

ALL-TIME BEST PERFORMANCES

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- 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	Placing	Boys	Perf	Spec	Athlete	Date	Venue	Competition	Placing
50 METRES															
Under 6	9.60	HT	Johanna O'Reagan	1984-85	Foxglove	Centre		Under 6	9.10	HT	David Huber	1982-83	Berowra	Centre	
Under 7	8.70	HT	Hollie Fallowfield	1982-83	Berowra	Centre		Under 7	8.70	HT	Cole Taylor	Sat 13-Feb-99	Foxglove	Centre	

70 METRES															
Under 6	13.60	HT	Amanda Campbell	1982-83	Berowra	Centre		Under 6	12.60	HT	David Huber	1982-83	Berowra	Centre	
Under 7	12.00	HT	Hollie Fallowfield	1982-83	Berowra	Centre		Under 7	11.80	HT	Russell Parker	1987-88	Foxglove	Centre	
Under 7	12.10	GT	Megan Smart	Sun 4-Feb-07	Narrabeen	Zone	1st	Under 8	11.20	GT	Kaeo Weekes	Sun 28-Feb-10	Narrabeen	Region	1st
Under 8	11.30	HT	Jessie Shepherd	1985-86	Foxglove	Centre		Under 8	11.20	HT	Mitchel Van Noort	2003-04	Foxglove	Centre	
Under 8	11.50	GT	Georgia Dean	Sun 22-Feb-09	Mingara	Region	2nd	Under 8	11.20	HT	Russell Parker	1988-89	Foxglove	Centre	
Under 9	10.59	PF	Krystal Weekes	Sun 22-Mar-15	SOPAC	State	4th (heat)	Under 9	10.37	PF	Tama Simpkins	Sun 23-Mar-14	SOPAC	State	4th
Under 10	9.90	HT	Jordan Lumley	Sun 17-Mar-02	SOPAC	State	2nd	Under 10	10.10	HT	Evan Clothier	Sun 22-Feb-04	Blacktown	Region	2nd
								Under 10	10.22	PF	Kaeo Weekes	Sun 25-Mar-12	SOPAC	State	1st (heat)

100 METRES															
Under 6	19.20	HT	Emma Frost	Sat 13-Mar-04	Foxglove	Centre		Under 6	18.50	HT	Gordon Broome	Sat 5-Dec-98	Foxglove	Centre	
Under 7	17.40	HT	Stephanie Parker	1990-91	Foxglove	Centre		Under 7	16.50	HT	Joshua Lyden	1985-86	Foxglove	Centre	
Under 8	16.20	HT	Amanda Campbell	1984-85	Foxglove	Centre		Under 8	16.00	GT	Kaeo Weekes	Sun 28-Feb-10	Narrabeen	Region	2nd
Under 9	15.20	HT	Emma Frost	Sun 18-Feb-07	Parramatta	Region	1st	Under 8	15.90	HT	Russell Parker	1988-89	Foxglove	Centre	
Under 9	15.43	PF	Evie Moore-Mulcahy	Sun 6-Mar-22	SOPAC	Combined	3rd	Under 9	14.30	HT	Evan Clothier	Sun 16-Feb-03	Parramatta	Region	1st
Under 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 (heat)
Under 11	13.70	HT	Jordan Lumley	Sun 16-Mar-03	SOPAC	State	3rd	Under 10	14.10	PF	Jensen Barrett	Sun 19-Mar-23	SOPAC	State	3rd (heat)
Under 12	13.00	HT	Jordan Lumley	Sun 21-Mar-04	SOPAC	State	2nd	Under 10	14.10	HT	Evan Clothier	Sun 21-Mar-04	SOPAC	State	6th
Under 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	
Under 14	12.60	HT	Stephanie Parker	Sun 22-Mar-98	SOPAC	State	3rd	Under 12	13.10	HT	Russell Parker	1992-93	Foxglove	Centre	
Under 15	12.30	HT	Stephanie Parker	Sun 21-Mar-99	SOPAC	State	5th	Under 13	11.80	HT	Eric-Ken Watanabe	Sun 20-Feb-05	Mingara	Region	1st
Under 17	13.20	HT	Alysha Burnett	Sat 3-Nov-12	Foxglove	Centre		Under 14	12.14	PF	Harry Frederick	Sun 16-Feb-14	Narrabeen	Region	1st (heat)
Under 17	13.30	GT	Gabriella Chan	Sun 11-Dec-16	Narrabeen	Zone	4th	Under 15	11.30	HT	Eric-Ken Watanabe	Sun 18-Feb-07	Parramatta	Region	1st
								Under 17	11.40	HT	Joshua Mawhinney	Sat 20-Nov-10	Foxglove	Centre	
								Under 17	11.57	GT	Thomas Bostelman	Sun 14-Dec-14	Narrabeen	Zone	1st

