

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - 70 Metre Sprint**

Name	Age Centre	Seed	Heats	H#
Heats				
1 Nadia Gasparini	Parramatta	12.63	12.33Q	2
2 Grace Coleman	Manly Warringah	12.44	12.34Q	1
3 Emily Davies	Northern Districts	12.97	12.59Q	2
3 Khushi Kitageri	Northern Suburbs	13.33	12.59Q	1
5 Sarah Lin	Ku-Ring-Gai	13.71	12.82Q	1
6 Isla Cleland	Mosman	12.65	12.99Q	2
7 Sabella Sewell	Mosman	12.87	12.95q	1
8 Flora Howard	Manly Warringah	14.80	13.03q	2
9 LilyEve Everson	Ryde	12.90	13.17	1
10 Georgia Chiang	Ku-Ring-Gai	13.20	13.23	2
11 Olivia Moala	Ryde	14.14	13.49	2
12 Valentina Lombardi	Ryde	13.75	13.56	2
13 Florence Morgan	Manly Warringah	13.84	13.79	2
14 Alisa Gundogan	Parramatta	14.07	14.07	1

Girls U 8 - 70 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Nadia Gasparini	Parramatta	12.33	12.13
2 Grace Coleman	Manly Warringah	12.34	12.23
3 Khushi Kitageri	Northern Suburbs	12.59	12.68
4 Emily Davies	Northern Districts	12.59	12.77
5 Isla Cleland	Mosman	12.99	12.91
6 Sabella Sewell	Mosman	12.95	13.00
7 Flora Howard	Manly Warringah	13.03	13.01
8 Sarah Lin	Ku-Ring-Gai	12.82	13.10

Girls U 9 - 70 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Phoebe Dobson	Manly Warringah	11.50	11.00Q	2
2 Camilla Roderick	Ku-Ring-Gai	11.39	11.25Q	1
3 Lily Dunne	Manly Warringah	11.97	11.64Q	2
4 Lucy Wilson	Manly Warringah	12.37	12.04Q	1
5 Claire Fetrie	Parramatta	12.29	12.07Q	1
6 Amelie Gilchrist	Ku-Ring-Gai	12.35	12.12Q	2
7 Samantha Campbell	Hornsby	12.74	12.15q	1
8 Lola Francis	Mosman	12.30	12.30q	1
9 Anna Wegener	Cherrybrook	12.37	12.32	2
10 Charlotte Fraser	Ryde	12.53	12.33	2
11 Ruby Mercer-witenden	Northern Suburbs	13.13	12.49	2
12 Freya Tilling	Manly Warringah	12.64	12.63	2
13 Gracie O'Leary	Northern Suburbs	12.47	12.99	1
14 Eloise Dagg	Cherrybrook	13.05	13.47	1

Girls U 9 - 70 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Phoebe Dobson	Manly Warringah	11.00	11.19
2 Camilla Roderick	Ku-Ring-Gai	11.25	11.20

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 70 Metre Sprint**

3 Lily Dunne	Manly Warringah	11.64	11.65
4 Claire Fetrie	Parramatta	12.07	12.05
5 Amelie Gilchrist	Ku-Ring-Gai	12.12	12.31
6 Lucy Wilson	Manly Warringah	12.04	12.36
7 Samantha Campbell	Hornsby	12.15	12.39
8 Lola Francis	Mosman	12.30	12.43

Girls U 10 - 70 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Ella Achike	Ku-Ring-Gai	10.95	10.82Q	2
2 Manvi Arabolu	Ku-Ring-Gai	11.12	11.25Q	1
3 Madison Tabrett	Cherrybrook	11.39	11.03Q	2
4 Grace Carlton	Hornsby	11.73	11.34Q	1
5 Maddie Burge	Northern Suburbs	11.46	11.30Q	2
6 Ciara Faulkner	Manly Warringah	11.15	11.36Q	1
7 Lotte Roessler	Manly Warringah	11.70	11.66q	1
8 Jolin Wirianata	Nth Rocks Carlin	12.36	11.83q	1
9 Beth Boorman-Franks	Parramatta	12.01	11.86	2
10 Alice Larbey	Manly Warringah	12.21	11.89	2
11 Zara Connor	Ku-Ring-Gai	12.08	11.99	1
11 Christina Krivozhnya	Cherrybrook	12.21	11.99	2
13 Alessandra Lombardi	Ryde	12.30	12.08	1
14 Andrea Gorringer	Ryde	12.78	12.11	2
15 Abigail Wigham	Cherrybrook	11.95	15.11	2

Girls U 10 - 70 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Ella Achike	Ku-Ring-Gai	10.82	10.73
2 Maddie Burge	Northern Suburbs	11.30	11.00
3 Ciara Faulkner	Manly Warringah	11.36	11.04
4 Madison Tabrett	Cherrybrook	11.03	11.10
5 Manvi Arabolu	Ku-Ring-Gai	11.25	11.23
6 Grace Carlton	Hornsby	11.34	11.41
7 Lotte Roessler	Manly Warringah	11.66	11.74
8 Jolin Wirianata	Nth Rocks Carlin	11.83	11.89

Girls U 8 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Stephanie Ross	Northern Districts	17.51	16.86Q	2
2 Sierra Seale	Northern Suburbs	17.58	16.98Q	1
3 Indiana Mitchell	Ryde	18.09	17.46Q	2
4 Khushi Kitageri	Northern Suburbs	19.56	17.58Q	1
5 Grace Coleman	Manly Warringah	17.77	17.59Q	1
6 Emily Davies	Northern Districts	18.95	17.68Q	2
7 Gisele Camus	Mosman	19.19	17.93q	2
8 Zoey Marando	Ryde	18.85	17.94q	1
9 Isla Cleland	Mosman	18.35	18.07	1
10 Aurelia Stewart	Mosman	18.76	18.12	2
11 Georgia Chiang	Ku-Ring-Gai	18.75	18.34	2
12 Jasmine Gong	Ku-Ring-Gai	18.35	18.38	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - 100 Metre Sprint**

13	Ajabu Gebhard	Northern Suburbs	20.04	18.67	1
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Girls U 8 - 100 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Sierra Seale	Northern Suburbs	16.98	16.80
2	Stephanie Ross	Northern Districts	16.86	17.57
3	Khushi Kitageri	Northern Suburbs	17.58	17.72
4	Indiana Mitchell	Ryde	17.46	17.85
5	Grace Coleman	Manly Warringah	17.59	18.02
6	Emily Davies	Northern Districts	17.68	18.44
6	Zoey Marando	Ryde	17.94	18.44
8	Gisele Camus	Mosman	17.93	18.72

Girls U 9 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	Phoebe Dobson	Manly Warringah	17.29	16.13Q	1
2	Edwina Seve	Manly Warringah	17.22	16.59Q	2
3	Lily Dunne	Manly Warringah	16.97	16.47Q	1
4	Ava Rathore	Northern Suburbs	17.16	16.65Q	2
5	Eloise Eslick	Mosman	18.24	16.88Q	2
6	Claire Fetrie	Parramatta	17.50	16.98Q	1
7	Eliza Bosnic	Ryde	18.22	17.28q	1
8	Chloe McCulloch	Ku-Ring-Gai	18.21	17.46q	1
8	Safina Burgess	Ku-Ring-Gai	18.13	17.46q	2
10	Lola Francis	Mosman	18.05	17.59	2
11	Charlotte Fraser	Ryde	18.24	17.60	2
12	Lucy Wilson	Manly Warringah	18.27	17.61	1
13	Sophie Arblaster	Northern Suburbs	19.61	18.11	2
14	Florence Webb	Ryde	19.54	18.31	2
15	Bavatarini Chandru Vidya	Parramatta	19.15	19.02	1

Girls U 9 - 100 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Phoebe Dobson	Manly Warringah	16.13	16.16
2	Lily Dunne	Manly Warringah	16.47	16.67
3	Edwina Seve	Manly Warringah	16.59	16.82
4	Ava Rathore	Northern Suburbs	16.65	16.85
5	Claire Fetrie	Parramatta	16.98	17.50
6	Eliza Bosnic	Ryde	17.28	17.60
7	Eloise Eslick	Mosman	16.88	17.73
8	Chloe McCulloch	Ku-Ring-Gai	17.46	17.85
9	Safina Burgess	Ku-Ring-Gai	17.46	17.87

Girls U 10 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	Ella Achike	Ku-Ring-Gai	15.28	15.30Q	2
2	Ciara Faulkner	Manly Warringah	15.60	15.61Q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - 100 Metre Sprint**

3	Madison Tabrett	Cherrybrook	15.75	15.66Q	1
4	Maddie Burge	Northern Suburbs	15.90	16.05Q	2
5	Valerie Pickup	Manly Warringah	16.52	15.95Q	1
6	Grace Carlton	Hornsby	16.20	16.07Q	2
7	Lucy Whitehead	Mosman	16.59	16.05q	1
8	Millie Lim	Northern Suburbs	16.49	16.29q	2
9	Abigail Wigham	Cherrybrook	16.34	16.30	1
10	Hana Horii	Mosman	16.47	16.51	2
11	Claudia Patfield	Manly Warringah	17.38	16.66	1
12	Jolin Wirianata	Nth Rocks Carlin	16.97	16.69	2
13	Mikayli King	Northern Suburbs	16.93	16.70	2
14	Beth Boorman-Franks	Parramatta	16.41	16.75	1
15	Zara Connor	Ku-Ring-Gai	17.75	16.98	1
16	Yazmyn Buonocore	Ryde	18.18	17.29	2

Girls U 10 - 100 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Ella Achike	Ku-Ring-Gai	15.30	15.09
2	Madison Tabrett	Cherrybrook	15.66	15.60
3	Ciara Faulkner	Manly Warringah	15.61	15.69
4	Maddie Burge	Northern Suburbs	16.05	15.91
5	Lucy Whitehead	Mosman	16.05	16.06
6	Grace Carlton	Hornsby	16.07	16.13
7	Valerie Pickup	Manly Warringah	15.95	16.14
8	Millie Lim	Northern Suburbs	16.29	16.50

Girls U 11 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	Willow Toll	Manly Warringah	15.54	14.79Q	1
1	Sienna Vassella	Ku-Ring-Gai	16.14	14.79Q	1
3	Lexi Hartigan	Mosman	15.76	14.95Q	2
4	Pippa Burke	Cherrybrook	15.23	15.12Q	2
5	Catherine Halgreen	Ku-Ring-Gai	16.46	15.22Q	1
6	Lucia Schnell	Northern Suburbs	15.74	15.34Q	2
7	Amelia Wilson	Manly Warringah	16.84	15.44q	1
8	Michiko Paul	Cherrybrook	16.22	15.48q	1
9	Andie Schokman	Ryde	16.09	15.50	2
9	Annah Bratton	Northern Suburbs	15.96	15.50	1
11	Naduli kariyawasam	Parramatta	15.42	15.61	1
12	Maddison Barratt	Northern Districts	16.23	15.73	2

Girls U 11 - 100 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Sienna Vassella	Ku-Ring-Gai	14.79	15.02
2	Willow Toll	Manly Warringah	14.79	15.18
3	Lexi Hartigan	Mosman	14.95	15.32
4	Pippa Burke	Cherrybrook	15.12	15.47
5	Catherine Halgreen	Ku-Ring-Gai	15.22	15.52
6	Amelia Wilson	Manly Warringah	15.44	15.53
7	Michiko Paul	Cherrybrook	15.48	15.90

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 100 Metre Sprint**

8 Lucia Schnell	Northern Suburbs	15.34	15.96
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Girls U 12 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
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Heats

1 Clara Fetrie	Parramatta	14.08	13.65Q	1
2 Amalia Bond	Ku-Ring-Gai	14.07	14.14Q	2
3 Isla Maris	Manly Warringah	14.56	13.95Q	1
4 Lucia Randle	Mosman	14.84	14.36Q	2
5 Tanya Graham	Northern Suburbs	14.86	14.35Q	1
6 Erin Dunne	Manly Warringah	14.79	14.59Q	2
7 Liesel Walsh	Hornsby	14.87	14.40q	1
8 Jada Taylor	Ku-Ring-Gai	15.01	14.88q	2
9 Alyssa Holmes	Northern Districts	15.54	15.23	1
10 Evana Butler	Nth Rocks Carlin	16.48	15.59	2
11 Sofia Gasparini	Parramatta	16.42	15.66	1
12 Safiya Yip	Nth Rocks Carlin	17.09	16.29	1

Girls U 12 - 100 Metre Sprint

Name	Age Centre	Heats	Final
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Final

1 Clara Fetrie	Parramatta	13.65	13.50
2 Amalia Bond	Ku-Ring-Gai	14.14	13.54
3 Isla Maris	Manly Warringah	13.95	14.03
4 Lucia Randle	Mosman	14.36	14.38
5 Liesel Walsh	Hornsby	14.40	14.40
6 Tanya Graham	Northern Suburbs	14.35	14.42
7 Erin Dunne	Manly Warringah	14.59	14.53
8 Jada Taylor	Ku-Ring-Gai	14.88	14.76

Girls U 13 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
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Heats

1 Matilda Harrison	Ku-Ring-Gai	13.40	13.28Q	1
2 Arabella Lewis	Ku-Ring-Gai	13.82	13.82Q	2
3 Kaitlinn Dunne	Manly Warringah	13.65	13.86Q	2
4 Olivia Achike	Ku-Ring-Gai	14.00	13.98Q	1
5 Sophie Durheim	Cherrybrook	14.29	14.10Q	2
6 Lucinda Gibbs	Manly Warringah	14.04	14.33Q	1
7 Tayah Rubes	Manly Warringah	14.33	14.31q	2
8 Hannah Storey	Cherrybrook	15.18	14.65q	2
9 Josie Clayton	Hornsby	14.64	14.91	1
10 Reena Son	Northern Suburbs	15.51	14.99	2
11 Fiorella Collins	Manly Warringah	15.04	15.00	2
12 Lisara Seneviratne	Parramatta	15.39	15.08	1
13 Princess Obi	Nth Rocks Carlin	15.22	15.15	1
14 Maddison Minard	Nth Rocks Carlin	15.93	16.01	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 100 Metre Sprint**

Name	Age Centre	Heats	Final
Final			
1 Matilda Harrison	Ku-Ring-Gai	13.28	13.24
2 Kaitlinn Dunne	Manly Warringah	13.86	13.54
3 Arabella Lewis	Ku-Ring-Gai	13.82	13.73
4 Lucinda Gibbs	Manly Warringah	14.33	13.84
5 Olivia Achike	Ku-Ring-Gai	13.98	13.97
6 Sophie Durheim	Cherrybrook	14.10	14.01
7 Tayah Rubes	Manly Warringah	14.31	14.12

Girls U 14 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Bronte Locane	Parramatta	13.28	13.06Q	1
2 Caitlin Russell	Cherrybrook	14.10	13.45Q	2
3 Amelia Steventon	Parramatta	13.87	13.57Q	2
4 Sienna Kupceric	Manly Warringah	13.90	13.76Q	1
4 Catherine Mikan	Northern Suburbs	13.93	13.76Q	1
6 Gemma McIntosh	Ku-Ring-Gai	13.64	13.70Q	2
7 Mila Burdett	Nth Rocks Carlin	14.74	14.08q	2
8 Alessandra Rounsley	Manly Warringah	14.19	14.09q	2
9 Michaela Couper	Hornsby	14.48	14.28	1
10 Kristina Prizmic	Manly Warringah	15.09	14.42	1
11 Amber Jobson	Ku-Ring-Gai	14.43	14.45	1
12 Aqua Fisher	Northern Suburbs	15.38	14.80	2
13 Zaara Yip	Nth Rocks Carlin	14.87	14.94	1
14 Ava Mitchell	Northern Districts	15.42	15.60	2
15 Sinead Hawes	Northern Districts	16.08	24.23	1

Girls U 14 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Bronte Locane	Parramatta	13.06	12.91
2 Amelia Steventon	Parramatta	13.57	13.33
3 Gemma McIntosh	Ku-Ring-Gai	13.70	13.39
4 Caitlin Russell	Cherrybrook	13.45	13.40
5 Catherine Mikan	Northern Suburbs	13.76	13.58
6 Sienna Kupceric	Manly Warringah	13.76	13.86
7 Mila Burdett	Nth Rocks Carlin	14.08	14.20

Girls U 15 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Maia Madden Khan	Ku-Ring-Gai	13.05	12.98Q	1
2 Matilda Vial	Manly Warringah	13.19	13.01Q	2
3 Sofia Fedirchuk	Mosman	13.13	13.00Q	1
4 Samara Bond	Ku-Ring-Gai	12.93	13.02Q	2
5 Tara Hollyoak	Manly Warringah	13.70	13.67Q	2
6 Sarah-anne Koot	Cherrybrook	13.93	13.85Q	1
7 Eve Rothwell	Manly Warringah	13.94	13.96q	1
8 Tianna Bertolissio	Parramatta	14.59	14.03q	2
9 Ruby Perkins	Northern Suburbs	14.71	14.46	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - 100 Metre Sprint**

10 Sacha Jones	Northern Suburbs	15.10	14.53	1
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Girls U 15 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Matilda Vial	Manly Warringah	13.01	12.64
2 Maia Madden Khan	Ku-Ring-Gai	12.98	12.79
3 Sofia Fedirchuk	Mosman	13.00	12.86
4 Samara Bond	Ku-Ring-Gai	13.02	13.17
5 Tara Hollyoak	Manly Warringah	13.67	13.40
6 Sarah-anne Koot	Cherrybrook	13.85	13.78
7 Eve Rothwell	Manly Warringah	13.96	13.80
8 Tianna Bertolissio	Parramatta	14.03	13.86

Girls U 17 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Gabriella Taylor	Manly Warringah	12.62	12.67Q	2
2 Lucy Scholtens	Manly Warringah	12.71	12.79Q	1
3 Inge Ackland	Ku-Ring-Gai	13.58	13.46Q	2
4 Phoebe Berglund	Manly Warringah	13.33	13.57Q	1
5 Lucy Hill	Northern Suburbs	13.60	13.49Q	2
6 Jasmine Lowe	Northern Suburbs	13.85	13.75Q	1
7 Tara Webb	Cherrybrook	13.88	13.61q	2
8 Aliana Moala	Ryde	13.99	13.88q	1
9 Bella Kachel	Hornsby	14.11	13.95	2
10 Kaitlyn Martin	Ryde	13.86	13.98	2
11 Jenah Patel	Nth Rocks Carlin	14.02	14.09	1
12 Annabel Macdonald	Ryde	14.60	14.26	1
13 Nikki McCrostie	Cherrybrook	14.52	14.31	1
14 Charlotte Blair	Northern Districts	14.30	14.61	2
15 Olivia Lee-Jackson	Ku-Ring-Gai	14.79	14.77	2

Girls U 17 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Gabriella Taylor	Manly Warringah	12.67	12.50
2 Lucy Scholtens	Manly Warringah	12.79	12.54
3 Phoebe Berglund	Manly Warringah	13.57	13.14
4 Lucy Hill	Northern Suburbs	13.49	13.21
5 Inge Ackland	Ku-Ring-Gai	13.46	13.23
6 Tara Webb	Cherrybrook	13.61	13.43
7 Jasmine Lowe	Northern Suburbs	13.75	13.67
8 Aliana Moala	Ryde	13.88	13.82

Girls U 8 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Sierra Seale	Northern Suburbs	34.31	35.77Q	1
2 Josephine Han	Manly Warringah	35.26	36.63Q	2
3 Indiana Mitchell	Ryde	36.45	36.93Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - 200 Metre Sprint**

4	Lucy Turner	Manly Warringah	37.49	37.35Q	1
5	Stephanie Ross	Northern Districts	38.19	37.02Q	2
6	Aurelia Stewart	Mosman	38.54	38.55Q	1
7	Evelyn Vale	Manly Warringah	39.01	37.91q	2
8	Amelia Berry	Manly Warringah	39.03	38.07q	2
9	Emily Davies	Northern Districts	38.27	38.16	2
10	Zoey Marando	Ryde	38.75	38.64	1
11	LilyEve Everson	Ryde	39.88	40.21	1
12	Georgia Chiang	Ku-Ring-Gai	39.83	40.61	1
13	Jacqueline Zhang	Nth Rocks Carlin	40.68	41.33	2
14	Ananshi Chopra	Northern Suburbs	45.68	45.14	1

Girls U 8 - 200 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Sierra Seale	Northern Suburbs	35.77	34.76
2	Josephine Han	Manly Warringah	36.63	34.94
3	Stephanie Ross	Northern Districts	37.02	36.05
4	Indiana Mitchell	Ryde	36.93	36.15
5	Lucy Turner	Manly Warringah	37.35	36.17
6	Aurelia Stewart	Mosman	38.55	37.16
7	Evelyn Vale	Manly Warringah	37.91	37.50
8	Amelia Berry	Manly Warringah	38.07	38.10

Girls U 9 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	Evie Moore-Mulcahy	Northern Districts	34.89	33.41Q	1
2	Amity Batchler	Manly Warringah	34.29	34.30Q	2
3	Phoebe Dobson	Manly Warringah	37.03	33.71Q	1
4	Safina Burgess	Ku-Ring-Gai	37.58	35.99Q	2
5	Lily Dunne	Manly Warringah	35.52	34.25Q	1
6	Mia Taba	Manly Warringah	37.00	36.29Q	2
7	Eliza Bosnic	Ryde	38.33	35.63q	1
8	Skye Spiden	Ryde	39.35	35.97q	1
9	Imogen Newey	Ku-Ring-Gai	37.05	36.05	1
10	Chloe McCulloch	Ku-Ring-Gai	36.73	36.41	2
11	Anna Wegener	Cherrybrook	38.32	37.94	2
12	Charlotte Doak	Northern Suburbs	40.05	38.03	2
13	Eloise Dagg	Cherrybrook	40.15	41.64	2
14	Bailey Downs	Nth Rocks Carlin	43.95	47.30	1

