

ALL-TIME BEST PERFORMANCES

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Girls **Best** **Timing** **Athlete** **Date** **Venue** **Competition** **Placing** **Boys** **Best** **Timing** **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	12.10	GT	Megan Smart	Sun 4-Feb-07	Narrabeen	Zone	1st	Under 7	11.80	HT	Russell Parker	1987-88	Foxglove	Centre	
Under 7	12.00	HT	Hollie Fallowfield	1982-83	Berowra	Centre		Under 8	11.20	GT	Kaew 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	Tumbi Umbi	Region	2nd	Under 8	11.20	HT	Russell Parker	1988-89	Foxglove	Centre	
Under 9	10.59	PF	Krystal Weekes	Sun 22-Mar-15	Homebush	State	4th (heat)	Under 9	10.37	PF	Tama Simpkins	Sun 23-Mar-14	Homebush	State	4th
Under 10	9.90	HT	Jordan Lumley	Sun 17-Mar-02	Homebush	State	2nd	Under 10	10.10	HT	Evan Clothier	Sun 22-Feb-04	Blacktown	State	2nd
								Under 10	10.22	PF	Kaew Weekes	Sun 25-Mar-12	Homebush	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	Kaew 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	15.44	PF	Krystal Weekes	Sun 22-Mar-15	Homebush	State	7th (heat)	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	Homebush	State	2nd	Under 9	14.54	PF	Tama Simpkins	Sun 23-Mar-14	Homebush	State	3rd (heat)
Under 11	13.70	HT	Jordan Lumley	Sun 16-Mar-03	Homebush	State	3rd	Under 10	14.10	HT	Evan Clothier	Sun 21-Mar-04	Homebush	State	6th
Under 12	13.00	HT	Jordan Lumley	Sun 21-Mar-04	Homebush	State	2nd	Under 11	13.50	HT	Chris Bostelman	1984-85	Foxglove	Centre	
Under 13	12.30	HT	Jordan Lumley	Sun 20-Feb-05	Tumbi Umbi	Region	1st (heat)	Under 12	13.10	HT	Russell Parker	1992-93	Foxglove	Centre	
Under 14	12.60	HT	Stephanie Parker	Sun 22-Mar-98	Homebush	State	3rd	Under 13	11.80	HT	Eric-Ken Watanabe	Sun 20-Feb-05	Tumbi Umbi	Region	1st
Under 15	12.30	HT	Stephanie Parker	Sun 21-Mar-99	Homebush	State	5th	Under 14	12.14	PF	Harry Frederic	Sun 16-Feb-14	Narrabeen	Region	1st (heat)
Under 17	13.20	HT	Alysha Burnett	Sat 3-Nov-12	Foxglove	Centre		Under 15	11.30	HT	Eric-Ken Watanabe	Sun 18-Feb-07	Parramatta	Region	1st
Under 17	13.30	GT	Gabriella Chan	Sun 11-Dec-16	Narrabeen	Zone	4th	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	Homebush	State	4th	Under 9	30.80	HT	Mitchel Van Noort	Sun 28-Mar-05	Homebush	State	3rd
Under 10	29.80	HT	Katy Oswald	Sun 20-Feb-05	Tumbi Umbi	Region	1st	Under 9	30.80	HT	Evan Clothier	Sun 16-Mar-03	Homebush	State	8th
Under 11	28.60	HT	Katy Oswald	Sun 19-Mar-06	Homebush	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	Homebush	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	Tumbi Umbi	Region	1st	Under 10	28.70	HT	Evan Clothier	Sun 21-Mar-04	Homebush	State	4th
Under 14	25.40	HT	Stephanie Parker	Sun 22-Mar-98	Homebush	State	2nd	Under 11	28.00	HT	Evan Clothier	Sun 20-Feb-05	Tumbi Umbi	Region	2nd
Under 15	25.10	HT	Stephanie Parker	Sun 21-Mar-99	Homebush	State	3rd	Under 12	27.30	HT	Russell Parker	1992-93	Foxglove	Centre	
Under 17	27.36	GT	Elly Gallagher	Sun 13-Dec-15	Narrabeen	Zone	4th	Under 13	24.80	HT	Eric-Ken Watanabe	Sun 20-Mar-05	Homebush	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	Tumbi Umbi	Region	1st
								Under 15	23.20	HT	Eric-Ken Watanabe	Sun 18-Mar-07	Homebush	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	Homebush	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	Homebush	State	3rd
Under 10	1' 11.70	HT	Katy Oswald	Sat 12-Mar-05	Foxglove	Centre		Under 11	1' 02.60	HT	Matthew Mooney	Sun 17-Mar-02	Homebush	State	3rd
Under 11	1' 06.39	PF	Jasmin Guthrie	Sun 16-Feb-14	Narrabeen	Region	2nd	Under 12	1' 03.68	GT	Marcus Panetta	Sun 13-Dec-15	Narrabeen	Zone	1st
Under 12	1' 02.86	GT	Jasmin Guthrie	Sun 15-Feb-15	Narrabeen	Region	1st	Under 13	56.54	PF	Oskar Enasio	Sun 20-Mar-16	Homebush	State	3rd
Under 13	1' 01.22	PF	Jasmin Guthrie	Sun 20-Mar-16	Narrabeen	State	5th	Under 14	57.90	GT	Harry Frederic	Fri 10-Jan-14	Foxglove	Centre	
Under 14	59.99	GT	Jasmin Guthrie	Sun 11-Dec-16	Narrabeen	Zone	3rd	Under 15	54.50	HT	Matthew Mooney	Sun 19-Feb-06	Narrabeen	Region	2nd
Under 15	59.50	HT	Elizabeth Carr	Sun 19-Mar-06	Homebush	State	4th	Under 15	54.50	HT	Adam Wood	Sat 2-Dec-95	Foxglove	Centre	
Under 17	58.46	PF	Elly Gallagher	Sun 20-Mar-16	Homebush	State	1st (heat)	Under 17	51.93	PF	Evan Clothier	Sun 20-Mar-11	Homebush	State	7th