200 METRES															
Under 6	40.70	HT	Jessica Walton	Sat 19-Nov-11	Foxglove	Centre		Under 6	40.20	HT	Mitchel Van Noort	Sat 1-Dec-01	Foxglove	Centre	
Under 7	36.60	GT	Emma Frost	Sun 6-Feb-05	Narrabeen	Zone	1st	Under 7	34.60	GT	Adam Halmy	Sun 6-Feb-05	Narrabeen	Zone	1st (heat)
Under 8	33.80	HT	Jessie Shepherd	1985-86	Foxglove	Centre		Under 8	32.40	HT	Mitchel Van Noort	Sun 22-Feb-04	Blacktown	Region	1st
Under 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
Under 10	29.80	HT	Katy Oswald	Sun 20-Feb-05	Mingara	Region	1st	Under 9	30.80	HT	Evan Clothier	Sun 16-Mar-03	SOPAC	State	8th
Under 11	28.60	HT	Katy Oswald	Sun 19-Mar-06	SOPAC	State	6th	Under 9	30.80	HT	Evan Clothier	Sun 16-Feb-03	Parramatta	Region	2nd
Under 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	
Under 13	26.10	HT	Jordan Lumley	Sun 20-Feb-05	Mingara	Region	1st	Under 10	28.70	HT	Evan Clothier	Sun 21-Mar-04	SOPAC	State	4th
Under 14	25.40	HT	Stephanie Parker	Sun 22-Mar-98	SOPAC	State	2nd	Under 10	28.73	PF	Jensen Barrett	Sun 19-Mar-23	SOPAC	State	2nd
Under 15	25.10	HT	Stephanie Parker	Sun 21-Mar-99	SOPAC	State	3rd	Under 11	28.00	HT	Evan Clothier	Sun 20-Feb-05	Mingara	Region	2nd
Under 17	27.12	GT	Lauren West	Sun 26-Nov-17	Narrabeen	Zone	4th	Under 12	27.30	HT	Russell Parker	1992-93	Foxglove	Centre	
								Under 13	24.80	HT	Eric-Ken Watanabe	Sun 20-Mar-05	SOPAC	State	2nd
								Under 13	24.86	GT	Eric-Ken Watanabe	Sat 23-Apr-05	Adelaide	Nationals	2nd (heat)
								Under 14	24.70	GT	Joshua Mawhinney	Sun 22-Feb-09	Mingara	Region	1st
								Under 15	23.20	HT	Eric-Ken Watanabe	Sun 18-Mar-07	SOPAC	State	2nd
								Under 17	23.11	GT	Joshua Mawhinney	Sun 20-Feb-11	Parramatta	Region	1st
								Under 17	23.30	HT	Tom Bostelman	Sat 15-Nov-14	Foxglove	Centre	

400 METRES															
Under 8	1' 19.00	HT	Jessie Shepherd	1985-86	Foxglove	Centre		Under 8	1' 12.40	HT	Adam Halmy	Sun 19-Feb-06	Narrabeen	Region	1st
Under 9	1' 13.40	HT	Jessie Shepherd	1986-87	Foxglove	Centre		Under 9	1' 08.00	HT	Adam Halmy	Sun 18-Mar-07	SOPAC	State	3rd
Under 9	1' 13.40	HT	Janelle Smith	1982-83	Foxglove	Centre		Under 10	1' 06.45	PF	Marcus Panetta	Sun 23-Mar-14	SOPAC	State	3rd
Under 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
Under 10	1' 08.08	PF	Evie Moore-Mulcahy	Sun 19-Mar-23	SOPAC	State	2nd	Under 12	1' 01.05	PF	Ethan Oliver	Sun 19-Mar-17	SOPAC	State	4th
Under 11	1' 06.39	PF	Jasmin Guthrie	Sun 16-Feb-14	Narrabeen	Region	2nd	Under 13	55.37	PF	Ethan Oliver	Sun 25-Mar-18	SOPAC	State	3rd
Under 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 (heat)
Under 13	1' 01.22	PF	Jasmin Guthrie	Sun 20-Mar-16	SOPAC	State	5th	Under 15	54.50	HT	Matthew Mooney	Sun 19-Feb-06	Narrabeen	Region	2nd
Under 14	58.56	PF	Jasmin Guthrie	Sun 19-Mar-17	Narrabeen	State	3rd	Under 15	54.50	HT	Adam Wood	Sat 2-Dec-95	Foxglove	Centre	
Under 15	56.77	PF	Jasmin Guthrie	Sun 25-Mar-18	SOPAC	State	2nd	Under 17	51.62	PF	Ethan Oliver	Sun 28-Mar-21	SOPAC	State	6th
Under 17	58.46	PF	Elly Gallagher	Sun 20-Mar-16	SOPAC	State	1st (heat)								