Girls U 9 - 200 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Amity Batchler	Manly Warringah	34.30	33.58
2	Evie Moore-Mulcahy	Northern Districts	33.41	34.07
3	Lily Dunne	Manly Warringah	34.25	34.75
4	Phoebe Dobson	Manly Warringah	33.71	34.98
5	Eliza Bosnic	Ryde	35.63	36.24
6	Safina Burgess	Ku-Ring-Gai	35.99	36.50
7	Skye Spiden	Ryde	35.97	37.09
8	Mia Taba	Manly Warringah	36.29	37.43

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 200 Metre Sprint**

Name	Age Centre	Seed	Heats	H#
Heats				
1 Ella Achike	Ku-Ring-Gai	32.61	32.40Q	2
2 Hannah Dawson	Northern Districts	31.58	32.49Q	1
3 Valerie Pickup	Manly Warringah	33.47	33.10Q	1
4 Ciara Faulkner	Manly Warringah	32.71	33.36Q	2
5 Madison Tabrett	Cherrybrook	34.51	33.66Q	1
6 Alessandra Lombardi	Ryde	35.96	34.41Q	2
7 Meredith Lee	Northern Suburbs	35.12	34.07q	1
8 Beth Boorman-Franks	Parramatta	35.81	34.78q	1
9 Lotte Roessler	Manly Warringah	34.53	34.95	2
10 Zara Denney	Ku-Ring-Gai	34.56	34.98	2
11 Maisie Yorke	Mosman	37.39	36.42	1
12 Gracie Scammell	Mosman	35.85	36.87	2
13 Lesieli Moala	Ryde	39.01	36.97	2
14 Jolin Wirianata	Nth Rocks Carlin	38.66	37.29	1
15 Tiana Wang	Nth Rocks Carlin	38.86	39.47	2
16 Chanya De mel	Cherrybrook	40.19	39.69	1

Girls U 10 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Hannah Dawson	Northern Districts	32.49	32.07
2 Ella Achike	Ku-Ring-Gai	32.40	32.63
3 Ciara Faulkner	Manly Warringah	33.36	32.84
4 Valerie Pickup	Manly Warringah	33.10	32.86
5 Madison Tabrett	Cherrybrook	33.66	33.76
6 Meredith Lee	Northern Suburbs	34.07	34.06
7 Alessandra Lombardi	Ryde	34.41	35.58
8 Beth Boorman-Franks	Parramatta	34.78	36.49

Girls U 11 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Lexi Hartigan	Mosman	31.28	30.75Q	2
2 Willow Toll	Manly Warringah	30.94	30.97Q	1
3 Naduli kariyawasam	Parramatta	32.74	31.19Q	1
4 Catherine Halgreen	Ku-Ring-Gai	32.88	31.44Q	2
5 Sienna Wade	Northern Suburbs	32.53	31.25Q	1
6 Pilard Shephard	Manly Warringah	32.85	31.80Q	2
7 Amelia Wilson	Manly Warringah	33.82	32.30q	1
8 Jacqueline Pawsey	Ryde	33.24	32.71q	1
9 Ridhi Jasrotia	Cherrybrook	36.75	32.78	1
9 Lucia Schnell	Northern Suburbs	33.36	32.78	1
11 Michiko Paul	Cherrybrook	33.62	33.05	2
12 Bella Fraser	Ryde	35.02	33.69	2
13 Irene Ding	Nth Rocks Carlin	33.65	34.14	2

Girls U 11 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Willow Toll	Manly Warringah	30.97	30.50

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 200 Metre Sprint**

2 Lexi Hartigan	Mosman	30.75	30.54
3 Naduli kariyawasam	Parramatta	31.19	30.92
3 Sienna Wade	Northern Suburbs	31.25	30.92
5 Pilard Shephard	Manly Warringah	31.80	31.82
6 Catherine Halgreen	Ku-Ring-Gai	31.44	32.65
7 Jacqueline Pawsey	Ryde	32.71	32.93
8 Amelia Wilson	Manly Warringah	32.30	32.97

Girls U 12 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Clara Fetrie	Parramatta	28.55	27.74Q	1
2 Amalia Bond	Ku-Ring-Gai	28.32	28.61Q	2
3 Naomi Krajancic	Manly Warringah	28.67	28.34Q	1
4 Isla Maris	Manly Warringah	29.08	28.70Q	2
5 Hayley Loreto-Dicks	Ku-Ring-Gai	30.40	28.98Q	2
6 Liesel Walsh	Hornsby	30.62	29.69Q	1
7 Erin Dunne	Manly Warringah	31.13	30.41q	1
8 Evana Butler	Nth Rocks Carlin	34.38	32.24q	1
9 Safiya Yip	Nth Rocks Carlin	35.35	33.87	2
10 Alison Hubbard	Nth Rocks Carlin	34.90	34.22	2
11 Laila Burkhardt	Cherrybrook	35.53	34.28	1

Girls U 12 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Clara Fetrie	Parramatta	27.74	27.98
2 Amalia Bond	Ku-Ring-Gai	28.61	28.07
3 Naomi Krajancic	Manly Warringah	28.34	28.36
4 Isla Maris	Manly Warringah	28.70	28.69
5 Hayley Loreto-Dicks	Ku-Ring-Gai	28.98	29.40
6 Liesel Walsh	Hornsby	29.69	29.76
7 Erin Dunne	Manly Warringah	30.41	30.52
8 Evana Butler	Nth Rocks Carlin	32.24	32.22

Girls U 13 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Lucinda Gibbs	Manly Warringah	29.24	26.98Q	2
1 Matilda Harrison	Ku-Ring-Gai	27.82	26.98Q	2
3 Arabella Lewis	Ku-Ring-Gai	28.14	28.20Q	1
4 Kaitlinn Dunne	Manly Warringah	29.13	28.32Q	1
5 Sophie Durheim	Cherrybrook	29.43	28.75Q	2
6 Juliette Cooley	Ryde	30.48	29.57Q	1
7 Tayah Rubes	Manly Warringah	30.22	29.01q	2
8 Kyrah McMahon	Northern Districts	30.18	29.08q	2
9 Hannah Storey	Cherrybrook	31.58	29.89	2
10 Sofia Ehnbohm	Manly Warringah	29.83	30.05	1
11 Katie Bowrey	Parramatta	31.44	30.24	2
12 Erin Blayne	Northern Suburbs	30.13	30.72	1
13 Reena Son	Northern Suburbs	31.24	31.55	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 200 Metre Sprint**

Name	Age Centre	Heats	Final
Final			
1 Matilda Harrison	Ku-Ring-Gai	26.98	26.99
2 Arabella Lewis	Ku-Ring-Gai	28.20	28.04
3 Kaitlinn Dunne	Manly Warringah	28.32	28.60
4 Lucinda Gibbs	Manly Warringah	26.98	28.91
5 Tayah Rubes	Manly Warringah	29.01	29.02
6 Sophie Durheim	Cherrybrook	28.75	29.16
7 Kyrah McMahan	Northern Districts	29.08	29.44
8 Juliette Cooley	Ryde	29.57	29.71

Girls U 14 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Bronte Locane	Parramatta	27.16	27.02Q	2
2 Gemma McIntosh	Ku-Ring-Gai	28.60	28.13Q	1
3 Caitlin Russell	Cherrybrook	28.99	28.10Q	2
4 Catherine Mikan	Northern Suburbs	28.58	29.22Q	1
5 Amelia Steventon	Parramatta	29.02	28.60Q	2
6 Zara Pawsey	Ryde	30.76	29.79Q	1
7 Bronte Tonkin	Northern Districts	30.66	29.85q	1
8 Isabella Longley	Northern Suburbs	31.56	30.15q	2
9 Michaela Couper	Hornsby	31.23	30.36	2
10 Ava Gray	Manly Warringah	31.60	30.80	1
11 Leela Ingram	Cherrybrook	32.49	31.31	2

Girls U 14 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Bronte Locane	Parramatta	27.02	26.48
2 Caitlin Russell	Cherrybrook	28.10	27.30
3 Gemma McIntosh	Ku-Ring-Gai	28.13	27.37
4 Catherine Mikan	Northern Suburbs	29.22	28.14
5 Amelia Steventon	Parramatta	28.60	28.18
6 Bronte Tonkin	Northern Districts	29.85	28.86
7 Zara Pawsey	Ryde	29.79	29.83
8 Isabella Longley	Northern Suburbs	30.15	30.07

Girls U 15 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Samara Bond	Ku-Ring-Gai	26.38	26.24Q	2
2 Matilda Vial	Manly Warringah	26.88	26.73Q	1
3 Sofia Fedirchuk	Mosman	26.81	26.86Q	1
4 Maia Madden Khan	Ku-Ring-Gai	27.24	27.16Q	2
5 Eve Simpson	Manly Warringah	28.08	28.05Q	1
6 Tara Hollyoak	Manly Warringah	27.14	28.27Q	2
7 Madison Mitchell	Cherrybrook	28.44	28.43q	2
8 Eve Rothwell	Manly Warringah	28.98	28.58q	2
9 Tianna Bertolissio	Parramatta	29.97	29.41	1
10 Alicia Leggatt	Ryde	31.31	30.74	2
11 Rachel Price	Cherrybrook	31.17	31.16	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - 200 Metre Sprint**

12 Kaley Roach	Parramatta	32.01	32.42	1
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Girls U 15 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Samara Bond	Ku-Ring-Gai	26.24	26.00
2 Matilda Vial	Manly Warringah	26.73	26.26
3 Sofia Fedirchuk	Mosman	26.86	26.34
4 Maia Madden Khan	Ku-Ring-Gai	27.16	26.92
5 Eve Simpson	Manly Warringah	28.05	27.49
6 Tara Hollyoak	Manly Warringah	28.27	28.24
7 Madison Mitchell	Cherrybrook	28.43	28.38
8 Eve Rothwell	Manly Warringah	28.58	28.59

Girls U 17 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Lucy Scholtens	Manly Warringah	25.94	26.04Q	2
2 Phoebe Berglund	Manly Warringah	27.44	27.47Q	1
3 Inge Ackland	Ku-Ring-Gai	27.85	27.79Q	1
4 Kaitlyn Martin	Ryde	28.39	28.25Q	2
5 Jasmine Lowe	Northern Suburbs	29.12	27.82Q	1
6 Jessica Anand	Parramatta	29.68	29.04Q	2
7 Bella Kachel	Hornsby	29.65	28.02q	1
8 Jenah Patel	Nth Rocks Carlin	28.60	28.10q	1
9 Elysha Pawsey	Ryde	30.66	29.47	1

Girls U 17 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Lucy Scholtens	Manly Warringah	26.04	25.81
2 Phoebe Berglund	Manly Warringah	27.47	27.15
3 Inge Ackland	Ku-Ring-Gai	27.79	27.63
4 Kaitlyn Martin	Ryde	28.25	27.86
5 Jasmine Lowe	Northern Suburbs	27.82	28.02
6 Bella Kachel	Hornsby	28.02	28.70
7 Jenah Patel	Nth Rocks Carlin	28.10	29.16
8 Jessica Anand	Parramatta	29.04	29.38

Girls U 8 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Josephine Han	Manly Warringah	1:18.33	1:15.49	2
2 Stella Wade	Northern Suburbs	1:26.87	1:20.26	2
3 Indiana Mitchell	Ryde	1:30.24	1:22.43	2
4 Amelia Berry	Manly Warringah	1:27.00	1:22.50	2
5 Stephanie Ross	Northern Districts	1:24.44	1:24.62	2
6 Evelyn Vale	Manly Warringah	1:31.67	1:24.97	2
7 Gisele Camus	Mosman	1:36.75	1:29.59	1
8 Charlotte Newton	Ku-Ring-Gai	1:34.44	1:32.27	2
9 Sabella Sewell	Mosman	1:37.59	1:32.45	1
10 Georgia Loveday	Ku-Ring-Gai	1:39.13	1:35.50	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 9 - 400 Metre Sprint**

Name	Age Centre	Seed	Final	H#
1 Amity Batchler	Manly Warringah	1:16.61	1:14.77	2
2 Evie Moore-Mulcahy	Northern Districts	1:18.65	1:15.72	2
3 Katelyn Thorin Dembo	Ku-Ring-Gai	1:23.00	1:16.85	2
4 Camilla Roderick	Ku-Ring-Gai	1:22.48	1:19.87	2
5 Caitlin Butler	Manly Warringah	1:25.47	1:20.77	2
6 Freya Tilling	Manly Warringah	1:24.70	1:23.40	2
7 Elizabeth Moore	Mosman	1:26.18	1:23.85	2
8 Ruby Mercer-witenden	Northern Suburbs	1:31.19	1:24.35	1
9 Skye Spiden	Ryde	1:32.48	1:25.15	1
10 Hope Hurley-Eckhardt	Manly Warringah	1:29.38	1:26.10	1
11 Kira Ekers	Ryde	1:32.72	1:26.33	1
12 Eloise Dagg	Cherrybrook	1:35.05	1:26.53	1
13 Anieke Coetsee	Manly Warringah	1:28.08	1:27.50	1
14 Dulcie Thompson	Northern Districts	1:27.35	1:28.03	2
15 Aliya Khan	Cherrybrook	1:39.77	1:29.48	1

Girls U 10 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Hannah Dawson	Northern Districts	1:14.02	1:10.82	2
2 Hana Horii	Mosman	1:17.24	1:13.14	2
3 Meredith Lee	Northern Suburbs	1:19.98	1:13.37	2
4 Juliet Erickson	Hornsby	1:18.02	1:15.31	2
5 Ashley Temple	Ku-Ring-Gai	1:16.58	1:15.32	2
6 Fleur Motteram	Northern Suburbs	1:22.21	1:15.72	1
7 Valerie Pickup	Manly Warringah	1:17.50	1:16.22	2
8 Zara Denney	Ku-Ring-Gai	1:18.77	1:17.88	2
9 Claudia Patfield	Manly Warringah	1:17.75	1:18.12	2
10 Scarlett Harris	Cherrybrook	1:23.24	1:18.91	1
11 Lucy Whitehead	Mosman	1:21.12	1:18.93	1
12 Charlotte Barnsley	Ku-Ring-Gai	1:20.50	1:19.02	1
13 Yazmyn Buonocore	Ryde	1:29.27	1:21.50	1
14 Madeleine Burnett	Ku-Ring-Gai	1:21.61	1:21.70	1
15 Peyton Beerling	Nth Rocks Carlin	1:30.47	1:28.08	1
16 Tiana Wang	Nth Rocks Carlin	1:30.53	1:28.52	1

Girls U 11 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Willow Toll	Manly Warringah	1:09.73	1:08.22	2
2 Alessandra McWilliam	Mosman	1:10.97	1:08.66	2
3 Sienna Wade	Northern Suburbs	1:14.09	1:09.59	2
4 Alexandra Bova	Mosman	1:12.01	1:10.40	2
5 Olivia Loring	Parramatta	1:17.56	1:13.07	2
6 Pilard Shephard	Manly Warringah	1:16.53	1:15.00	2
7 Ridhi Jasrotia	Cherrybrook	1:23.58	1:15.46	1
8 MiaRose Everson	Ryde	1:20.85	1:15.73	1
9 Amelia Mandalinic	Manly Warringah	1:21.38	1:16.01	1
10 Jennifer Toynbee	Northern Districts	1:20.83	1:18.63	1
11 Sylvia Dagg	Cherrybrook	1:23.98	1:19.27	1
12 Sophie Fowler	Ku-Ring-Gai	1:19.58	1:19.74	1
13 Alexis Head	Ryde	1:23.07	1:21.49	1
14 Zayna Rashid	Ku-Ring-Gai	1:18.71	1:24.15	2
15 Lauren Knorr	Manly Warringah	1:21.38	1:28.12	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - 400 Metre Sprint**

Name	Age Centre	Seed	Final	H#
1 Naomi Krajancic	Manly Warringah	1:04.93	1:02.53	2
2 Maddison Ross	Manly Warringah	1:07.03	1:04.77	2
3 Mia Hooton	Ku-Ring-Gai	1:06.12	1:05.52	2
4 Eliza Williams	Manly Warringah	1:10.18	1:06.68	2
5 Olivia Law	Mosman	1:09.35	1:07.38	2
6 Belinda Matthews	Manly Warringah	1:08.95	1:09.28	2
7 Lily Horne	Ku-Ring-Gai	1:14.07	1:10.22	1
8 Tara Gilkeson	Hornsby	1:12.49	1:11.05	1
9 Jada Taylor	Ku-Ring-Gai	1:10.85	1:11.80	2
10 Erin Campbell	Northern Suburbs	1:16.51	1:12.31	1
11 Chelsea Forte	Ku-Ring-Gai	1:12.18	1:12.85	2
12 Sophie Polkinghorne	Nth Rocks Carlin	1:18.42	1:17.03	1
13 Isabella Jurdeczka	Northern Suburbs	1:23.09	1:22.55	1
14 Annalise Boland	Nth Rocks Carlin	1:25.43	1:24.03	1

Girls U 13 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Hannah Storey	Cherrybrook	1:12.73	1:04.84	2
2 Aniela Knight	Northern Districts	1:07.80	1:04.92	2
3 Juliette Cooley	Ryde	1:11.19	1:06.16	2
4 Arabella Lewis	Ku-Ring-Gai	1:07.33	1:06.68	2
5 Indianna Vale	Manly Warringah	1:14.08	1:08.10	2
6 Freya Moore	Manly Warringah	1:10.90	1:10.34	2
7 Isla Anderson	Ryde	1:15.90	1:12.84	1
8 Skye Blair	Manly Warringah	1:13.11	1:12.90	2
9 Reena Son	Northern Suburbs	1:17.39	1:12.93	1
10 Taylor Shandley	Cherrybrook	1:18.11	1:13.76	1
11 Princess Obi	Nth Rocks Carlin	1:17.86	1:14.78	2
12 Amy Maher	Cherrybrook	1:19.05	1:17.12	1

Girls U 14 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Grace Townsend	Manly Warringah	1:02.60	1:00.14	2
2 Charlotte Odowd	Northern Suburbs	1:04.16	1:01.06	2
3 Annika Boys	Northern Suburbs	1:17.35	1:03.67	2
4 Kristina Prizmic	Manly Warringah	1:07.45	1:04.81	2
5 Zara Pawsey	Ryde	1:13.61	1:07.28	2
6 Bronte Tonkin	Northern Districts	1:08.47	1:08.54	2
7 Freya Tonkin	Northern Districts	1:09.13	1:11.10	2
8 Caitlin Shannon	Cherrybrook	1:18.92	1:11.71	1
9 Jojo Pike	Mosman	1:17.77	1:13.16	1

Girls U 15 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Samara Bond	Ku-Ring-Gai	1:01.25	59.25	2
2 Eve Simpson	Manly Warringah	1:03.46	1:01.40	2
3 Rani Sharma	Cherrybrook	1:04.96	1:02.05	2
4 Caitlin Brennan	Nth Rocks Carlin	1:07.31	1:04.29	2
5 Olivia Moresi	Cherrybrook	1:04.93	1:05.58	2
6 Freya Bouman	Manly Warringah	1:09.61	1:06.46	2
7 Madison Mitchell	Cherrybrook	1:09.22	1:08.70	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - 400 Metre Sprint**

8	Sacha Jones	Northern Suburbs	1:10.78	1:09.10	2
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Girls U 17 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Eva Bates	Ku-Ring-Gai	1:02.97	1:02.15	2
2 Kaitlyn Martin	Ryde	1:07.14	1:03.04	2
3 Bella Kachel	Hornsby	1:07.41	1:03.99	2
4 Charlotte Greatrex	Ku-Ring-Gai	1:06.19	1:04.61	2
5 Sarah Hughes-Narborough	Northern Districts	1:08.14	1:06.72	2
6 Jasmine Lowe	Northern Suburbs	1:15.84	1:07.68	1
7 Elysha Pawsey	Ryde	1:14.94	1:08.25	1
8 Alyssa Khaw	Nth Rocks Carlin	1:12.89	1:08.48	1
9 Emma Thomas	Parramatta	1:15.87	1:09.15	1
10 Olivia Lee-Jackson	Ku-Ring-Gai	1:12.00	1:18.99	2

Girls U 8 - 700 Metre Run Pack Start

Name	Age Centre	Seed	Final
1 Aurelia Stewart	Mosman	2:37.98	2:33.94
2 Lucy Turner	Manly Warringah	2:44.93	2:37.65
3 Stella Wade	Northern Suburbs	2:52.75	2:38.36
4 Evelyn Vale	Manly Warringah	2:54.30	2:38.94
5 Amelia Berry	Manly Warringah	2:42.00	2:48.41
6 Stephanie Ross	Northern Districts	2:44.25	2:51.64
7 Jessica Robinson	Northern Suburbs	3:02.91	2:57.14
8 Gisele Camus	Mosman	3:03.52	2:57.50
9 Charlotte Newton	Ku-Ring-Gai	3:05.52	3:03.26
10 Jessica Wood	Manly Warringah	3:09.23	3:06.62
11 Georgia Loveday	Ku-Ring-Gai	3:10.93	3:09.65

Girls U 9 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Lily Dunne	Manly Warringah	3:01.25	2:54.10
2 Katelyn Thorin Dembo	Ku-Ring-Gai	3:14.23	2:56.62
3 Anna Wegener	Cherrybrook	3:11.90	2:57.25
4 Chloe Peaper	Manly Warringah	3:07.43	2:57.78
5 Evie Moore-Mulcahy	Northern Districts	2:57.62	3:00.38
6 Isabelle Lau	Ku-Ring-Gai	3:13.38	3:05.70
7 Caitlin Butler	Manly Warringah	3:14.57	3:06.42
8 Kira Ekers	Ryde	3:22.58	3:09.24
9 Skye Spiden	Ryde	3:24.57	3:10.27
10 Zoe Wallace	Ku-Ring-Gai	3:19.72	3:10.54
11 Eloise Dagg	Cherrybrook	3:16.02	3:10.69
12 Olivie Dlugocz	Mosman	3:25.70	3:11.27
13 Elizabeth Moore	Mosman	3:12.92	3:12.04
14 Ruby Mercer-witenden	Northern Suburbs	3:23.19	3:15.10
15 Dulcie Thompson	Northern Districts	3:15.11	3:24.12