300*/500+/700‡/800 METRES

Under 6*	1' 10.40	HT	Hannah Haldenby	Sat 28-Feb-04	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	State Multi	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	State Multi	1st
Under 9	2' 51.00	HT	Helen Dallaway	1982-83	Berowra	Centre		Under 9	2' 33.20	HT	Adam Halmy	Sun 18-Mar-07	Homebush	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	Homebush	State	4th
Under 11	2' 40.20	HT	Julia Batterley	1992-93	Foxglove	Centre		Under 11	2' 23.95	PF	Adam Halmy	Sun 22-Mar-09	Homebush	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 Gardle	Sun 16-Mar-03	Homebush	State	8th	Under 13	2' 15.00	HT	Eric-Ken Watanabe	Sun 20-Feb-05	Tumbi Umbi	Region	3rd
Under 14	2' 24.70	HT	Jessie O'Brien	Sun 20-Mar-05	Homebush	State	3rd	Under 14	2' 15.10	PF	Adam Halmy	Sun 25-Mar-12	Homebush	State	11th
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	Homebush	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	Homebush	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	Homebush	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	Homebush	State	1st
Under 12	5' 15.50	HT	Bethany Halmy	Sun 18-Mar-07	Homebush	State	5th	Under 12	4' 45.31	PF	Adam Halmy	Sun 21-Mar-10	Homebush	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	Homebush	State	5th
Under 14	5' 03.40	HT	Jemma Gallagher	Sun 15-Feb-15	Narrabeen	Region	3rd	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	Homebush	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	Homebush	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	Homebush	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	Homebush	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	Homebush	State	3rd	Under 17	9' 25.47	PF	Adam Halmy	Sun 23-Mar-14	Homebush	State	4th