300*/500+/700‡/800 METRES															
Under 6*	1' 09.10	HT	Stephanie Ross	Sat 29-Feb-20	Foxglove	Centre		Under 6*	1' 05.50	HT	Lucas Rogers	Sat 27-Feb-16	Foxglove	Centre	
Under 7†	1' 52.60	HT	Kristy Campbell	1989-90	Foxglove	Centre		Under 7†	1' 42.10	HT	Adam Halmy	Sun 6-Mar-05	Dubbo	Combined	1st
Under 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
Under 9	2' 51.00	HT	Helen Dalloway	1982-83	Berowra	Centre		Under 9	2' 33.20	HT	Adam Halmy	Sun 18-Mar-07	SOPAC	State	1st
Under 10	2' 42.00	HT	Jenny Dallaway	1982-83	Berowra	Centre		Under 10	2' 30.54	PF	Sam Parry	Sun 24-Mar-13	SOPAC	State	4th
Under 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
Under 12	2' 34.00	HT	Danae Hayes	1991-92	Foxglove	Centre		Under 12	2' 20.00	HT	Lloyd Hogan	1982-83	Berowra	Centre	
Under 13	2' 30.50	HT	Cassandra Garde	Sun 16-Mar-03	SOPAC	State	8th	Under 13	2' 15.00	HT	Eric-Ken Watanabe	Sun 20-Feb-05	Mingara	Region	3rd
Under 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
Under 15	2' 22.90	HT	Elizabeth Carr	Sun 19-Feb-06	Narrabeen	Region	2nd	Under 15	2' 07.80	HT	Matthew Mooney	Sun 19-Feb-06	Narrabeen	Region	3rd
Under 17	2' 18.25	PF	Elly Gallagher	Sun 22-Mar-15	SOPAC	State	2nd	Under 17	2' 05.30	HT	Adam Halmy	Sun 15-Feb-15	Narrabeen	Region	4th
								Under 17	2' 05.37	PF	Adam Halmy	Sun 22-Mar-15	SOPAC	State	8th

1500 METRES															
Under 10	5' 16.40	HT	Julia Batterley	1991-92	Foxglove	Centre		Under 10	4' 58.09	PF	Adam Halmy	Sun 16-Mar-08	SOPAC	State	1st
Under 11	5' 16.00	HT	Julia Batterley	1992-93	Foxglove	Centre		Under 11	4' 49.28	PF	Adam Halmy	Sun 22-Mar-09	SOPAC	State	1st
Under 12	5' 15.50	HT	Bethany Halmy	Sun 18-Mar-07	SOPAC	State	5th	Under 12	4' 45.31	PF	Adam Halmy	Sun 21-Mar-10	SOPAC	State	2nd
Under 13	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
Under 14	4' 49.31	HT	Aniela Knight	Sun 19-Mar-23	SOPAC	State	5th	Under 14	4' 34.30	HT	Adam Halmy	Sun 19-Feb-12	Narrabeen	Region	4th
Under 15	4' 57.96	PF	Elly Gallagher	Sun 23-Mar-14	SOPAC	State	4th	Under 15	4' 27.56	PF	Adam Halmy	Sun 17-Feb-13	Narrabeen	Region	2nd
Under 17	4' 45.24	PF	Elly Gallagher	Sun 22-Mar-15	SOPAC	State	2nd	Under 17	4' 16.90	HT	Adam Halmy	Sun 15-Feb-15	Narrabeen	Region	1st