Girls U 10 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Hannah Dawson	Northern Districts	2:47.97	2:44.99
2 Hana Horii	Mosman	2:54.97	2:46.88

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - 800 Metre Run**

3	Meredith Lee	Northern Suburbs	2:57.69	2:47.50
4	Ashley Temple	Ku-Ring-Gai	2:52.30	2:48.24
5	Juliet Erickson	Hornsby	2:53.80	2:51.60
6	Fleur Motteram	Northern Suburbs	3:01.98	2:56.22
7	Zara Denney	Ku-Ring-Gai	3:01.53	3:01.75
8	Claudia Patfield	Manly Warringah	3:10.72	3:04.22
9	Kourtney Holl	Ryde	3:14.62	3:04.47
10	Scarlett Harris	Cherrybrook	3:18.67	3:04.76
11	Gracie Scammell	Mosman	3:07.72	3:06.50
12	Eloise Stuart	Ku-Ring-Gai	3:10.02	3:12.57
13	Penelope Lawton	Manly Warringah	3:16.31	3:13.35
14	Chanya De mel	Cherrybrook	3:28.28	3:14.78

Girls U 11 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Alessandra McWilliam	Mosman	2:38.38	2:34.90
2	Alexandra Bova	Mosman	2:42.50	2:35.03
3	Sienna Wade	Northern Suburbs	2:45.46	2:36.41
4	Anais Biasi	Manly Warringah	2:40.08	2:37.21
5	Isla Bealby	Northern Suburbs	2:48.60	2:44.31
6	Hannah Lambert	Nth Rocks Carlin	2:50.91	2:46.43
7	Elsie Clatworthy	Ku-Ring-Gai	2:42.28	2:47.08
8	Chloe Smith	Mosman	2:51.72	2:54.58
9	Amelia Mandalinic	Manly Warringah	2:49.92	2:56.78
10	Sophie Fowler	Ku-Ring-Gai	2:52.34	2:58.71
11	Lily Brennan	Manly Warringah	2:57.90	3:05.31
12	MiaRose Everson	Ryde	3:11.08	3:13.35

Girls U 12 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Eliza Lawton	Manly Warringah	2:22.54	2:20.46
2	Eliza Williams	Manly Warringah	2:36.02	2:24.52
3	Maddison Ross	Manly Warringah	2:30.69	2:25.04
4	Claudia Wyatt	Cherrybrook	2:40.27	2:30.21
5	Lyla Rigby	Manly Warringah	2:32.92	2:30.75
6	Olivia Law	Mosman	2:34.95	2:31.21
7	Mia Hooton	Ku-Ring-Gai	2:30.39	2:35.12
8	Ella Hooley	Manly Warringah	2:44.20	2:35.50
9	Ivy Kim	Parramatta	2:46.58	2:36.39
10	Aliyah Bennett	Cherrybrook	2:58.80	2:48.63
11	Sophie Polkinghorne	Nth Rocks Carlin	2:56.41	2:54.21
12	Sophie Irvine	Manly Warringah	2:49.78	2:54.47
13	Alison Hubbard	Nth Rocks Carlin	3:02.52	2:59.46

Girls U 13 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Philippa Quarrell	Manly Warringah	2:23.05	2:22.21
2	Lara Hathorn	Manly Warringah	2:30.00	2:24.53
3	Aniela Knight	Northern Districts	2:34.50	2:32.29
4	Katie Bowrey	Parramatta	2:56.21	2:36.04
5	Indianna Vale	Manly Warringah	2:46.50	2:44.40
6	Jessica Loring	Parramatta	2:53.20	2:47.20
7	Skye Blair	Manly Warringah	2:49.58	2:48.46

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 800 Metre Run**

8	Jessica Kulk	Northern Districts	2:53.85	2:49.93
9	Jaanvi Patel	Nth Rocks Carlin	3:02.58	2:53.52
10	Tiffany Fong	Hornsby	3:00.97	2:57.66
11	Taylor Shandley	Cherrybrook	3:16.14	3:00.61
12	Tara Collins	Northern Districts	3:10.75	3:01.66
13	Amy Maher	Cherrybrook	3:18.31	3:05.02

Girls U 14 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Charlotte Odowd	Northern Suburbs	2:39.09	2:27.79
2	Amy Timms	Cherrybrook	2:46.05	2:37.61
3	Ava Gray	Manly Warringah	2:43.99	2:43.40
4	Ella Dunstan	Manly Warringah	2:51.82	2:43.70
5	Bronte Tonkin	Northern Districts	2:44.21	2:44.44
6	Alexandra Pearson	Mosman	2:57.60	2:51.42
7	Freya Tonkin	Northern Districts	3:00.28	2:55.63
8	Ella McGregor	Ryde	3:04.67	3:01.94
9	Caitlin Shannon	Cherrybrook	3:16.32	3:03.85
10	Ally Maclaine	Cherrybrook	3:48.81	3:32.64

Girls U 15 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Zoe Woods	Ku-Ring-Gai	2:21.79	2:20.77
2	Rebecca Solomon	Manly Warringah	2:26.44	2:21.64
3	Rani Sharma	Cherrybrook	2:41.93	2:25.79
4	Amelia Watkins	Ku-Ring-Gai	2:35.42	2:30.39
5	Caitlin Gurney	Cherrybrook	2:50.93	2:42.89
6	Kaley Roach	Parramatta	2:56.60	2:50.80
7	Alicia Leggatt	Ryde	3:06.85	2:53.90
8	Isabella Primrose	Nth Rocks Carlin	3:29.58	3:02.15

Girls U 17 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Mia Fry	Mosman	2:21.10	2:19.18
2	Ingrid Kingsmill	Manly Warringah	2:38.02	2:29.60
3	Georgia Phillips	Ryde	2:35.58	2:30.33
4	Kelsey Smit	Manly Warringah	2:48.16	2:31.94
5	Eloise Boys	Northern Suburbs	2:45.24	2:34.37
6	Jasmine Khiroya	Nth Rocks Carlin	2:45.74	2:39.94
7	Rorie Loo	Nth Rocks Carlin	3:01.03	2:49.13
8	Alyssa Khaw	Nth Rocks Carlin	3:00.28	2:49.28

Girls U 11 - 1500 Metre Run

Name	Age Centre	Seed	Final	
1	Alessandra McWilliam	Mosman	5:27.49	5:17.58
2	Anais Biasi	Manly Warringah	5:29.55	5:19.52
3	Sienna Wade	Northern Suburbs	5:47.65	5:20.15
4	Gemma Dixon	Cherrybrook	5:43.02	5:21.21
5	Alexandra Bova	Mosman	5:33.52	5:21.34
6	Amelia Mandalinic	Manly Warringah	5:39.33	5:31.68
7	Elsie Clatworthy	Ku-Ring-Gai	5:37.19	5:35.60

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 1500 Metre Run**

8	Chloe Smith	Mosman	5:55.00	5:53.63
9	Lily Brennan	Manly Warringah	5:59.33	6:03.87
10	Sophie Fowler	Ku-Ring-Gai	5:59.72	6:04.68
11	Ridhi Jasrotia	Cherrybrook	7:08.89	6:07.68
12	Jennifer Toynbee	Northern Districts	6:13.70	6:17.30
13	Grace Cooley	Ryde	6:55.80	6:25.44
14	MiaRose Everson	Ryde	6:59.78	6:30.35

Girls U 12 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Eliza Lawton	Manly Warringah	4:44.24	4:50.12
2 Eliza Williams	Manly Warringah	5:28.26	5:04.15
3 Lyla Rigby	Manly Warringah	5:10.90	5:07.39
4 Claudia Wyatt	Cherrybrook	5:37.70	5:11.08
5 Maddison Ross	Manly Warringah	5:15.29	5:13.55
6 Ivy Kim	Parramatta	5:23.17	5:13.73
7 Olivia Law	Mosman	6:00.84	5:17.66
8 Belinda Matthews	Manly Warringah	5:28.39	5:22.71
9 Emma Walton	Mosman	5:40.69	5:34.00
10 Ella Hooley	Manly Warringah	5:37.83	5:34.24
11 Sophie Polkinghorne	Nth Rocks Carlin	5:37.97	5:38.75
12 Emma Gorringer	Ryde	6:17.72	5:53.09
13 Sydney Dries	Ku-Ring-Gai	6:13.88	6:00.66
14 Aliyah Bennett	Cherrybrook	6:23.60	6:07.93
15 Alison Hubbard	Nth Rocks Carlin	6:18.45	6:22.45

Girls U 13 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Philippa Quarrell	Manly Warringah	4:57.05	4:50.33
2 Lara Hathorn	Manly Warringah	5:10.17	5:02.29
3 Katie Bowrey	Parramatta	5:55.90	5:21.57
4 Jessica Loring	Parramatta	6:18.56	5:40.08
5 Skye Blair	Manly Warringah	5:50.47	5:49.62
6 Claudia Palmer	Manly Warringah	5:59.44	6:01.17
7 Zoey Loo	Nth Rocks Carlin	6:26.31	6:11.22
8 LuoJia Tang	Nth Rocks Carlin	6:35.91	6:29.64
9 Jenaya Lubrano	Cherrybrook	6:29.47	6:32.30

Girls U 14 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Grace Beck	Ku-Ring-Gai	5:13.55	5:13.15
2 Alexandra Pearson	Mosman	6:00.18	5:41.15
3 Ella McGregor	Ryde	6:15.16	5:46.58
4 Bronte Tonkin	Northern Districts	5:56.19	5:47.02
5 Freya Tonkin	Northern Districts	5:58.16	6:14.91
6 Tahlia Butcher	Parramatta	6:38.77	6:17.04
7 Caitlin Shannon	Cherrybrook	6:41.26	6:19.55
8 Ally Maclaine	Cherrybrook	7:43.21	7:28.21

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 1500 Metre Run**

Name	Age Centre	Seed	Final
1 Zoe Woods	Ku-Ring-Gai	4:50.10	4:46.29
2 Rebecca Solomon	Manly Warringah	4:55.14	4:47.55
3 Amelia Watkins	Ku-Ring-Gai	5:32.21	5:20.82
4 Caitlin Gurney	Cherrybrook	5:53.53	5:48.85

Girls U 17 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Mia Fry	Mosman	4:54.01	4:49.08
2 Ingrid Kingsmill	Manly Warringah	5:13.23	5:03.92
3 Georgia Phillips	Ryde	5:22.22	5:08.81
4 Jasmine Khiroya	Nth Rocks Carlin	5:55.86	5:45.46
5 Rorie Loo	Nth Rocks Carlin	6:24.46	6:05.34

Girls U 13 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Philippa Quarrell	Manly Warringah	10:43.54	10:26.04
2 Lara Hathorn	Manly Warringah	11:09.23	10:45.49
3 Katie Bowrey	Parramatta	12:42.35	11:12.28
4 Jessica Loring	Parramatta	15:26.81	11:44.00
5 Alice Lyng	Hornsby	12:15.21	12:12.05
6 Skye Blair	Manly Warringah	13:03.63	12:24.68
7 Maude Thompson	Northern Districts	14:43.42	13:27.48

Girls U 14 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Grace Beck	Ku-Ring-Gai	11:05.92	10:49.38
2 Amy Timms	Cherrybrook	12:47.24	11:21.88
3 Alexandra Pearson	Mosman	12:51.88	12:17.01
4 Ella McGregor	Ryde	15:34.94	13:16.44

Girls U 15 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Rebecca Solomon	Manly Warringah	10:41.54	10:26.94
2 Summer Sivaraj	Ku-Ring-Gai	12:07.23	11:48.67
3 Caitlin Gurney	Cherrybrook	14:30.02	11:53.83
4 Kaley Roach	Parramatta	15:42.27	13:46.26

Girls U 17 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Ingrid Kingsmill	Manly Warringah	11:27.63	10:39.30
2 Georgia Phillips	Ryde	12:14.57	10:44.58
3 Eloise Boys	Northern Suburbs	13:58.29	11:57.84

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - 60 Metre Hurdles (45cm)**

Name	Age Centre	Seed	Heats	H#
Heats				
1 Sierra Seale	Northern Suburbs	12.65	11.77Q	2
2 Lucy Turner	Manly Warringah	13.16	12.88Q	1
3 Isla Cleland	Mosman	12.97	12.92Q	1
4 Sabella Sewell	Mosman	13.44	13.22Q	2
5 Evelyn Vale	Manly Warringah	13.43	13.15Q	1
6 Sophia Chammaa	Hornsby	14.06	13.27Q	2
7 Anya Keshwara	Ku-Ring-Gai	13.34	13.29q	1
8 Zoey Marando	Ryde	13.27	13.54q	2
9 Khushi Kitageri	Northern Suburbs	14.13	14.05q	2
10 LilyEve Everson	Ryde	13.76	14.11	1
11 Alisa Gundogan	Parramatta	15.45	14.80	2
12 Georgia Chiang	Ku-Ring-Gai	13.64	15.49	2
13 Flora Howard	Manly Warringah	13.31	16.54	2

Girls U 8 - 60 Metre Hurdles (45cm)

Name	Age Centre	Heats	Final
Final			
1 Sierra Seale	Northern Suburbs	11.77	11.30
2 Isla Cleland	Mosman	12.92	12.47
3 Lucy Turner	Manly Warringah	12.88	12.55
4 Sabella Sewell	Mosman	13.22	13.05
5 Georgia Chiang	Ku-Ring-Gai	15.49	13.06
6 Anya Keshwara	Ku-Ring-Gai	13.29	13.08
7 Zoey Marando	Ryde	13.54	13.28
8 Sophia Chammaa	Hornsby	13.27	13.50
9 Evelyn Vale	Manly Warringah	13.15	13.79

Girls U 9 - 60 Metre Hurdles (45cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1 Phoebe Dobson	Manly Warringah	14.72	11.38Q	1
2 Zoe Rudolph	Ku-Ring-Gai	11.99	12.05Q	2
3 Eloise Knorr	Manly Warringah	11.88	11.66Q	1
4 Eliza Bosnic	Ryde	12.76	12.15Q	2
5 Charlotte Fraser	Ryde	12.37	12.21Q	1
6 Lucy Wilson	Manly Warringah	12.07	12.32Q	2
7 Samantha Campbell	Hornsby	12.62	12.31q	1
8 Keira Collins	Manly Warringah	12.51	12.43q	2
9 Lola Francis	Mosman	12.15	12.45	1
10 Imogen Connell	Cherrybrook	12.62	12.48	2
11 Skye Spiden	Ryde	13.33	12.76	1
12 Lily Nguyen	Ku-Ring-Gai	12.63	12.83	1
13 Ruby Mercer-witenden	Northern Suburbs	13.71	13.12	1
14 Gracie O'Leary	Northern Suburbs	13.15	13.20	2
15 Charlotte Doak	Northern Suburbs	14.31	13.55	2

Girls U 9 - 60 Metre Hurdles (45cm)

Name	Age Centre	Heats	Final
Final			
1 Phoebe Dobson	Manly Warringah	11.38	11.52

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 60 Metre Hurdles (45cm)**

2	Eloise Knorr	Manly Warringah	11.66	11.67
3	Eliza Bosnic	Ryde	12.15	11.72
4	Zoe Rudolph	Ku-Ring-Gai	12.05	11.84
5	Charlotte Fraser	Ryde	12.21	11.92
6	Samantha Campbell	Hornsby	12.31	12.17
7	Keira Collins	Manly Warringah	12.43	12.29
8	Lucy Wilson	Manly Warringah	12.32	12.36

Girls U 10 - 60 Metre Hurdles (60cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1	Manvi Arabolu	Ku-Ring-Gai	11.07	10.82Q 1
2	Lucy Whitehead	Mosman	12.10	11.69Q 2
3	Hannah Dawson	Northern Districts	11.91	12.16Q 2
4	Grace Carlton	Hornsby	12.82	12.43Q 1
5	Tyler Taba	Manly Warringah	13.40	12.73Q 2
6	Sophie Mair	Ku-Ring-Gai	12.59	12.77Q 1
7	Mikayli King	Northern Suburbs	13.51	12.86q 1
8	Madison Gatfield-Davis	Manly Warringah	12.94	13.13q 2
9	Jolin Wirianata	Nth Rocks Carlin	12.97	13.27 2
10	Charlize Anson	Ryde	13.65	13.59 2
11	Yazmyn Buonocore	Ryde	13.30	13.65 2
12	Beth Boorman-Franks	Parramatta	13.47	14.33 1
13	Christina Krivozhnya	Cherrybrook	13.26	14.38 1
14	Sophie Tazewell	Parramatta	14.39	14.55 1
15	Maisie Yorke	Mosman	13.19	15.03 1

Girls U 10 - 60 Metre Hurdles (60cm)

Name	Age Centre	Heats	Final
Final			
1	Manvi Arabolu	Ku-Ring-Gai	10.82 11.03
2	Lucy Whitehead	Mosman	11.69 11.59
3	Sophie Mair	Ku-Ring-Gai	12.77 12.19
4	Grace Carlton	Hornsby	12.43 12.36
5	Hannah Dawson	Northern Districts	12.16 12.39
6	Tyler Taba	Manly Warringah	12.73 12.60
7	Mikayli King	Northern Suburbs	12.86 13.01
8	Madison Gatfield-Davis	Manly Warringah	13.13 13.26

Girls U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1	Jacqueline Pawsey	Ryde	15.52	14.59Q 2
2	Gracie Atkins	Manly Warringah	15.58	14.70Q 1
3	Lucia Schnell	Northern Suburbs	15.55	14.88Q 1
4	Catherine Halgreen	Ku-Ring-Gai	15.81	15.35Q 2
5	Sophia Cottrell	Northern Districts	16.59	15.80Q 1
6	Piper O'Sullivan	Manly Warringah	15.86	16.06Q 2
7	Michiko Paul	Cherrybrook	16.60	16.12q 2
8	Amy Campbell	Hornsby	16.91	16.40q 1
9	MiaRose Everson	Ryde	17.51	16.47 2
10	Georgia Birch	Ku-Ring-Gai	16.19	16.66 1
11	Myah Rimmer	Manly Warringah	17.28	17.30 2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 80 Metre Hurdles (60cm)**

12 Sarah Jones	Cherrybrook	18.35	17.67	1
13 Kirrly Sims	Manly Warringah	16.71	17.97	2
14 Ella Hazon	Nth Rocks Carlin	19.47	17.99	2

Girls U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Heats	Final
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Final

1 Jacqueline Pawsey	Ryde	14.59	14.14
2 Gracie Atkins	Manly Warringah	14.70	14.60
3 Lucia Schnell	Northern Suburbs	14.88	14.98
4 Catherine Halgreen	Ku-Ring-Gai	15.35	15.15
5 Michiko Paul	Cherrybrook	16.12	15.53
6 Sophia Cottrell	Northern Districts	15.80	16.12
7 Amy Campbell	Hornsby	16.40	16.13
8 Piper O'Sullivan	Manly Warringah	16.06	16.21

Girls U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Seed	Heats	H#
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Heats

1 Isla Maris	Manly Warringah	14.07	14.20Q	2
2 Lily Hughes	Ku-Ring-Gai	14.98	14.75Q	1
3 Millie Morrison	Mosman	15.43	15.27Q	1
4 Ava Grant	Ku-Ring-Gai	15.78	15.83Q	2
5 Emily Kupceric	Manly Warringah	14.87	15.59Q	1
6 Tara Elizabeth Henwood	Manly Warringah	15.33	16.20Q	2
7 Poppy J Fleet	Manly Warringah	15.65	16.24q	1
8 Laila Burkhardt	Cherrybrook	17.14	16.51q	1
9 Chloe McGregor	Ryde	17.06	16.83	1
10 Bianca Harizanov	Ryde	17.78	17.69	2
11 Annabel Cullen	Nth Rocks Carlin	18.49	17.86	1
12 Heidi Vercoe	Cherrybrook	18.11	17.88	2

Girls U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Heats	Final
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Final

1 Isla Maris	Manly Warringah	14.20	13.63
2 Lily Hughes	Ku-Ring-Gai	14.75	14.65
3 Millie Morrison	Mosman	15.27	14.69
4 Emily Kupceric	Manly Warringah	15.59	14.96
5 Ava Grant	Ku-Ring-Gai	15.83	15.52
6 Poppy J Fleet	Manly Warringah	16.24	15.66
7 Laila Burkhardt	Cherrybrook	16.51	16.25

Girls U 13 - 80 Metre Hurdles (76cm)

Name	Age Centre	Seed	Heats	H#
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Heats

1 Erin Blayney	Northern Suburbs	13.46	13.18Q	2
2 Eden Herring	Hornsby	13.97	14.16Q	1
3 Reena Son	Northern Suburbs	16.26	15.17Q	2
4 Ruby Semaganda	Cherrybrook	15.30	15.35Q	1
5 Princess Obi	Nth Rocks Carlin	19.98	16.11Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 80 Metre Hurdles (76cm)**

6	Chloe Steptoe	Northern Districts	18.98	18.62Q	1
7	Carys Byrnes	Nth Rocks Carlin	17.33	16.40q	2
8	Kyrah McMahon	Northern Districts	19.30	18.75q	2
9	Tara Collins	Northern Districts	20.55	19.79	1

Girls U 13 - 80 Metre Hurdles (76cm)

Name	Age	Centre	Heats	Final
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Final

1	Erin Blayne	Northern Suburbs	13.18	12.98
2	Eden Herring	Hornsby	14.16	13.93
3	Ruby Semaganda	Cherrybrook	15.35	14.76
4	Reena Son	Northern Suburbs	15.17	15.11
5	Princess Obi	Nth Rocks Carlin	16.11	16.00
6	Carys Byrnes	Nth Rocks Carlin	16.40	16.05
7	Chloe Steptoe	Northern Districts	18.62	18.81

Girls U 14 - 80 Metre Hurdles (76cm)

