontello		Emu Plains	16.59
4 Wyatt Sielicki		Nepean	17.85
-- Lucas Walker		Werrington	DNS

**Boys U 12 - 100 Metre Sprint**

Zone: Z 12.95 2012 S MUNAWEERA, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Mukhtar Ogunwoolu		Werrington	13.76
2 Caleb Kennedy		Penrith	13.78
3 Peter Bachtis		Emu Plains	14.36
3 Devrim Tenish		Penrith	14.36
5 Lachlan Bradshaw		Penrith	14.37
6 Xander Pringle		Werrington	15.01
7 Loki Howard		Penrith	15.89
8 Hayden Macaulay		Penrith	15.92



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.35 2013 S MUNAWEERA, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Zachary Bateman		Penrith	13.91Q
2 Henry McDowell		Werrington	14.09Q
3 Denzel Odhiambo		Emu Plains	14.55Q
4 Aiden Lawn		Nepean	14.61q
Heat 2 Heats			
1 Ebosiogwe Ugbomhe		Werrington	13.55Q
2 Isaac Lemon		Penrith	14.06Q
3 Kade Wallington		Emu Plains	14.78Q
-- Liam Sulsters		Nepean	DNS
-- Timothy Hammond		Emu Plains	DNS

**Boys U 13 - 100 Metre Sprint**

Zone: Z 12.35 2013 S MUNAWEERA, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Ebosiogwe Ugbomhe		Werrington	13.37
2 Zachary Bateman		Penrith	13.76
3 Isaac Lemon		Penrith	13.81
4 Henry McDowell		Werrington	14.13
5 Kade Wallington		Emu Plains	14.53
6 Aiden Lawn		Nepean	14.78
7 Denzel Odhiambo		Emu Plains	14.88

**Boys U 14 - 100 Metre Sprint**

Zone: Z 11.45 2013 A GALE, NEPEAN			
Name	Age	Centre	Final
Section 1			
1 Liam McSweeney		Werrington	13.10
2 Joshua Jarman		Nepean	13.33
3 Jaxson Willmington		Emu Plains	13.50
4 William Jones		Emu Plains	13.69
5 Brayden Kelly		Penrith	14.49
-- Owen Cashel		Cranebrook	DNS
-- Rathushaan Muraledaran		Colyton St Clair	DNS

**Boys U 15 - 100 Metre Sprint**

Zone: Z 11.20 2014 A GALE, NEPEAN			
Name	Age	Centre	Final
1 Epeosi Ugbomhe		Werrington	11.27
2 Xavier Piper		Werrington	12.48
3 Elias McGaughey		Werrington	12.59
4 Dylan Taylor-Rogers		Cranebrook	12.79
5 Hunter Mckillop-Davies		Werrington	13.57
6 Noah Hams		Colyton St Clair	14.13
-- Arthma Jhamat		Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 15 - 100 Metre Sprint**

-- Kai Roman	Werrington	DNS
-- Jai Thornton	Penrith	DNS

**Boys U 17 - 100 Metre Sprint**

Zone: Z 11.03 2015			A GALE, NEPEAN
Name	Age Centre	Prelims	
Heat 1 Heats			
1 Maximus Konstantinoff	Emu Plains	11.57q	
2 Matthew Willetts	Emu Plains	11.61q	
3 Kian Brown	Emu Plains	11.64q	
4 Luke Alderson	Penrith	11.96q	
5 Athiei Deng	Nepean	12.07q	
6 Cooper Crane	Emu Plains	12.36q	
7 Lowndes Motler	Werrington	15.12	
Heat 2 Heats			
1 Aarush Mittal	Penrith	12.58q	
2 Dominic Vecchio	Colyton St Clair	12.74q	
3 Caine Crawford	Emu Plains	12.97	
4 Junior Pita	Nepean	13.30	
-- Brayden Davenport	Nepean	DNS	
-- Isaac Muir-Hanstock	Nepean	DNS	

**Boys U 17 - 100 Metre Sprint**

Zone: Z 11.03 2015			A GALE, NEPEAN
Name	Age Centre	Final	
Section 1 Final			
1 Matthew Willetts	Emu Plains	11.61	
2 Maximus Konstantinoff	Emu Plains	11.66	
3 Kian Brown	Emu Plains	11.87	
4 Luke Alderson	Penrith	12.05	
5 Athiei Deng	Nepean	12.06	
6 Cooper Crane	Emu Plains	12.39	
7 Aarush Mittal	Penrith	12.71	
8 Dominic Vecchio	Colyton St Clair	13.42	

**Boys U 7 - 200 Metre Sprint**

Zone: Z 34.25 1985			T WOZNIAK, PENRITH VALLEY
Name	Age Centre	Prelims	
Heat 1 Heats			
1 Ignatius Ireton	Nepean	39.22Q	
2 Harrison Jory	Werrington	39.53Q	
3 Liev Kovacevic	Emu Plains	49.98q	
-- Senuka Amarasena	Penrith	DNS	
-- Liam Collimore	Emu Plains	DNS	
Heat 2 Heats			
1 Kai Stewart-Williams	Penrith	39.96Q	
2 Carter Tidyman	Penrith	40.49Q	
3 Tyler Regan	Colyton St Clair	42.45q	
4 Asher Vella	Cranebrook	44.26q	

**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**....Boys U 7 - 200 Metre Sprint**

5 Malachi Klaassen Nepean 1:13.71q

**Boys U 7 - 200 Metre Sprint**

=====  
 Zone: Z 34.25 1985 T WOZNIAK, PENRITH VALLEY  
 Name Age Centre Final  
 =====

Section 1 Final

1	Ignatius Ireton	Nepean	39.22
2	Harrison Jory	Werrington	39.53
3	Kai Stewart-Williams	Penrith	39.96
4	Carter Tidyman	Penrith	40.49
5	Tyler Regan	Colyton St Clair	42.45
6	Asher Vella	Cranebrook	44.26
7	Liev Kovacevic	Emu Plains	49.98
8	Malachi Klaassen	Nepean	1:13.71

**Boys U 8 - 200 Metre Sprint**

=====  
 Zone: Z 32.25 1986 J BAYLIS, COLYTON  
 Name Age Centre Prelims  
 =====

Heat 1 Heats

1	Chase Heron	Colyton St Clair	35.31Q
2	Austin Mccarron	Werrington	37.54Q
3	Blake Watkins	Penrith	40.35
4	Jamie Saliba	Werrington	41.43
5	Peyton Arecco	Nepean	41.53
--	Kenny Josio	Penrith	DNS

Heat 2 Heats

1	Ari Laffan	Emu Plains	35.65Q
2	Jett Rastall	Emu Plains	36.46Q
3	Joel Mabbs	Colyton St Clair	39.28q
4	Linkon Crosby	Nepean	44.74
--	Hayden Formosa	Werrington	DNS
--	Silas Thomas	Nepean	DNS

Heat 3 Heats

1	Nixon Heron	Colyton St Clair	36.51Q
2	Lucas Garrard	Werrington	36.92Q
3	Dexter Kelly	Penrith	37.83q
4	Logan Brown	Penrith	41.46
--	Sidney Jarman	Nepean	DNS
--	Taswik Battu	Nepean	DNS

**Boys U 8 - 200 Metre Sprint**

=====  
 Zone: Z 32.25 1986 J BAYLIS, COLYTON  
 Name Age Centre Final  
 =====

Section 1 Final

1	Chase Heron	Colyton St Clair	35.42
2	Ari Laffan	Emu Plains	35.84
3	Nixon Heron	Colyton St Clair	36.41
4	Lucas Garrard	Werrington	36.55
5	Austin Mccarron	Werrington	36.92

**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**....Boys U 8 - 200 Metre Sprint**

6 Dexter Kelly	Penrith	36.95
7 Jett Rastall	Emu Plains	37.26
8 Joel Mabbs	Colyton St Clair	41.06

**Boys U 9 - 200 Metre Sprint**

=====  
 Zone: Z 30.35 1984 S SUTTON, EMU PLAINS  
 Name Age Centre Prelims  
 =====

Heat 1 Heats

1 Oliver Copeland	Emu Plains	32.07Q
2 Kobee Laws	Colyton St Clair	33.83Q
3 Bailey Fitzgerald	Cranebrook	34.63q
4 Archie Brown	Emu Plains	34.84q
5 Thomas Beazley	Emu Plains	37.87
-- Jack Lemon	Penrith	DNS

Heat 2 Heats

1 Chase Hodgins	Werrington	34.51Q
2 Hunter Demuth	Penrith	34.89Q
3 Tyler Horvath	Colyton St Clair	35.01
4 Jireh-Pita Pilia'e-Rasab	Werrington	36.72
5 Arkin Lat	Nepean	38.82

Heat 3 Heats

1 Saxon Borg	Emu Plains	33.82Q
2 Kai Mihalic	Nepean	36.25Q
3 Edward Jarman	Nepean	39.55
4 Leon Broome	Emu Plains	41.93
5 Ellery Klaassen	Nepean	51.19
-- Chase Swift	Cranebrook	DNS

**Boys U 9 - 200 Metre Sprint**

=====  
 Zone: Z 30.35 1984 S SUTTON, EMU PLAINS  
 Name Age Centre Final  
 =====

Section 1 Final

1 Oliver Copeland	Emu Plains	33.09
2 Saxon Borg	Emu Plains	34.56
3 Bailey Fitzgerald	Cranebrook	35.09
4 Chase Hodgins	Werrington	35.49
5 Archie Brown	Emu Plains	35.82
6 Kai Mihalic	Nepean	37.09
7 Hunter Demuth	Penrith	37.52
-- Kobee Laws	Colyton St Clair	DNS