3000 METRES															
Under 13	11' 08.06	PF	Tara Kissick	Sun 20-Mar-11	SOPAC	State	3rd	Under 13	10' 25.80	HT	Adam Halmy	Sat 11-Dec-10	Foxglove	Centre	
Under 14	10' 46.91	HT	Jemma Gallagher	Sun 22-Mar-15	SOPAC	State	3rd	Under 14	9' 45.90	HT	Adam Halmy	Sun 19-Feb-12	Narrabeen	Region	2nd
Under 15	11' 02.90	HT	Elly Gallagher	Sun 26-Jan-14	Narrabeen	Zone	1st	Under 15	9' 34.14	PF	Adam Halmy	Sun 17-Feb-13	Narrabeen	Region	1st
Under 17	10' 15.11	PF	Elly Gallagher	Sun 22-Mar-15	SOPAC	State	3rd	Under 17	9' 25.47	PF	Adam Halmy	Sun 23-Mar-14	SOPAC	State	4th

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700*/1100+/1500 METRES WALK

Under 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
Under 10†	5' 41.60	HT	Leisel Gray	Sun 20-Mar-05	SOPAC	State	4th	Under 10†	6' 54.10	HT	Alexander Braendle	Sat 7-Mar-20	Foxglove	Centre	
Under 11†	5' 56.30	HT	Ashleigh Downie	Fri 19-Jan-01	Foxglove	Centre		Under 11†	5' 42.50	PF	Hayden Millican	Sun 20-Mar-11	SOPAC	State	4th
Under 12	7' 45.50	HT	Nicole Clifford	1985-86	Foxglove	Centre		Under 12	7' 23.40	HT	Clinton Rose	1983-84	Foxglove	Centre	
Under 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
Under 14	7' 42.10	HT	Ashleigh Downie	Sun 21-Mar-04	SOPAC	State	4th	Under 14	7' 43.85	PF	Hayden Millican	Sun 23-Mar-14	SOPAC	State	3rd
Under 15	7' 44.70	HT	Ashleigh Downie	Sun 20-Mar-05	SOPAC	State	4th	Under 15	7' 43.16	PF	Hayden Millican	Sun 22-Mar-15	SOPAC	State	6th
Under 17	9' 10.00	HT	Shayla Gleeson	Fri 28-Oct-22	Foxglove	Centre		Under 17	7' 41.94	PF	Hayden Millican	Sun 20-Mar-16	SOPAC	State	7th

4x100 METRES RELAY

Under 9-12	59.07	GT	Stephanie Ross, Hannah Dawson, Evie Moore- Mulcahy, Sophia Cottrell	Sun 5-Feb-23	SOPAC	Region	2nd	Under 9-12	54.37	PF	Marcus Panetta, Sam Park, Tama Simpkins, Kaeo Weekes	Sun 23-Mar-14	SOPAC	State	1st
Under 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 Walton, Kaeo Weekes, Nathan Guotill	Sun 11-Dec-16	Narrabeen	Zone	3rd

HIGH JUMP

Under 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
Under 10 (S)	1.20m	na	Evie Moore-Mulcahy	Sat 25-Feb-23	Foxglove	Centre		Under 10 (S)	1.19m	na	Harley Boyce	Sat 2-Dec-17	Foxglove	Centre	
Under 11	1.46m	na	Alysha Burnett	Sun 16-Mar-08	SOPAC	State	2nd	Under 11	1.50m	na	Damien Hawes	Sat 8-Feb-97	Foxglove	Centre	
Under 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	
Under 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
Under 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	
Under 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	
Under 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
								Under 17	1.90m	na	Liam Quinlan	Sun 15-Feb-15	Narrabeen	Region	1st

