ALL-TIME BEST PERFORMANCES

- These performances are for reference purposes only and do not replace Centre Records. Only currently contested events are shown. They include performances up to 31 March 2023 (State).
- Performances will only be considered by Northern Districtics athletes at ND local competitions, Trans Tasman Trials/Challenges, Zone/Region/Combined/State/National little athletics championships.
- The best gated time (GT) or photo finish (PF) time will be shown if it is within 0.3s of a superior hand time (HT). All hand times are rounded up to the next highest 0.1s.
- When throwing specifications are changed, the best throw with a heavier implement (noted in red) will be shown until a superior performance is recorded with a lighter implement.

• Championship performances prior to 2002-03 are still to be fully reviewed. • Please advise any errors or omissions to records@ndlac.org.au.

							50 M	ETRES							
Inder 6 Inder 7	9.60 8.70	HT HT	Johanna O'Reagan Hollie Fallowfield	1984-85 1982-83	Foxglove Berowra	Centre Centre		Under 6 Under 7	9.10 8.70	HT HT	David Huber Cole Taylor	1982-83 Sat 13-Feb-99	Berowra Foxglove	Centre Centre	
							70 M	ETRES					-		
nder 6	13.60	HT	Amanda Campbell	1982-83	Berowra	Centre		Under 6	12.60	HT	David Huber	1982-83	Berowra	Centre	
nder 7 nder 7	12.00 12.10	HT GT	Hollie Fallowfield Megan Smart	1982-83 Sun 4-Feb-07	Berowra Narrabeen	Centre Zone	1st	Under 7 Under 8	11.80 11.20	HT GT	Russell Parker Kaeo Weekes	1987-88 Sun 28-Feb-10	Foxglove Narrabeen	Centre Region	1st
nder 8	11.30	HT	Jessie Shepherd	1985-86	Foxglove	Centre	2 n d	Under 8	11.20	HT	Mitchel Van Noort	2003-04	Foxglove	Centre	
nder 8 nder 9	11.50 10.59	GT PF	Georgia Dean Krystal Weekes	Sun 22-Feb-09 Sun 22-Mar-15	Mingara SOPAC	Region State	2nd 4th (heat)	Under 8 Under 9	11.20 10.37	HT PF	Russell Parker Tama Simpkins	1988-89 Sun 23-Mar-14	Foxglove SOPAC	Centre State	4th
nder 10	9.90	HT	Jordan Lumley	Sun 17-Mar-02	SOPAC	State	2nd	Under 10 Under 10	10.10 10.22	HT PF	Evan Clothier Kaeo Weekes	Sun 22-Feb-04 Sun 25-Mar-12	Blacktown SOPAC	Region State	2nd 1st (hea
							100 N	1ETRES							
nder 6 nder 7	19.20 17.40	HT HT	Emma Frost Stephanie Parker	Sat 13-Mar-04 1990-91	Foxglove Foxglove	Centre Centre		Under 6 Under 7	18.50 16.50	HT HT	Gordon Broome Joshua Lyden	Sat 5-Dec-98 1985-86	Foxglove Foxglove	Centre Centre	
nder 8	16.20	HT	Amanda Campbell	1984-85	Foxglove	Centre		Under 8	16.00	GT	Kaeo Weekes	Sun 28-Feb-10	Narrabeen	Region	2nd
nder 9 nder 9	15.20 15.43	HT PF	Emma Frost Evie Moore-Mulcahy	Sun 18-Feb-07	Parramatta SOPAC	Region Combined	1st 3rd	Under 8 Under 9	15.90 14.30	HT HT	Russell Parker Evan Clothier	1988-89 Sun 16-Feb-03	Foxglove Parramatta	Centre Region	1st
nder 10	14.00	HT	Jordan Lumley	Sun 17-Mar-02	SOPAC	State	2nd	Under 9	14.54	PF	Tama Simpkins	Sun 23-Mar-14	SOPAC	State	3rd (hea
nder 11 nder 12	13.70 13.00	HT HT	Jordan Lumley Jordan Lumley	Sun 16-Mar-03 Sun 21-Mar-04	SOPAC SOPAC	State State	3rd 2nd	Under 10 Under 10	14.10 14.10	PF HT	Jensen Barrett Evan Clothier	Sun 19-Mar-23 Sun 21-Mar-04	SOPAC SOPAC	State State	3rd (hea
nder 13	12.30	HT	Jordan Lumley	Sun 20-Feb-05	Mingara	Region	1st (heat)	Under 11	13.50	HT	Chris Bostelman	1984-85	Foxglove	Centre	
nder 14 nder 15	12.60 12.30	HT HT	Stephanie Parker Stephanie Parker	Sun 22-Mar-98 Sun 21-Mar-99	SOPAC SOPAC	State State	3rd 5th	Under 12 Under 13	13.10 11.80	HT HT	Russell Parker Eric-Ken Watanabe	1992-93 Sun 20-Feb-05	Foxglove Mingara	Centre Region	1st
nder 17 nder 17	13.20 13.30	HT GT	Alysha Burnett Gabriella Chan	Sat 3-Nov-12 Sun 11-Dec-16	Foxglove Narrabeen	Centre Zone	4th	Under 14 Under 15	12.14 11.30	PF HT	Harry Frederick Eric-Ken Watanabe	Sun 16-Feb-14 Sun 18-Feb-07	Narrabeen Parramatta	Region Region	1st (hea
nder 17	13.30	ŭ.	Gabilella Cilali	3uii 11-Dec-10	Narrabeen	20116	401	Under 17	11.40	HT	Joshua Mawhinney	Sat 20-Nov-10	Foxglove	Centre	
							200 N	Under 17 1ETRES	11.57	GT	Thomas Bostelman	Sun 14-Dec-14	Narrabeen	Zone	1st
nder 6	40.70	нт	Jessica Walton	Sat 19-Nov-11	Foxglove	Centre	200 1	Under 6	40.20	нт	Mitchel Van Noort		Foxglove	Centre	
nder 7 nder 8	36.60 33.80	GT HT	Emma Frost Jessie Shepherd	Sun 6-Feb-05 1985-86	Narrabeen Foxglove	Zone Centre	1st	Under 7 Under 8	34.60 32.40	GT HT	Adam Halmy Mitchel Van Noort	Sun 6-Feb-05 Sun 22-Feb-04	Narrabeen Blacktown	Zone Region	1st (hea 1st