**Boys U 10 - 200 Metre Sprint**

=====  
 Zone: Z 29.25 1990 J DIBBS, COLYTON  
 Name Age Centre Prelims  
 =====

Heat 1 Heats

1 Lawson Brown	Emu Plains	30.98Q
2 Axel Speeding	Colyton St Clair	32.99Q
3 Aiden Ryan	Nepean	33.91q
-- Rocky Wynbergen Parnell	Werrington	DNS

**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

**....Boys U 10 - 200 Metre Sprint**

-- William Edwards	Emu Plains	DNS
Heat 2 Heats		
1 Riley Penning	Nepean	30.94Q
2 Toby Miles	Colyton St Clair	33.17Q
3 Aisake McGoon	Colyton St Clair	35.22q
4 Liam Kintanar	Werrington	36.74q
-- Edward Gersteling	Cranebrook	DNS

**Boys U 10 - 200 Metre Sprint**

=====			
Zone: Z 29.25		1990	J DIBBS, COLYTON
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Riley Penning		Nepean	30.94
2 Lawson Brown		Emu Plains	30.98
3 Axel Speeding		Colyton St Clair	32.99
4 Toby Miles		Colyton St Clair	33.17
5 Aiden Ryan		Nepean	33.91
6 Aisake McGoon		Colyton St Clair	35.22
7 Liam Kintanar		Werrington	36.74

**Boys U 11 - 200 Metre Sprint**

=====			
Zone: Z 27.55		1996	P TONER, NEPEAN
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1 Braxton Colburn		Werrington	29.36q
2 Alexander Simpson		Emu Plains	29.41q
3 Levi White		Colyton St Clair	31.54q
4 Saxon Panopoulos		Penrith	32.80q
5 Sebastian Steele		Werrington	39.16q
6 Tyler McSharry		Colyton St Clair	39.53q
-- Baxter Ristau		Emu Plains	DNS
Heat 2 Heats			
1 Noah Harvey		Penrith	33.63q
2 Declan Thomas		Colyton St Clair	33.75q
-- Riley Kacarovski		Nepean	DNS
-- Chase Walker		Werrington	DNS

**Boys U 11 - 200 Metre Sprint**

=====			
Zone: Z 27.55		1996	P TONER, NEPEAN
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Braxton Colburn		Werrington	29.36
2 Alexander Simpson		Emu Plains	29.41
3 Levi White		Colyton St Clair	31.54
4 Saxon Panopoulos		Penrith	32.80
5 Noah Harvey		Penrith	33.63
6 Declan Thomas		Colyton St Clair	33.75
7 Sebastian Steele		Werrington	39.16
8 Tyler McSharry		Colyton St Clair	39.53

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 12 - 200 Metre Sprint**

Zone: Z 26.45 2012 S MUNAWEERA, JAMISON			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Lucas McPherson		Penrith	32.34q
2 Preston Swann		Nepean	34.20q
3 Hayden Macaulay		Penrith	34.69q
4 Noah Goncalves		Cranebrook	36.18
5 Wyatt Sielicki		Nepean	38.35
-- Ageshaan Muraledaran		Colyton St Clair	DNS
-- Lucas Walker		Werrington	DNS
Heat 2 Heats			
1 Mukhtar Ogunwoolu		Werrington	29.52q
2 Peter Bachtis		Emu Plains	30.64q
3 Xander Pringle		Werrington	30.70q
4 Devrim Tenish		Penrith	31.02q
5 Loki Howard		Penrith	35.04q
6 Isaac Diola		Emu Plains	35.82
7 Orlando Pontello		Emu Plains	35.85

**Boys U 12 - 200 Metre Sprint**

Zone: Z 26.45 2012 S MUNAWEERA, JAMISON			
Name	Age	Centre	Final
Section 1 Final			
1 Mukhtar Ogunwoolu		Werrington	29.46
2 Peter Bachtis		Emu Plains	30.59
3 Xander Pringle		Werrington	31.17
4 Devrim Tenish		Penrith	31.61
5 Lucas McPherson		Penrith	32.06
6 Hayden Macaulay		Penrith	33.98
7 Preston Swann		Nepean	34.10
8 Loki Howard		Penrith	34.34

**Boys U 13 - 200 Metre Sprint**

Zone: Z 24.35 2013 S MUNAWEERA, JAMISON			
Name	Age	Centre	Final
Section 1			
1 Timothy Hammond		Emu Plains	27.37
2 Ebosiogwe Ugbomhe		Werrington	27.47
3 Zachary Bateman		Penrith	28.15
4 Henry McDowell		Werrington	28.24
5 Aiden Lawn		Nepean	29.88
6 Denzel Odhiambo		Emu Plains	30.47
7 Liam Sulsters		Nepean	34.89
-- Kade Wallington		Emu Plains	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 14 - 200 Metre Sprint**

Zone: Z 24.31 04/12/2022 Epeosi Ugbohmeh, Werrington			
Name	Age	Centre	Final
1 Liam McSweeney		Werrington	26.69
2 Joshua Jarman		Nepean	27.60
3 William Jones		Emu Plains	27.66
4 Jaxson Willmington		Emu Plains	27.88
-- Owen Cashel		Cranebrook	DNS
-- Preston Clarke		Werrington	DNS
-- Findlay Toohey		Emu Plains	DNS
-- Rathushaan Muraledaran		Colyton St Clair	DNS

**Boys U 15 - 200 Metre Sprint**

Zone: Z 23.15 2015 J McLACHLAN, WERRINGTON			
Name	Age	Centre	Final
1 Epeosi Ugbohmeh		Werrington	23.61
2 Kael Brown		Emu Plains	25.72
3 Xavier Piper		Werrington	25.84
4 Arthma Jhamat		Werrington	26.18
5 Jai Thornton		Penrith	27.35
6 Noah Hams		Colyton St Clair	29.58
-- Hunter Mckillop-Davies		Werrington	DNS

**Boys U 17 - 200 Metre Sprint**

Zone: Z 22.49 2015 A GALE, NEPEAN			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Luke Alderson		Penrith	23.81Q
2 Cooper Crane		Emu Plains	25.42Q
3 Caine Crawford		Emu Plains	27.03q
4 Dominic Vecchio		Colyton St Clair	29.79
5 Aarush Mittal		Penrith	30.31
6 Lowndes Motler		Werrington	32.11
-- Kian Brown		Emu Plains	DNS
Heat 2 Heats			
1 Maximus Konstantinoff		Emu Plains	23.45Q
2 Matthew Willetts		Emu Plains	23.57Q
3 Athiei Deng		Nepean	24.00q
4 Bayley White		Colyton St Clair	25.86q
5 Junior Pita		Nepean	27.46q
-- Isaac Muir-Hanstock		Nepean	DNS

**Boys U 17 - 200 Metre Sprint**

Zone: Z 22.49 2015 A GALE, NEPEAN			
Name	Age	Centre	Final
Section 1 Final			
1 Maximus Konstantinoff		Emu Plains	23.59
2 Matthew Willetts		Emu Plains	23.67
3 Athiei Deng		Nepean	24.00

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 17 - 200 Metre Sprint**

4	Bayley White	Colyton St Clair	25.99
--	Cooper Crane	Emu Plains	DNS
--	Caine Crawford	Emu Plains	DNS
--	Junior Pita	Nepean	DNS
--	Luke Alderson	Penrith	DNS

**Boys U 9 - 400 Metre Sprint**

=====			
Zone: Z 1:09.54 2015		N LANG, JAMISON	
Name	Age	Centre	Final
=====			

## Section 1

1	Oliver Copeland	Emu Plains	1:13.93
2	Kai Mihalic	Nepean	1:21.82
3	Jireh-Pita Pilia'e-Rasab	Werrington	1:22.51
4	Thomas Beazley	Emu Plains	1:25.28
5	Logan Devereux	Werrington	1:29.47
6	Oscar Rogers	Penrith	1:31.45

## Section 2

1	Thomas Fokes	Penrith	1:15.63
2	Jacob Kurniadi	Penrith	1:17.41
3	Henry Cairns	Emu Plains	1:18.87
4	Tyler Horvath	Colyton St Clair	1:20.26
5	Kaleb Wright	Werrington	1:27.22
6	Ashton Shone	Emu Plains	1:29.45
7	Arkin Lat	Nepean	1:32.12

**Boys U 10 - 400 Metre Sprint**

=====			
Zone: Z 1:07.95 1996		J MILBURN, NEPEAN	
Name	Age	Centre	Final
=====			

## Section 1

1	William Treharne	Nepean	1:12.94
2	Lawson Brown	Emu Plains	1:18.25
3	Toby Miles	Colyton St Clair	1:19.52
4	Isaac Payne	Werrington	1:19.72
5	Aisake McGoon	Colyton St Clair	1:23.47
6	Aiden Ryan	Nepean	1:23.57
7	Seth Pattison	Werrington	1:24.27
8	Rocky Wynbergen Parnell	Werrington	1:26.18

**Boys U 11 - 400 Metre Sprint**

=====			
Zone: Z 1:05.05 1997		J MILBURN, NEPEAN	
Name	Age	Centre	Final
=====			

1	Blake Miller	Penrith	1:06.72
2	Archie Humphrey-Gasanz	Werrington	1:15.89
3	Mark Plume	Cranebrook	1:20.37
4	Saxon Panopoulos	Penrith	1:21.28
5	Riley Kacarovski	Nepean	1:32.40
6	Tyler McSharry	Colyton St Clair	1:35.70
7	Harry Alexander	Werrington	1:37.00