60/80*/90†/100‡/110§ METRES HURDLES

Under 8	11.70	GT	Georgia Dean	Sun 22-Feb-09	Tumbi Umbi	Region	2nd	Under 8	10.98	PF	Cameron Levertson	Sun 17-Feb-13	Narrabeen	Region	1st
Under 9	10.50	HT	Mikhaila Gray	Sun 16-Mar-03	Homebush	State	7th	Under 9	10.01	PF	Nicholas Frost	Sun 22-Mar-09	Homebush	State	3rd
Under 10	10.40	GT	Sarah Alchin	Sun 2-Feb-97	Narrabeen	Zone	1st	Under 9	10.00	HT	Nicholas Frost	Sat 7-Mar-09	Foxglove	Centre	
Under 10	10.40	HT	Mikhaila Gray	Sun 21-Mar-04	Narrabeen	State	3rd	Under 10	10.04	PF	Nicholas Frost	Sun 21-Mar-10	Homebush	State	1st (heat)
Under 11	9.90	HT	Jordan Lumley	Sun 16-Mar-03	Homebush	State	2nd	Under 11	9.90	PF	Ethan Oliver	Sun 20-Mar-16	Homebush	State	3rd (heat)
Under 12	9.70	HT	Katrina Moyes	Sun 22-Mar-98	Homebush	State	2nd	Under 12	9.94	GT	Nicholas Frost	Sun 19-Feb-12	Narrabeen	Region	2nd
Under 13*	12.70	HT	Katrina Moyes	Sun 21-Mar-99	Homebush	State	2nd	Under 13*	13.70	GT	Samuel Park	Sat 28-Nov-15	Foxglove	Centre	
Under 14*	12.20														

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700*/1100+/1500 METRES WALK

Under 9*	3' 45.30	HT	Leisel Gray	Sun 21-Mar-04	Homebush	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	Homebush	State	4th	Under 10†	6' 59.80	HT	Jordan Wells	Sat 4-Mar-00	Homebush	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	Homebush	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	24/3/136	Homebush	State	3rd
Under 14	7' 42.10	HT	Ashleigh Downie	Sun 21-Mar-04	Homebush	State	4th	Under 14	7' 43.85	PF	Hayden Millican	Sun 23-Mar-14	Homebush	State	3rd
Under 15	7' 44.70	HT	Ashleigh Downie	Sun 20-Mar-05	Homebush	State	4th	Under 15	7' 43.16	PF	Hayden Millican	Sun 22-Mar-15	Homebush	State	6th
Under 17	9' 22.70	HT	Courtney Bicknell	Sun 26-Jan-14	Narrabeen	Zone	1st	Under 17	7' 41.94	PF	Hayden Millican	Sun 20-Mar-16	Homebush	State	7th

4x100 METRES RELAY

Under 9-12	59.60	GT	Junior Girls	Sun 28-Feb-10	Narrabeen	Region	3rd	Under 9-12	54.37	PF	Marcus Panetta, Sam Park, Tama Simpkins, Kaeo Weekes	Sun 23-Mar-14	Homebush	State	1st
Under 9-12	59.40	HT	Junior Girls	Sun 16-Feb-03	Parramatta	Region	4th	Under 13-17	48.10	GT	Eli Sagala, Coby Walton, Kaeo Weekes, Nathan Guptill	Sun 11-Dec-16	Narrabeen	Zone	3rd
Under 13-17	52.40	HT	Senior Girls (U12-15)	Sun 21-Mar-99	Homebush	State	3rd								

HIGH JUMP

Under 9	1.20m	na	Jessie Shepherd	1986-87	Foxglove	Centre		Under 9	1.27m	na	Ethan Oliver	Sun 23-Mar-14	Homebush	State	1st
Under 10	1.36m	na	Katrina Moyes	Sat 2-Mar-96	Foxglove	Centre		Under 10	1.40m	na	Damien Hawes	Sat 2-Mar-96	Foxglove	Centre	
Under 11	1.46m	na	Alysha Burnett	Sun 16-Mar-08	Homebush	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	Homebush	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	Narrabeen	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	1.62m	na	Bridget Martin	Sun 15-Feb-15	Narrabeen	Region	2nd	Under 15	1.75m	na	Liam Quinlan	Sun 23-Mar-14	Homebush	State	3rd
								Under 17	1.90m	na	Liam Quinlan	Sun 15-Feb-15	Narrabeen	Region	1st
								Under 17	1.90m	na	Liam Quinlan	Sun 13-Dec-15	Narrabeen	Zone	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	Homebush	State	1st	Under 13	5.43m	na	Eli Sagala	Sun 11-Dec-16	Narrabeen	Zone	1st
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	10.89m	na	Amjad Samakeh	Sat 25-Nov-00	Foxglove	Centre	
Under 14	10.80m	na	Bridget Martin	Sun 3-Feb-13	Narrabeen	Zone	1st	Under 14	11.72m	na	Eric-Ken Watanabe	Sun 5-Feb-06	Narrabeen	Zone	1st
Under 15	11.20m	na	Katherine Gear	Sat 9-Mar-96	Foxglove	Centre		Under 15	12.48m	na	Amaan Ibbat	Sun 22-Feb-09	Tumbi Umbi	Region	2nd
Under 17	10.79m	na	Bridget Martin	Sun 14-Dec-14	Narrabeen	Zone	1st	Under 17	11.88m	na	Adam Halmy	Sat 30-Nov-13	Foxglove	Centre	