nder 9	31.20	HT	Katy Oswald	Sun 21-Mar-04	SOPAC	State	4th	Under 9	30.80	HT	Mitchel Van Noort	Sun 20-Mar-05	SOPAC	State	3rd
nder 10 nder 11	29.80 28.60	HT HT	Katy Oswald Katy Oswald	Sun 20-Feb-05 Sun 19-Mar-06	Mingara SOPAC	Region State	1st 6th	Under 9 Under 9	30.80 30.80	HT HT	Evan Clothier Evan Clothier	Sun 16-Mar-03 Sun 16-Feb-03	SOPAC Parramatta	State Region	8th 2nd
nder 12	27.00	HT	Jordan Lumley	Sun 21-Mar-04	SOPAC	State	3rd	Under 9	30.80	HT	Tama Simpkins	Sat 15-Mar-14	Foxglove	Centre	
nder 13 nder 14	26.10 25.40	HT HT	Jordan Lumley Stephanie Parker	Sun 20-Feb-05 Sun 22-Mar-98	Mingara SOPAC	Region State	1st 2nd	Under 10 Under 10	28.70 28.73	HT PF	Evan Clothier Jensen Barrett	Sun 21-Mar-04 Sun 19-Mar-23	SOPAC SOPAC	State State	4th 2nd
nder 15	25.10	HT	Stephanie Parker	Sun 21-Mar-99	SOPAC	State	3rd	Under 11	28.00	HT	Evan Clothier Russell Parker	Sun 20-Feb-05	Mingara	Region	2nd
nder 17	27.12	GT	Lauren West	Sun 26-Nov-17	Narrabeen	Zone	4th	Under 12 Under 13	27.30 24.80	HT HT	Eric-Ken Watanabe	1992-93 Sun 20-Mar-05	Foxglove SOPAC	Centre State	2nd
								Under 13 Under 14	24.86 24.70	GT GT	Eric-Ken Watanabe Joshua Mawhinney	•	Adelaide	Nationals	2nd (he 1st
								Under 15	23.20	HT	Eric-Ken Watanabe		Mingara SOPAC	Region State	2nd
								Under 17 Under 17	23.11 23.30	GT HT	Joshua Mawhinney Tom Bostelman	Sun 20-Feb-11 Sat 15-Nov-14	Parramatta Foxglove	Region Centre	1st
							400 N	1ETRES							
nder 8	1' 19.00	НТ	Jessie Shepherd	1985-86	Foxglove	Centre		Under 8	1' 12.40	НТ	Adam Halmy	Sun 19-Feb-06	Narrabeen	Region	1st
nder 9 nder 9	1' 13.40 1' 13.40	HT HT	Jessie Shepherd Janelle Smith	1986-87 1982-83	Foxglove Foxglove	Centre Centre		Under 9 Under 10	1' 08.00 1' 06.45	HT PF	Adam Halmy Marcus Panetta	Sun 18-Mar-07 Sun 23-Mar-14	SOPAC SOPAC	State State	3rd 3rd
nder 9	1' 13.41	PF	Evie Moore-Mulcahy	Sun 20-Mar-22	SOPAC	State	2nd	Under 11	1' 02.60	HT	Matthew Mooney	Sun 17-Mar-02	SOPAC	State	3rd
nder 10 nder 11	1' 08.08 1' 06.39	PF PF	Evie Moore-Mulcahy Jasmin Guthrie	Sun 19-Mar-23 Sun 16-Feb-14	SOPAC Narrabeen	State Region	2nd 2nd	Under 12 Under 13	1' 01.05 55.37	PF PF	Ethan Oliver Ethan Oliver	Sun 19-Mar-17 Sun 25-Mar-18	SOPAC SOPAC	State State	4th 3rd
Inder 12	1' 02.86	GT	Jasmin Guthrie	Sun 15-Feb-15	Narrabeen	Region	1st	Under 14	55.59	PF	Oskar Enasio	Sun 19-Mar-17	SOPAC	State	3rd (hea
Inder 13 Inder 14	1' 01.22 58.56	PF PF	Jasmin Guthrie Jasmin Guthrie	Sun 20-Mar-16 Sun 19-Mar-17	SOPAC Narrabeen	State State	5th 3rd	Under 15 Under 15	54.50 54.50	HT HT	Matthew Mooney Adam Wood	Sun 19-Feb-06 Sat 2-Dec-95	Narrabeen Foxglove	Region Centre	2nd
Inder 15 Inder 17	56.77 58.46	PF PF	Jasmin Guthrie Elly Gallagher	Sun 25-Mar-18 Sun 20-Mar-16	SOPAC SOPAC	State State	2nd 1st (heat)	Under 17	51.62	PF	Ethan Oliver	Sun 28-Mar-21	SOPAC	State	6th
			-		3	00*/50	0†/70	0‡/800	MET	RES					
nder 6* nder 7†	1' 09.10 1' 52.60	HT HT	Stephanie Ross Kristy Campbell	Sat 29-Feb-20 1989-90	Foxglove Foxglove	Centre Centre		Under 6* Under 7†	1' 05.50 1' 42.10	HT HT	Lucas Rogers Adam Halmy	Sat 27-Feb-16 Sun 6-Mar-05	Foxglove Dubbo	Centre Combined	1st
Inder 8‡	2' 36.80	HT	Sasha Savenko	Sun 17-Feb-08	Blacktown	Region	4th	Under 8‡	2' 18.70	HT	Adam Halmy	Sun 5-Mar-06	Cessnock	Combined	1st
nder 9 nder 10	2' 51.00 2' 42.00	HT HT	Helen Dalloway Jenny Dallaway	1982-83 1982-83	Berowra Berowra	Centre Centre		Under 9 Under 10	2' 33.20 2' 30.54	HT PF	Adam Halmy Sam Parry	Sun 18-Mar-07 Sun 24-Mar-13	SOPAC SOPAC	State State	1st 4th
nder 11	2' 39.57	GT	Hannah Dawson	Sun 5-Feb-23	SOPAC	Region	2nd	Under 11	2' 23.95	PF	Adam Halmy	Sun 22-Mar-09	SOPAC	State	2nd
nder 12 nder 13	2' 34.00 2' 30.50	HT HT	Danae Hayes Cassandra Garde	1991-92 Sun 16-Mar-03	Foxglove SOPAC	Centre State	8th	Under 12 Under 13	2' 20.00 2' 15.00	HT HT	Lloyd Hogan Eric-Ken Watanabe	1982-83 Sun 20-Feb-05	Berowra Mingara	Centre Region	3rd
nder 14	2' 19.96	PF	Aniela Knight	Sun 19-Mar-23	SOPAC	State	3rd	Under 14	2' 11.13	PF	Oskar Enasio	Sun 19-Mar-17	SOPAC	State	4th
nder 15 nder 17	2' 22.90 2' 18.25	HT PF	Elizabeth Carr Elly Gallagher	Sun 19-Feb-06 Sun 22-Mar-15	Narrabeen SOPAC	Region State	2nd 2nd	Under 15 Under 17	2' 07.80 2' 05.30	HT HT	Matthew Mooney Adam Halmy	Sun 19-Feb-06 Sun 15-Feb-15	Narrabeen Narrabeen	Region Region	3rd 4th