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Catherine Mikan	Northern Suburbs	13.59	13.41Q	1
2	Grace Townsend	Manly Warringah	13.15	13.54Q	2
3	Sienna KupcERIC	Manly Warringah	14.02	13.79Q	1
4	Annika Boys	Northern Suburbs	14.49	13.97Q	2
5	Zara Pawsey	Ryde	15.02	14.23Q	1
6	Gabriela Marczyk	Northern Suburbs	15.25	14.33Q	2
7	Gemma McIntosh	Ku-Ring-Gai	14.47	14.51q	2
8	Lani Khiroya	Nth Rocks Carlin	15.00	14.75q	1
9	Michaela Couper	Hornsby	15.12	15.00	2
10	Ava Mitchell	Northern Districts	17.30	16.76	1

Girls U 14 - 80 Metre Hurdles (76cm)

Name	Age	Centre	Heats	Final
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Final

1	Catherine Mikan	Northern Suburbs	13.41	13.18
2	Grace Townsend	Manly Warringah	13.54	13.24
3	Sienna KupcERIC	Manly Warringah	13.79	13.75
4	Gemma McIntosh	Ku-Ring-Gai	14.51	13.90
5	Zara Pawsey	Ryde	14.23	13.91
6	Annika Boys	Northern Suburbs	13.97	13.92
7	Lani Khiroya	Nth Rocks Carlin	14.75	14.35
7	Gabriela Marczyk	Northern Suburbs	14.33	14.35

Girls U 15 - 90 Metre Hurdles (76cm)

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Sarah-anne Koot	Cherrybrook	15.20	14.34Q	1
2	Madison Mitchell	Cherrybrook	16.28	15.46Q	2
3	Veda Arabolu	Ku-Ring-Gai	17.23	17.22Q	2
4	Summer Sivaraj	Ku-Ring-Gai	17.42	17.32Q	1
5	Anesha Busingye	Nth Rocks Carlin	19.63	18.96Q	1
6	Leila Broadley	Hornsby	20.81	18.97Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - 90 Metre Hurdles (76cm)**

7 Rachel Price	Cherrybrook	20.53	18.97q	1
8 Hariclia Leah Kolosakas	Nth Rocks Carlin	19.97	19.20q	2
9 Isabelle Pericaud	Parramatta	22.39	20.01	2
10 Elise Murray	Parramatta	20.49	20.03	1

Girls U 15 - 90 Metre Hurdles (76cm)

Name	Age Centre	Heats	Final
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Final

1 Sarah-anne Koot	Cherrybrook	14.34	14.35
2 Madison Mitchell	Cherrybrook	15.46	15.11
3 Veda Arabolu	Ku-Ring-Gai	17.22	16.52
4 Summer Sivaraj	Ku-Ring-Gai	17.32	17.12
5 Hariclia Leah Kolosakas	Nth Rocks Carlin	19.20	18.52
6 Anesha Busingye	Nth Rocks Carlin	18.96	18.55
7 Rachel Price	Cherrybrook	18.97	18.69
8 Leila Broadley	Hornsby	18.97	18.97

Girls U 17 - 100 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
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1 Talia Kupceric	Manly Warringah	14.69	15.06
2 Charlotte Greatrex	Ku-Ring-Gai	16.98	16.34
3 Lucy Hill	Northern Suburbs	17.78	16.62
4 Eva Bates	Ku-Ring-Gai	16.88	16.99
5 Mikayla Kelleher	Ryde	17.93	17.42
6 Chloe Krklinski	Parramatta	19.36	18.16

Girls U 13 - 200 Metre Hurdles (68cm)

Name	Age Centre	Seed	Final	H#
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1 Erin Blayney	Northern Suburbs	33.38	30.50	2
2 Eden Herring	Hornsby	32.26	32.64	2
3 Kyrah McMahon	Northern Districts	37.51	33.87	2
4 Catherine Tang	Hornsby	35.69	34.37	2
5 Ava Prentice	Manly Warringah	34.76	34.88	2
6 Annabelle Twyman	Northern Suburbs	41.72	35.21	1
7 Chiara Ewing	Parramatta	39.75	36.98	1
8 Chloe Steptoe	Northern Districts	40.30	37.81	1
9 Isla Anderson	Ryde	38.15	37.92	1
10 Ella Drinkwater	Northern Suburbs	36.78	38.51	2
11 Luojia Tang	Nth Rocks Carlin	42.22	41.58	1

Girls U 14 - 200 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final	H#
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1 Grace Townsend	Manly Warringah	30.29	29.27	2
2 Catherine Mikan	Northern Suburbs	31.56	30.03	2
3 Annika Boys	Northern Suburbs	32.19	31.01	2
4 Caitlin Russell	Cherrybrook	34.40	31.44	2
5 Zara Pawsey	Ryde	33.51	32.25	2
6 Lani Khiroya	Nth Rocks Carlin	34.30	32.37	2
7 Charlotte Nagle	Ryde	34.22	32.61	2
8 Akari Vanderwolf	Northern Suburbs	37.46	34.49	1
9 Gabriela Marczyk	Northern Suburbs	33.91	34.61	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - 200 Metre Hurdles (76cm)**

10 Jojo Pike	Mosman	34.56	34.62	1
11 Elizabeth Toynbee	Northern Districts	36.61	38.28	1

Girls U 15 - 300 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Madison Mitchell	Cherrybrook	54.29	48.26
2 Sarah-anne Koot	Cherrybrook	51.19	48.37
3 Caitlin Brennan	Nth Rocks Carlin	52.40	50.43
4 Veda Arabolu	Ku-Ring-Gai	52.20	52.16
5 Sacha Jones	Northern Suburbs	57.01	53.81
6 Rachel Price	Cherrybrook	1:05.75	55.97

Girls U 17 - 300 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final	H#
1 Talia KupcERIC	Manly Warringah	44.60	44.22	2
2 Lucy Scholtens	Manly Warringah	45.99	45.54	2
3 Eva Bates	Ku-Ring-Gai	48.29	47.18	2
4 Charlotte Greatrex	Ku-Ring-Gai	49.21	47.63	2
5 Kaitlyn Martin	Ryde	51.35	49.43	2
6 Lucy Hill	Northern Suburbs	52.57	49.75	2
7 Annabel Macdonald	Ryde	54.28	49.94	2
8 Chloe Krklinski	Parramatta	55.82	53.52	1

Girls U 11-12 100 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Gemma Sellick (T/F46)	Manly Warringah		16.21

Girls U 15-17 100 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Sybella Warton (T/F37)	Manly Warringah		15.81

Girls U 11-12 200 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Gemma Sellick (T/F46)	Manly Warringah		32.46

Girls U 15-17 200 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Sybella Warton (T/F37)	Manly Warringah		32.81

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

Centre	Seed	Final
1 Manly Warringah 1) Lily Dunne 9 3) Willow Toll 11	2) Ciara Faulkner 10 4) Naomi Krajancic 12	58.92
2 Ku-Ring-Gai		59.62

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9-12 4x100 Metre Relay (Jnr)**

1) Camilla Roderick 9	2) Jada Taylor 12	
3) Ella Achike 10	4) Sienna Vassella 11	
3 Northern Districts		1:00.95
1) Hannah Dawson 10	2) Sophia Cottrell 11	
3) Alyssa Holmes 12	4) Evie Moore-Mulcahy 9	
4 Northern Suburbs		1:01.33
1) Zoe Thompson 9	2) Annah Bratton 11	
3) Tanya Graham 12	4) Millie Lim 10	
5 Parramatta		1:02.93
1) Claire Fetrie 9	2) Clara Fetrie 12	
3) Naduli kariyawasam 11	4) Beth Boorman-Franks 10	
6 North Rocks Carlingford		1:03.86
1) Selina Lewanavanua 9	2) Jolin Wirianata 10	
3) Hannah Lambert 11	4) Evana Butler 12	

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

Centre	Seed	Final
1 Manly Warringah		50.27
1) Kaitlinn Dunne 13	2) Sienna KupcERIC 14	
3) Matilda Vial 15	4) Gabriella Taylor 17	
2 Ku-Ring-Gai		50.66
1) Olivia Achike 13	2) Maia Madden Khan 15	
3) Gemma McIntosh 14	4) Sienna Bond 17	
3 Cherrybrook		52.40
1) Sophie Durheim 13	2) Caitlin Russell 14	
3) Madison Mitchell 15	4) Tara Webb 17	
4 Northern Suburbs		53.01
1) Erin Blayne 13	2) Catherine Mikan 14	
3) Isabella Longley 14	4) Jasmine Lowe 17	
5 Parramatta		53.05
1) Tianna Bertolissio 15	2) Amelia Steventon 14	
3) Lisara Seneviratne 13	4) Bronte Locane 14	
6 Hornsby		53.79
1) Eden Herring 13	2) Bella Kachel 17	
3) Bianca Case 15	4) Michaela Couper 14	

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

Name	Age Centre	Seed	Final
1 Amity Batchler	Manly Warringah	1.11m	1.13m
2 Zoe Rudolph	Ku-Ring-Gai	1.05m	1.11m
3 Eloise Knorr	Manly Warringah	1.03m	1.03m
4 Imogen Connell	Cherrybrook	1.02m	1.01m
5 Taylor Green	Ku-Ring-Gai	0.99m	0.97m
6 Eliza Bosnic	Ryde	0.90m	0.95m
7 Adalia Schipilliti	Manly Warringah	0.90m	0.90m
8 Olivie Dlugocz	Mosman	0.90m	J0.90m
9 Anieke Coetsee	Manly Warringah	0.90m	J0.90m
10 Olivia Lalor	Cherrybrook	0.82m	J0.90m
11 Charlotte Godfrey	Mosman	0.90m	J0.90m
12 Charlotte Stuart	Ku-Ring-Gai	0.90m	0.85m
-- Sarah Lettice	Cherrybrook	0.92m	NH

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - High Jump (S/H 0.95m)**

Name	Age Centre	Seed	Final
1 Manvi Arabolu	Ku-Ring-Gai	1.17m	1.20m
2 Emma Knight	Manly Warringah	1.09m	1.14m
3 Harmony Satchithanathan	Ku-Ring-Gai	1.13m	J1.14m
4 Nina Parkinson	Mosman	1.09m	1.10m
5 Lesieli Moala	Ryde	1.10m	1.05m
6 Sasha Grant	Mosman	1.00m	J1.05m
7 Bonnie Castellas	Northern Suburbs	1.08m	J1.05m
7 Georgia Warr	Manly Warringah	1.00m	J1.05m
9 Julia Perry	Nth Rocks Carlin	1.00m	J1.05m
10 Ashleigh Mansell	Cherrybrook	1.02m	1.00m
11 Lily Aroyan	Parramatta	1.02m	J1.00m
12 Molly Miller	Manly Warringah	1.07m	0.95m
13 Peyton Beerling	Nth Rocks Carlin	1.02m	J0.95m

Girls U 11 - High Jump (S/H 1.05m)

Name	Age Centre	Seed	Final
1 Hannah Lambert	Nth Rocks Carlin	1.34m	1.28m
2 Annah Bratton	Northern Suburbs	1.18m	1.26m
3 Jacqueline Pawsey	Ryde	1.32m	1.24m
4 Maddison Barratt	Northern Districts	1.15m	1.15m
5 Myah Rimmer	Manly Warringah	1.15m	J1.15m
6 Grace Bartlett	Ku-Ring-Gai	1.21m	J1.15m
7 Eden McNaughtan	Manly Warringah	1.21m	J1.15m
8 Bronte Nagle	Ryde	1.05m	1.10m
9 Georgia Birch	Ku-Ring-Gai	1.15m	J1.10m
10 Gracie Atkins	Manly Warringah	1.17m	1.05m

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

Name	Age Centre	Seed	Final
1 Ava Grant	Ku-Ring-Gai	1.32m	1.33m
2 Hayley Loreto-Dicks	Ku-Ring-Gai	1.30m	1.31m
3 Millie Morrison	Mosman	1.40m	J1.31m
4 Chelsea Forte	Ku-Ring-Gai	1.25m	J1.31m
5 Isla Maris	Manly Warringah	1.34m	1.27m
6 Nisini Rajapaksha Mudiya	Cherrybrook	1.26m	1.25m
7 Laila Burkhardt	Cherrybrook	1.26m	1.20m
7 Bianca Harizanov	Ryde	1.24m	1.20m
9 Isla Stewart	Ku-Ring-Gai	1.25m	J1.20m
10 Chloe McGregor	Ryde	1.20m	1.15m
11 Heidi Vercoe	Cherrybrook	1.15m	J1.15m
12 Zara Dunn	Ryde	1.15m	J1.15m

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

Name	Age Centre	Seed	Final
1 Ruby Semaganda	Cherrybrook	1.38m	1.44m
2 Sophie Durheim	Cherrybrook	1.36m	1.42m
3 Emilia Webb	Ryde	1.40m	1.38m
4 Lily Scahill	Nth Rocks Carlin	1.25m	1.32m
5 Isabella Scaturchio	Manly Warringah	1.25m	1.30m
6 Indianna Vale	Manly Warringah	1.25m	1.20m
7 Taylor Shandley	Cherrybrook	1.34m	J1.20m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****...Girls U 13 - High Jump (S/H 1.20m)**

-- Annabelle Twyman	Northern Suburbs	1.20m	NH
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Girls U 14 - High Jump (S/H 1.25m)

Name	Age Centre	Seed	Final
1 Grace Townsend	Manly Warringah	1.60m	1.58m
2 Lani Khiroya	Nth Rocks Carlin	1.40m	1.56m
3 Annika Boys	Northern Suburbs	1.50m	1.50m
4 Jessica Koussas	Ryde	1.45m	J1.50m
5 Zara Pawsey	Ryde	1.40m	1.46m
6 Kristina Prizmic	Manly Warringah	1.42m	1.42m
7 Gabriela Marczyk	Northern Suburbs	1.30m	1.35m
8 Freya Tonkin	Northern Districts	1.30m	1.30m

Girls U 15 - High Jump (S/H 1.25m)

Name	Age Centre	Seed	Final
1 Olivia Moresi	Cherrybrook	1.60m	1.67m
2 Erin Heraghty	Manly Warringah	1.57m	1.53m
3 Catrine Atherton	Manly Warringah	1.53m	J1.53m
4 Lana Waddingham	Northern Districts	1.49m	1.49m
5 Ruby Perkins	Northern Suburbs	1.37m	1.45m
6 Jessica Johnston	Ryde	1.25m	1.39m
-- Isabelle Pericaud	Parramatta	1.25m	NH

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

Name	Age Centre	Seed	Final
1 Viktorija Calusic	Cherrybrook	1.60m	1.65m
2 Sophie Hanna	Manly Warringah	1.52m	1.60m
3 Talia Kupceric	Manly Warringah	1.68m	J1.60m
4 Shayla Gleeson	Northern Districts	1.40m	1.50m
5 Chloe Krklinski	Parramatta	1.43m	J1.50m
6 Charlotte Blair	Northern Districts	1.44m	1.47m
7 Nikki McCrostie	Cherrybrook	1.45m	J1.47m
8 Olivia Lee-Jackson	Ku-Ring-Gai	1.40m	1.40m
9 Claudia Endicott	Ku-Ring-Gai	1.35m	1.35m

Girls U 8 - Long Jump

Name	Age Centre	Seed	Final
1 Sierra Seale	Northern Suburbs	3.25m	3.30m
2 Lucy Turner	Manly Warringah	3.09m	3.14m
3 LilyEve Everson	Ryde	2.82m	3.03m
4 Laura Bosly	Northern Suburbs	2.91m	2.92m
5 Josephine Han	Manly Warringah	3.18m	2.88m
6 Flora Howard	Manly Warringah	2.85m	2.83m
7 Jasmine Gong	Ku-Ring-Gai	2.86m	2.81m
8 Ajabu Gebhard	Northern Suburbs	2.64m	2.76m
9 Ayla Davis	Manly Warringah	2.72m	2.70m
10 Amelia Berry	Manly Warringah	2.95m	2.64m
11 Aurelia Stewart	Mosman	2.99m	2.63m
12 Indiana Mitchell	Ryde	2.89m	2.61m
13 Jessica Robinson	Northern Suburbs	2.77m	2.54m
14 Matilda Brookes	Northern Districts	2.63m	2.50m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - Long Jump**

15 Nancy Barlow	Ryde	2.65m	2.42m
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Girls U 9 - Long Jump

Name	Age Centre	Seed	Final
1 Amity Batchler	Manly Warringah	3.53m	3.46m
2 Zoe Rudolph	Ku-Ring-Gai	3.30m	3.36m
3 Camilla Roderick	Ku-Ring-Gai	2.96m	3.32m
4 Amelie Bartlett	Mosman	3.05m	3.21m
5 Anieke Coetsee	Manly Warringah	3.02m	3.14m
6 Charlotte Fraser	Ryde	3.04m	3.10m
7 Lily Nguyen	Ku-Ring-Gai	3.06m	3.08m
8 Lola Francis	Mosman	3.21m	J3.08m
9 Sophie Arblaster	Northern Suburbs	3.12m	2.99m
10 Caitlin Butler	Manly Warringah	2.93m	2.95m
11 Claudia Birrell	Ku-Ring-Gai	2.92m	2.92m
12 Freya Tilling	Manly Warringah	3.13m	2.89m
13 Charlotte Doak	Northern Suburbs	2.86m	2.87m
14 Aliya Khan	Cherrybrook	2.87m	2.69m
15 Sarah Lettice	Cherrybrook	2.60m	2.62m
16 Olivia Lalor	Cherrybrook	2.60m	2.50m

Girls U 10 - Long Jump

Name	Age Centre	Seed	Final
1 Manvi Arabolu	Ku-Ring-Gai	4.12m	4.23m
2 Maddie Burge	Northern Suburbs	3.68m	3.98m
3 Madison Tabrett	Cherrybrook	3.80m	3.92m
4 Christina Krivozhnya	Cherrybrook	3.60m	3.56m
5 Millie Lim	Northern Suburbs	3.22m	3.53m
6 Hana Horii	Mosman	3.41m	3.47m
7 Sophie Mair	Ku-Ring-Gai	3.39m	3.36m
8 Meredith Lee	Northern Suburbs	3.43m	3.35m
9 Zara Connor	Ku-Ring-Gai	3.28m	3.33m
10 Zara Denney	Ku-Ring-Gai	3.59m	3.26m
11 Yazmyn Buonocore	Ryde	3.36m	3.16m
12 Amara Tsen-Braddock	Ryde	3.25m	3.15m
13 Amelia Dubsky	Hornsby	3.18m	3.14m
14 Sophie Tazewell	Parramatta	3.27m	3.02m
15 Ashleigh Mansell	Cherrybrook	3.25m	2.96m
16 Abigail Wigham	Cherrybrook	3.23m	2.95m

Girls U 11 - Long Jump

Name	Age Centre	Seed	Final
1 Hannah Lambert	Nth Rocks Carlin	4.00m	4.06m
2 Annah Bratton	Northern Suburbs	3.99m	4.02m
3 Olivia Loring	Parramatta	4.22m	3.94m
4 Pippa Burke	Cherrybrook	3.82m	3.78m
5 Piper O'Sullivan	Manly Warringah	3.84m	3.76m
6 Willow Toll	Manly Warringah	3.69m	3.59m
7 Amelia Wilson	Manly Warringah	3.39m	3.56m
8 Gracie Atkins	Manly Warringah	3.37m	3.43m
9 Amelia Nicholls	Ku-Ring-Gai	3.31m	3.21m
10 Michiko Paul	Cherrybrook	3.54m	3.06m
11 Annika Henry	Ku-Ring-Gai	3.36m	3.04m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - Long Jump**

12	Bella Fraser	Ryde	3.41m	3.03m
13	Sophia Cottrell	Northern Districts	3.31m	2.95m
14	Lucia Schnell	Northern Suburbs	3.77m	2.70m
15	Anna Moresi	Cherrybrook	3.27m	2.54m

Girls U 12 - Long Jump

Name	Age	Centre	Seed	Final	
1	Amalia	Bond	Ku-Ring-Gai	4.82m	4.58m
2	Liesel	Walsh	Hornsby	3.79m	4.15m
3	Nisini	Rajapaksha Mudiya	Cherrybrook	4.19m	4.14m
4	Jada	Taylor	Ku-Ring-Gai	4.20m	4.13m
5	Ruby	Atherton	Mosman	3.96m	4.00m
6	Erin	Dunne	Manly Warringah	3.67m	3.98m
7	Tanya	Graham	Northern Suburbs	3.86m	3.90m
8	Eve	Clark	Ku-Ring-Gai	3.85m	3.85m
9	Chelsea	Forte	Ku-Ring-Gai	3.82m	3.77m
10	Ava	Grant	Ku-Ring-Gai	3.69m	3.76m
11	Chloe	McGregor	Ryde	3.76m	3.75m
12	Alannah	Pryor	Northern Districts	3.75m	3.65m
13	Millie	Morrison	Mosman	3.78m	3.59m
14	Laila	Burkhardt	Cherrybrook	3.86m	3.57m
15	Heidi	Vercoe	Cherrybrook	3.66m	3.45m

Girls U 13 - Long Jump

Name	Age	Centre	Seed	Final	
1	Matilda	Harrison	Ku-Ring-Gai	4.69m	4.61m
2	Lisara	Seneviratne	Parramatta	4.60m	4.52m
3	Sofia	Ehnbom	Manly Warringah	4.61m	4.49m
4	Sophie	Durheim	Cherrybrook	4.61m	4.46m
5	Olivia	Achike	Ku-Ring-Gai	4.44m	4.40m
6	Kyrah	McMahon	Northern Districts	4.01m	4.39m
7	Eden	Herring	Hornsby	4.09m	4.25m
8	Tayah	Rubes	Manly Warringah	3.89m	4.13m
9	Ruby	Semaganda	Cherrybrook	4.33m	4.12m
10	Isabelle	Green	Ku-Ring-Gai	3.87m	4.09m
11	Aniela	Knight	Northern Districts	4.07m	3.97m
12	Emilia	Webb	Ryde	4.11m	3.63m
13	Layla	Tawbe	Cherrybrook	3.77m	3.61m
14	Taylor	Shandley	Cherrybrook	3.85m	3.52m