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 12 - 400 Metre Sprint**

Zone: Z 1:02.75 1996 L ROONEY, PENRITH VALLEY			
Name	Age	Centre	Final
1 Owen Sulsters		Nepean	1:15.04
2 Loki Howard		Penrith	1:21.05
3 Noah Goncalves		Cranebrook	1:21.55
4 Orlando Pontello		Emu Plains	1:25.58
5 Nijel Senathirajah		Nepean	1:52.26
-- Caleb Mackie		Penrith	DNS
-- Ageshaan Muraledaran		Colyton St Clair	DNS

**Boys U 13 - 400 Metre Sprint**

Zone: Z 58.15 1996 P HARDING, PENRITH			
Name	Age	Centre	Final
1 Henry McDowell		Werrington	1:03.25
2 Timothy Hammond		Emu Plains	1:08.34
3 Zachary Bateman		Penrith	1:08.62
4 Oliver Gregorace		Emu Plains	1:09.93
5 Kade Wallington		Emu Plains	1:11.89
6 Aiden Lawn		Nepean	1:13.82
7 Noah Vella		Nepean	1:20.87

**Boys U 14 - 400 Metre Sprint**

Zone: Z 53.85 1996 P HARDING, PENRITH VALLEY			
Name	Age	Centre	Final
1 Michael Zappala		Werrington	1:06.04
2 Findlay Toohey		Emu Plains	1:13.29
-- Owen Levy		Werrington	DNS
-- Owen Cashel		Cranebrook	DNS

**Boys U 15 - 400 Metre Sprint**

Zone: Z 52.75 2001 J MILBURN, NEPEAN			
Name	Age	Centre	Final
1 Epeosi Ugbomhe		Werrington	57.52
2 Kael Brown		Emu Plains	58.07
3 Xavier Piper		Werrington	58.13
4 Arthma Jhamat		Werrington	1:00.31

**Boys U 17 - 400 Metre Sprint**

Zone: Z 51.85 02/12/2023 Maximus Konstantinoff, Emu Pl			
Name	Age	Centre	Final
1 Maximus Konstantinoff		Emu Plains	51.85Z
2 Athiei Deng		Nepean	53.19
3 Luke Alderson		Penrith	58.35
4 Bayley White		Colyton St Clair	59.24
5 Aarush Mittal		Penrith	1:02.87

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 17 - 400 Metre Sprint**

6 Junior Pita	Nepean	1:03.56
-- Sanuka Koswattage	Penrith	DNS

**Boys U 8 - 400 Metre Run Pack Start**

=====			
Zone: Z 1:20.53 29/01/2022 William Treharne, Nepean			
Name	Age	Centre	Final
=====			
1 Dexter Kelly		Penrith	1:21.30
2 Austin Mccarron		Werrington	1:21.51
3 Dallas Lewis		Cranebrook	1:38.90
4 Riley King		Nepean	1:41.12
5 Jamie Saliba		Werrington	1:41.34
6 Samuel Raniga		Emu Plains	1:46.96
7 George French		Cranebrook	1:50.00
8 Hayden Formosa		Werrington	1:53.24
9 Joel Mabbs		Colyton St Clair	1:56.78

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

=====			
Zone: Z 1:49.09 07/12/2018 Beau Argæet, Nepean			
Name	Age	Centre	Final
=====			
1 Ignatius Ireton		Nepean	1:57.60
2 Harrison Jory		Werrington	2:01.49
3 Liam Collimore		Emu Plains	2:03.01
4 Jakai Leslie		Nepean	2:12.27
5 Asher Vella		Cranebrook	2:16.24
6 Lucas Ashman		Werrington	2:22.16
7 Senuka Amarasena		Penrith	2:26.60
8 Spencer Robinson		Colyton St Clair	2:49.32

**Boys U 8 - 700 Metre Run Pack Start**

=====			
Zone: Z 2:24.00 2012 M.FORD, EMU PLAINS			
Name	Age	Centre	Final
=====			
1 Ari Laffan		Emu Plains	2:38.24
2 Dexter Kelly		Penrith	2:41.28
3 Arthur Forth		Nepean	2:42.61
4 Archer Tonacia		Emu Plains	2:44.28
5 Rowan Willis		Colyton St Clair	2:45.17
6 Logan Brown		Penrith	2:56.23
7 Dallas Lewis		Cranebrook	2:56.82
8 Jamie Saliba		Werrington	3:02.41
9 Riley King		Nepean	3:13.10
10 Sidney Jarman		Nepean	3:30.25
11 Michael Matthias		Werrington	3:46.79
12 Raymond Vella		Werrington	4:13.19

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 9 - 800 Metre Run**

Zone: Z 2:28.10 1990 B McCONNELL, NEPEAN			
Name	Age	Centre	Final
1 Oliver Copeland		Emu Plains	2:45.93
2 Thomas Fokes		Penrith	2:47.81
3 Jacob Kurniadi		Penrith	2:54.76
4 Henry Cairns		Emu Plains	2:56.93
5 Bailey Fitzgerald		Cranebrook	2:59.15
6 Tyler Horvath		Colyton St Clair	2:59.69
7 Saxon Borg		Emu Plains	2:59.97
8 Jack Whelan		Cranebrook	3:02.64
9 Kai Mihalic		Nepean	3:06.51
10 Chase Hodgins		Werrington	3:07.59
11 Thomas Beazley		Emu Plains	3:10.12
12 Ashton Shone		Emu Plains	3:16.30
13 Eli Coburn		Emu Plains	3:20.43
14 Arkin Lat		Nepean	3:34.33
15 Jaxon Leslie		Nepean	3:35.39

**Boys U 10 - 800 Metre Run**

Zone: Z 2:32.19 2016 W HAYDON, EMU PLAINS			
Name	Age	Centre	Final
1 William Treharne		Nepean	2:51.10
2 Lawson Brown		Emu Plains	2:58.41
3 Isaac Payne		Werrington	3:01.29
4 Toby Miles		Colyton St Clair	3:03.82
5 Aisake McGoon		Colyton St Clair	3:11.46
6 Seth Pattison		Werrington	3:12.01
7 Aiden Ryan		Nepean	3:16.28
8 Liam Forth		Nepean	3:22.15
9 Ryan Boueiri		Cranebrook	3:33.44
-- Rocky Wynbergen Parnell		Werrington	DNS

**Boys U 11 - 800 Metre Run**

Zone: Z 2:25.93 2017 Will Haydon, Emu Plains			
Name	Age	Centre	Final
1 Blake Miller		Penrith	2:32.47
2 Baxter Ristau		Emu Plains	2:40.69
3 Jax McAvoy		Werrington	2:41.94
4 Mark Plume		Cranebrook	3:04.04
5 Ethan Wood		Colyton St Clair	3:05.32
6 Harry Alexander		Werrington	3:36.78
-- Archie Humphrey-Gasanz		Werrington	DNS

**Boys U 12 - 800 Metre Run**

Zone: Z 2:23.44 09/12/2018 Will Haydon, Emu Plains			
Name	Age	Centre	Final
1 Lucas Walker		Werrington	2:37.61
2 Peter Bachtis		Emu Plains	2:48.21

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 12 - 800 Metre Run**

3 Owen Sulsters	Nepean	2:52.44
4 Loki Howard	Penrith	3:05.95
5 Harrison Flemming	Emu Plains	3:20.46
-- Caleb Mackie	Penrith	DNS
-- Orlando Pontello	Emu Plains	DNS

**Boys U 13 - 800 Metre Run**

=====			
Zone: Z 2:16.54 01/12/2019 Will Haydon, Emu Plains			
Name	Age Centre		Final
=====			
1 Noah Vella	Nepean		2:50.65
2 Jordan Jara	Nepean		2:52.14
-- Caleb Commerford	Emu Plains		DNS

**Boys U 14 - 800 Metre Run**

=====			
Zone: Z 2:10.80 2000 J MILBURN, NEPEAN			
Name	Age Centre		Final
=====			
1 Michael Zappala	Werrington		2:29.17
2 Joshua Jarman	Nepean		2:56.20
-- Ryan Sciberras	Colyton St Clair		DNS
-- Owen Levy	Werrington		DNS
-- William Jones	Emu Plains		DNS
-- Findlay Toohey	Emu Plains		DNS

**Boys U 15 - 800 Metre Run**

=====			
Zone: Z 2:05.60 2001 J MILBURN, NEPEAN			
Name	Age Centre		Final
=====			
1 Jai Thornton	Penrith		2:25.85
2 Archie King	Emu Plains		2:38.63

**Boys U 17 - 800 Metre Run**

=====			
Zone: Z 2:05.08 2016 J HAMBLIN, EMU PLAINS			
Name	Age Centre		Final
=====			
1 Maximus Konstantinoff	Emu Plains		2:17.66
2 Bayley White	Colyton St Clair		2:30.54
-- Cooper Levy	Werrington		DNS

**Boys U 11 - 1500 Metre Run**

=====			
Zone: Z 5:05.90 1991 R SCHEMP, NEPEAN			
Name	Age Centre		Final
=====			
1 Blake Miller	Penrith		5:12.34
2 Baxter Ristau	Emu Plains		5:22.64
3 Ranuka Koswattage	Penrith		5:58.10
4 Ethan Wood	Colyton St Clair		6:47.88