								Under 17	2' 05.37	PF	Adam Halmy	Sun 22-Mar-15	SOPAC	State	8th
							1500 ľ	METRES	<u> </u>						
nder 10	5' 16.40	НТ	Julia Batterley	1991-92	Foxglove	Centre	_ 	Under 10	4' 58.09	PF	Adam Halmy	Sun 16-Mar-08	SOPAC	State	1st
	5' 16.00 5' 15.50	HT HT	Julia Batterley Bethany Halmy	1992-93 Sun 18-Mar-07	Foxglove SOPAC	Centre State	5th	Under 11 Under 12	4' 49.28 4' 45.31	PF PF	Adam Halmy Adam Halmy	Sun 22-Mar-09 Sun 21-Mar-10	SOPAC SOPAC	State State	1st 2nd
	5' 02.70	HT	Eliza Heckendorf	Sun 6-Feb-11	Narrabeen	Zone	2nd	Under 13	4' 41.01	PF	Adam Halmy	Sun 20-Mar-11	SOPAC	State	5th
nder 12 nder 13	4' 49.31	HT PF	Aniela Knight Elly Gallagher	Sun 19-Mar-23 Sun 23-Mar-14	SOPAC SOPAC	State State	5th 4th	Under 14 Under 15	4' 34.30 4' 27.56	HT PF	Adam Halmy Adam Halmy	Sun 19-Feb-12 Sun 17-Feb-13	Narrabeen Narrabeen	Region Region	4th 2nd
nder 12 nder 13 nder 14				Sun 22-Mar-15	SOPAC	State	2nd	Under 17	4' 16.90	НТ	Adam Halmy	Sun 15-Feb-15	Narrabeen	Region	1st
nder 12 nder 13 nder 14 nder 15	4' 57.96 4' 45.24	PF	Elly Gallagher					METRES			<u> </u>			<u> </u>	
nder 12 nder 13 <mark>nder 14</mark> nder 15	4' 57.96	PF	Elly Gallagner				3000		-	ш		0	Foxglove	Centre	
nder 11 nder 12 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06	PF	Tara Kissick	Sun 20-Mar-11	SOPAC	State	3rd	Under 13	10' 25.80		Adam Halmy	Sat 11-Dec-10	•		2 1
nder 12 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06 10' 46.91	PF HT	Tara Kissick Jemma Gallagher	Sun 22-Mar-15	SOPAC	State State	3rd 3rd	Under 14	9' 45.90	HT	Adam Halmy	Sun 19-Feb-12	Narrabeen	Region	2nd 1st
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90	PF HT HT	Tara Kissick Jemma Gallagher Elly Gallagher	Sun 22-Mar-15 Sun 26-Jan-14	SOPAC Narrabeen	State State Zone	3rd 3rd 1st	Under 14 Under 15	9' 45.90 9' 34.14	HT PF	Adam Halmy Adam Halmy	Sun 19-Feb-12 Sun 17-Feb-13	Narrabeen Narrabeen	Region Region	1st
nder 12 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06 10' 46.91	PF HT HT	Tara Kissick Jemma Gallagher	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15	SOPAC Narrabeen SOPAC	State State Zone State	3rd 3rd 1st 3rd	Under 14 Under 15 Under 17	9' 45.90 9' 34.14 9' 25.47	HT PF PF	Adam Halmy Adam Halmy Adam Halmy	Sun 19-Feb-12	Narrabeen	Region	
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90	PF HT HT	Tara Kissick Jemma Gallagher Elly Gallagher	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15	SOPAC Narrabeen SOPAC	State State Zone	3rd 3rd 1st 3rd	Under 14 Under 15 Under 17	9' 45.90 9' 34.14 9' 25.47	HT PF PF	Adam Halmy Adam Halmy Adam Halmy	Sun 19-Feb-12 Sun 17-Feb-13	Narrabeen Narrabeen	Region Region	1st
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11	PF HT HT PF	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC	State State Zone State /90†/1 Region State	3rd 3rd 1st 3rd 00‡/1 : 2nd 7th	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01	PF PF PF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09	Narrabeen Narrabeen SOPAC Narrabeen SOPAC	Region Region State Region State	1st 4th
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11	PF HT HT PF	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09	SOPAC Narrabeen SOPAC 60/80* Mingara	State State Zone State /90†/1	3rd 3rd 1st 3rd 00‡/1 2	Under 14 Under 15 Under 17 LO§ ME Under 8	9' 45.90 9' 34.14 9' 25.47 TRES 10.98	PF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13	Narrabeen Narrabeen SOPAC	Region Region State	1st 4th 1st 3rd
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17 nder 10 nder 10 nder 11*	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97	PF HT HT PF GT HT GT HT GT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen	State State Zone State /90†/1 Region State Zone State Region	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd 6th	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 9 Under 10 Under 11*	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45	HT PF PF HUR PF PF HT PF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo	Region Region State Region State Centre State Combined	1st 4th 1st 3rd