Girls U 14 - Long Jump

Name	Age	Centre	Seed	Final	
1	Grace	Townsend	Manly Warringah	4.79m	5.19m
2	Lani	Khroya	Nth Rocks Carlin	4.87m	5.18m
3	Catherine	Mikan	Northern Suburbs	4.86m	4.99m
4	Alessandra	Rounsley	Manly Warringah	4.65m	4.87m
5	Isabella	Longley	Northern Suburbs	4.58m	4.71m
6	Mila	Burdett	Nth Rocks Carlin	4.31m	4.50m
7	Amber	Jobson	Ku-Ring-Gai	4.27m	4.40m
8	Zaara	Yip	Nth Rocks Carlin	4.29m	4.32m
9	Zara	Pawsey	Ryde	4.50m	4.31m
10	Aqua	Fisher	Northern Suburbs	4.28m	4.22m
11	Elizabeth	Toynbee	Northern Districts	3.72m	4.10m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - Long Jump**

12 Bronte Tonkin	Northern Districts	3.67m	4.05m
13 Jojo Pike	Mosman	4.12m	4.00m
14 Gemma McIntosh	Ku-Ring-Gai	4.25m	3.86m
15 Ava Mitchell	Northern Districts	3.66m	3.62m
16 Akari Vanderwolf	Northern Suburbs	3.98m	3.47m

Girls U 15 - Long Jump

Name	Age Centre	Seed	Final
1 Tara Hollyoak	Manly Warringah	5.16m	5.38m
2 Sarah-anne Koot	Cherrybrook	4.80m	5.14m
3 Maia Madden Khan	Ku-Ring-Gai	5.30m	5.12m
4 Isabella Azizi	Northern Suburbs	4.88m	4.94m
5 Olivia Moresi	Cherrybrook	5.04m	4.90m
6 Veda Arabolu	Ku-Ring-Gai	4.63m	4.81m
7 Madison Mitchell	Cherrybrook	4.67m	4.57m
8 Ruby Perkins	Northern Suburbs	4.42m	4.51m
9 Nellie Bealby	Northern Suburbs	4.22m	4.26m
10 Eliza Matthews	Nth Rocks Carlin	3.98m	4.11m
11 Elise Oliver	Northern Districts	4.27m	4.09m
12 Elise Murray	Parramatta	4.23m	4.08m

Girls U 17 - Long Jump

Name	Age Centre	Seed	Final
1 Sienna Bond	Ku-Ring-Gai	5.73m	5.87m
2 Tara Webb	Cherrybrook	5.51m	5.40m
3 Nikki McCrostie	Cherrybrook	4.72m	4.94m
4 Kelsey Smit	Manly Warringah	4.80m	4.91m
5 Mikayla Kelleher	Ryde	4.87m	4.70m
6 Sophie Hanna	Manly Warringah	4.43m	4.70m
7 Aliana Moala	Ryde	4.96m	4.62m
8 Jasmine Khiroya	Nth Rocks Carlin	4.57m	4.53m
9 Orlaith Keogh	Ku-Ring-Gai	4.29m	4.47m
10 Kaitlyn Martin	Ryde	4.73m	4.39m
11 Maddison Duncombe	Ryde	4.71m	4.37m
12 Claudia Endicott	Ku-Ring-Gai	4.37m	4.21m

Girls U 11 - Triple Jump

Name	Age Centre	Seed	Final
1 Hannah Lambert	Nth Rocks Carlin	9.00m	9.03m
2 Olivia Loring	Parramatta	8.84m	8.86m
3 Gracie Atkins	Manly Warringah	8.36m	8.82m
4 Annah Bratton	Northern Suburbs	8.50m	8.42m
5 Piper O'Sullivan	Manly Warringah	8.02m	8.40m
6 Amelia Wilson	Manly Warringah	8.51m	8.39m
7 Jacqueline Pawsey	Ryde	8.48m	8.22m
8 Maddison Barratt	Northern Districts	8.03m	7.77m
9 Bella Fraser	Ryde	8.24m	7.73m
10 Amy Campbell	Hornsby	7.64m	7.69m
11 Jennifer Toynbee	Northern Districts	7.07m	7.25m
12 Pippa Burke	Cherrybrook	6.90m	7.23m
13 Collette Lumley	Northern Suburbs	6.99m	6.84m
14 Elana Smith	Mosman	6.77m	6.05m
-- Eden McNaughtan	Manly Warringah	7.63m	FOUL

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - Triple Jump**

Name	Age Centre	Seed	Final
1 Isla Maris	Manly Warringah	8.99m	9.28m
2 Naomi Krajanic	Manly Warringah	9.35m	9.24m
3 Erin Dunne	Manly Warringah	8.58m	8.70m
3 Nisini Rajapaksha Mudiya	Cherrybrook	8.73m	8.70m
5 Evana Butler	Nth Rocks Carlin	8.07m	8.57m
6 Alyssa Holmes	Northern Districts	8.86m	8.55m
7 Seren D'Souza	Hornsby	8.01m	7.81m
8 Chloe McGregor	Ryde	7.92m	7.77m
9 Sophie Polkinghorne	Nth Rocks Carlin	7.22m	7.15m
10 Sofia Gasparini	Parramatta	7.46m	7.08m
11 Annalise Boland	Nth Rocks Carlin	7.10m	6.96m
12 Charlotte Butler	Parramatta	6.36m	6.87m
13 Alison Hubbard	Nth Rocks Carlin	7.47m	6.62m

Girls U 13 - Triple Jump

Name	Age Centre	Seed	Final
1 Eden Herring	Hornsby	9.80m	9.72m
2 Lisara Seneviratne	Parramatta	9.16m	9.60m
3 Ruby Semaganda	Cherrybrook	9.70m	9.53m
4 Olivia Achike	Ku-Ring-Gai	9.42m	9.45m
5 Erin Blayney	Northern Suburbs	9.55m	9.31m
6 Sophie Durheim	Cherrybrook	9.43m	9.30m
7 Aniela Knight	Northern Districts	9.17m	9.29m
8 Emilia Webb	Ryde	8.95m	8.99m
9 Isla Honor	Northern Districts	8.93m	8.18m
10 Carys Byrnes	Nth Rocks Carlin	8.16m	8.04m
11 Isabelle Green	Ku-Ring-Gai	8.83m	7.99m
12 Alisha Katafono	Parramatta	7.91m	7.43m

Girls U 14 - Triple Jump

Name	Age Centre	Seed	Final
1 Catherine Mikan	Northern Suburbs	10.62m	10.92m
2 Lani Khiroya	Nth Rocks Carlin	10.27m	10.55m
3 Grace Townsend	Manly Warringah	10.67m	10.33m
4 Isabella Longley	Northern Suburbs	9.49m	10.03m
5 Alessandra Rounsley	Manly Warringah	9.77m	9.69m
6 Zaara Yip	Nth Rocks Carlin	9.27m	9.40m
7 Jojo Pike	Mosman	9.35m	9.32m
8 Grace Bosly	Northern Suburbs	8.80m	9.16m
9 Freya Tonkin	Northern Districts	8.44m	8.97m
10 Akari Vanderwolf	Northern Suburbs	8.68m	8.81m
11 Bronte Tonkin	Northern Districts	8.40m	8.80m
12 Kristina Prizmic	Manly Warringah	8.90m	8.74m
13 Elizabeth Toynbee	Northern Districts	8.03m	8.46m
14 Ava Mitchell	Northern Districts	8.55m	8.24m
15 Rithaja Sankaran	Nth Rocks Carlin	8.05m	8.16m

Girls U 15 - Triple Jump

Name	Age Centre	Seed	Final
1 Tara Hollyoak	Manly Warringah	10.61m	10.87m
2 Madison Mitchell	Cherrybrook	10.24m	10.68m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - Triple Jump**

3	Isabella Azizi	Northern Suburbs	9.99m	10.43m
4	Veda Arabolu	Ku-Ring-Gai	10.16m	9.99m
5	Amelia Watkins	Ku-Ring-Gai	9.58m	9.80m
6	Ruby Perkins	Northern Suburbs	9.77m	9.76m
7	Anesha Busingye	Nth Rocks Carlin	9.04m	9.35m
8	Ashlee O'Reilly	Manly Warringah	9.16m	9.11m
9	Eliza Matthews	Nth Rocks Carlin	9.17m	8.82m
10	Claudia Barlow	Ryde	8.42m	8.41m

Girls U 17 - Triple Jump

Name	Age Centre	Seed	Final
1 Tara Webb	Cherrybrook	10.98m	10.86m
2 Sophie Hanna	Manly Warringah	10.52m	10.77m
3 Kelsey Smit	Manly Warringah	10.32m	10.24m
4 Mikayla Kelleher	Ryde	9.86m	9.95m
5 Orlaith Keogh	Ku-Ring-Gai	9.62m	9.85m
6 Aliana Moala	Ryde	9.83m	9.60m
7 Sarah Kuang	Ryde	8.69m	8.52m
8 Hirandi kariyawasam	Parramatta	8.29m	8.26m

Girls U 8 - Shot Put (1.5 Kg)

Name	Age Centre	Seed	Final
1 Olivia Moala	Ryde	5.79m	6.10m
2 Ayla Davis	Manly Warringah	4.92m	4.90m
3 Alyra Rogers	Manly Warringah	3.84m	4.85m
4 Stella Wade	Northern Suburbs	4.40m	4.57m
5 Gabriella Fainga'anuku	Mosman	4.35m	4.49m
6 Eloise Moran	Ryde	3.98m	4.36m
7 Florence Morgan	Manly Warringah	4.56m	4.32m
8 Beth Cochrane	Northern Districts	4.24m	4.27m
9 Mackenzie Laslett	Ku-Ring-Gai	3.38m	4.02m
10 Matilda Brookes	Northern Districts	4.22m	3.77m
11 Nancy Barlow	Ryde	3.71m	3.47m
12 Audrey Smith	Ryde	4.11m	3.46m
13 Maia Escribano	Manly Warringah	3.61m	3.27m
14 Astrid Lumley	Northern Suburbs	3.33m	3.07m
15 Jasmine Gong	Ku-Ring-Gai	3.93m	2.90m
16 Jessica Wood	Manly Warringah	3.40m	2.06m

Girls U 9 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Claire Fetrie	Parramatta	5.33m	5.75m
2 Dulcie Thompson	Northern Districts	4.87m	5.58m
3 Imogen Connell	Cherrybrook	5.40m	5.53m
4 Amelie Bartlett	Mosman	4.94m	5.49m
5 Gracie O'Leary	Northern Suburbs	4.80m	5.22m
6 Angel Obi	Nth Rocks Carlin	4.30m	5.15m
7 Lily Nguyen	Ku-Ring-Gai	4.86m	5.01m
8 Keira Collins	Manly Warringah	4.25m	4.89m
9 Eloise Knorr	Manly Warringah	4.43m	4.54m
10 Eva Langley	Manly Warringah	4.40m	4.40m
11 Gwenevieve Darby	Cherrybrook	4.33m	4.33m
12 Florence Webb	Ryde	4.77m	4.12m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - Shot Put (2.0 Kg)**

13 Anna Sarkodee	Ku-Ring-Gai	3.81m	4.11m
14 Chloe McCulloch	Ku-Ring-Gai	4.48m	3.87m
15 Zoe Tanner	Ryde	4.21m	3.82m

Girls U 10 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Claire Fisher	Ku-Ring-Gai	7.40m	7.43m
2 Hayley Laslett	Ku-Ring-Gai	7.25m	7.15m
3 Charlotte Barnsley	Ku-Ring-Gai	6.53m	6.30m
4 Alice Larbey	Manly Warringah	5.75m	6.06m
5 Emily Horsley	Cherrybrook	5.69m	5.70m
6 Sophie Yeomans	Ryde	5.30m	5.56m
7 Scarlett Owers	Northern Districts	5.54m	5.37m
8 Rosalie Borchert	Manly Warringah	5.25m	5.10m
9 Jasmine Liu	Cherrybrook	4.68m	4.75m
10 Sasha Grant	Mosman	6.55m	4.69m
11 Elizabeth Perry	Nth Rocks Carlin	4.60m	4.22m
12 Peyton Beerling	Nth Rocks Carlin	3.76m	4.11m
13 Clara Knight	Northern Districts	5.52m	4.05m
14 Bronte Jamieson	Nth Rocks Carlin	3.80m	3.40m

Girls U 11 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Sienna Vassella	Ku-Ring-Gai	8.33m	9.70m
2 Elizabeth Fainga'anuku	Mosman	7.76m	8.98m
3 Annika Henry	Ku-Ring-Gai	7.76m	8.28m
4 Naduli kariyawasam	Parramatta	7.96m	7.73m
5 Collette Lumley	Northern Suburbs	7.12m	7.23m
6 Olivia Johnson	Ku-Ring-Gai	6.44m	6.85m
7 Florence Thompson	Northern Districts	6.64m	6.62m
8 Rosa McVicar	Manly Warringah	5.95m	6.46m
9 Peyton Ashton	Ku-Ring-Gai	5.79m	6.40m
10 Charlie Collins	Manly Warringah	6.12m	5.83m
11 Maddison Barratt	Northern Districts	6.58m	5.64m
12 Sylvia Dagg	Cherrybrook	5.76m	5.52m
13 Alana Kokay	Parramatta	5.64m	4.70m

Girls U 12 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Evana Butler	Nth Rocks Carlin	10.03m	11.01m
2 Millie Buxton	Manly Warringah	10.65m	10.35m
3 Sophie Farrell	Ku-Ring-Gai	11.38m	9.98m
4 Chelsea Forte	Ku-Ring-Gai	9.64m	9.06m
5 Jessica Pulis	Manly Warringah	8.98m	8.54m
6 Tara Gilkeson	Hornsby	7.70m	7.98m
7 Nisini Rajapaksha Mudiya	Cherrybrook	8.54m	7.93m
8 Annalise Boland	Nth Rocks Carlin	8.10m	7.80m
9 Abbie Dunstan	Manly Warringah	7.25m	7.35m
10 Lily Hughes	Ku-Ring-Gai	7.25m	7.14m
11 Alyssa Holmes	Northern Districts	7.10m	7.13m
12 Sophia Tsaousidis	Hornsby	7.55m	7.11m
13 Heidi Vercoe	Cherrybrook	6.81m	6.53m
14 Lily Zihlmann	Northern Suburbs	6.48m	6.42m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****...Girls U 12 - Shot Put (2.0 Kg)**

15 Tanya Graham	Northern Suburbs	6.96m	6.35m
16 Bridgette Taudien	Manly Warringah	6.96m	5.77m

Girls U 13 - Shot Put (3.0 Kg)

Name	Age Centre	Seed	Final
1 Sally Fainga'anuku	Mosman	9.70m	10.43m
2 Fiorella Collins	Manly Warringah	9.01m	10.27m
3 Nehara De Mel	Ku-Ring-Gai	9.12m	9.98m
4 Mikayla Duncombe	Ryde	8.02m	7.84m
5 Indianna Vale	Manly Warringah	7.77m	7.80m
6 Stella White	Parramatta	7.30m	7.70m
7 Eliza Olthof-Hardwick	Northern Districts	7.72m	7.53m
8 Lily Scahill	Nth Rocks Carlin	6.58m	6.80m
9 Layla Tawbe	Cherrybrook	6.49m	6.65m
10 Isla Honor	Northern Districts	7.13m	6.60m
11 Imogen Cochrane	Northern Districts	6.62m	6.41m
12 Tiffany Fong	Hornsby	5.47m	5.98m

Girls U 14 - Shot Put (3.0 Kg)

Name	Age Centre	Seed	Final
1 Tayla Moore	Cherrybrook	10.82m	11.01m
2 Emily Govers	Northern Suburbs	10.87m	10.67m
3 Elisabeth Pulis	Manly Warringah	9.78m	10.13m
4 Annabelle Stewart	Ku-Ring-Gai	9.15m	9.42m
5 Aqua Fisher	Northern Suburbs	8.04m	7.98m
6 Ella Dunstan	Manly Warringah	8.39m	7.89m
7 Rithaja Sankaran	Nth Rocks Carlin	7.48m	7.63m
8 Gemma McIntosh	Ku-Ring-Gai	7.96m	7.41m
9 Ava Mitchell	Northern Districts	6.91m	6.30m
10 Amelia Shepherd	Parramatta	6.77m	6.21m
11 Charlotte Toynbee	Northern Districts	5.89m	5.73m
12 Sinead Hawes	Northern Districts	3.17m	2.72m

Girls U 15 - Shot Put (3.0 Kg)

Name	Age Centre	Seed	Final
1 Maia Madden Khan	Ku-Ring-Gai	12.52m	12.17m
2 Jessica Johnston	Ryde	11.71m	12.16m
3 Isabella Barbara	Ryde	10.17m	9.94m
4 Amelia Nagy	Nth Rocks Carlin	9.33m	9.15m
5 Tara Hollyoak	Manly Warringah	10.12m	9.02m
6 Elise Oliver	Northern Districts	9.00m	8.93m
7 Claudia Barlow	Ryde	8.32m	J8.93m
8 Eliza Matthews	Nth Rocks Carlin	9.69m	8.86m
9 Anesha Busingye	Nth Rocks Carlin	6.83m	7.77m

Girls U 17 - Shot Put (3.0 Kg)

Name	Age Centre	Seed	Final
1 Emma Polikowski	Manly Warringah	15.79m	15.00m
2 Brianna Worsfold	Ku-Ring-Gai	13.13m	12.57m
3 Caitlin Waldron	Nth Rocks Carlin	10.62m	12.10m
4 Felicity Stewart	Ku-Ring-Gai	11.41m	11.11m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - Shot Put (3.0 Kg)**

5	Aliana Moala	Ryde	10.56m	10.66m
6	Isabelle Cruickshank	Northern Districts	10.46m	10.32m
7	Ella Gibbons	Northern Districts	11.01m	10.21m
8	Tahlia Obrien	Manly Warringah	9.69m	9.26m
9	Shayla Gleeson	Northern Districts	10.09m	8.96m
10	Isabelle Nilon	Nth Rocks Carlin	7.62m	7.84m
11	Maddison Duncombe	Ryde	9.03m	7.43m
12	Amy White	Parramatta	6.90m	7.20m
13	Alyssa Khaw	Nth Rocks Carlin	7.73m	7.06m

Girls U 8 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Stella Wade	Northern Suburbs	12.14m	14.70m
2	Nadia Gasparini	Parramatta	11.17m	12.83m
3	Matilda Brookes	Northern Districts	12.89m	12.65m
4	Ayla Davis	Manly Warringah	11.87m	11.73m
5	Ananshi Chopra	Northern Suburbs	9.09m	11.61m
6	Beth Cochrane	Northern Districts	10.96m	10.98m
7	Nancy Barlow	Ryde	9.23m	10.02m
8	Mackenzie Laslett	Ku-Ring-Gai	7.81m	9.32m
9	Sienna Philips	Ku-Ring-Gai	9.25m	8.24m
10	Florence Morgan	Manly Warringah	9.92m	8.08m
11	Audrey Smith	Ryde	11.27m	7.79m
12	Jasmine Gong	Ku-Ring-Gai	9.81m	7.73m
13	Astrid Lumley	Northern Suburbs	8.03m	7.09m
14	Alyra Rogers	Manly Warringah	6.93m	6.28m
--	Eloise Moran	Ryde	11.36m	FOUL

Girls U 9 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Imogen Connell	Cherrybrook	19.36m	20.45m
2	Eloise Knorr	Manly Warringah	15.27m	15.68m
3	Keira Collins	Manly Warringah	13.06m	15.17m
4	Samantha Campbell	Hornsby	11.34m	14.90m
5	Gwenevieve Darby	Cherrybrook	14.90m	13.49m
6	Angel Obi	Nth Rocks Carlin	10.63m	13.19m
7	Lily Nguyen	Ku-Ring-Gai	12.18m	12.84m
8	Zoe Tanner	Ryde	9.71m	12.40m
9	Amelie Bartlett	Mosman	10.63m	11.36m
10	Taylor Green	Ku-Ring-Gai	11.55m	10.54m
11	Charlotte Royce	Ryde	9.02m	10.07m
12	Selina Lewanavanua	Nth Rocks Carlin	10.29m	9.22m
13	Bailey Downs	Nth Rocks Carlin	8.84m	5.97m
--	Annika Owers	Northern Districts	10.52m	FOUL

Girls U 10 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Claire Fisher	Ku-Ring-Gai	22.84m	23.72m
2	Scarlett Owers	Northern Districts	18.87m	22.26m
3	Alice Larbey	Manly Warringah	13.10m	20.26m
4	Hayley Laslett	Ku-Ring-Gai	17.71m	20.19m
5	Charlotte Barnsley	Ku-Ring-Gai	17.81m	17.50m
6	Emily Burns	Manly Warringah	14.51m	16.92m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - Discus (500 Gram)**

7	Clara Knight	Northern Districts	13.63m	16.50m
8	Mikayli King	Northern Suburbs	14.33m	16.24m
9	Lily Aroyan	Parramatta	11.77m	12.87m
10	Sophie Yeomans	Ryde	13.13m	12.45m
11	Mikaila Semmens	Manly Warringah	12.12m	10.45m
12	Peyton Beerling	Nth Rocks Carlin	10.12m	10.29m
13	Elizabeth Perry	Nth Rocks Carlin	12.18m	10.26m
14	Julia Perry	Nth Rocks Carlin	13.82m	9.83m
15	Harmony Satchithanathan	Ku-Ring-Gai	16.07m	8.56m