SHOT PUT

Under 6	5.06m	na	Ella Gibbons	Sat 25-Feb-12	Foxglove	Centre		Under 6	6.06m	na	Mitchell Barratt	Sat 14-Mar-09	Foxglove	Centre	
Under 7	6.97m	na	Samantha Garde	1992-93	Foxglove	Centre		Under 7	8.37m	na	Nicholas Frost	Sun 4-Mar-07	Wollongong	State Multi	1st
Under 8	8.05m	na	Samantha Garde	1993-94	Foxglove	Centre		Under 8	8.60m	na	Matthew Seitz	Sun 16-Feb-03	Parramatta	Region	2nd
Under 9	8.08m	na	Ella Gibbons	Fri 9-Jan-15	Foxglove	Centre		Under 9	9.53m	na	Nicholas Frost	Sun 22-Mar-09	Homebush	State	2nd
Under 10	9.87m	na	Emma Frost	Sun 16-Mar-08	Homebush	State	7th	Under 10	11.68m	na	Nicholas Frost	Sun 28-Feb-10	Narrabeen	Region	1st
Under 11	10.04m	na	Samantha Garde	Sat 16-Nov-96	Foxglove	Centre		Under 11	11.85m	na	Nicholas Frost	Sun 20-Mar-11	Homebush	State	2nd
Under 12	12.02m	na	Samantha Garde	Sun 22-Mar-98	Homebush	State	5th	Under 12	11.85m	na	Nicholas Frost	Sun 19-Feb-12	Narrabeen	Region	1st
Under 13	10.62m	na	Alysha Burnett	Sat 13-Mar-10	Foxglove	Centre		Under 13	14.84m	na	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	3rd
Under 14	11.39m	na	Alysha Burnett	Sat 13-Nov-10	Foxglove	Centre		Under 14	14.68m	na	Harry Frederick	Sat 8-Feb-14	Foxglove	Centre	
Under 15	11.73m	na	Alysha Burnett	Sat 28-Jan-12	Foxglove	Centre		Under 15	13.83m	na	Philip Benjamin	Sat 4-Nov-95	Foxglove	Centre	
Under 17	12.55m	na	Alysha Burnett	Sat 3-Nov-12	Foxglove	Centre		Under 17	12.82m	na	Tim Graham-Robinson	Sat 7-Mar-09	Foxglove	Centre	