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 10 nder 10 nder 10 nder 10 nder 11*	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40	PF HT HT PF GT HT GT HT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC	State State Zone State /90†/1 Region State Zone State State	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd	Under 14 Under 15 Under 17 LO§ ME Under 8 Under 9 Under 9 Under 10	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04	PF PF PF HT PF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC	Region Region State Region State Centre State	1st 4th 1st 3rd 1st (hea
nder 12 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17 nder 10 nder 10 nder 10 nder 11* nder 12* nder 13* nder 14*	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97 15.41 12.70 12.20	PF HT HT PF GT HT GT HT HT HT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes Sophia Cottrell Katrina Moyes Stephanie Parker	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21 Sun 5-Feb-23 Sun 21-Mar-99 Sun 22-Mar-98	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen SOPAC SOPAC SOPAC SOPAC	State State Zone State /90+/1 Region State Zone State Region Region State Resion Region	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd 6th 7th 2nd 1st	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 9 Under 10 Under 11* Under 12* Under 13* Under 14†	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45 14.50 12.41 13.48	PF PF PF GT PF GT	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle Eric Hamilton Ethan Oliver Eli Saglia	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 23-Mar-14 Sun 23-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23 Sat 19-Oct-19 Sun 29-Apr-18 Sun 18-Feb-18	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo Foxglove Gold Coast SOPAC	Region Region State Region State Centre State Combined Centre Nationals Region	1st 4th 1st 3rd 1st (health of the continuous state) 5th 2nd
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17 nder 17 nder 17 nder 18 nder 10 nder 10 nder 10 nder 11* nder 12* nder 13* nder 14* nder 15†	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97 15.41 12.70	PF HT HT PF GT HT GT HT GT HT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes Sophia Cottrell Katrina Moyes	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21 Sun 5-Feb-23 Sun 21-Mar-99	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen SOPAC SOPAC SOPAC	State State Zone State /90†/1 Region State Zone State Region Region State	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd 6th 7th 2nd	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 9 Under 10 Under 11* Under 12* Under 13*	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45 14.50 12.41	PF PF PF GT PF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle Eric Hamilton Ethan Oliver	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23 Sat 19-Oct-19 Sun 29-Apr-18	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo Foxglove Gold Coast	Region Region State Region State Centre State Combined Centre Nationals	1st 4th 1st 3rd 1st (head) 1th 5th
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17 nder 17 nder 17 nder 18 nder 10 nder 10 nder 10 nder 11* nder 12* nder 13* nder 14* nder 15†	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97 15.41 12.70 12.20 12.70	PF HT HT PF GT HT GT HT HT HT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes Sophia Cottrell Katrina Moyes Stephanie Parker Stephanie Parker	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21 Sun 5-Feb-23 Sun 21-Mar-99 Sun 22-Mar-98 Sun 21-Mar-99	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC	State State Zone State /90†/1 Region State Zone State Region Region State Resion State Region State	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd 6th 7th 2nd 1st 1st 1st	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 10 Under 11* Under 12* Under 13* Under 14† Under 15‡ Under 17§	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45 14.50 12.41 13.48 13.57 14.83	PF PF PF GT PF GT PF GT	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle Eric Hamilton Ethan Oliver Eli Saglia Amaan Bhat	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23 Sat 19-Oct-19 Sun 29-Apr-18 Sun 18-Feb-18 Sun 22-Mar-09	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo Foxglove Gold Coast SOPAC SOPAC	Region Region State Region State Centre State Combined Centre Nationals Region State	1st 4th 1st 3rd 1st (head) 1th 5th 2nd 5th