Girls U 11 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Sienna Vassella	Ku-Ring-Gai	30.45m	29.21m
2	Olivia Johnson	Ku-Ring-Gai	32.68m	27.67m
3	Amy Campbell	Hornsby	25.29m	24.08m
4	Collette Lumley	Northern Suburbs	21.34m	23.60m
5	Edan Grace El Chaar	Parramatta	24.15m	23.01m
6	Elizabeth Fainga'anuku	Mosman	23.69m	22.07m
7	Annika Henry	Ku-Ring-Gai	26.28m	21.35m
8	Isabella Koussas	Ryde	20.55m	20.56m
9	Jennifer Toynbee	Northern Districts	19.04m	18.25m
10	Sophia Cottrell	Northern Districts	17.50m	17.17m
11	Sylvia Dagg	Cherrybrook	11.47m	15.92m
12	Ava Greenaway	Manly Warringah	14.78m	15.44m
13	Zara Drinkwater	Northern Suburbs	17.42m	15.37m
14	Caitlyn Power	Manly Warringah	14.80m	13.10m
15	Pippa Burke	Cherrybrook	12.74m	12.35m

Girls U 12 - Discus (750 Gram)

Name	Age Centre	Seed	Final	
1	Nisini Rajapaksha Mudiya	Cherrybrook	31.07m	33.07m
2	Sophie Farrell	Ku-Ring-Gai	26.40m	29.98m
3	Millie Buxton	Manly Warringah	23.24m	26.94m
4	Chelsea Forte	Ku-Ring-Gai	25.44m	24.92m
5	Jessica Pulis	Manly Warringah	21.67m	21.75m
6	Alyssa Holmes	Northern Districts	19.79m	21.61m
7	Sophia Tsaousidis	Hornsby	20.49m	20.80m
8	Lily Zihlmann	Northern Suburbs	18.51m	19.06m
9	Abbie Dunstan	Manly Warringah	16.05m	16.95m
10	Grace Kokay	Parramatta	12.45m	14.12m
11	Lucy Van Hooft	Hornsby	12.98m	12.95m
12	Sofia Gasparini	Parramatta	14.47m	12.93m
13	Summer Aiken	Parramatta	13.13m	11.08m

Girls U 13 - Discus (750 Gram)

Name	Age Centre	Seed	Final	
1	Fiorella Collins	Manly Warringah	42.95m	40.86m
2	Nehara De Mel	Ku-Ring-Gai	31.48m	33.95m
3	Mikayla Duncombe	Ryde	29.50m	31.06m
4	Sally Fainga'anuku	Mosman	30.62m	30.86m
5	Indianna Wijeyesinghe	Cherrybrook	24.62m	25.32m
6	Catherine Tang	Hornsby	21.84m	23.13m
7	Layla Tawbe	Cherrybrook	20.25m	22.25m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - Discus (750 Gram)**

8	Eliza Olthof-Hardwick	Northern Districts	21.14m	22.14m
9	Stella White	Parramatta	19.96m	20.23m
10	Tiffany Fong	Hornsby	15.68m	19.20m
11	Zoe Connell	Cherrybrook	18.99m	18.79m
12	Lily Greig	Ku-Ring-Gai	16.32m	16.57m
13	Tara Collins	Northern Districts	11.34m	13.40m
14	Gabriella Han	Manly Warringah	12.63m	12.09m

Girls U 14 - Discus (1.0 Kg)

Name	Age Centre	Seed	Final	
1	Elisabeth Pulis	Manly Warringah	36.94m	35.53m
2	Jessica Koussas	Ryde	28.86m	34.74m
3	Tayla Moore	Cherrybrook	31.09m	33.54m
4	Jojo Pike	Mosman	24.37m	24.68m
5	Lani Khiroya	Nth Rocks Carlin	21.38m	24.04m
6	Annabelle Stewart	Ku-Ring-Gai	22.34m	23.12m
7	Rithaja Sankaran	Nth Rocks Carlin	20.14m	21.95m
8	Gemma McIntosh	Ku-Ring-Gai	20.60m	20.48m
9	Ella Dunstan	Manly Warringah	20.89m	19.92m
10	Bridget Butler	Parramatta	17.30m	18.00m
11	Ava Mitchell	Northern Districts	18.82m	17.74m
12	Sophie Quinnell	Northern Suburbs	17.55m	15.24m
13	Ava Windross	Hornsby	14.29m	13.61m
14	Sinead Hawes	Northern Districts	6.31m	5.60m

Girls U 15 - Discus (1.0 Kg)

Name	Age Centre	Seed	Final	
1	Jessica Johnston	Ryde	37.82m	40.20m
2	Maia Madden Khan	Ku-Ring-Gai	35.68m	35.79m
3	Isabella Barbara	Ryde	27.12m	26.94m
4	Claudia Barlow	Ryde	22.59m	24.64m
5	Summer Sivaraj	Ku-Ring-Gai	23.25m	21.82m
6	Macda Berhane	Parramatta	21.71m	J21.82m
7	Leila Broadley	Hornsby	17.27m	18.46m
8	Caitlin Gurney	Cherrybrook	19.02m	17.38m

Girls U 17 - Discus (1.0 Kg)

Name	Age Centre	Seed	Final	
1	Emma Polikowski	Manly Warringah	38.69m	39.96m
2	Brianna Worsfold	Ku-Ring-Gai	38.81m	38.84m
3	Ella Gibbons	Northern Districts	32.25m	33.45m
4	Caitlin Waldron	Nth Rocks Carlin	31.84m	31.12m
5	Maddison Duncombe	Ryde	29.14m	29.25m
6	Isabelle Cruickshank	Northern Districts	27.44m	28.19m
7	Felicity Stewart	Ku-Ring-Gai	30.85m	26.18m
8	Sarah Hughes-Narborough	Northern Districts	24.59m	23.70m
9	Shayla Gleeson	Northern Districts	24.93m	22.86m
10	Emma Thomas	Parramatta	20.81m	22.47m
11	Amy White	Parramatta	18.91m	17.13m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11-12 Multi Class Shot Put**

Name	Age Centre	Seed	Final
1 Gemma Sellick (T/F46)	Manly Warringah		14.57m

Girls U 11 - Javelin (400 Gram)

Name	Age Centre	Seed	Final
1 Collette Lumley	Northern Suburbs	15.32m	17.17m
2 Lauren Knorr	Manly Warringah	13.17m	16.64m
3 Sienna Vassella	Ku-Ring-Gai	13.77m	16.05m
4 Gemma Dixon	Cherrybrook	15.78m	14.31m
5 Elizabeth Fainga'anuku	Mosman	13.67m	12.77m
6 Zara Drinkwater	Northern Suburbs	11.72m	12.49m
7 Ava Greenaway	Manly Warringah	11.31m	12.15m
8 Isabella Koussas	Ryde	15.55m	11.94m
9 Ella Hazon	Nth Rocks Carlin	11.33m	10.83m
10 Lily Brennan	Manly Warringah	15.30m	10.68m
11 Myah Rimmer	Manly Warringah	10.94m	9.22m
12 Isabel Jordan	Manly Warringah	6.14m	9.10m
13 Olivia Rendall	Northern Suburbs	11.65m	8.10m
14 Alana Kokay	Parramatta	8.98m	7.65m

Girls U 12 - Javelin (400 Gram)

Name	Age Centre	Seed	Final
1 Chelsea Forte	Ku-Ring-Gai	26.31m	26.15m
2 Evana Butler	Nth Rocks Carlin	17.40m	20.35m
3 Sophie Farrell	Ku-Ring-Gai	18.41m	19.66m
4 Nisini Rajapaksha Mudiya	Cherrybrook	17.59m	17.22m
5 Rory Nordenson	Manly Warringah	17.32m	16.40m
6 Ruby Penn	Cherrybrook	13.35m	16.02m
7 Claudia Wyatt	Cherrybrook	17.12m	15.97m
8 Sofia Gasparini	Parramatta	16.60m	15.73m
9 Jessica Pulis	Manly Warringah	18.70m	14.09m
10 Sophie Polkinghorne	Nth Rocks Carlin	13.67m	13.03m
11 Erin Armstrong	Ryde	11.55m	12.17m
12 Bianca Harizanov	Ryde	9.76m	10.77m
13 Summer Aiken	Parramatta	10.08m	9.57m
14 Bridgette Taudien	Manly Warringah	10.35m	7.15m

Girls U 13 - Javelin (400 Gram)

Name	Age Centre	Seed	Final
1 Layla Tawbe	Cherrybrook	25.14m	26.68m
2 Makayla Ariyan	Hornsby	24.03m	25.49m
3 Sally Fainga'anuku	Mosman	24.72m	24.42m
4 Indianna Wijeyesinghe	Cherrybrook	24.65m	22.92m
5 Lily Greig	Ku-Ring-Gai	24.81m	21.12m
6 Nehara De Mel	Ku-Ring-Gai	20.81m	18.12m
7 Isla Honor	Northern Districts	14.34m	15.73m
8 Stella White	Parramatta	14.60m	14.99m
9 Mikayla Duncombe	Ryde	17.98m	14.31m
10 Lily Scahill	Nth Rocks Carlin	15.22m	13.75m
11 Claudia Palmer	Manly Warringah	14.91m	12.96m
12 Tiffany Fong	Hornsby	15.19m	12.35m
13 Annabelle Twyman	Northern Suburbs	12.55m	10.44m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 14 - Javelin (400 Gram)**

Name	Age Centre	Seed	Final
1 Jessica Koussas	Ryde	30.29m	31.89m
2 Emily Govers	Northern Suburbs	28.61m	29.26m
3 Gabriela Marczyk	Northern Suburbs	29.20m	29.24m
4 Rithaja Sankaran	Nth Rocks Carlin	22.22m	24.61m
5 Adriana Prizmic	Manly Warringah	23.99m	22.21m
6 Sophie Quinnell	Northern Suburbs	19.56m	21.14m
7 Annabelle Stewart	Ku-Ring-Gai	20.37m	20.80m
8 Amelia Shepherd	Parramatta	17.71m	15.12m
9 Kristina Prizmic	Manly Warringah	15.76m	13.47m
10 Bridget Butler	Parramatta	14.45m	13.08m
11 Charlotte Toynbee	Northern Districts	13.40m	10.16m
12 Sinead Hawes	Northern Districts	4.11m	3.30m

Girls U 15 - Javelin (500 Gram)

Name	Age Centre	Seed	Final
1 Jessica Johnston	Ryde	30.89m	32.58m
2 Amelia Nagy	Nth Rocks Carlin	28.55m	31.10m
3 Elise Oliver	Northern Districts	27.51m	26.58m
4 Macda Berhane	Parramatta	26.90m	26.37m
5 Tara Hollyoak	Manly Warringah	20.10m	22.27m
6 Nellie Bealby	Northern Suburbs	19.86m	22.18m
7 Caitlin Gurney	Cherrybrook	19.58m	21.49m
8 Tianna Bertolissio	Parramatta	21.74m	20.97m
9 Claudia Barlow	Ryde	15.48m	15.92m
10 Elise Murray	Parramatta	16.90m	14.82m

Girls U 17 - Javelin (500 Gram)

Name	Age Centre	Seed	Final
1 Isabel Harris	Manly Warringah	36.90m	36.56m
2 Isabelle Cruickshank	Northern Districts	36.58m	36.39m
3 Brianna Worsfold	Ku-Ring-Gai	35.88m	32.11m
4 Felicity Stewart	Ku-Ring-Gai	27.53m	30.88m
5 Bella Kachel	Hornsby	29.40m	30.32m
6 Chloe Krklinski	Parramatta	30.01m	29.21m
7 Maddison Duncombe	Ryde	23.37m	25.63m
8 Isabelle Nilon	Nth Rocks Carlin	27.29m	25.02m
9 Sarah Hughes-Narborough	Northern Districts	28.25m	24.65m
10 Caitlin Waldron	Nth Rocks Carlin	23.38m	23.08m
-- Emma Polikowski	Manly Warringah	31.29m	FOUL

Girls U 11-12 Multi Class Long Jump

Name	Age Centre	Seed	Final
1 Gemma Sellick (T/F46)	Manly Warringah		3.06m

Girls U 9 - 700 Metre Walk

Name	Age Centre	Seed	Final
1 Caitlin Butler	Manly Warringah	4:54.41	4:08.22
2 Caitlin Allum	Manly Warringah	5:10.33	4:13.08
3 Emilie Warr	Manly Warringah	5:07.56	4:55.60

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 700 Metre Walk**

4	Kate McLean	Ku-Ring-Gai	5:09.57	4:59.61
5	Annika Owers	Northern Districts	5:30.15	4:59.63
6	Sarah Lettice	Cherrybrook	5:37.84	5:09.73
7	Claudia Birrell	Ku-Ring-Gai	5:37.73	5:21.34
8	Caitlin Ronald	Ku-Ring-Gai	5:24.21	5:24.53
9	Olivia Lalor	Cherrybrook	5:41.29	5:33.39

Girls U 10 - 1100 Metre Walk

Name	Age Centre	Seed	Final	
1	Gemma Hunt	Manly Warringah	7:06.82	6:13.95
2	Molly Miller	Manly Warringah	7:21.23	6:40.11
3	Ashleigh Mansell	Cherrybrook	7:16.37	7:10.93
4	Scout Linton	Ku-Ring-Gai	7:49.74	7:34.18
5	Amara Tsen-Braddock	Ryde	8:02.23	7:49.86
6	Charlotte Barnsley	Ku-Ring-Gai	7:23.87	7:56.32
7	Madison Gatfield-Davis	Manly Warringah	8:17.65	7:56.46
8	Hayley Laslett	Ku-Ring-Gai	8:44.32	8:46.46

Girls U 11 - 1100 Metre Walk

Name	Age Centre	Seed	Final	
1	Gemma Dixon	Cherrybrook	6:19.70	5:36.44
2	Lily Brennan	Manly Warringah	6:39.01	5:53.26
3	Olivia Loring	Parramatta	6:19.49	5:57.46
4	Georgia Cordell	Manly Warringah	7:54.99	7:29.82
5	Amber Sulway	Manly Warringah	8:03.15	7:38.26
6	Caitlin Lettice	Cherrybrook	8:41.79	8:10.98
7	Katherine Connelly	Manly Warringah	9:10.26	8:15.18
8	Ella Shannon	Cherrybrook	9:42.02	8:30.43
9	Philippa Smith	Cherrybrook	9:38.03	9:11.04
--	Ellie Lau	Ku-Ring-Gai	8:37.34	DQ

Girls U 12 - 1500 Metre Walk

Name	Age Centre	Seed	Final	
1	Sophie Polkinghorne	Nth Rocks Carlin	8:56.89	8:19.47
2	Abby Hunt	Manly Warringah	9:26.23	8:27.11
3	Lily Horne	Ku-Ring-Gai	9:01.77	8:27.23
4	Isla Stewart	Ku-Ring-Gai	9:38.08	9:09.80
5	Rory Nordenson	Manly Warringah	9:36.78	9:25.58
6	Ruby Penn	Cherrybrook	11:05.38	10:40.57
7	Annalise Boland	Nth Rocks Carlin	11:33.09	11:13.30
8	Sophia Patfield	Manly Warringah	11:50.14	12:15.64

Girls U 13 - 1500 Metre Walk

Name	Age Centre	Seed	Final	
1	Jessica Loring	Parramatta	9:14.29	8:15.22
2	Imogen Cochrane	Northern Districts	8:36.68	8:30.45
3	Freya Moore	Manly Warringah	9:03.59	9:43.75
4	Lily Scahill	Nth Rocks Carlin	11:19.00	10:34.95

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 14 - 1500 Metre Walk**

Name	Age Centre	Seed	Final
1 Grace Beck	Ku-Ring-Gai	7:55.62	7:45.35
2 Ally Maclaine	Cherrybrook	12:23.46	10:49.54
3 Ella McGregor	Ryde	12:17.41	12:19.46

Girls U 15 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Zoe Woods	Ku-Ring-Gai	7:55.42	7:45.20
2 Chloe Lamb	Manly Warringah	8:12.19	7:52.88
3 Summer Sivaraj	Ku-Ring-Gai	8:53.94	9:06.85
4 Gabriella Smart	Nth Rocks Carlin	10:43.86	9:30.81
5 Isabella Primrose	Nth Rocks Carlin	12:47.56	11:34.18

Girls U 17 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Tara Laytham	Manly Warringah	7:50.21	7:18.56
2 Emma Thomas	Parramatta	8:16.61	7:43.06
3 Chloe Krklinski	Parramatta	8:54.62	8:06.07
4 Alannah Hickson	Ku-Ring-Gai	8:29.42	8:08.10
5 Alejandra Blanco	Manly Warringah	8:40.86	8:37.73
6 Isabelle Nilon	Nth Rocks Carlin	9:23.86	8:52.64

Boys U 8 - 70 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Henry Wilkin-Smith	Northern Suburbs	12.28	11.99Q	2
2 Levi Patra	Manly Warringah	12.02	12.05Q	1
3 Darcy Sims	Manly Warringah	11.89	12.10Q	2
4 Finn Sorbara	Manly Warringah	11.89	12.13Q	1
5 Liam Baird	Northern Suburbs	11.97	12.17Q	2
6 Jake Lambert	Nth Rocks Carlin	12.30	12.26Q	1
7 Ethan Moyo	Ryde	13.43	12.47q	1
8 Hugo Hopkins	Manly Warringah	12.16	12.59q	1
9 Robbie Sellick	Manly Warringah	12.30	12.62	2
10 Angus Robertson	Mosman	13.03	12.69	2
11 Alastair Brill	Cherrybrook	12.92	12.83	2
12 Joshua Eaton	Northern Suburbs	13.73	13.09	2
13 Liam Carter	Ku-Ring-Gai	12.57	13.15	1
14 Enoch Wolfson	Ryde	16.34	13.43	1
15 Morgan Dagg	Cherrybrook	13.46	13.52	2
16 Eduardo Laurino Machado	Ku-Ring-Gai	13.12	13.78	1

Boys U 8 - 70 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Finn Sorbara	Manly Warringah	12.13	11.70
2 Liam Baird	Northern Suburbs	12.17	11.71
3 Levi Patra	Manly Warringah	12.05	11.73
4 Darcy Sims	Manly Warringah	12.10	11.93
5 Jake Lambert	Nth Rocks Carlin	12.26	12.00

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 70 Metre Sprint**

6	Henry Wilkin-Smith	Northern Suburbs	11.99	12.14
6	Hugo Hopkins	Manly Warringah	12.59	12.14
8	Ethan Moyo	Ryde	12.47	12.41

Boys U 9 - 70 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1	Edward Sharp	Mosman	11.41	11.23Q 1
2	James Bissaker	Hornsby	11.55	11.31Q 2
3	Heath Towers	Manly Warringah	11.35	11.40Q 2
4	Jake Maillet	Manly Warringah	11.63	11.48Q 1
5	Alexander Economides	Ryde	11.49	11.50Q 1
6	Andre Liyanage	Cherrybrook	11.57	11.60Q 2
6	Reuben Hanly	Ku-Ring-Gai	12.00	11.60Q 2
8	Tyler O'Connell	Cherrybrook	12.19	11.59q 1
9	Kyahn Hyde	Manly Warringah	12.16	11.85 1
10	Jeffrey Chong	Nth Rocks Carlin	12.34	11.86 1
11	Connor Fitzmaurice	Ku-Ring-Gai	12.33	11.96 2
12	Michael Williams	Northern Suburbs	12.21	12.15 2
13	Harley Ehnbon	Manly Warringah	11.98	12.33 1
14	Adam Evans	Northern Suburbs	13.17	13.52 2

Boys U 9 - 70 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1	Edward Sharp	Mosman	11.23 11.05
2	Heath Towers	Manly Warringah	11.40 11.25
3	Alexander Economides	Ryde	11.50 11.26
4	James Bissaker	Hornsby	11.31 11.27
5	Jake Maillet	Manly Warringah	11.48 11.60
6	Tyler O'Connell	Cherrybrook	11.59 11.69
7	Reuben Hanly	Ku-Ring-Gai	11.60 11.71
8	Andre Liyanage	Cherrybrook	11.60 11.74

Boys U 10 - 70 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1	Toby Creelman	Manly Warringah	10.83	10.58Q 2
2	Caelan Drysdale	Ku-Ring-Gai	11.13	10.67Q 1
3	Blaine Lappin	Manly Warringah	11.12	10.69Q 1
4	Jayden Chong	Northern Suburbs	11.13	10.87Q 2
5	Taj Biddlecombe	Manly Warringah	11.26	10.76Q 1
6	Lincoln Deng	Parramatta	11.14	10.92Q 2
7	Cooper Wilson	Northern Suburbs	11.76	11.06q 1
8	Daniel Pulfer	Ryde	11.39	11.11q 2
9	Jaxon Solomon	Manly Warringah	11.50	11.25 2
10	James Xin	Ku-Ring-Gai	11.81	11.33 2
11	Zenon Zielinski - Willia	Northern Suburbs	11.82	11.34 2
12	Mitchell Cox	Ryde	11.83	11.39 1
13	Harrison Nicholls	Ku-Ring-Gai	11.60	11.46 1
14	Tom Brewer	Northern Suburbs	11.85	11.53 1
15	Daymon Wong	Nth Rocks Carlin	12.31	12.53 2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 10 - 70 Metre Sprint**

Name	Age Centre	Heats	Final
Final			
1 Toby Creelman	Manly Warringah	10.58	10.69
2 Taj Biddlecombe	Manly Warringah	10.76	10.88
3 Caelan Drysdale	Ku-Ring-Gai	10.67	10.97
4 Lincoln Deng	Parramatta	10.92	11.07
4 Blaine Lappin	Manly Warringah	10.69	11.07
6 Jayden Chong	Northern Suburbs	10.87	11.34
7 Daniel Pulfer	Ryde	11.11	11.37
8 Cooper Wilson	Northern Suburbs	11.06	11.71

Boys U 8 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Hudson McGregor	Manly Warringah	16.57	16.10q	2
2 Liam Baird	Northern Suburbs	16.91	16.67q	1
3 Jake Lambert	Nth Rocks Carlin	17.32	16.72q	1
4 Flynn Scrivener	Mosman	17.00	16.81q	2
5 Levi Patra	Manly Warringah	17.34	16.89q	1
6 Henry Wilkin-Smith	Northern Suburbs	16.97	16.93q	1
7 Finn Sorbara	Manly Warringah	17.08	16.97q	2
8 Darcy Sims	Manly Warringah	17.45	17.06q	2
9 Hamish Skeates	Ku-Ring-Gai	17.72	17.18	1
10 Dara Curley	Ryde	17.78	17.25	2
11 Archie Gulczynski	Cherrybrook	17.71	17.28	1
12 Ethan Dawson	Northern Districts	17.47	17.51	2
13 Ethan Moyo	Ryde	18.05	17.58	2
14 Alastair Brill	Cherrybrook	18.14	17.69	1
15 Archer Griffiths	Ryde	18.40	18.28	1