LONG JUMP

Under 6	3.32m	na	Emma Smith	1984-85	Foxglove	Centre		Under 6	3.07m	na	David Huber	1982-83	Berowra	Centre	
Under 7	3.20m	na	Mikhaila Gray	Sat 24-Feb-01	Foxglove	Centre		Under 7	3.25m	na	David Huber	1983-84	Foxglove	Centre	
Under 8	3.66m	na	Amanda Campbell	1984-85	Foxglove	Centre		Under 8	3.78m	na	Adam Halmy	Sat 10-Dec-05	Foxglove	Centre	
Under 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	
Under 10	4.25m	na	Hollie Fallowfield	1985-86	Foxglove	Centre		Under 10	4.55m	na	Russell Parker	1990-91	Foxglove	Centre	
Under 11	4.50m	na	Bridget Martin	Sat 13-Mar-10	Foxglove	Centre		Under 11	5.00m	na	Russell Parker	1991-92	Foxglove	Centre	
Under 12	4.93m	na	Charlotte Winston-Booth	Sat 22-Feb-14	Foxglove	Centre		Under 12	5.07m	na	Christopher Beattie	Sat 22-Feb-97	Foxglove	Centre	
Under 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
Under 14	5.64m	na	Belinda Scott	Sun 10-Mar-91	Narrabeen	State	1st	Under 14	5.87m	na	Eric-Ken Watanabe	Sat 28-Jan-06	Foxglove	Centre	
Under 15	5.55m	na	Alysha Burnett	Sun 5-Feb-12	Narrabeen	Zone	1st	Under 15	6.12m	na	Eric-Ken Watanabe	Sat 3-Mar-07	Foxglove	Centre	
Under 17	5.27m	na	Bridget Martin	Sat 29-Nov-14	Foxglove	Centre		Under 17	6.33m	na	Evan Clothier	Sun 6-Feb-11	Narrabeen	Zone	1st

TRIPLE JUMP

Under 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	
Under 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	
Under 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	
Under 14	10.80m	na	Bridget Martin	Sun 3-Feb-13	Narrabeen	Zone	1st	Under 14	11.81m	na	Sam Wu	Sat 21-Jan-23	Foxglove	Centre	
Under 15	11.20m	na	Katherine Gear	Sat 9-Mar-96	Foxglove	Centre		Under 15	12.48m	na	Amaan Bhat	Sun 22-Feb-09	Mingara	Region	2nd
Under 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	

SHOT PUT (*500g/†1kg/‡1.5kg/\$2kg/¶3kg/#4kg/Δ5kg)

Under 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	
Under 7†	6.97m	1kg	Samantha Garde	1992-93	Foxglove	Centre		Under 7†	8.37m	1kg	Nicholas Frost	Sun 4-Mar-07	Wollongong	Combined	1st
Under 8†	8.05m	1.5kg	Samantha Garde	1993-94	Foxglove	Centre		Under 8†	8.60m	1.5kg	Matthew Seitz	Sun 16-Feb-03	Parramatta	Region	2nd
Under 9§	8.08m	2kg	Ella Gibbons	Fri 9-Jan-15	Foxglove	Centre		Under 9†	9.53m	2kg	Nicholas Frost	Sun 22-Mar-09	SOPAC	State	2nd
Under 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
Under 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
Under 12§	12.02m	2kg	Samantha Garde	Sun 22-Mar-98	SOPAC	State	5th	Under 12‡	11.85m	3kg	Nicholas Frost	Sun 19-Feb-12	Narrabeen	Region	1st
Under 13¶	10.62m	3kg	Alysha Burnett	Sat 13-Mar-10	Foxglove	Centre		Under 13¶	14.84m	3kg	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	3rd
Under 14¶	11.39m	3kg	Alysha Burnett	Sat 13-Nov-10	Foxglove	Centre		Under 14¶	14.68m	3kg	Harry Frederick	Sat 8-Feb-14	Foxglove	Centre	
Under 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	
Under 17¶	12.55m	3kg	Alysha Burnett	Sat 3-Nov-12	Foxglove	Centre		Under 17Δ	13.82m	5kg	Tim Graham-Robinson	Sat 7-Mar-09	Foxglove	Centre	

DISCUS (*350g/+500g/†750g/\$1kg/¶1.5kg)