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17 nder 10 nder 10 nder 10 nder 11* nder 12* nder 13* nder 14* nder 15† nder 17‡	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97 15.41 12.70 12.20 12.70 14.79	PF HT HT PF GT HT GT HT HT HT HT HT	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes Sophia Cottrell Katrina Moyes Stephanie Parker Stephanie Parker Natalie Setiadji	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21 Sun 5-Feb-23 Sun 21-Mar-99 Sun 22-Mar-98 Sun 21-Mar-99 Sun 24-Mar-13	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC	State State Zone State /90+/1 Region State Zone State Region Region State Region State	3rd 3rd 1st 3rd 00‡/1: 2nd 7th 1st 3rd 6th 7th 2nd 1st 1st 1st 1st 1st	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 10 Under 11* Under 12* Under 13* Under 14† Under 15‡ Under 17§ TRES H Under 13	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45 14.50 12.41 13.48 13.57 14.83 URDL 27.05	PF PF GT PF GT PF FF	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle Eric Hamilton Ethan Oliver Eli Saglia Amaan Bhat Evan Clothier	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23 Sat 19-Oct-19 Sun 29-Apr-18 Sun 18-Feb-18 Sun 22-Mar-09 Sun 6-Feb-11	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo Foxglove Gold Coast SOPAC Narrabeen Gold Coast	Region Region State Region State Centre State Combined Centre Nationals Region State Zone	1st 4th 1st 3rd 1st (head 11th) 5th 2nd 5th 1st 2nd
nder 12 nder 13 nder 14 nder 15 nder 17 nder 13 nder 14 nder 15 nder 17	4' 57.96 4' 45.24 11' 08.06 10' 46.91 11' 02.90 10' 15.11 11.70 10.50 10.40 10.40 15.97 15.41 12.70 12.20 12.70 14.79	PF HT HT PF	Tara Kissick Jemma Gallagher Elly Gallagher Elly Gallagher Georgia Dean Mikhaila Gray Sarah Alchin Mikhaila Gray Alyssa Holmes Sophia Cottrell Katrina Moyes Stephanie Parker Stephanie Parker Natalie Setiadji	Sun 22-Mar-15 Sun 26-Jan-14 Sun 22-Mar-15 Sun 22-Feb-09 Sun 16-Mar-03 Sun 2-Feb-97 Sun 21-Mar-04 Sun 7-Feb-21 Sun 5-Feb-23 Sun 21-Mar-99 Sun 22-Mar-98 Sun 21-Mar-99 Sun 24-Mar-13	SOPAC Narrabeen SOPAC 60/80* Mingara SOPAC Narrabeen SOPAC Narrabeen SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC SOPAC	State State Zone State /90†/1 Region State Zone State Region Region State Region State Region State	3rd 3rd 1st 3rd 00‡/12 2nd 7th 1st 3rd 6th 7th 2nd 1st 1st 1st 1st	Under 14 Under 15 Under 17 LOS ME Under 8 Under 9 Under 10 Under 11* Under 12* Under 13* Under 14† Under 15‡ Under 17§ TRES H	9' 45.90 9' 34.14 9' 25.47 TRES 10.98 10.01 10.00 10.04 15.45 14.50 12.41 13.48 13.57 14.83	PF PF PF GT PF GT PF GT PF GT PF GT	Adam Halmy Adam Halmy Adam Halmy DLES Cameron Leverton Nicholas Frost Nicholas Frost Nicholas Frost Christopher Braendle Eric Hamilton Ethan Oliver Eli Saglia Amaan Bhat Evan Clothier	Sun 19-Feb-12 Sun 17-Feb-13 Sun 23-Mar-14 Sun 17-Feb-13 Sun 22-Mar-09 Sat 7-Mar-09 Sun 21-Mar-10 Sun 5-Mar-23 Sat 19-Oct-19 Sun 29-Apr-18 Sun 18-Feb-18 Sun 22-Mar-09 Sun 6-Feb-11	Narrabeen Narrabeen SOPAC Narrabeen SOPAC Foxglove SOPAC Dubbo Foxglove Gold Coast SOPAC SOPAC Narrabeen	Region Region State Region State Centre State Combined Centre Nationals Region State Zone	1st 4th 1st 3rd 1st (hea 11th 5th 2nd 5th 1st

ALL-TIME BEST PERFORMANCES

- These performances are for reference purposes only and do not replace Centre Records. Only currently contested events are shown. They include performances up to 31 March 2023 (State).
- Performances will only be considered by Northern Districtics athletes at ND local competitions, Trans Tasman Trials/Challenges, Zone/Region/Combined/State/National little athletics championships.
- The best gated time (GT) or photo finish (PF) time will be shown if it is within 0.3s of a superior hand time (HT). All hand times are rounded up to the next highest 0.1s.
- When throwing specifications are changed, the best throw with a heavier implement (noted in red) will be shown until a superior performance is recorded with a lighter implement.

• Championship performances prior to 2002-03 are still to be fully reviewed. • Please advise any errors or omissions to records@ndlac.org.au.