Boys U 8 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Hudson McGregor	Manly Warringah	16.10	16.15
2 Flynn Scrivener	Mosman	16.81	16.33
3 Liam Baird	Northern Suburbs	16.67	16.49
4 Levi Patra	Manly Warringah	16.89	16.73
5 Finn Sorbara	Manly Warringah	16.97	16.75
6 Jake Lambert	Nth Rocks Carlin	16.72	16.84
7 Darcy Sims	Manly Warringah	17.06	16.86
8 Henry Wilkin-Smith	Northern Suburbs	16.93	17.73

Boys U 9 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Edward Sharp	Mosman	16.08	15.38Q	2
2 Jensen Barrett	Northern Districts	16.10	15.53Q	1
3 James Bissaker	Hornsby	16.56	15.68Q	2
4 Alexander Economides	Ryde	16.25	15.88Q	1
5 Max Williamson	Ryde	16.55	16.01Q	2
6 Jake Maillet	Manly Warringah	16.63	16.12Q	1
7 Tyler O'Connell	Cherrybrook	16.84	16.48q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 100 Metre Sprint**

8	Jeffrey Chong	Nth Rocks Carlin	16.96	16.73q	2
9	Kyahn Hyde	Manly Warringah	17.28	16.79	1
10	Michael Williams	Northern Suburbs	17.10	16.92	1
11	Reuben Hanly	Ku-Ring-Gai	17.52	16.94	1
11	Harley Ehnbon	Manly Warringah	16.85	16.94	2
13	Liam Reville	Northern Suburbs	17.62	17.04	1
14	Toby Uys	Mosman	17.42	17.23	2
15	Lachlan Vercoe	Cherrybrook	17.48	17.63	2

Boys U 9 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1	Edward Sharp	Mosman	15.38
2	Jensen Barrett	Northern Districts	15.53
3	James Bissaker	Hornsby	15.68
4	Alexander Economides	Ryde	15.88
5	Jake Maillet	Manly Warringah	16.12
6	Max Williamson	Ryde	16.01
7	Jeffrey Chong	Nth Rocks Carlin	16.73
8	Tyler O'Connell	Cherrybrook	16.48

Boys U 10 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	Emerson Ayres	Manly Warringah	15.25	15.06Q	2
2	Jayden Chong	Northern Suburbs	15.76	15.77Q	1
3	Taj Biddlecombe	Manly Warringah	15.63	15.24Q	2
4	Axcel Schokman	Ryde	16.07	15.81Q	1
4	Lincoln Deng	Parramatta	15.54	15.81Q	1
6	Caelan Drysdale	Ku-Ring-Gai	15.69	15.52Q	2
7	Daniel Pulfer	Ryde	15.91	15.83q	1
8	James Xin	Ku-Ring-Gai	16.59	16.12q	1
9	Andy Zhang	Ku-Ring-Gai	16.56	16.31	1
10	Cohen Keeping	Nth Rocks Carlin	16.28	16.57	1
11	Jaxon Solomon	Manly Warringah	16.05	16.59	2
12	Rhys Griffiths	Northern Suburbs	16.53	17.38	2

Boys U 10 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1	Emerson Ayres	Manly Warringah	15.06
2	Taj Biddlecombe	Manly Warringah	15.24
3	Lincoln Deng	Parramatta	15.81
4	Caelan Drysdale	Ku-Ring-Gai	15.52
5	Daniel Pulfer	Ryde	15.83
5	Jayden Chong	Northern Suburbs	15.77
7	Axcel Schokman	Ryde	15.81
8	James Xin	Ku-Ring-Gai	16.12

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - 100 Metre Sprint**

Name	Age Centre	Seed	Heats	H#
Heats				
1 Callum Gilchrist	Ku-Ring-Gai	14.42	13.71Q	1
2 Thomas Vedris	Ku-Ring-Gai	14.58	13.93Q	2
3 Andy Rio	Hornsby	14.86	13.96Q	2
4 Jake O'Sullivan	Manly Warringah	14.69	14.07Q	1
5 James Mikan	Northern Suburbs	14.46	14.12Q	2
6 Taten Rogers	Manly Warringah	14.76	14.29Q	1
7 Alexander Song	Nth Rocks Carlin	14.80	14.45q	2
8 Liam Martin	Ryde	15.16	14.56q	1
9 Orlando Stewart	Mosman	15.95	14.85	1
10 Rhys Duncan	Ku-Ring-Gai	15.55	14.88	2
11 Xavier Mitchell	Ryde	15.26	14.89	1
12 Jye Faulkner	Manly Warringah	15.39	14.97	2
13 Benjamin Bowrey	Parramatta	15.61	15.21	1
14 Thomas Eaton	Northern Suburbs	15.65	15.34	2

Boys U 11 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Taten Rogers	Manly Warringah	14.29	13.96
2 Callum Gilchrist	Ku-Ring-Gai	13.71	13.98
3 Thomas Vedris	Ku-Ring-Gai	13.93	14.11
4 James Mikan	Northern Suburbs	14.12	14.19
5 Andy Rio	Hornsby	13.96	14.29
6 Jake O'Sullivan	Manly Warringah	14.07	14.36
7 Alexander Song	Nth Rocks Carlin	14.45	14.57
8 Liam Martin	Ryde	14.56	15.20

Boys U 12 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Sunny Steyn	Parramatta	13.78	13.49Q	1
2 Harry Wigham	Cherrybrook	13.84	13.88Q	2
3 Harvey Glanville	Manly Warringah	14.37	13.77Q	1
4 Edward Godfrey	Mosman	14.49	14.49Q	2
5 Ethan McErlane	Manly Warringah	14.33	13.99Q	1
6 Hudson Keeping	Nth Rocks Carlin	14.99	14.54Q	2
7 Byron Borchert	Manly Warringah	14.96	14.39q	1
8 Ed Hammomd	Manly Warringah	15.10	14.46q	1
9 Rowan Joslin	Nth Rocks Carlin	14.47	14.65	2
10 Nicholas Smart	Nth Rocks Carlin	15.24	14.96	2
11 Oscar Kee	Manly Warringah	14.56	15.23	1
12 Conor Curley	Ryde	15.11	15.70	1
13 Marcus Wong	Nth Rocks Carlin	16.04	15.85	1

Boys U 12 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Sunny Steyn	Parramatta	13.49	13.69
2 Harvey Glanville	Manly Warringah	13.77	14.06
3 Harry Wigham	Cherrybrook	13.88	14.08

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12 - 100 Metre Sprint**

4	Ethan McErlane	Manly Warringah	13.99	14.31
5	Edward Godfrey	Mosman	14.49	14.57
6	Ed Hammomd	Manly Warringah	14.46	14.64
7	Hudson Keeping	Nth Rocks Carlin	14.54	14.73
8	Byron Borchert	Manly Warringah	14.39	14.92

Boys U 13 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1	Jake Fourie	Ku-Ring-Gai	13.64	13.29Q 1
2	Joel Daily	Mosman	13.61	13.55Q 2
3	Thomas Aroyan	Parramatta	13.67	13.31Q 1
4	Lucas Tsui	Ku-Ring-Gai	14.42	14.02Q 2
5	Zak Evans	Northern Suburbs	14.23	13.72Q 1
6	Daniel Benoliel	Mosman	13.94	14.03Q 2
7	Ratu Viliame Lewanavanua	Nth Rocks Carlin	14.19	13.85q 1
8	Kai Zhe Tan	Northern Suburbs	14.47	13.93q 1
9	Daniel Cox	Ryde	14.66	14.11 2
10	Hugo Stewart	Mosman	14.45	14.33 2
11	Riley Grant	Mosman	14.51	14.34 1
12	Alexander Fijan	Northern Suburbs	14.78	14.42 1
13	Gerhardus Burger	Ku-Ring-Gai	14.57	14.53 2
14	Cooper Shanahan	Parramatta	15.99	15.22 1

Boys U 13 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1	Jake Fourie	Ku-Ring-Gai	13.29 12.99
1	Thomas Aroyan	Parramatta	13.31 12.99
3	Joel Daily	Mosman	13.55 13.23
4	Zak Evans	Northern Suburbs	13.72 13.50
5	Kai Zhe Tan	Northern Suburbs	13.93 13.55
6	Ratu Viliame Lewanavanua	Nth Rocks Carlin	13.85 13.64
7	Lucas Tsui	Ku-Ring-Gai	14.02 13.70
8	Daniel Benoliel	Mosman	14.03 13.75

Boys U 14 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1	Andres Hampel	Northern Suburbs	12.44	12.22Q 2
2	Wol Albino	Hornsby	12.21	12.42Q 1
3	Sam Ive	Hornsby	13.11	13.21Q 1
4	Christopher Moala	Ryde	13.25	13.31Q 2
5	Xavier Frost	Mosman	13.15	13.39Q 1
6	Lewis Wong	Nth Rocks Carlin	13.65	13.47Q 2
7	Sanderson Keyser	Parramatta	13.76	13.80q 1
8	James Woods	Ryde	14.03	13.86q 1
9	Max Watson	Manly Warringah	14.14	14.13 2
10	William Carter	Manly Warringah	14.29	14.19 2
11	Lachlan Blackwell	Hornsby	14.88	14.46 1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 100 Metre Sprint**

Name	Age Centre	Heats	Final
Final			
1 Andres Hampel	Northern Suburbs	12.22	12.07
2 Wol Albino	Hornsby	12.42	12.26
3 Sam Ive	Hornsby	13.21	12.90
4 Christopher Moala	Ryde	13.31	13.19
5 Lewis Wong	Nth Rocks Carlin	13.47	13.30
6 Xavier Frost	Mosman	13.39	13.51
6 Sanderson Keyser	Parramatta	13.80	13.51
8 James Woods	Ryde	13.86	13.67

Boys U 15 - 100 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Dylan Hall	Ku-Ring-Gai	11.90	11.35Q	1
2 Lars Ackland	Ku-Ring-Gai	12.41	11.93Q	2
3 Hunter Stark	Manly Warringah	12.68	12.03Q	1
4 Nathanael Ramsay	Hornsby	12.65	12.05Q	2
5 Michael Godden	Manly Warringah	12.92	12.51Q	2
6 Sidney Gosschalk	Hornsby	14.26	13.55Q	1
7 Joshua Lowe	Manly Warringah	13.24	12.91q	2
8 Jason Ong	Parramatta	13.83	13.30q	2
9 Aarya Satheesh	Cherrybrook	14.48	13.58	1
10 Marco Boccaletti	Cherrybrook	14.11	13.85	2

Boys U 15 - 100 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Dylan Hall	Ku-Ring-Gai	11.35	11.16
2 Lars Ackland	Ku-Ring-Gai	11.93	11.70
3 Nathanael Ramsay	Hornsby	12.05	11.97
4 Hunter Stark	Manly Warringah	12.03	12.16
5 Joshua Lowe	Manly Warringah	12.91	12.95
6 Jason Ong	Parramatta	13.30	13.39
7 Sidney Gosschalk	Hornsby	13.55	13.69

Boys U 17 - 100 Metre Sprint

Name	Age Centre	Seed	Final
1 Jacob Taylor	Nth Rocks Carlin	12.16	11.62
2 Aidan Jones	Ku-Ring-Gai	12.00	11.69
3 Zachary Flynn	Manly Warringah	12.27	12.03
4 Charlie Moriarty	Mosman	12.02	12.09
5 James Hanlon	Cherrybrook	12.30	12.20
6 Jeremy Plummer	Ryde	12.30	12.24
7 Oliver Gibbs	Manly Warringah	12.45	12.33

Boys U 8 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Hudson McGregor	Manly Warringah	34.31	33.83Q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 200 Metre Sprint**

2	Jake Lambert	Nth Rocks Carlin	35.56	34.48Q	2
3	Liam Baird	Northern Suburbs	35.55	34.94Q	2
4	Matthew Balcombe	Northern Suburbs	36.35	35.07Q	1
5	Hugo Hopkins	Manly Warringah	36.85	35.27Q	1
6	Archie Gulczynski	Cherrybrook	36.63	35.45Q	2
7	Alastair Brill	Cherrybrook	39.59	36.79q	2
8	Darcy Sims	Manly Warringah	36.78	36.83q	2
9	Riley Daley	Northern Districts	37.46	37.09	1
10	Nicolas James-Taylor	Ku-Ring-Gai	37.56	37.46	2
11	Joshua Loudon	Nth Rocks Carlin	38.20	37.61	2
12	Angus Robertson	Mosman	38.94	38.23	1
13	Dara Curley	Ryde	36.22	39.83	1
14	Liam Cosier	Northern Districts	40.19	40.12	2
15	Hamish Beaton	Manly Warringah	38.87	40.39	1
16	Morgan Dagg	Cherrybrook	41.05	41.52	1

Boys U 8 - 200 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	Hudson McGregor	Manly Warringah	33.83	33.04
2	Liam Baird	Northern Suburbs	34.94	34.04
3	Jake Lambert	Nth Rocks Carlin	34.48	34.38
4	Hugo Hopkins	Manly Warringah	35.27	34.71
5	Darcy Sims	Manly Warringah	36.83	35.20
6	Archie Gulczynski	Cherrybrook	35.45	35.23
7	Matthew Balcombe	Northern Suburbs	35.07	36.54
8	Alastair Brill	Cherrybrook	36.79	36.76

Boys U 9 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#	
Heats					
1	James Bissaker	Hornsby	33.10	32.98Q	2
2	Heath Towers	Manly Warringah	33.04	33.95Q	1
3	Alexander Economides	Ryde	34.78	34.35Q	2
4	Nick Bennett	Ku-Ring-Gai	35.26	34.49Q	1
5	Henry Davis	Hornsby	35.35	34.72Q	2
6	Tyler O'Connell	Cherrybrook	37.65	34.89Q	1
7	Michael Williams	Northern Suburbs	35.65	35.11q	2
7	Jimmy Keating	Manly Warringah	35.98	35.11q	1
9	Peter Phillipou	Mosman	35.09	35.37	1
10	Flynn Jauncey	Manly Warringah	35.79	35.80	1
11	Jeffrey Chong	Nth Rocks Carlin	38.45	35.94	2
12	Toby Uys	Mosman	36.03	36.30	2

Boys U 9 - 200 Metre Sprint

Name	Age Centre	Heats	Final	
Final				
1	James Bissaker	Hornsby	32.98	32.24
2	Heath Towers	Manly Warringah	33.95	33.03
3	Alexander Economides	Ryde	34.35	33.85
4	Henry Davis	Hornsby	34.72	34.10
5	Nick Bennett	Ku-Ring-Gai	34.49	34.15
6	Jimmy Keating	Manly Warringah	35.11	34.50

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 200 Metre Sprint**

7 Michael Williams	Northern Suburbs	35.11	35.07
8 Tyler O'Connell	Cherrybrook	34.89	35.13

Boys U 10 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Emerson Ayres	Manly Warringah	31.15	30.75Q	2
2 Isaac Robinson	Manly Warringah	30.60	31.34Q	1
3 Maksymilian Marczyk	Northern Suburbs	33.15	32.03Q	2
4 Lincoln Deng	Parramatta	32.29	32.11Q	1
5 Jayden Chong	Northern Suburbs	32.39	32.12Q	1
6 Alex Kinner	Manly Warringah	31.90	32.54Q	2
7 Charlie Baird-Petroni	Mosman	33.20	33.24q	1
8 Luca Escribano	Manly Warringah	33.89	33.40q	1
9 Andy Zhang	Ku-Ring-Gai	34.52	34.46	1
10 Tyler Cosier	Northern Districts	34.22	34.48	1
11 Tom Brewer	Northern Suburbs	35.78	34.50	2
12 Jaxon Solomon	Manly Warringah	34.00	34.89	2
13 Cohen Keeping	Nth Rocks Carlin	35.05	34.96	2
14 Oliver Cox	Cherrybrook	36.07	35.70	1
15 Charles Wheat	Cherrybrook	33.99	37.10	2

Boys U 10 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Emerson Ayres	Manly Warringah	30.75	29.94
2 Isaac Robinson	Manly Warringah	31.34	29.98
3 Lincoln Deng	Parramatta	32.11	31.47
4 Maksymilian Marczyk	Northern Suburbs	32.03	31.63
5 Alex Kinner	Manly Warringah	32.54	31.81
6 Jayden Chong	Northern Suburbs	32.12	32.23
7 Luca Escribano	Manly Warringah	33.40	33.63
8 Charlie Baird-Petroni	Mosman	33.24	34.02

Boys U 11 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Thomas Vedris	Ku-Ring-Gai	29.36	28.81Q	2
2 Callum Gilchrist	Ku-Ring-Gai	29.26	28.87Q	1
3 Jake O'Sullivan	Manly Warringah	29.20	28.98Q	2
4 Kyan Seale	Northern Suburbs	30.45	29.53Q	1
5 Andy Rio	Hornsby	29.77	29.62Q	2
6 Jake Wood	Manly Warringah	29.83	29.85Q	1
7 Liam Martin	Ryde	31.43	30.08q	1
8 Xavier Mitchell	Ryde	31.17	30.50q	2
9 Taten Rogers	Manly Warringah	29.34	30.59	1
10 Rhys Duncan	Ku-Ring-Gai	31.93	30.72	2
11 Charithu De mel	Cherrybrook	31.59	30.90	1
12 Jye Faulkner	Manly Warringah	31.32	31.95	2
13 John Wechsler	Northern Suburbs	32.93	32.08	1
14 Benjamin Bowrey	Parramatta	32.40	32.99	2
15 Lewis Wechsler	Northern Suburbs	33.47	33.45	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - 200 Metre Sprint**

Name	Age Centre	Heats	Final
Final			
1 Callum Gilchrist	Ku-Ring-Gai	28.87	28.30
2 Thomas Vedris	Ku-Ring-Gai	28.81	28.33
3 Jake O'Sullivan	Manly Warringah	28.98	28.76
4 Kyan Seale	Northern Suburbs	29.53	29.02
5 Andy Rio	Hornsby	29.62	29.25
6 Jake Wood	Manly Warringah	29.85	29.39
7 Liam Martin	Ryde	30.08	30.01
8 Xavier Mitchell	Ryde	30.50	30.19

Boys U 12 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Sunny Steyn	Parramatta	28.56	27.84Q	2
2 Hamish Webber	Ku-Ring-Gai	28.30	28.41Q	1
3 Harvey Glanville	Manly Warringah	28.64	28.39Q	2
4 Hudson Keeping	Nth Rocks Carlin	29.93	29.01Q	1
5 Harry Wigham	Cherrybrook	29.15	29.24Q	1
6 Finn Bailey	Manly Warringah	29.41	29.45Q	2
7 Oscar Kee	Manly Warringah	29.03	29.65q	1
8 Ethan McErlane	Manly Warringah	29.47	29.77q	2
9 Ed Hammomd	Manly Warringah	30.27	30.12	1
10 Nicholas Smart	Nth Rocks Carlin	31.87	30.40	2
11 Matthew Lawrence	Nth Rocks Carlin	32.98	32.21	2
12 Conor Curley	Ryde	31.86	33.16	1

Boys U 12 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Sunny Steyn	Parramatta	27.84	27.82
2 Hamish Webber	Ku-Ring-Gai	28.41	28.06
3 Harvey Glanville	Manly Warringah	28.39	28.22
4 Harry Wigham	Cherrybrook	29.24	28.68
5 Hudson Keeping	Nth Rocks Carlin	29.01	29.35
6 Finn Bailey	Manly Warringah	29.45	29.53
7 Oscar Kee	Manly Warringah	29.65	29.94
8 Ethan McErlane	Manly Warringah	29.77	30.26

Boys U 13 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Thomas Aroyan	Parramatta	27.43	26.65Q	1
2 Jake Fourie	Ku-Ring-Gai	27.71	28.72Q	2
3 Riley Grant	Mosman	28.53	28.60Q	1
4 Hugo Stewart	Mosman	29.22	29.03Q	2
4 Lucas Tsui	Ku-Ring-Gai	29.01	29.03Q	2
6 Rian Connors	Ku-Ring-Gai	29.03	29.53Q	1
7 Kai Zhe Tan	Northern Suburbs	28.89	29.04q	2
8 Matteo Shipman	Northern Suburbs	30.03	29.08q	2
9 Brendan Armstrong	Cherrybrook	30.78	30.42	1
10 Jeffrey Benoliel	Mosman	31.28	30.63	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 13 - 200 Metre Sprint**

11 Tyler Cansdale	Cherrybrook	33.25	34.77	2
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Boys U 13 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Thomas Aroyan	Parramatta	26.65	26.40
2 Jake Fourie	Ku-Ring-Gai	28.72	27.27
3 Riley Grant	Mosman	28.60	28.46
4 Kai Zhe Tan	Northern Suburbs	29.04	28.66
5 Hugo Stewart	Mosman	29.03	28.78
6 Lucas Tsui	Ku-Ring-Gai	29.03	29.15
7 Matteo Shipman	Northern Suburbs	29.08	29.18
8 Rian Connors	Ku-Ring-Gai	29.53	29.20

Boys U 14 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Andres Hampel	Northern Suburbs	25.70	25.10Q	2
2 Joshua Smith	Ryde	25.67	25.22Q	1
3 Wol Albino	Hornsby	25.02	25.26Q	2
4 Aiden Wright	Ryde	25.23	25.33Q	1
5 Hugo Doak	Northern Suburbs	26.61	26.11Q	2
6 Sam Ive	Hornsby	26.97	26.99Q	1
7 Brodie Shearer	Ku-Ring-Gai	28.27	27.68q	1
8 Lewis Wong	Nth Rocks Carlin	28.75	28.18q	1
9 William Carter	Manly Warringah	28.24	28.26	2
10 James Woods	Ryde	29.06	28.38	2
11 Max Watson	Manly Warringah	29.30	30.79	2

