



# NEPEAN ZONE ATHLETICS 2023 - 9th August New Records & Age Champions

<p><b>2023 NEPEAN ZONE AGE CHAMPIONS</b></p>	<p><b>CONGRATULATIONS to the 2023 NEPEAN ZONE AGE CHAMPIONS.</b></p> <table border="0"> <tr> <td><b>Jnr Boys Champions</b></td> <td><i>Alexander Simpson</i></td> <td><i>St Finbar's, Glenbrook</i></td> </tr> <tr> <td></td> <td><i>Brax Colburn</i></td> <td><i>Trinity, Kemps Creek</i></td> </tr> <tr> <td><b>Jnr Boys Runner Up</b></td> <td><i>Baxter Ristau</i></td> <td><i>Holy Family, Luddenham</i></td> </tr> <tr> <td><b>Jnr Girls Champion</b></td> <td><i>Sienna Verriere</i></td> <td><i>St Thomas Aquinas, Springwood</i></td> </tr> <tr> <td><b>Jnr Girls Runner Up</b></td> <td><i>Miracle Egbufor</i></td> <td><i>Trinity, Kemps Creek</i></td> </tr> <tr> <td><b>11 Years Boys Champions</b></td> <td><i>Caleb Kennedy</i></td> <td><i>Corpus Christi</i></td> </tr> <tr> <td></td> <td><i>James Hicks</i></td> <td><i>St Thomas Aquinas, Springwood</i></td> </tr> <tr> <td><b>11 Years Boys Runner Up</b></td> <td><i>Samuel Ankuma</i></td> <td><i>Corpus Christi, Cranebrook</i></td> </tr> <tr> <td><b>11 Years Girls Champion</b></td> <td><i>Rainne Acuna</i></td> <td><i>OLOR, St Marys</i></td> </tr> <tr> <td><b>11 Years Girls Runner Up</b></td> <td><i>Harmoni Hill</i></td> <td><i>St Nicholas of Myra, Penrith</i></td> </tr> <tr> <td><b>Snr Boys Champion</b></td> <td><i>Remy Cross</i></td> <td><i>OLOW, Emu Plains</i></td> </tr> <tr> <td><b>Snr Boys Runner Up</b></td> <td><i>Jude Dunn</i></td> <td><i>Bethany, Glenmore Park</i></td> </tr> <tr> <td><b>Snr Girls Champion</b></td> <td><i>Hayley Milson</i></td> <td><i>St Mary MacKillop, Penrith Sth</i></td> </tr> <tr> <td><b>Snr Girls Runner Up</b></td> <td><i>Sophie Parker</i></td> <td><i>Bethany, Glenmore Park</i></td> </tr> </table>	<b>Jnr Boys Champions</b>	<i>Alexander Simpson</i>	<i>St Finbar's, Glenbrook</i>		<i>Brax Colburn</i>	<i>Trinity, Kemps Creek</i>	<b>Jnr Boys Runner Up</b>	<i>Baxter Ristau</i>	<i>Holy Family, Luddenham</i>	<b>Jnr Girls Champion</b>	<i>Sienna Verriere</i>	<i>St Thomas Aquinas, Springwood</i>	<b>Jnr Girls Runner Up</b>	<i>Miracle Egbufor</i>	<i>Trinity, Kemps Creek</i>	<b>11 Years Boys Champions</b>	<i>Caleb Kennedy</i>	<i>Corpus Christi</i>		<i>James Hicks</i>	<i>St Thomas Aquinas, Springwood</i>	<b>11 Years Boys Runner Up</b>	<i>Samuel Ankuma</i>	<i>Corpus Christi, Cranebrook</i>	<b>11 Years Girls Champion</b>	<i>Rainne Acuna</i>	<i>OLOR, St Marys</i>	<b>11 Years Girls Runner Up</b>	<i>Harmoni Hill</i>	<i>St Nicholas of Myra, Penrith</i>	<b>Snr Boys Champion</b>	<i>Remy Cross</i>	<i>OLOW, Emu Plains</i>	<b>Snr Boys Runner Up</b>	<i>Jude Dunn</i>	<i>Bethany, Glenmore Park</i>	<b>Snr Girls Champion</b>	<i>Hayley Milson</i>	<i>St Mary MacKillop, Penrith Sth</i>	<b>Snr Girls Runner Up</b>	<i>Sophie Parker</i>	<i>Bethany, Glenmore Park</i>
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<p><b>2023 NEPEAN ZONE RECORDS</b></p>	<p><b>*TRACK - Hayley Milson (St Mary MacKillop) - Senior Girls 200m Heat in a time of 29.07</b></p> <p><b>*FIELD - India Wong (Trinity) - 11 Years Girls Discus throwing 23.24m</b></p>																																										