Girls	Perf	Spec	Athlete	Date	Venue	Competition		Boys	Perf	Spec	Athlete	Date	Venue	Competition	Placing
					700)*/110	0†/150	OO MET	RES W	/ALK					
Jnder 9*	3' 45.30	HT	Leisel Gray	Sun 21-Mar-04	SOPAC	State	3rd	Under 9*	4' 01.70	HT	Lachlan Camp	Sun 22-Feb-04	Blacktown	Region	2nd
Jnder 10† Jnder 11†	5' 41.60 5' 56.30	HT HT	Leisel Gray Ashleigh Downie	Sun 20-Mar-05 Fri 19-Jan-01	SOPAC	State Centre	4th	Under 10† Under 11†	6' 54.10 5' 42.50	HT PF	Alexander Braendle Hayden Millican	Sat 7-Mar-20 Sun 20-Mar-11	Foxglove SOPAC	Centre State	4th
Inder 11	7' 45.50	HT	Nicole Clifford	1985-86	Foxglove Foxglove	Centre		Under 12	7' 23.40	HT	Clinton Rose	1983-84	Foxglove	Centre	4111
Inder 13	7' 33.00	HT	Nicole Clifford	1986-87	Foxglove	Centre		Under 13	7' 25.29	PF	Hayden Millican	Sun 24-Mar-13	SOPAC	State	3rd
Inder 14	7' 42.10	HT HT	Ashleigh Downie	Sun 21-Mar-04	SOPAC	State	4th	Under 14	7' 43.85 7' 43.16	PF	Hayden Millican	Sun 23-Mar-14	SOPAC	State	3rd 6+b
nder 15 <mark>nder 17</mark>	7' 44.70 9' 10.00	HT	Ashleigh Downie Shayla Gleeson	Sun 20-Mar-05 Fri 28-Oct-22	SOPAC Foxglove	State Centre	4th	Under 15 Under 17	7 43.16 7' 41.94	PF PF	Hayden Millican Hayden Millican	Sun 22-Mar-15 Sun 20-Mar-16	SOPAC SOPAC	State State	6th 7th
						4x1	00 ME	TRES RI	ELAY						
nder 9-12	59.07	GT	Stephanie Ross,	Sun 5-Feb-23	SOPAC	Region	2nd	Under 9-12		PF	Marcus Panetta,	Sun 23-Mar-14	SOPAC	State	1st
			Hannah Dawson,								Sam Park, Tama				
			Evie Moore- Mulcahy, Sophia								Simpkins, Kaeo Weekes				
			Cottrell								Weekes				
Jnder 12-17	52.40	HT	Senior Girls (U12-15)	Sun 21-Mar-99	SOPAC	State	3rd	Under 13-17	48.10	GT	Eli Sagala, Coby	Sun 11-Dec-16	Narrabeen	Zone	3rd
											Walton, Kaeo Weekes, Nathan				
											Guptill				
							HIGH	JUMP							
nder 9 (S)	1.11m	na	Lana Waddington	Sun 12-Feb-17	Narrabeen	Region	1st	Under 9 (S)	1.11m	na	William Scodellaro	Sun 1-Dec-19	Narrabeen	Zone	2nd
nder 10 (S) nder 11	1.20m 1.46m	na na	Evie Moore-Mulcahy Alysha Burnett	Sat 25-Feb-23 Sun 16-Mar-08	Foxglove SOPAC	Centre State	2nd	Under 10 (S) Under 11	1.19m 1.50m	na na	Harley Boyce Damien Hawes	Sat 2-Dec-17 Sat 8-Feb-97	Foxglove Foxglove	Centre Centre	
nder 12	1.52m	na	Alysha Burnett	Sun 22-Mar-09	SOPAC	State	2nd	Under 12	1.58m	na	Christopher Beattie	Sat 1-Mar-97	Foxglove	Centre	
nder 13	1.59m	na	Alysha Burnett	Sat 24-Apr-10	Brisbane	Nationals	4th	Under 13	1.67m	na	Samuel Park	Sun 24-Apr-16	Adelaide	Nationals	2nd
nder 14	1.64m	na	Bridget Martin	Sun 17-Feb-13	Narrabeen	Region	1st	Under 14	1.67m	na	Harry Frederick	Sat 5-Oct-13	Foxglove	Centre	
nder 15	1.75m	na	Alysha Burnett	Sun 5-Feb-12	Narrabeen	Zone	1st	Under 15	1.75m	na	Bradley Clarke	Sat 18-Nov-95	Foxglove	Centre	
nder 17	1.64m	na	Mikaela Quinlan	Sun 25-Mar-18	SOPAC	State	4th	Under 15	1.75m	na	Liam Quinlan	Sun 23-Mar-14	SOPAC	State	3rd
							1011	Under 17	1.90m	na	Liam Quinlan	Sun 15-Feb-15	Narrabeen	Region	1st
d	2.22	_	Emiliar C. 111	1004.05	F 1	C	LONG	JUMP	2.07		Devidue	1003.00	D = ····	Comi	
nder 6 nder 7	3.32m 3.20m	na na	Emma Smith Mikhaila Gray	1984-85 Sat 24-Feb-01	Foxglove Foxglove	Centre Centre		Under 6 Under 7	3.07m 3.25m	na na	David Huber David Huber	1982-83 1983-84	Berowra Foxglove	Centre Centre	
nder 8	3.66m	na	Amanda Campbell	1984-85	Foxglove	Centre		Under 8	3.78m	na	Adam Halmy	Sat 10-Dec-05	Foxglove	Centre	
nder 9	3.93m	na	Samantha Garde	Sat 3-Dec-94	Foxglove	Centre		Under 9	4.29m	na	Jack Dempsey	Sat 7-Mar-09	Foxglove	Centre	
nder 10 nder 11	4.25m 4.50m	na na	Hollie Fallowfield Bridget Martin	1985-86 Sat 13-Mar-10	Foxglove Foxglove	Centre Centre		Under 10 Under 11	4.55m 5.00m	na na	Russell Parker Russell Parker	1990-91 1991-92	Foxglove Foxglove	Centre Centre	