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 12 - 1500 Metre Run**

Zone: Z 4:56.90 1985 D McILROY, EMU PLAINS			
Name	Age	Centre	Final
1 Peter Bachtis		Emu Plains	5:46.06
2 Joshua Jensen		Penrith	6:04.36
3 Orlando Pontello		Emu Plains	6:40.19

**Boys U 13 - 1500 Metre Run**

Zone: Z 4:45.01 30/11/2019 Will Haydon, Emu Plains			
Name	Age	Centre	Final
1 Kade Wallington		Emu Plains	5:32.67
2 Oliver Gregorace		Emu Plains	5:33.04
3 Noah Vella		Nepean	5:36.74
4 Jordan Jara		Nepean	5:43.94

**Boys U 14 - 1500 Metre Run**

Zone: Z 4:39.99 2017 Luke Boyes, Emu Plains			
Name	Age	Centre	Final
1 Michael Zappala		Werrington	5:11.68
2 Owen Levy		Werrington	5:28.75
3 Ryan Sciberras		Colyton St Clair	5:32.28

**Boys U 15 - 1500 Metre Run**

Zone: Z 4:30.40 2001 J MILBURN, NEPEAN			
Name	Age	Centre	Final
1 Jai Thornton		Penrith	5:06.06
2 Archie King		Emu Plains	5:41.55
-- Kai Roman		Werrington	DNS

**Boys U 17 - 1500 Metre Run**

Zone: Z 4:24.40 2012 D KEENE, EMU PLAINS			
Name	Age	Centre	Final
1 Josh Reed		Werrington	4:38.27
2 Bayley White		Colyton St Clair	5:17.11
-- Cooper Levy		Werrington	DNS

**Boys U 13 - 3000 Metre Run**

Zone: Z 10:10.65 04/12/2022 Ellis Haydon, Emu Plains			
Name	Age	Centre	Final
1 Oliver Gregorace		Emu Plains	12:10.58
2 Noah Vella		Nepean	12:15.13
3 Jordan Jara		Nepean	12:54.25

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 14 - 3000 Metre Run**

Zone: Z 10:02.35 2017 Andrew Laycock, Emu Plains			
Name	Age	Centre	Final
1 Michael Zappala		Werrington	11:10.39
2 Owen Levy		Werrington	11:45.97

**Boys U 15 - 3000 Metre Run**

Zone: Z 9:31.84 07/12/2018 Andrew Laycock, Emu Plains			
Name	Age	Centre	Final
-- Kai Roman		Werrington	DNS

**Boys U 17 - 3000 Metre Run**

Zone: Z 9:15.25 29/11/2019 Daniel Kelly, Emu Plains			
Name	Age	Centre	Final
1 Josh Reed		Werrington	10:02.33
2 Bayley White		Colyton St Clair	12:33.07

**Boys U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.35 1997 M CAHALANE, CRANEBROOK			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Dexter Kelly		Penrith	12.26Q
2 Archer Tonacia		Emu Plains	12.34Q
3 Nixon Heron		Colyton St Clair	13.10q
4 George French		Cranebrook	14.10
5 Justin Richards		Nepean	15.41
6 Zac Farrugia		Werrington	15.97
7 Ari Laffan		Emu Plains	35.24
-- Harrison Fisher		Nepean	DNS
Heat 2 Heats			
1 Nate Farrugia		Werrington	12.43Q
2 Chase Heron		Colyton St Clair	12.85Q
3 Lucas Garrard		Werrington	13.43q
4 Rowan Willis		Colyton St Clair	13.51
5 Jamie Saliba		Werrington	14.44
-- Noah Smith		Colyton St Clair	DNS
-- Kenny Josio		Penrith	DNS
Heat 3 Heats			
1 Arthur Forth		Nepean	11.67Q
2 Dalton Percival		Penrith	12.46Q
3 Joel Mabbs		Colyton St Clair	14.02
4 Sidney Jarman		Nepean	14.48
5 Peyton Arecco		Nepean	14.56
6 Michael Matthias		Werrington	18.52
-- Dallas Lewis		Cranebrook	DQ

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.35 1997 M CAHALANE, CRANEBROOK			
Name	Age	Centre	Final
Section 1 Final			
1 Arthur Forth		Nepean	11.60
2 Nate Farrugia		Werrington	12.01
3 Dexter Kelly		Penrith	12.28
4 Archer Tonacia		Emu Plains	12.34
5 Dalton Percival		Penrith	12.36
6 Chase Heron		Colyton St Clair	12.49
7 Nixon Heron		Colyton St Clair	12.64
8 Lucas Garrard		Werrington	13.22

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

Zone: Z 10.45 1999 Z SPERBER, PENRITH VALLEY			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Lucas Borg		Colyton St Clair	11.98Q
2 Ashton Salter		Nepean	12.16Q
3 Nixon Bell		Colyton St Clair	12.26Q
4 Madden Vella		Cranebrook	12.33q
5 Bailey Fitzgerald		Cranebrook	12.75
6 Sami Bol		Werrington	12.78
7 Noah King		Nepean	12.96
Heat 2 Heats			
1 Henry Cairns		Emu Plains	12.23Q
2 Jacob Kurniadi		Penrith	12.37Q
3 Eli Coburn		Emu Plains	12.52Q
4 Kaleb Wright		Werrington	12.66q
5 Jireh-Pita Pilia'e-Rasab		Werrington	12.69
6 Leon Broome		Emu Plains	12.91
7 Harrison Sutton		Emu Plains	13.00
8 Logan Devereux		Werrington	13.34

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

Zone: Z 10.45 1999 Z SPERBER, PENRITH VALLEY			
Name	Age	Centre	Final
Section 1 Final			
1 Lucas Borg		Colyton St Clair	11.66
2 Ashton Salter		Nepean	11.68
3 Madden Vella		Cranebrook	11.94
4 Henry Cairns		Emu Plains	12.16
5 Kaleb Wright		Werrington	12.27
6 Nixon Bell		Colyton St Clair	12.33
7 Eli Coburn		Emu Plains	12.49
8 Jacob Kurniadi		Penrith	14.15

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 10.45 1997 C RUDDOCK, COLYTON			
Name	Age	Centre	Final
Section 1			
1 Harrison Forth		Nepean	11.45
2 Brady Henricksen		Werrington	12.31
3 Lawson Brown		Emu Plains	12.46
4 Axel Speeding		Colyton St Clair	12.80
5 Ashton Campbell		Nepean	14.60
6 Abdulsalam Ogunwoolu		Werrington	14.69
-- William Edwards		Emu Plains	DNS

**Boys U 11 - 80 Metre Hurdles (60cm)**

Zone: Z 13.92 03/12/2023 Blake Miller, Penrith			
Zone: Z 13.92 03/12/2023 Blake Miller, Penrith			
Name	Age	Centre	Final
1 Blake Miller		Penrith	13.92Z
2 Braxton Colburn		Werrington	14.75
3 Ranuka Koswattage		Penrith	15.52
4 Levi Holden		Emu Plains	16.86
5 Zachary Trigg		Emu Plains	16.88
6 Mark Plume		Cranebrook	20.84

**Boys U 12 - 80 Metre Hurdles (68cm)**

Zone: Z 14.21 01/12/2019 Ethan Hadfield, Werrington			
Name	Age	Centre	Final
1 Devrim Tenish		Penrith	15.80
2 Peter Bachtis		Emu Plains	15.96
3 Lucas McPherson		Penrith	17.47
4 Joshua Jensen		Penrith	18.28
5 Noah Goncalves		Cranebrook	18.91
6 Isaac Diola		Emu Plains	19.15
-- Mukhtar Ogunwoolu		Werrington	DNS
-- Caleb Mackie		Penrith	DNS

**Boys U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 13.25 2004 W DRURY, WERRINGTON			
Name	Age	Centre	Final
1 Denzel Odhiambo		Emu Plains	16.91
2 Aiden Lawn		Nepean	17.73
3 Liam Sulsters		Nepean	23.10

**Boys U 14 - 90 Metre Hurdles (76cm)**

Zone: Z 13.15 1997 A SCHEFE, JAMISON			
Name	Age	Centre	Final
1 Liam McSweeney		Werrington	15.76
2 Brayden Kelly		Penrith	15.84



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 14 - 90 Metre Hurdles (76cm)**

3 Jaxson Willmington	Emu Plains	16.22
4 Preston Clarke	Werrington	19.41
-- Diesel Speeding	Colyton St Clair	DNS
-- Owen Cashel	Cranebrook	DNS

**Boys U 15 - 100 Metre Hurdles (76cm)**

Zone: Z 14.25 2006 W DRURY, WERRINGTON		
Name	Age Centre	Final
1 Noah Hams	Colyton St Clair	18.13
2 Thomas Cody	Penrith	18.85
3 Dylan Taylor-Rogers	Cranebrook	19.07

**Boys U 17 - 110 Metre Hurdles (76cm)**

Zone: Z 16.31 2015 Z CAMENZULI, EMU PLAINS		
Name	Age Centre	Final
1 Matthew Willetts	Emu Plains	16.93
2 Cooper Crane	Emu Plains	18.51
3 Cooper Levy	Werrington	20.31
-- Isaac Muir-Hanstock	Nepean	DNS

**Boys U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 27.45 2013 S MUNAWEERA, JAMISON		
Name	Age Centre	Final
1 Oliver Gregorace	Emu Plains	34.75