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Under 6	12.36m	na	Ella Gibbons	Sat 10-Mar-12	Foxglove	Centre		Under 6	15.74m	na	Nicholas Frost	Sat 25-Feb-06	Foxglove	Centre	
Under 7	16.59m	na	Emma Frost	Sat 12-Mar-05	Foxglove	Centre		Under 7	22.96m	na	Nicholas Frost	Fri 12-Jan-07	Foxglove	Centre	
Under 8	18.16m	na	Samantha Garde	1993-94	Foxglove	Centre		Under 8	25.03m	na	Nicholas Frost	Sun 3-Feb-08	Narrabeen	Zone	1st
Under 9	23.78m	na	Ella Gibbons	Sun 22-Mar-15	Homebush	State	3rd	Under 9	32.22m	na	David Huber	1985-86	Foxglove	Centre	
Under 10	27.37m	na	Natalia Mageropoulos	Sun 22-Mar-09	Homebush	State	3rd	Under 10	37.58m	na	David Huber	1986-87	Foxglove	Centre	
Under 11	28.03m	na	Tiana Hazlewood	Sun 21-Mar-10	Homebush	State	3rd	Under 11	40.08m	na	Nicholas Frost	Sun 20-Mar-11	Homebush	State	1st
Under 12	33.77m	na	Tiana Hazlewood	Sat 5-Mar-11	Foxglove	Centre		Under 12	43.10m	na	Nosa Obaseki	Sun 14-Feb-16	Narrabeen	Region	1st
Under 13	38.55m	na	Tiana Hazlewood	Sun 5-Feb-12	Narrabeen	Zone	1st	Under 13	43.10m	na	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	1st
Under 14	35.99m	na	Tiana Hazlewood	Sun 17-Feb-13	Narrabeen	Region	1st	Under 14	44.95m	na	Lewis Marr	Sun 2-Feb-03	Narrabeen	Zone	1st
Under 15	38.23m	na	Alysha Burnett	Sat 19-Nov-11	Foxglove	Centre		Under 15	51.49m	na	Lewis Marr	Sat 8-Nov-03	Foxglove	Centre	
Under 17	38.60m	na	Tiana Hazlewood	Sat 18-Oct-14	Foxglove	Centre		Under 17	42.60m	na	Oliver Parry	Sun 26-Jan-14	Narrabeen	Zone	2nd

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Under 11	9.97m	na	Charlize O'Sullivan	Sat 3-Oct-15	Foxglove	Centre		Under 11	32.76m	na	Ethan Oliver	Sun 20-Mar-16	Homebush	State	3rd
Under 12	23.16m	na	Tiana Hazlewood	Sun 20-Mar-11	Homebush	State	6th	Under 12	35.10m	na	Nicholas Frost	Sun 25-Mar-12	Homebush	State	2nd
Under 13	35.30m	na	Alysha Burnett	Sat 19-Sep-09	Foxglove	Centre		Under 13	49.16m	na	Elliot Lang	Sun 22-Apr-07	Perth	Nationals	1st
Under 14	35.77m	na	Alysha Burnett	Sun 6-Feb-11	Narrabeen	Zone	1st	Under 14	47.27m	na	Mitchell Ansems	Sun 5-Feb-06	Narrabeen	Zone	1st
Under 15	42.18m	na	Alysha Burnett	Sun 25-Mar-12	Homebush	State	1st	Under 15	47.20m	na	Frank Morris	Sat 16-Mar-13	Foxglove	Centre	
Under 17	37.59m	na	Tiana Hazlewood	Sun 15-Feb-15	Narrabeen	Region	1st	Under 17	56.26m	na	Frank Morris	Sun 14-Dec-14	Narrabeen	Zone	1st

LANSW STATE MULTIEVENT (post-2009 tables)

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

Under 7	3,441 pts	PF	Paige Walton	Sun 2-Mar-14	Shellharbour	State Multi	18th	Under 7	4,314 pts	PF	Brodie Waldock	Sun 3-Mar-13	Orange	State Multi	5th
Under 8	3,907 pts	PF	Jessica Walton	Sun 2-Mar-14	Shellharbour	State Multi	12th	Under 8	4,747 pts	PF	Brodie Waldock	Sun 2-Mar-14	Shellharbour	State Multi	3rd
Under 9	4,580 pts	PF	Ella Gibbons	Sun 8-Mar-15	Homebush	State Multi	4th	Under 9	4,701 pts	PF	William Austin	Sun 8-Mar-15	Homebush	State Multi	2nd
Under 10	4,089 pts	HT	Natalia Mageropoulos	Sun 8-Mar-09	Lismore	State Multi	8th	Under 10	5,194 pts	HT	Nicholas Frost	Sun 7-Mar-10	Nowra	State Multi	1st
Under 11	4,024 pts	PF	Jasmin Guthrie	Sun 2-Mar-14	Shellharbour	State Multi	5th	Under 11	4,811 pts	PF	Ethan Oliver	Sun 6-Mar-16	Dubbo	State Multi	1st
Under 12	4,244 pts														