nder 12	4.93m	na	Charlotte Winston-Booth		Foxglove	Centre		Under 12	5.07m	na	Christopher Beattie	Sat 22-Feb-97	Foxglove	Centre	
Inder 13	5.05m	na	Bridget Martin	Sun 25-Mar-12	SOPAC	State	1st	Under 13	5.77m	na	Ethan Oliver	Sun 29-Apr-18	Gold Coast	Nationals	3rd
nder 14 nder 15	5.64m 5.55m	na na	Belinda Scott Alysha Burnett	Sun 10-Mar-91 Sun 5-Feb-12	Narrabeen Narrabeen	State Zone	1st 1st	Under 14 Under 15	5.87m 6.12m	na na	Eric-Ken Watanabe Eric-Ken Watanabe	Sat 28-Jan-06 Sat 3-Mar-07	Foxglove Foxglove	Centre Centre	
nder 17	5.27m	na	Bridget Martin	Sat 29-Nov-14	Foxglove	Centre	130	Under 17	6.33m	na	Evan Clothier	Sun 6-Feb-11	Narrabeen	Zone	1st
							TRIPLI	E JUMP)						
nder 11	9.19m	na	Katrina Moyes	Sat 2-Nov-96	Foxglove	Centre		Under 11	9.69m	na	Alex Lamberton	Sat 13-Mar-99	Foxglove	Centre	
nder 12	10.08m	na	Mikhaila Gray	Sat 19-Nov-05	Foxglove	Centre		Under 12	10.19m	na	An Ichinose	Sat 16-Nov-96	Foxglove	Centre	
Inder 13	10.10m	na	Sarah Thompson	Sat 14-Nov-98	Foxglove	Centre		Under 13	11.10m	na	Ethan Oliver	Sat 17-Mar-18	Foxglove	Centre	
Inder 14 Inder 15	10.80m 11.20m	na na	Bridget Martin Katherine Gear	Sun 3-Feb-13 Sat 9-Mar-96	Narrabeen Foxglove	Zone Centre	1st	Under 14 Under 15	11.81m 12.48m	na na	Sam Wu Amaan Bhat	Sat 21-Jan-23 Sun 22-Feb-09	Foxglove Mingara	Centre Region	2nd
nder 17	10.79m	na	Bridget Martin	Sun 14-Dec-14	Narrabeen	Zone	1st	Under 17	11.91m	na	Ethan Oliver	Sat 23-Jan-21	Foxglove	Centre	ZIIQ
					SHOT	PUT (*	500g/†1kg	/‡1.5kg/§2	kg/¶3kg/‡	‡4kg/Δ!	5kg)				
Inder 6*	5.35m	500g	Evie Moore-Mulcahy	Sat 2-Mar-19	Foxglove	Centre	. .	Under 6*	5.51m	1kg	Nicholas Frost	Fri 6-Jan-06	Foxglove	Centre	
Jnder 7†	6.97m	1kg	Samantha Garde	1992-93	Foxglove	Centre		Under 7†	8.37m	1kg	Nicholas Frost	Sun 4-Mar-07	Wollongong	Combined	1st
Jnder 8‡ Jnder 9§	8.05m 8.08m	1.5kg 2kg	Samantha Garde Ella Gibbons	1993-94 Fri 9-Jan-15	Foxglove Foxglove	Centre Centre		Under 8† Under 9‡	8.60m 9.53m	1.5kg 2kg	Matthew Seitz Nicholas Frost	Sun 16-Feb-03 Sun 22-Mar-09	Parramatta SOPAC	Region State	2nd 2nd
Inder 10§	9.87m	2kg	Emma Frost	Sun 16-Mar-08	SOPAC	State	7th	Under 10‡	11.68m	2kg	Nicholas Frost	Sun 28-Feb-10	Narrabeen	Region	1st
Jnder 11§	10.08m	2kg	Ella Gibbons	Sat 11-Mar-17	Foxglove	Centre		Under 11‡	13.05m	2kg	Nicholas Frost	Sun 20-Mar-11	SOPAC	State	2nd
Inder 12§	12.02m 10.62m	2kg	Samantha Garde	Sun 22-Mar-98	SOPAC	State	5th	Under 12‡ Under 13¶	11.85m	3kg	Nicholas Frost	Sun 19-Feb-12	Narrabeen Perth	Region Nationals	1st 3rd
Jnder 13¶ Jnder 14¶	10.62m 11.39m	3kg 3kg	Alysha Burnett Alysha Burnett	Sat 13-Mar-10 Sat 13-Nov-10	Foxglove Foxglove	Centre Centre		Under 14¶	14.84m 14.68m	3kg 3kg	Elliot Lang Harry Frederick	Sun 22-Apr-07 Sat 8-Feb-14	Foxglove	Centre	Siu
nder 15¶	11.73m	3kg	Alysha Burnett	Sat 28-Jan-12	Foxglove	Centre		Under 15#	13.83m	4kg	Philip Benjamin	Sat 4-Nov-95	Foxglove	Centre	
nder 17¶	12.55m	3kg	Alysha Burnett	Sat 3-Nov-12	Foxglove	Centre		Under 17∆	13.82m	5kg	Tim Graham-Robinson	Sat 7-Mar-09	Foxglove	Centre	
							(*350g/†5	00g/‡750g/							
nder 6* nder 7*	12.36m 16.59m	350g 350g	Ella Gibbons Emma Frost	Sat 10-Mar-12 Sat 12-Mar-05	Foxglove Foxglove	Centre Centre		Under 6* Under 7*	15.74m 22.96m	350g 350g	Nicholas Frost Nicholas Frost	Sat 25-Feb-06 Fri 12-Jan-07	Foxglove Foxglove	Centre Centre	
Inder 7* Inder 8†	16.59m 18.16m	350g 500g	Samantha Garde	Sat 12-Mar-05 1993-94	Foxglove Foxglove	Centre		Under 7* Under 8†	22.96m 25.03m	350g 500g	Nicholas Frost	Sun 3-Feb-08	Narrabeen	Zone	1st
Inder 9†	23.78m	500g	Ella Gibbons	Sun 22-Mar-15	SOPAC	State	3rd	Under 9†	32.22m	500g	David Huber	1985-86	Foxglove	Centre	