**Boys U 14 - 200 Metre Hurdles (76cm)**

Zone: Z 28.15 1997 A SCHEFE, JAMISON		
Name	Age Centre	Final
1 Liam McSweeney	Werrington	29.57
2 Jaxson Willmington	Emu Plains	30.50
3 Brody Watson	Colyton St Clair	30.75
4 William Jones	Emu Plains	31.89
5 Brayden Kelly	Penrith	31.91
6 Preston Clarke	Werrington	32.87
7 Diesel Speeding	Colyton St Clair	35.63

**Boys U 15 - 300 Metre Hurdles (76cm)**

Zone: Z 45.39 01/12/2023 Kael Brown, Emu Plains		
Zone: Z 45.39 01/12/2023 Kael Brown, Emu Plains		
Name	Age Centre	Final
1 Kael Brown	Emu Plains	45.39Z
2 Thomas Cody	Penrith	52.36

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 17 - 300 Metre Hurdles (76cm)**

Name	Age	Centre	Final
Zone: Z 43.08 01/12/2023 Matthew Willetts, Emu Plains			
Zone: Z 43.08 01/12/2023 Matthew Willetts, Emu Plains			
1 Matthew Willetts		Emu Plains	43.08Z
2 Cooper Crane		Emu Plains	45.32
3 Cooper Levy		Werrington	52.38
-- Lowndes Motler		Werrington	DNS

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

Centre	Final
Zone: Z 52.95 2012 NEPEAN, NEPEAN	
1 Werrington	59.65
1) Chase Hodgins 9	2) Mukhtar Ogunwoolu 12
3) Brady Henricksen 10	4) Braxton Colburn 11
2 Emu Plains	1:00.26
1) Oliver Copeland 9	2)
3 Penrith	1:02.41
1) Devrim Tenish 12	2) Thomas Fokes 9
3) Minon Molligoda 9	4) Blake Miller 11
4 Nepean	1:03.17
1) Kai Mihalic 9	2) Riley Penning 10
3) Harrison Forth 10	4)
5 Cranebrook	1:04.58
1) Mark Plume 11	2) Levi Brothers 10
3) Bailey Fitzgerald 9	4) Chase Swift 9

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

Centre	Final
Zone: Z 48.35 2015 COLYTON ST CLAIR, COLYTON ST	
L Codjoe, J Petersen, B Hile, D Mizzi	
1 Werrington	49.31
1) Ebosiogwe Ugbomhe 13	2) Elias McGaughey 15
3) Liam McSweeney 14	4) Epeosi Ugbomhe 15
2 Emu Plains	51.41
1) Jaxson Willmington 14	2)
3 Nepean	54.53
1) Owen Sulsters 12	2) Aiden Lawn 13
3) Noah Vella 13	4) Joshua Jarman 14
4 Penrith	57.08
1) Brayden Kelly 14	2) Zachary Bateman 13
3) Jai Thornton 15	4)

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

Name	Age	Centre	Final
Zone: Z 1.26m 1999 J DIBBS, COLYTON			
Flight 1			
1 Madden Vella		Cranebrook	1.06m
2 Bailey Fitzgerald		Cranebrook	1.02m

**Outer West Met Zone Championship 2023**

**Harold Corr Oval**

**Results**

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

3	Lucas Borg	Colyton St Clair	1.00m
3	Jaxon Leslie	Nepean	1.00m
5	Noah King	Nepean	0.95m
5	Jack Whelan	Cranebrook	0.95m
--	Parker Lynch	Penrith	NH
--	Oscar Rogers	Penrith	NH
--	Leo Hetherington	Emu Plains	NH

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

Zone: Z 1.34m 1989		B MALLARD, JAMISON	
Name	Age	Centre	Final
1 Axel Speeding		Colyton St Clair	1.14m
0.95 1.00 1.05 1.10 1.12 1.14 1.16			
O O XXO XXO XXO XXO XXX			
2 Isaac Payne		Werrington	1.10m
0.95 1.00 1.05 1.10 1.12			
O O O XXO XXX			
2 Harrison Forth		Nepean	1.10m
0.95 1.00 1.05 1.10 1.12			
O O O O XXX			
4 Roman Sawaszenko		Cranebrook	1.05m
0.95 1.00 1.05 1.10			
O O O XXX			
4 Aiden Lisso		Penrith	1.05m
0.95 1.00 1.05 1.10			
O XO XO XXX			
4 Cooper Campbell		Nepean	1.05m
0.95 1.00 1.05 1.10			
O O XXO XXX			
7 Levi Brothers		Cranebrook	1.00m
0.95 1.00 1.05			
O O XXX			
7 Ashton Jenson		Penrith	1.00m
0.95 1.00 1.05			
O O XXX			
7 Aaron Sulsters		Nepean	1.00m
0.95 1.00 1.05			
O O XXX			
10 Ashton Campbell		Nepean	0.95m
0.95 1.00			
O XXX			
10 Liam Forth		Nepean	0.95m
0.95 1.00			
XO XXX			
10 Logan Leathan		Colyton St Clair	0.95m
0.95 1.00			
O XXX			
-- Abdulsalam Ogunwoolu		Werrington	NH
0.95			
XXX			
-- Edward Gersteling		Cranebrook	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 11 - High Jump (S/H 1.05m)**

Zone: Z 1.47m 1993			D GREGORY, PENRITH
Name	Age Centre		Final
1 Koen Beale	Penrith		1.30m
1 Alexander Simpson	Emu Plains		1.30m
3 Levi White	Colyton St Clair		1.22m
4 Mathayus Andreatta	Cranebrook		1.20m
4 Daniel Marsh-Tidyman	Penrith		1.20m
6 Jax McAvoy	Werrington		1.10m
6 Mark Plume	Cranebrook		1.10m
8 Zachary Trigg	Emu Plains		1.05m
8 Lucas Wells	Penrith		1.05m
-- Chase Walker	Werrington		NH
-- Archie Humphrey-Gasanz	Werrington		NH
-- Ethan Wood	Colyton St Clair		NH
-- Finn Robinson	Penrith		NH
-- Riley Kacarovski	Nepean		NH

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

Zone: Z 1.52m 1994			D GREGORY, PENRITH VALLEY
Name	Age Centre		Final
1 Maximilianvs De Vita	Werrington		1.20m
-- Joshua Jensen	Penrith		NH
-- Lucas Walker	Werrington		DNS
-- Lucas O'Hare	Nepean		DNS
-- Clayton Gregory	Penrith		DNS
-- Orlando Pontello	Emu Plains		DNS

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

Zone: Z 1.65m 1996			D PEDERSON, COLYTON
Name	Age Centre		Final
1 Ebosiogwe Ugbomhe	Werrington		1.45m
-- Aiden Lawn	Nepean		NH

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

Zone: Z 1.75m 1996			D PEDERSON, COLYTON
Name	Age Centre		Final
1 Brody Watson	Colyton St Clair		1.50m
2 Jaxson Willmington	Emu Plains		1.48m
2 William Jones	Emu Plains		1.48m
4 Joshua Jarman	Nepean		1.44m
5 Brayden Kelly	Penrith		1.40m
-- Owen Levy	Werrington		DNS
-- Diesel Speeding	Colyton St Clair		DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 15 - High Jump (S/H 1.25m)**

Zone: Z 1.80m 2001 A JACKSON, PENRITH VALLEY			
Name	Age	Centre	Final
1 Thomas Cody		Penrith	1.56m
2 Xavier Piper		Werrington	1.54m
3 Arthma Jhamat		Werrington	1.52m
4 Noah Hams		Colyton St Clair	1.46m
4 Hunter Mckillop-Davies		Werrington	1.46m
-- Kai Roman		Werrington	NH

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

Zone: Z 1.85m 30/11/2019 Daniel Kelly, Emu Plains			
Name	Age	Centre	Final
1 Aarush Mittal		Penrith	1.51m
1 Junior Pita		Nepean	1.51m
1 Matthew Willetts		Emu Plains	1.51m
1 Athiei Deng		Nepean	1.51m
5 Dominic Vecchio		Colyton St Clair	1.49m
6 Brayden Davenport		Nepean	1.47m
-- Caine Crawford		Emu Plains	DNS
-- Cooper Crane		Emu Plains	DNS

**Boys U 7 - Long Jump**

Zone: Z 3.59m 1987 J DIBBS, COLYTON			
Name	Age	Centre	Final
1 Elijah Devos		Werrington	2.88m
2 Kai Stewart-Williams		Penrith	2.85m
3 Ignatius Ireton		Nepean	2.71m
4 Jakai Leslie		Nepean	2.67m
5 Noah Kolila Nanai		Colyton St Clair	2.64m
6 Spencer Robinson		Colyton St Clair	2.58m
7 Harrison Jory		Werrington	2.38m
8 Liam Collimore		Emu Plains	2.32m
9 Malachi Klaassen		Nepean	1.32m
-- Abhinu Wijayarathna		Penrith	DNS
-- Mitchell Hughes		Werrington	DNS

**Boys U 8 - Long Jump**

Zone: Z 4.02m 2016 J EZEKIEL, WERRINGTON			
Name	Age	Centre	Final
1 Austin McCarron		Werrington	3.35m
2 Archer Tonacia		Emu Plains	3.10m
3 Nate Farrugia		Werrington	3.04m
4 Samuel Raniga		Emu Plains	2.93m
5 Ekambir Singh		Werrington	2.73m
6 Peyton Arecco		Nepean	2.62m
7 Zac Farrugia		Werrington	2.40m
8 Linkon Crosby		Nepean	2.35m
9 Justin Richards		Nepean	2.16m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 8 - Long Jump**