Under 6*	12.36m	350g	Ella Gibbons	Sat 10-Mar-12	Foxglove	Centre		Under 6*	15.74m	350g	Nicholas Frost	Sat 25-Feb-06	Foxglove	Centre	
Under 7*	16.59m	350g	Emma Frost	Sat 12-Mar-05	Foxglove	Centre		Under 7*	22.96m	350g	Nicholas Frost	Fri 12-Jan-07	Foxglove	Centre	
Under 8†	18.16m	500g	Samantha Garde	1993-94	Foxglove	Centre		Under 8†	25.03m	500g	Nicholas Frost	Sun 3-Feb-08	Narrabeen	Zone	1st
Under 9†	23.78m	500g	Ella Gibbons	Sun 22-Mar-15	SOPAC	State	3rd	Under 9†	32.22m	500g	David Huber	1985-86	Foxglove	Centre	
Under 10†	27.37m	500g	Natalia Mageropoulos	Sun 22-Mar-09	SOPAC	State	3rd	Under 10†	37.58m	500g	David Huber	1986-87	Foxglove	Centre	
Under 11†	28.03m	750g	Tiana Hazlewood	Sun 21-Mar-10	SOPAC	State	3rd	Under 11†	40.08m	750g	Nicholas Frost	Sun 20-Mar-11	SOPAC	State	1st
Under 12†	33.77m	750g	Tiana Hazlewood	Sat 5-Mar-11	Foxglove	Centre		Under 12†	43.10m	750g	Nosa Obaseki	Sun 14-Feb-16	Narrabeen	Region	1st
Under 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
Under 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
Under 15§	38.23m	1kg	Alysha Burnett	Sat 19-Nov-11	Foxglove	Centre		Under 15§	51.49m	1kg	Lewis Marr	Sat 8-Nov-03	Foxglove	Centre	
Under 17§	38.60m	1kg	Tiana Hazlewood	Sat 18-Oct-14	Foxglove	Centre		Under 17¶	42.60m	1.5kg	Oliver Parry	Sun 26-Jan-14	Narrabeen	Zone	2nd

JAVELIN (*400g/+500g/†600g/\$700g)

Under 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
Under 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	
Under 13*	35.30m	600g	Alysha Burnett	Sat 19-Sep-09	Foxglove	Centre		Under 13‡	49.16m	600g	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	1st
Under 14*	36.61m	400g	Isabelle Cruikshank	Sat 15-Feb-20	Narrabeen	Region	2nd	Under 14‡	47.27m	600g	Mitchell Ansems	Sun 5-Feb-06	Narrabeen	Zone	1st
Under 15†	42.18m	500g	Alysha Burnett	Sun 25-Mar-12	SOPAC	State	1st	Under 15§	47.20m	700g	Frank Morris	Sat 16-Mar-13	Foxglove	Centre	
Under 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

LANSW STATE COMBINED EVENTS (post-2009 tables)

(Whilst the tables are rescaled from time to time there have only been minor adjustments since the 2008-09 season)

Under 7	4,513 pts	PF	Evie Moore-Mulcahy	Sun 1-Mar-20	Tamworth	Combined	1st	Under 7	4,314 pts	PF	Brodie Waldock	Sun 3-Mar-13	Orange	Combined	5th
Under 8	4,620 pts	PF	Evie Moore-Mulcahy	Sun 7-Mar-21	Wollongong	Combined	3rd	Under 8	4,747 pts	PF	Brodie Waldock	Sun 2-Mar-14	Shellharbour	Combined	3rd
Under 9	4,580 pts	PF	Ella Gibbons	Sun 8-Mar-15	SOPAC	Combined	4th	Under 9	4,701 pts	PF	William Austin	Sun 8-Mar-15	SOPAC	Combined	2nd
Under 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
Under 11	4,024 pts	PF	Jasmin Guthrie	Sun 2-Mar-14	Shellharbour	Combined	5th	Under 11	4,811 pts	PF	Ethan Oliver	Sun 6-Mar-16	Dubbo	Combined	1st
Under 12	4,244 pts	HT	Alysha Burnett	Sun 8-Mar-09	Lismore	Combined	2nd	Under 12	4,698 pts	PF	Nicholas Frost	Sun 4-Mar-12	Cessnock	Combined	1st
Under 13	4,907 pts	HT	Alysha Burnett	Sun 7-Mar-10	Nowra	Combined	1st	Under 13	4,775 pts	PF	Ethan Oliver	Sun 4-Mar-18	Wagga Wagga	Combined	1st
Under 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
Under 15	4,756 pts	PF	Alysha Burnett	Sun 4-Mar-12	Cessnock	Combined	2nd	Under 15	4,027 pts	PF	Liam Oliver	Sun 4-Mar-18	Wagga Wagga	Combined	9th
Under 17	4,129 pts	PF	Shayla Gleeson	Sun 5-Mar-23	Dubbo	Combined	6th	Under 17	4,004 pts	PF	Joshua Silver	Sun 4-Mar-18	Wagga Wagga	Combined	7th

ALAC (NATIONAL) COMBINED EVENTS

Under 15 Heptathlon	3525 pts (5 events)	PF	Alysha Burnett	Fri 20-Apr-12	Hobart	Nationals	2nd	Under 15 Heptathlon	0 pts	no selections				Nationals	
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