nder 10†	27.37m	500g	Natalia Mageropoulos		SOPAC	State	3rd	Under 10†	37.58m	500g	David Huber	1986-87	Foxglove	Centre	1
nder 11† nder 12‡	28.03m 33.77m	750g 750g	Tiana Hazlewood Tiana Hazlewood	Sun 21-Mar-10 Sat 5-Mar-11	SOPAC Foxglove	State Centre	3rd	Under 11† Under 12‡	40.08m 43.10m	750g 750g	Nicholas Frost Nosa Obaseki	Sun 20-Mar-11 Sun 14-Feb-16	SOPAC Narrabeen	State Region	1st 1st
nder 13‡	38.55m	750g	Tiana Hazlewood	Sun 5-Feb-12	Narrabeen	Zone	1st	Under 13‡	43.10m	1kg	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	1st
Inder 14§	35.59m	1kg	Tiana Hazlewood	Sun 17-Feb-13	Narrabeen	Region	1st	Under 14§	44.95m	1kg	Lewis Marr	Sun 2-Feb-03	Narrabeen	Zone	1st
nder 15§ nder 17§	38.23m 38.60m	1kg 1kg	Alysha Burnett Tiana Hazlewood	Sat 19-Nov-11 Sat 18-Oct-14	Foxglove Foxglove	Centre Centre		Under 15§ Under 17¶	51.49m 42.60m	1kg 1.5kg	Lewis Marr Oliver Parry	Sat 8-Nov-03 Sun 26-Jan-14	Foxglove Narrabeen	Centre Zone	2nd
_	_						IN (*400¢	g/†500g/‡6							_
nder 11*	23.70m	400g	Isabelle Cruikshank	Sun 18-Feb-18	SOPAC	Region	1st	Under 11*	32.76m	400g	Ethan Oliver	Sun 20-Mar-16	SOPAC	State	3rd
nder 12*	24.72m	400g	Maddison Barratt	Sun 19-Mar-23	SOPAC	State	6th	Under 12*	37.01m	400g	Ethan Oliver	Fri 20-Jan-17	Foxglove	Centre	4 :
nder 13* nder 14*	35.30m 36.61m	600g 400g	Alysha Burnett Isabelle Cruikshank	Sat 19-Sep-09 Sat 15-Feb-20	Foxglove Narrabeen	Centre Region	2nd	Under 13‡ Under 14‡	49.16m 47.27m	600g 600g	Elliot Lang Mitchell Ansems	Sun 22-Apr-07 Sun 5-Feb-06	Perth Narrabeen	Nationals Zone	1st 1st
nder 15†	42.18m	500g	Alysha Burnett	Sun 25-Mar-12	SOPAC	State	1st	Under 15§	47.27m	700g	Frank Morris	Sat 16-Mar-13	Foxglove	Centre	_50
nder 17†	42.49m	500g	Erin Partridge	Sun 28-Mar-21	SOPAC	State	3rd	Under 17§	56.26m	700g	Frank Morris	Sun 14-Dec-14	Narrabeen	Zone	1st
				LANS	W STAT	E COM	BINED	EVENT	S (pos	st-20	009 tables)				
ndor 7	A E 4 2 .	DE	Evic Manage AA 1	(Whilst the tab	les are rescaled	from time to	time there ha	ave only been	minor adjus	tments s	since the 2008-09 seas	•	0.50.5	Combin	LT1-
nder 7 nder 8			Evie Moore-Mulcahy Evie Moore-Mulcahy		Tamworth Wollongong	Combined Combined	1st 3rd	Under 7 Under 8	4,314 pts 4,747 pts		Brodie Waldock Brodie Waldock	Sun 3-Mar-13 Sun 2-Mar-14	Orange Shellharbour	Combined Combined	5th 3rd
nder 8 nder 9	-		Ella Gibbons	Sun 8-Mar-15	SOPAC	Combined	4th	Under 9	4,747 pts 4,701 pts		William Austin	Sun 8-Mar-15	SOPAC	Combined	2nd
nder 10	4,653 pts	PF	Evie Moore-Mulcahy	Sun 5-Mar-23	Dubbo	Combined	2nd	Under 10	5,194 pts	HT	Nicholas Frost	Sun 7-Mar-10	Nowra	Combined	1st
nder 11			Jasmin Guthrie	Sun 2-Mar-14	Shellharbour	Combined	5th	Under 11	4,811 pts		Ethan Oliver	Sun 6-Mar-16	Dubbo	Combined	1st
nder 12 nder 13	4,244 pts 4,907 pts	HT HT	Alysha Burnett Alysha Burnett	Sun 8-Mar-09 Sun 7-Mar-10	Lismore Nowra	Combined Combined	2nd 1st	Under 12 Under 13	4,698 pts 4,775 pts		Nicholas Frost Ethan Oliver	Sun 4-Mar-12 Sun 4-Mar-18	Cessnock Wagga Wagga	Combined Combined	1st 1st
nder 14	4,924 pts	PF	Alysha Burnett	Sun 6-Mar-11	Wagga Wagga	Combined	1st	Under 14	3,204 pts	PF	Joshua Silver	Sun 8-Mar-15	SOPAC	Combined	16th
nder 15	4,756 pts	PF DE	Alysha Burnett Shayla Gleeson	Sun 4-Mar-12 Sun 5-Mar-23	Cessnock Dubbo	Combined Combined	2nd 6th	Under 15	4,027 pts		Liam Oliver	Sun 4-Mar-18	Wagga Wagga		9th 7th
nder 17	4,129 pts	PF	Shayia Gleeson	Sull S-IVIar-23		_	_	Under 17	4,004 pts		Joshua Silver	Sun 4-Mar-18	Wagga Wagga	Combined	/ tN
. d - :: 4 =	2525	F 85	Alice to S	E-120 A 15		•	•	COMBI		· V E I\				Net'	
nder 15 eptathlon	3525 pts (! events)	o PF	Alysha Burnett	Fri 20-Apr-12	Hobart	Nationals	2nd	Under 15 Heptathlon	0 pts		no selections			Nationals	
	255														