10	Jensen Edwards	Cranebrook	2.13m
11	George French	Cranebrook	2.07m
12	William Ellis	Werrington	1.59m
--	Aaron Walker	Werrington	DNS
--	Blake Kelly	Penrith	DNS
--	Taswik Battu	Nepean	DNS
--	Silas Thomas	Nepean	DNS

**Boys U 9 - Long Jump**

=====			
Zone: Z 4.44m 1991		D SMITH, PENRITH VALLEY	
Name	Age	Centre	Final
=====			
1	Oliver Copeland	Emu Plains	3.91m
2	Chase Swift	Cranebrook	3.64m
3	Kobee Laws	Colyton St Clair	3.51m
4	Minon Molligoda	Penrith	3.48m
5	Kaleb Wright	Werrington	3.40m
6	Chase Hodgins	Werrington	3.33m
7	Nixon Bell	Colyton St Clair	3.31m
8	Tyler Treharne	Nepean	3.29m
9	Thomas Fokes	Penrith	3.17m
10	Lucas Borg	Colyton St Clair	3.15m
11	Henry Cairns	Emu Plains	3.11m
11	Ashton Shone	Emu Plains	3.11m
13	Harrison Sutton	Emu Plains	3.06m
14	Madden Vella	Cranebrook	3.02m
15	Ashton Salter	Nepean	2.96m
16	Hunter Ngapuhi	Nepean	2.92m
17	Jireh-Pita Pilia'e-Rasab	Werrington	2.91m
18	Archie Brown	Emu Plains	2.80m
19	Leon Broome	Emu Plains	2.75m
20	Cooper Martin	Emu Plains	2.60m
21	Parker Lynch	Penrith	2.59m
22	Oscar Rogers	Penrith	2.58m
23	Sami Bol	Werrington	2.25m
--	Edward Jarman	Nepean	DNS

**Boys U 10 - Long Jump**

=====			
Zone: Z 4.60m 2012		P BAKER, WERRINGTON	
Name	Age	Centre	Final
=====			
1	William Treharne	Nepean	3.70m
2	Riley Penning	Nepean	3.69m
3	Brady Henricksen	Werrington	3.52m
4	Axel Speeding	Colyton St Clair	3.51m
5	Cooper Campbell	Nepean	3.44m
6	Seth Pattison	Werrington	3.21m
7	Rocky Wynbergen Parnell	Werrington	3.16m
8	Logan Leathan	Colyton St Clair	3.15m
9	Abdulsalam Ogunwoolu	Werrington	2.99m
10	Aiden Lisso	Penrith	2.95m
11	Ashton Campbell	Nepean	2.68m
12	Ryan Boueiri	Cranebrook	2.05m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 10 - Long Jump**

-- Edward Gersteling Cranebrook DNS

**Boys U 11 - Long Jump**

Zone: Z 4.87m 1996 P TONER, NEPEAN

Name	Age Centre	Final
1 Braxton Colburn	Werrington	4.14m
2 Koen Beale	Penrith	4.09m
3 Finn Robinson	Penrith	3.75m
4 Chase Walker	Werrington	3.58m
5 Noah Harvey	Penrith	3.56m
6 Levi Holden	Emu Plains	3.37m
7 Zachary Trigg	Emu Plains	3.01m
8 Ethan Wood	Colyton St Clair	2.84m
9 Declan Thomas	Colyton St Clair	2.43m
-- Praise Egbufor	Nepean	DNS
-- Harry Alexander	Werrington	DNS
-- Tyler McSharry	Colyton St Clair	DNS

**Boys U 12 - Long Jump**

Zone: Z 5.39m 2012 S MUNAWEERA, JAMISON

Name	Age Centre	Final
1 Lachlan Bradshaw	Penrith	4.41m
2 Caleb Kennedy	Penrith	4.06m
3 Xander Pringle	Werrington	3.97m
4 Lucas McPherson	Penrith	3.72m
5 Owen Sulsters	Nepean	3.66m
6 Harrison Flemming	Emu Plains	3.21m
7 Wyatt Sielicki	Nepean	3.18m
8 Isaac Diola	Emu Plains	2.76m
9 Nijel Senathirajah	Nepean	1.69m
-- Mukhtar Ogunwoolu	Werrington	DNS
-- Maximilianvs De Vita	Werrington	DNS
-- Lucas O'Hare	Nepean	DNS
-- Clayton Gregory	Penrith	DNS
-- Lucas Walker	Werrington	DNS

**Boys U 13 - Long Jump**

Zone: Z 5.68m 2015 L CODJOE, COLYTON ST CLAIR

Name	Age Centre	Final
1 Ebosiogwe Ugbohmeh	Werrington	4.92m
2 Kade Wallington	Emu Plains	4.30m
3 Aiden Lawn	Nepean	4.21m
4 Henry McDowell	Werrington	4.19m
5 Denzel Odhiambo	Emu Plains	4.10m
6 Zachary Bateman	Penrith	4.04m
7 Liam Sulsters	Nepean	3.53m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 14 - Long Jump**

Zone: Z 6.88m 2013		A GALE, NEPEAN	
Name	Age	Centre	Final
1 Brody Watson		Colyton St Clair	4.81m
2 Liam McSweeney		Werrington	4.21m
3 Brayden Kelly		Penrith	4.16m
4 Ryan Sciberras		Colyton St Clair	3.97m
5 Joshua Jarman		Nepean	3.95m
-- Owen Levy		Werrington	DNS
-- Findlay Toohey		Emu Plains	DNS
-- Owen Cashel		Cranebrook	DNS

**Boys U 15 - Long Jump**

Zone: Z 6.34m 2015		S MUNAWERRA, JAMISON	
Name	Age	Centre	Final
1 Xavier Piper		Werrington	5.10m
2 Elias McGaughey		Werrington	5.07m
3 Hunter Mckillop-Davies		Werrington	4.86m
4 Archie King		Emu Plains	4.80m
5 Thomas Cody		Penrith	4.75m
6 Dylan Taylor-Rogers		Cranebrook	4.73m
7 Arthma Jhamat		Werrington	4.66m
8 Jai Thornton		Penrith	4.46m
9 Noah Hams		Colyton St Clair	4.36m
-- Kai Roman		Werrington	DNS

**Boys U 17 - Long Jump**

Zone: Z 6.67m 2012		T CURRIE, NEPEAN	
Name	Age	Centre	Final
1 Cooper Crane		Emu Plains	5.46m
2 Athiei Deng		Nepean	5.26m
3 Dominic Vecchio		Colyton St Clair	5.15m
4 Brayden Davenport		Nepean	4.89m
5 Aarush Mittal		Penrith	4.88m
6 Bayley White		Colyton St Clair	4.79m
7 Junior Pita		Nepean	4.45m
8 Lowndes Motler		Werrington	2.87m
-- Isaac Muir-Hanstock		Nepean	DNS

**Boys U 11 - Triple Jump**

Zone: Z 9.89m 1991		J CONN, PENRITH	
Name	Age	Centre	Final
1 Alexander Simpson		Emu Plains	9.07m
2 Koen Beale		Penrith	8.80m
3 Levi White		Colyton St Clair	8.18m
4 Ranuka Koswattage		Penrith	7.83m
5 Noah Harvey		Penrith	7.67m
6 Declan Thomas		Colyton St Clair	7.60m
7 Archie Humphrey-Gasanz		Werrington	7.49m



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 11 - Triple Jump**

8	Daniel Marsh-Tidyman	Penrith	7.18m
9	Mathayus Andreatta	Cranebrook	6.72m
10	Lucas Wells	Penrith	6.71m
11	Sebastian Steele	Werrington	5.72m
--	Leo Simpson	Werrington	DNS
--	Jax McAvoy	Werrington	DNS
--	Levi Holden	Emu Plains	DNS
--	Baxter Ristau	Emu Plains	DNS

**Boys U 12 - Triple Jump**

=====			
Zone: Z 10.93m		2012	J NEILLY, JAMISON
Name	Age	Centre	Final
=====			
1	Mukhtar Ogunwoolu	Werrington	8.56m
2	Lachlan Bradshaw	Penrith	8.51m
3	Maximilianvs De Vita	Werrington	8.34m
--	Nijel Senathirajah	Nepean	DNF
--	Lucas O'Hare	Nepean	DNS
--	Clayton Gregory	Penrith	DNS
--	Lucas Walker	Werrington	DNS

**Boys U 13 - Triple Jump**

=====			
Zone: Z 11.82m		2015	L CODJOE, COLYTON ST CLAIR
Name	Age	Centre	Final
=====			
1	Ebosiogwe Ugbonmhe	Werrington	9.48m
2	Timothy Hammond	Emu Plains	9.07m
3	Isaac Lemon	Penrith	8.77m
4	Denzel Odhiambo	Emu Plains	8.51m
5	Liam Sulsters	Nepean	7.53m

**Boys U 14 - Triple Jump**

=====			
Zone: Z 12.59m		2013	A GALE, NEPEAN
Name	Age	Centre	Final
=====			
1	Brody Watson	Colyton St Clair	10.60m
2	Jaxson Willmington	Emu Plains	9.73m
3	Brayden Kelly	Penrith	9.49m
4	William Jones	Emu Plains	9.24m
--	Diesel Speeding	Colyton St Clair	DNS
--	Findlay Toohey	Emu Plains	DNS

**Boys U 15 - Triple Jump**

=====			
Zone: Z 12.89m		1997	D PERDERSON, COLYTON
Name	Age	Centre	Final
=====			
1	Elias McGaughey	Werrington	11.42m
2	Xavier Piper	Werrington	10.55m
3	Hunter Mckillop-Davies	Werrington	10.01m
4	Dylan Taylor-Rogers	Cranebrook	9.70m
5	Jai Thornton	Penrith	9.66m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 15 - Triple Jump**

6	Arthma Jhamat	Werrington	9.35m
7	Noah Hams	Colyton St Clair	9.33m
8	Archie King	Emu Plains	9.08m
--	Thomas Cody	Penrith	DNS

**Boys U 17 - Triple Jump**

=====			
Zone: Z 13.72m 01/12/2019 Laud Codjoe, Colyton St Clai			
Name	Age	Centre	Final
=====			
1	Dominic Vecchio	Colyton St Clair	10.04m
2	Aarush Mittal	Penrith	9.37m
--	Isaac Muir-Hanstock	Nepean	DNS

**Boys U 7 - Shot Put (1.0 Kg)**

=====			
Zone: Z 8.80m 1990 M KANDEL, WERRINGTON			
Name	Age	Centre	Final
=====			
1	Tyler Regan	Colyton St Clair	5.24m
2	Kai Stewart-Williams	Penrith	4.90m
3	Kai Morris	Colyton St Clair	4.75m
4	Malaki Ioane	Penrith	4.10m
5	Tyler Hawkings	Cranebrook	3.98m
6	Jakai Leslie	Nepean	3.71m
7	Mitchell Hughes	Werrington	3.47m
--	Lachlan Soe-Lausi'i	Werrington	DNS

**Boys U 8 - Shot Put (1.5 Kg)**

=====			
Zone: Z 7.90m 1996 S BLACKETT, COLYTON			
Name	Age	Centre	Final
=====			
1	Arthur Forth	Nepean	7.65m
2	Justin Richards	Nepean	4.85m
3	Ari Laffan	Emu Plains	4.83m
4	Lucas Garrard	Werrington	4.79m
5	Jensen Edwards	Cranebrook	4.64m
6	Riley King	Nepean	4.30m
7	Eli Newman	Werrington	4.03m
8	Michael Matthias	Werrington	3.84m
9	Blake Watkins	Penrith	2.97m
10	William Ellis	Werrington	2.51m
--	Aaron Walker	Werrington	DNS
--	Harrison Fisher	Nepean	DNS
--	Blake Kelly	Penrith	DNS
--	Raphael Vaifale	Nepean	DNS

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

=====			
Zone: Z 9.36m 1990 S BURDETT, COLYTON			
Name	Age	Centre	Final
=====			
1	Tyler Treharne	Nepean	6.03m
2	Saxon Borg	Emu Plains	5.93m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 9 - Shot Put (2.0 Kg)**

3	Hunter Ngapuhi	Nepean	5.52m
4	Jaxon Leslie	Nepean	5.43m
5	Jack Lemon	Penrith	4.91m
6	Hunter Demuth	Penrith	4.59m
6	Peyton Walker	Penrith	4.59m
8	Cooper Martin	Emu Plains	4.48m
9	Jonathan Finn	Werrington	3.97m
10	Parker Lynch	Penrith	3.80m
11	Noah King	Nepean	3.79m
12	Leon Broome	Emu Plains	3.49m
13	Ellery Klaassen	Nepean	2.87m
14	Edward Jarman	Nepean	2.84m

**Boys U 10 - Shot Put (2.0 Kg)**

=====			
Zone: Z 10.82m		1985	G LEE, NEPEAN
Name	Age	Centre	Final
=====			
1	Harrison Forth	Nepean	9.05m
2	Zaviar Tanielu-Park	Colyton St Clair	8.79m
3	Roman Sawaszenko	Cranebrook	7.57m
4	Liam Forth	Nepean	7.11m
5	William Treharne	Nepean	6.96m
6	Christian Simpson	Emu Plains	6.91m
7	Levi Brothers	Cranebrook	6.61m
8	Liam Kintanar	Werrington	5.25m
9	Ashton Jenson	Penrith	5.11m
10	Kordell Dean	Werrington	4.61m
11	Ryan Boueiri	Cranebrook	4.48m

**Boys U 11 - Shot Put (2.0 Kg)**

=====			
Zone: Z 13.05m		2012	EJ BROWN-VAELUA, NEPEAN
Name	Age	Centre	Final
=====			
1	Praise Egbufor	Nepean	9.05m
2	Jake Farrugia	Emu Plains	8.41m
3	Leo Simpson	Werrington	7.74m
4	Daniel Marsh-Tidyman	Penrith	7.47m
5	Damian Beale	Werrington	5.65m

**Boys U 12 - Shot Put (2.0 Kg)**

=====			
Zone: Z 13.27m		2012	EJ BROWN-VAELUA, NEPEAN
Name	Age	Centre	Final
=====			
1	Eli Simpson	Werrington	11.31m
2	Zachary Ryan	Nepean	6.71m
3	Lachlan Bradshaw	Penrith	6.65m
4	Joshua Jensen	Penrith	6.58m
5	Hayden Macaulay	Penrith	6.35m
6	Nijel Senathirajah	Nepean	2.52m
--	Ageshaan Muraledaran	Colyton St Clair	DNS
--	Maximilianvs De Vita	Werrington	DNS
--	Caleb Kennedy	Penrith	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 12 - Shot Put (2.0 Kg)**

-- Isaac Diola Emu Plains DNS

**Boys U 13 - Shot Put (3.0 Kg)**

Zone: Z 15.41m 2013 EJ BROWN-VAELUA, NEPEAN

Name	Age Centre	Final
1 Hague Asare	Nepean	9.24m
2 Isaac Lemon	Penrith	8.19m
3 Conan McGaughey	Werrington	7.84m
4 Denzel Odhiambo	Emu Plains	7.46m
5 Deaun Al Hassan	Colyton St Clair	7.23m
6 Caleb Commerford	Emu Plains	7.10m
7 Jordan Jara	Nepean	5.81m
8 Jarryd Morris	Colyton St Clair	4.60m

**Boys U 14 - Shot Put (3.0 Kg)**

Zone: Z 19.91m 01/12/2019 Amosia Soatini, Nepean

Name	Age Centre	Final
1 Blade Richards	Nepean	11.71m
2 Brody Watson	Colyton St Clair	9.86m
3 Jonny Farrugia	Emu Plains	9.66m
4 Ethan Hughes	Werrington	8.20m
-- Rathushaan Muraledaran	Colyton St Clair	DNS

**Boys U 15 - Shot Put (4.0 Kg)**

Zone: Z 16.18m 1990 C COONEY, PENRITH VALLEY

Name	Age Centre	Final
1 Elias McGaughey	Werrington	10.64m
2 Archie King	Emu Plains	8.18m
-- Ricky Morris	Colyton St Clair	DNS

**Boys U 17 - Shot Put (5.0 Kg)**

Zone: Z 18.23m 29/01/2022 Amosia Soatini, Nepean

Name	Age Centre	Final
1 Lachlan Green	Nepean	12.02m
2 Brayden Davenport	Nepean	10.61m
3 Dominic Vecchio	Colyton St Clair	10.10m
4 Cooper Levy	Werrington	9.01m
5 Josh Carter (Multi Class	Colyton St Clair	3.61m
6 Lowndes Motler	Werrington	2.95m
-- Junior Pita	Nepean	DNS

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

Zone: Z 22.37m 03/12/2022 Arthur Forth, Nepean

Name	Age Centre	Final
1 Kai Morris	Colyton St Clair	15.33m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 7 - Discus (350 Gram)**

2	Tyler Regan	Colyton St Clair	13.66m
3	Elijah Devos	Werrington	13.62m
4	Noah Kolila Nanai	Colyton St Clair	13.18m
5	Jakai Leslie	Nepean	10.87m
6	Agamjot Singh	Colyton St Clair	10.73m
7	Tyler Hawkings	Cranebrook	9.56m
8	Liev Kovacevic	Emu Plains	8.48m
9	Lucas Ashman	Werrington	7.90m
10	Malachi Klaassen	Nepean	4.92m
--	Lachlan Soe-Lausi'i	Werrington	DNS
--	Mitchell Hughes	Werrington	DNS
--	Senuka Amarasena	Penrith	DNS

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

=====			
Zone: Z 24.02m		1992	D THOMSON, EMU PLIANS
Name	Age	Centre	Final
=====			
1	Arthur Forth	Nepean	23.13m
2	Lucas Garrard	Werrington	14.33m
3	Justin Richards	Nepean	11.36m
4	Jensen Edwards	Cranebrook	11.26m
5	Linkon Crosby	Nepean	11.19m
6	Ekambir Singh	Werrington	10.98m
7	Samuel Raniga	Emu Plains	10.45m
8	Eli Newman	Werrington	8.85m
9	Logan Brown	Penrith	8.20m
10	Riley King	Nepean	8.04m
11	Zac Farrugia	Werrington	7.73m
12	Silas Thomas	Nepean	7.36m
13	William Ellis	Werrington	6.87m
14	Michael Matthias	Werrington	6.60m
--	Raphael Vaifale	Nepean	DNS
--	Blake Kelly	Penrith	DNS
--	Harrison Fisher	Nepean	DNS

**Boys U 9 - Discus (500 Gram)**

=====			
Zone: Z 29.34m		1986	J IMBRAHIM, NEPEAN
Name	Age	Centre	Final
=====			
1	Jaxon Leslie	Nepean	23.65m
2	Tyler Treharne	Nepean	17.71m
3	Noah King	Nepean	15.23m
4	Hunter Ngapuhi	Nepean	14.72m
5	Nixon Bell	Colyton St Clair	13.54m
6	Harrison Sutton	Emu Plains	13.51m
7	Hunter Demuth	Penrith	13.25m
8	Jack Whelan	Cranebrook	11.56m
9	Cooper Martin	Emu Plains	11.45m
10	Thomas Beazley	Emu Plains	11.29m
11	Oscar Rogers	Penrith	11.28m
12	Parker Lynch	Penrith	11.06m
13	Jack Lemon	Penrith	10.49m
14	Peyton Walker	Penrith	10.46m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****....Boys U 9 - Discus (500 Gram)**

15	Logan Devereux	Werrington	10.41m
16	Ellery Klaassen	Nepean	6.46m
--	Jonathan Finn	Werrington	DNF
--	Sami Bol	Werrington	DNS
--	Kaleb Wright	Werrington	DNS

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

=====			
	Zone: Z 38.19m	2012	L ROSE, COLYTON ST CLAIR
Name	Age	Centre	Final
=====			
1	Roman Sawaszenko	Cranebrook	31.14m
2	Harrison Forth	Nepean	30.92m
3	Zaviar Tanielu-Park	Colyton St Clair	29.29m
4	Liam Forth	Nepean	26.94m
5	Christian Simpson	Emu Plains	17.78m
6	Cooper Campbell	Nepean	16.44m
7	Ashton Jenson	Penrith	15.93m
8	Aaron Sulsters	Nepean	15.15m
9	Seth Pattison	Werrington	11.75m
10	Ryan Boueiri	Cranebrook	9.16m

**Boys U 11 - Discus 500 Gram)**

=====			
	Zone: Z 36.71m	2013	L ROSE, COLYTON ST CLAIR
Name	Age	Centre	Final
=====			
1	Mathayus Andreatta	Cranebrook	28.87m
2	Praise Egbufor	Nepean	28.56m
3	Leo Simpson	Werrington	28.33m
4	Levi White	Colyton St Clair	26.85m
5	Jake Farrugia	Emu Plains	22.44m
6	Levi Holden	Emu Plains	21.82m
7	Daniel Marsh-Tidyman	Penrith	15.75m
8	Damian Beale	Werrington	15.48m
9	Harry Alexander	Werrington	9.03m
--	Ranuka Koswattage	Penrith	ND
--	Lucas Wells	Penrith	DNS
--	Tyler McSharry	Colyton St Clair	DNS
--	Finn Robinson	Penrith	DNS

**Boys U 12 - Discus (750 Gram)**

=====			
	Zone: Z 48.85m	2014	L ROSE, COLYTON ST CLAIR
Name	Age	Centre	Final
=====			
1	Eli Simpson	Werrington	28.69m
2	Jett Risse	Werrington	20.45m
3	Preston Swann	Nepean	16.03m
4	Lucas McPherson	Penrith	14.44m
5	Hayden Macaulay	Penrith	14.31m
6	Zachary Ryan	Nepean	11.93m
7	Isaac Diola	Emu Plains	7.25m
--	Ageshaan Muraledaran	Colyton St Clair	DNS
--	Maximilianvs De Vita	Werrington	DNS

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 13 - Discus (750 Gram)**

Zone: Z 42.04m 2015 L ROSE, COLYTON ST CLAIR			
Name	Age	Centre	Final
1 Hague Asare		Nepean	24.28m
2 Conan McGaughey		Werrington	22.10m
3 Isaac Lemon		Penrith	20.77m
4 Jordan Jara		Nepean	19.08m
5 Deaun Al Hassan		Colyton St Clair	16.78m
6 Jarryd Morris		Colyton St Clair	14.50m
7 Liam Sulsters		Nepean	13.51m

**Boys U 14 - Discus (1.0 Kg)**

Zone: Z 53.47m 2016 L ROSE, COLYTON ST CLAIR			
Name	Age	Centre	Final
1 Blade Richards		Nepean	30.89m
2 Brody Watson		Colyton St Clair	27.54m
3 Jonny Farrugia		Emu Plains	24.12m
4 Ethan Hughes		Werrington	17.35m
-- Owen Cashel		Cranebrook	DNS
-- Rathushaan Muraledaran		Colyton St Clair	DNS

**Boys U 15 - Discus (1.0 Kg)**

Zone: Z 53.36m 1990 C COONEY, PENRITH VALLEY			
Name	Age	Centre	Final
1 Elias McGaughey		Werrington	35.60m
2 Hunter Mckillop-Davies		Werrington	27.47m
-- Ricky Morris		Colyton St Clair	DNS

**Boys U 17 - Discus (1.5 Kg)**

Zone: Z 44.57m 2014 J BAKER, WERRINGTON			
Name	Age	Centre	Final
1 Lachlan Green		Nepean	42.51m
2 Brayden Davenport		Nepean	23.58m
3 Lowndes Motler		Werrington	9.46m
4 Josh Carter (Multi Class		Colyton St Clair	8.13m
-- Caine Crawford		Emu Plains	DNS

**Boys U 11 - Javelin (400 Gram)**

Zone: Z 24.14m 2017 Lachlan Green, Nepean			
Name	Age	Centre	Final
1 Jake Farrugia		Emu Plains	14.19m
2 Zachary Trigg		Emu Plains	13.91m
3 Damian Beale		Werrington	13.61m
4 Mathayus Andreatta		Cranebrook	13.36m
5 Praise Egbufor		Nepean	4.56m

**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 12 - Javelin (400 Gram)**

Zone: Z 30.60m 2017 Toby Camilleri, Cranebrook			
Name	Age	Centre	Final
1 Maximilianvs De Vita		Werrington	24.82m
2 Caleb Kennedy		Penrith	22.15m
3 Preston Swann		Nepean	20.39m
4 Zachary Ryan		Nepean	12.07m
5 Wyatt Sielicki		Nepean	9.65m
-- Ageshaan Muraledaran		Colyton St Clair	DNS
-- Noah Goncalves		Cranebrook	DNS
-- Owen Sulsters		Nepean	DNS
-- Clayton Gregory		Penrith	DNS

**Boys U 13 - Javelin (600 Gram)**

Zone: Z 39.14m 1997 D BOORMAKIN, PENRITH			
Name	Age	Centre	Final
1 Hague Asare		Nepean	26.81m
2 Conan McGaughey		Werrington	22.21m
3 Noah Vella		Nepean	12.67m
4 Jordan Jara		Nepean	11.62m
5 Jarryd Morris		Colyton St Clair	11.55m

**Boys U 14 - Javelin (600 Gram)**

Zone: Z 44.66m 2000 C FORTH, NEPEAN			
Name	Age	Centre	Final
1 Blade Richards		Nepean	25.00m
2 Jonny Farrugia		Emu Plains	21.31m
3 Ethan Hughes		Werrington	18.98m
-- Rathushaan Muraledaran		Colyton St Clair	DNS

**Boys U 15 - Javelin (700 Gram)**

Zone: Z 41.38m 30/11/2019 Finlay Hahn, Emu Plains			
Name	Age	Centre	Final
1 Elias McGaughey		Werrington	32.52m
2 Archie King		Emu Plains	24.22m
-- Ricky Morris		Colyton St Clair	DNS

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

Zone: Z 56.76m 2016 A KEENE, EMU PLAINS			
Name	Age	Centre	Final
1 Matthew Willetts		Emu Plains	32.45m
2 Brayden Davenport		Nepean	28.98m
3 Cooper Levy		Werrington	27.85m
4 Riley Coburn		Emu Plains	26.61m
-- Caine Crawford		Emu Plains	DNS



**Outer West Met Zone Championship 2023****Harold Corr Oval****Results****Boys U 9 - 700 Metre Walk**

Zone: Z 3:22.40 1997 L FITZGERALD, NEPEAN			
Name	Age	Centre	Final
Section 1			
1 Ashton Shone		Emu Plains	5:06.85
2 Leo Hetherington		Emu Plains	5:23.18
3 Eli Coburn		Emu Plains	5:37.93
4 Minon Molligoda		Penrith	5:53.38

**Boys U 10 - 1100 Metre Walk**

Zone: Z 5:22.40 1997 L FITZGERALD, NEPEAN			
Name	Age	Centre	Final
1 Aaron Sulsters		Nepean	8:26.81

**Boys U 11 - 1100 Metre Walk**

Zone: Z 5:08.80 1999 L FITZGERALD, NEPEAN			
Name	Age	Centre	Final
1 Lucas Wells		Penrith	8:10.48

**Boys U 12 - 1500 Metre Walk**

Zone: Z 7:03.70 2000 L FITZGERALD, NEPEAN			
Name	Age	Centre	Final
1 Peter Bachtis		Emu Plains	10:13.79

**Boys U 13 - 1500 Metre Walk**

Zone: Z 7:11.10 2001 L FITZGERALD, NEPEAN			
Name	Age	Centre	Final
1 Noah Vella		Nepean	9:00.74

**Boys U 14 - 1500 Metre Walk**

Zone: Z 6:56.30 1999 K CLIFFORD, NEPEAN			
Name	Age	Centre	Final
-- Rathushaan Muraledaran		Colyton St Clair	DNS
-- Joshua Jarman		Nepean	DNS