Boys U 14 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Andres Hampel	Northern Suburbs	25.10	24.73
2 Wol Albino	Hornsby	25.26	24.84
3 Joshua Smith	Ryde	25.22	24.97
4 Aiden Wright	Ryde	25.33	25.61
5 Hugo Doak	Northern Suburbs	26.11	26.43
6 Sam Ive	Hornsby	26.99	27.09
7 Brodie Shearer	Ku-Ring-Gai	27.68	28.61

Boys U 15 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Lars Ackland	Ku-Ring-Gai	24.38	24.28Q	2
2 Dylan Hall	Ku-Ring-Gai	23.38	24.35Q	1
3 Hunter Stark	Manly Warringah	25.24	25.02Q	2
4 Nathanael Ramsay	Hornsby	25.50	25.19Q	1
5 Jaykay Rauqe	Ryde	26.24	25.66Q	2
6 Owen Chandler	Ryde	26.46	26.13Q	1
7 Jannik McErlane	Manly Warringah	26.44	26.27q	1
8 Marco Boccaletti	Cherrybrook	27.75	27.46q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 15 - 200 Metre Sprint**

9 Lucas Low	Ryde	27.73	28.10	2
10 Jason Ong	Parramatta	28.34	28.48	1

Boys U 15 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Dylan Hall	Ku-Ring-Gai	24.35	23.00
2 Lars Ackland	Ku-Ring-Gai	24.28	24.43
3 Nathanael Ramsay	Hornsby	25.19	25.06
4 Hunter Stark	Manly Warringah	25.02	25.27
5 Owen Chandler	Ryde	26.13	25.85
6 Jaykay Rauqe	Ryde	25.66	26.18
7 Jannik McErlane	Manly Warringah	26.27	26.33
8 Marco Boccaletti	Cherrybrook	27.46	27.98

Boys U 17 - 200 Metre Sprint

Name	Age Centre	Seed	Heats	H#
Heats				
1 Jacob Taylor	Nth Rocks Carlin	24.60	23.63Q	1
2 Lachlan Herbert	Ku-Ring-Gai	23.33	24.25Q	2
3 Zachary Flynn	Manly Warringah	24.11	23.73Q	1
4 Lachlan Dewar	Cherrybrook	25.26	24.49Q	2
5 Charlie Moriarty	Mosman	24.14	23.81Q	1
6 Lynden Wiesenhaan	Ku-Ring-Gai	24.54	24.73Q	2
7 Julian Lee	Northern Suburbs	25.39	24.36q	1
8 Oliver Gibbs	Manly Warringah	24.80	24.41q	1
9 James Hanlon	Cherrybrook	25.17	24.88	2
10 Lucas Hamill	Manly Warringah	24.53	25.03	2
11 Jeremy Plummer	Ryde	27.52	25.61	2
12 Samuel Moore	Parramatta	28.11	27.22	1

Boys U 17 - 200 Metre Sprint

Name	Age Centre	Heats	Final
Final			
1 Lachlan Herbert	Ku-Ring-Gai	24.25	22.86
2 Jacob Taylor	Nth Rocks Carlin	23.63	23.04
3 Zachary Flynn	Manly Warringah	23.73	23.83
4 Charlie Moriarty	Mosman	23.81	24.11
5 Lachlan Dewar	Cherrybrook	24.49	24.16
6 Lynden Wiesenhaan	Ku-Ring-Gai	24.73	24.57
7 Julian Lee	Northern Suburbs	24.36	24.62

Boys U 8 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Hudson McGregor	Manly Warringah	1:15.88	1:15.65	2
2 Matthew Balcombe	Northern Suburbs	1:24.83	1:17.14	2
3 Dara Curley	Ryde	1:26.47	1:17.45	2
4 Archie Gulczynski	Cherrybrook	1:25.56	1:18.50	2
5 Edward Gillett	Manly Warringah	1:23.22	1:18.54	2
6 Riley Daley	Northern Districts	1:27.56	1:20.08	1
7 Flynn Scrivener	Mosman	1:29.07	1:20.55	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 400 Metre Sprint**

8	Ethan Dawson	Northern Districts	1:26.38	1:20.70	2
9	Nicolas James-Taylor	Ku-Ring-Gai	1:27.13	1:22.23	1
10	Ryan Song	Nth Rocks Carlin	1:29.54	1:22.75	1
11	Hamish Skeates	Ku-Ring-Gai	1:22.41	1:22.84	2
12	Angus Robertson	Mosman	1:28.62	1:24.41	1
13	Joshua Loudon	Nth Rocks Carlin	1:35.25	1:24.81	1
14	Ethan Carlton	Hornsby	1:27.28	1:24.94	1
15	Roman Crouch	Manly Warringah	1:26.46	1:27.93	2
16	Ethan Bourne	Ryde	1:34.11	1:28.45	1

Boys U 9 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Lewis McNaughtan	Manly Warringah	1:12.25	1:11.99	2
2	Brody Johnson	Ku-Ring-Gai	1:19.09	1:13.77	2
3	James Bissaker	Hornsby	1:15.29	1:13.85	2
4	Jimmy Keating	Manly Warringah	1:18.51	1:15.43	2
5	Flynn Cox-Gallagher	Northern Suburbs	1:25.06	1:18.34	1
6	Oliver Fratini	Northern Suburbs	1:24.86	1:18.41	1
7	Peter Phillipou	Mosman	1:22.23	1:18.78	1
8	Flynn Jauncey	Manly Warringah	1:21.68	1:19.61	2
9	Sam Moody	Northern Suburbs	1:23.61	1:19.69	1
10	Hugh Giffin	Cherrybrook	1:28.51	1:20.75	1
11	Henry Davis	Hornsby	1:21.19	1:21.91	2
12	Tomasi Lowe	Manly Warringah	1:22.28	1:22.08	1
13	Kyle Daniell	Ku-Ring-Gai	1:21.77	1:22.21	1
14	Finn Leivesley	Cherrybrook	1:20.07	1:23.53	2
15	Mitchell McGregor	Ryde	1:24.68	1:28.83	1

Boys U 10 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Isaac Robinson	Manly Warringah	1:08.04	1:07.51	2
2	Alex Kinner	Manly Warringah	1:11.16	1:10.89	2
3	Maksymilian Marczyk	Northern Suburbs	1:17.11	1:12.25	2
4	Oliver Waterford	Ku-Ring-Gai	1:15.56	1:13.09	2
5	Hugo Condon	Manly Warringah	1:14.34	1:13.75	2
6	James Xin	Ku-Ring-Gai	1:19.18	1:14.13	1
7	Cohen Fallowfield	Ku-Ring-Gai	1:13.78	1:14.60	2
8	Nathaniel Barrett	Manly Warringah	1:18.05	1:14.65	1
9	Edward Allison	Ku-Ring-Gai	1:17.25	1:18.28	2
10	Ryan Maher	Cherrybrook	1:21.15	1:18.95	1
11	Tyler Cosier	Northern Districts	1:19.30	1:19.43	1
12	Oliver Cox	Cherrybrook	1:25.09	1:22.33	1
13	Bailey Williams	Nth Rocks Carlin	1:23.87	1:23.54	1
14	Tejas Sankaran	Nth Rocks Carlin	1:23.56	1:27.32	1

Boys U 11 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Jake Wood	Manly Warringah	1:05.07	1:04.54	2
2	Thomas Vedris	Ku-Ring-Gai	1:06.78	1:04.67	2
3	Max McIntosh	Ku-Ring-Gai	1:06.73	1:06.27	2
4	Rohan Sharma	Cherrybrook	1:12.25	1:07.69	2
5	Cristiano Calcarao	Northern Suburbs	1:09.86	1:08.36	2
6	Oliver Trowell	Manly Warringah	1:09.48	1:08.44	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 400 Metre Sprint**

7	Thomas Eaton	Northern Suburbs	1:13.85	1:08.65	1
8	Benjamin Bowrey	Parramatta	1:13.78	1:09.31	1
9	Charithu De mel	Cherrybrook	1:12.10	1:09.83	2
10	Xavier Mitchell	Ryde	1:11.07	1:11.11	2
11	Orlando Stewart	Mosman	1:15.56	1:11.87	1
12	Samuel Cook	Manly Warringah	1:15.74	1:12.25	1
13	Parker Ball	Manly Warringah	1:21.16	1:13.85	1
14	Archie Kay	Ku-Ring-Gai	1:19.17	1:14.88	1
15	Joel Ramsay	Hornsby	1:13.77	1:15.98	1
16	Benjamin Lew	Ku-Ring-Gai	1:19.73	1:17.56	1

Boys U 12 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Hamish Webber	Ku-Ring-Gai	1:03.77	1:02.50	2
2	Harvey Glanville	Manly Warringah	1:05.62	1:04.14	2
3	Finn Bailey	Manly Warringah	1:06.29	1:05.23	2
4	Davin Yap	Northern Suburbs	1:12.21	1:05.97	2
5	Rio Grigg	Manly Warringah	1:07.61	1:06.93	2
6	Andrew Guerin	Manly Warringah	1:08.45	1:08.63	2
7	Mackenzie Willis	Mosman	1:08.76	1:08.74	2
8	Oscar Kee	Manly Warringah	1:15.59	1:08.78	1
9	Toby Ward	Mosman	1:08.83	1:10.11	2
10	Nicholas Smart	Nth Rocks Carlin	1:20.81	1:12.21	1
11	Siddh Mudaliar	Manly Warringah	1:16.94	1:17.80	1

Boys U 13 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Thomas Aroyan	Parramatta	1:01.30	58.16	2
2	Joel Moresi	Cherrybrook	1:03.26	58.43	2
3	Riley Grant	Mosman	1:03.60	1:02.21	2
4	Alberto Jordan	Manly Warringah	1:04.62	1:03.50	2
5	Gerhardus Burger	Ku-Ring-Gai	1:04.10	1:04.56	2
6	Rian Connors	Ku-Ring-Gai	1:06.00	1:04.62	2
7	Hugo Stewart	Mosman	1:04.67	1:05.39	2
8	Jacob Kimball	Manly Warringah	1:08.87	1:05.72	1
9	Isaac Holt	Mosman	1:10.10	1:08.55	1
10	Antonio Calcarao	Northern Suburbs	1:14.77	1:10.44	1
11	Manning Johnson	Hornsby	1:09.36	1:10.46	1
12	Benjamin Frantz	Northern Suburbs	1:22.44	1:11.84	1
13	Tyler Cansdale	Cherrybrook	1:14.16	1:12.21	1
14	Max Figueira	Manly Warringah	1:14.22	1:13.18	1

Boys U 14 - 400 Metre Sprint

Name	Age	Centre	Seed	Final	H#
1	Aiden Wright	Ryde	58.39	55.07	2
2	Wol Albino	Hornsby	58.26	55.50	2
3	Sanderson Keyser	Parramatta	1:04.99	1:01.99	2
4	Karanvir Singh	Parramatta	1:07.29	1:03.66	2
5	Cooper Robb-Jackson	T/F Parramatta	1:07.75	1:04.56	2
6	Julian Gasparini	Parramatta	1:21.13	1:16.50	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 400 Metre Sprint**

Name	Age Centre	Seed	Final
1 Nathanael Ramsay	Hornsby	56.43	55.65
2 Michael Godden	Manly Warringah	56.74	55.91
3 Liam Renshaw	Northern Suburbs	58.40	56.66
4 Cody Burton	Nth Rocks Carlin	59.15	57.33
5 Lucas Low	Ryde	1:01.04	1:00.10
6 Declan Bragg	Parramatta	1:04.94	1:00.83
7 Orlando Grinbergs	Manly Warringah	1:08.21	1:01.16

Boys U 17 - 400 Metre Sprint

Name	Age Centre	Seed	Final	H#
1 Lachlan Herbert	Ku-Ring-Gai	51.22	50.51	2
2 Zachary Flynn	Manly Warringah	52.70	51.88	2
3 Corey Dewar	Cherrybrook	55.92	51.94	2
4 Lucas Hamill	Manly Warringah	54.45	53.85	2
5 Lachlan Dewar	Cherrybrook	59.84	53.88	1
6 Lynden Wiesenhaan	Ku-Ring-Gai	54.67	54.31	2
7 Gauthier Sanchez	Manly Warringah	53.43	54.56	2
8 Matthew Hunt	Northern Suburbs	57.11	55.75	1
9 Cameron Nicholas	Manly Warringah	55.51	55.86	2
10 Charlie Bowtell	Manly Warringah	57.12	55.92	1
11 Hans Heuer	Mosman	59.63	57.20	1
12 Samuel Moore	Parramatta	1:06.83	1:02.73	1

Boys U 8 - 700 Metre Run Pack Start

Name	Age Centre	Seed	Final
1 Hudson McGregor	Manly Warringah	2:29.14	2:27.88
2 Felix Rigby	Manly Warringah	2:37.34	2:28.65
3 Henry Wilkin-Smith	Northern Suburbs	2:42.87	2:29.28
4 Matthew Balcombe	Northern Suburbs	2:41.52	2:30.15
5 Edward Gillett	Manly Warringah	2:36.15	2:34.74
6 Archie Gulczynski	Cherrybrook	2:49.48	2:38.88
7 Ryan Song	Nth Rocks Carlin	2:45.75	2:39.31
8 Riley Daley	Northern Districts	2:41.95	2:39.92
9 Ethan Carlton	Hornsby	2:50.38	2:47.91
10 Harrison Hughes	Ku-Ring-Gai	2:53.12	2:48.88
11 Tommy Kay	Ku-Ring-Gai	2:38.89	2:49.30
12 Enoch Wolfson	Ryde	2:57.91	2:50.67
13 Morgan Dagg	Cherrybrook	2:55.69	2:51.53
14 James Yao	Northern Districts	2:55.52	2:52.67

Boys U 9 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Lewis McNaughtan	Manly Warringah	2:46.68	2:46.39
2 Brody Johnson	Ku-Ring-Gai	2:50.58	2:46.53
3 Oliver Fratini	Northern Suburbs	3:03.49	2:48.95
4 Sam Moody	Northern Suburbs	3:06.17	2:52.79
5 Liam Reville	Northern Suburbs	3:10.99	2:56.02
6 Hugh Giffin	Cherrybrook	2:58.93	2:56.63
7 Flynn Cox-Gallagher	Northern Suburbs	3:03.80	2:56.77
8 Flynn Jauncey	Manly Warringah	3:00.71	2:59.16
9 Louis Caldwell	Ryde	3:03.99	2:59.95

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 800 Metre Run**

10	Kyle Daniell	Ku-Ring-Gai	3:00.34	3:02.94
11	Lachlan Meryment	Ku-Ring-Gai	2:59.08	3:03.89
12	William Bartlet	Ku-Ring-Gai	3:02.50	3:08.63
13	Zachariah Kane	Manly Warringah	3:13.14	3:14.81
14	Tomasi Lowe	Manly Warringah	3:09.20	3:15.24
15	Oscar Steggles	Manly Warringah	3:09.73	3:20.78

Boys U 10 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Isaac Robinson	Manly Warringah	2:33.71	2:32.51
2	Jude Rigby	Manly Warringah	2:41.91	2:37.98
3	Maksymilian Marczyk	Northern Suburbs	2:52.45	2:40.26
4	Hugo Condon	Manly Warringah	2:44.64	2:42.90
5	Oliver Waterford	Ku-Ring-Gai	2:42.52	2:43.34
6	Xavier Kent	Northern Districts	2:47.87	2:49.68
7	Cohen Fallowfield	Ku-Ring-Gai	2:46.44	2:51.74
8	Connor Matthews	Manly Warringah	2:49.55	2:52.96
9	Edward Allison	Ku-Ring-Gai	2:46.00	2:53.30
10	Ryan Maher	Cherrybrook	3:02.07	2:53.53
11	James Xin	Ku-Ring-Gai	2:51.41	2:54.66
12	Pablo Zipaquirá Romero	Northern Suburbs	3:05.02	3:02.69
13	Oliver Penn	Cherrybrook	3:07.72	3:10.73

Boys U 11 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Max McIntosh	Ku-Ring-Gai	2:28.85	2:25.99
2	Oliver Trowell	Manly Warringah	2:34.86	2:29.18
3	Rohan Sharma	Cherrybrook	2:46.52	2:31.65
4	Max Bealby	Northern Suburbs	2:41.65	2:36.42
5	Jake Wood	Manly Warringah	2:44.44	2:41.51
6	Isaac Wegener	Cherrybrook	2:48.94	2:45.24
7	Parker Ball	Manly Warringah	2:51.00	2:45.85
8	Billy Lowe	Manly Warringah	2:52.65	2:46.11
9	Samuel Cook	Manly Warringah	2:52.43	2:49.91
10	John Wechsler	Northern Suburbs	2:56.12	2:50.99
11	Samuel Tieste	Nth Rocks Carlin	2:48.08	2:52.96
12	Lewis Wechsler	Northern Suburbs	2:57.21	2:53.10
13	Dominic Trigwell	Ryde	2:59.33	2:58.36
14	Benjamin Lew	Ku-Ring-Gai	3:01.47	3:01.35
15	James Ghali	Ku-Ring-Gai	3:11.40	3:06.40

Boys U 12 - 800 Metre Run

Name	Age Centre	Seed	Final	
1	Hamish Webber	Ku-Ring-Gai	2:25.01	2:24.12
2	Toby Ward	Mosman	2:36.48	2:32.14
3	Rio Grigg	Manly Warringah	2:39.76	2:32.56
4	Tyler Winterbach	Manly Warringah	2:40.69	2:33.12
5	Mackenzie Willis	Mosman	2:40.48	2:38.55
6	Andrew Guerin	Manly Warringah	2:37.36	2:43.39
7	Oscar Needham	Manly Warringah	2:51.95	2:45.55
8	Christopher Whiteley	Cherrybrook	2:53.55	2:46.11
9	Nicholas Smart	Nth Rocks Carlin	2:55.80	2:48.51
10	Siddh Mudaliar	Manly Warringah	2:57.21	2:59.22

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 800 Metre Run**

Name	Age Centre	Seed	Final
1 Joel Moresi	Cherrybrook	2:21.50	2:14.77
2 Luke Moscos	Ryde	2:32.05	2:20.35
3 Dylan Mortimer	Manly Warringah	2:25.03	2:20.84
4 Jacob Kimball	Manly Warringah	2:27.11	2:23.54
5 Owen Dixon	Cherrybrook	2:34.68	2:27.55
6 Henry Stuart	Ku-Ring-Gai	2:28.60	2:27.78
7 Hugo Stewart	Mosman	2:35.16	2:28.37
8 Liam Broome	Ku-Ring-Gai	2:38.20	2:35.02
9 Brendan Armstrong	Cherrybrook	2:37.27	2:35.78
10 Josh Bartlett	Ku-Ring-Gai	2:38.82	2:38.64
11 Braeden Searles	Northern Districts	2:47.62	2:39.68
12 Tyler Cansdale	Cherrybrook	2:52.58	2:42.49
13 Matthew Searles	Northern Districts	2:54.58	2:46.69

Boys U 14 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Alexander Marshall	Parramatta	2:22.74	2:07.19
2 Axel Bruntsch	Ryde	2:17.13	2:08.71
3 Benjamin Woodhouse	Nth Rocks Carlin	2:18.68	2:12.13
4 Luke Woods	Hornsby	2:32.89	2:26.62
5 Sanderson Keyser	Parramatta	2:42.26	2:34.48

Boys U 15 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Leo Brown	Manly Warringah	2:13.55	2:08.40
2 Liam Renshaw	Northern Suburbs	2:18.93	2:09.16
3 Cody Burton	Nth Rocks Carlin	2:14.29	2:09.39
4 Idris Burkhardt	Cherrybrook	2:16.86	2:13.19
5 Logan Shepherd	Northern Districts	2:22.22	2:18.42
6 Bronsen Brown	Cherrybrook	2:27.46	2:21.43
7 Daniel Photios	Hornsby	2:32.23	2:24.73
8 Lucas Low	Ryde	2:32.03	2:24.94
9 Ethan Lee	Cherrybrook	2:29.65	2:25.08

Boys U 17 - 800 Metre Run

Name	Age Centre	Seed	Final
1 Isaac Brooks	Mosman	2:07.67	2:05.27
2 Corey Dewar	Cherrybrook	2:18.06	2:05.97
3 Lachlan Dewar	Cherrybrook	2:18.30	2:08.61
4 Charlie Bowtell	Manly Warringah	2:12.18	2:09.73
5 Oliver Smith	Ryde	2:18.50	2:10.25
6 Lachlan Roberts	Parramatta	2:24.52	2:10.57
7 Lachlan McIntosh	Ku-Ring-Gai	2:33.91	2:14.64
8 Nicholas Woodhouse	Nth Rocks Carlin	2:22.47	2:18.09
9 Thomas Shannon	Cherrybrook	2:26.75	2:18.93
10 Syed Saad Mahmud	Cherrybrook	2:20.74	2:20.29
11 Hans Heuer	Mosman	2:35.00	2:21.92
12 Jensen Wiesenhaan	Ku-Ring-Gai	2:20.53	2:28.01
13 Luis Dlugocz	Mosman	2:40.54	2:42.06

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - 1500 Metre Run**

Name	Age Centre	Seed	Final
1 Max McIntosh	Ku-Ring-Gai	5:06.14	5:01.24
2 Cristiano Calcarao	Northern Suburbs	5:34.91	5:07.77
3 Oliver Trowell	Manly Warringah	5:09.63	5:12.14
4 Rohan Sharma	Cherrybrook	5:54.32	5:21.17
5 Samuel Cook	Manly Warringah	5:42.15	5:33.33
6 Billy Lowe	Manly Warringah	5:56.95	5:42.21
7 Samuel Tieste	Nth Rocks Carlin	5:48.34	5:53.44
8 Santiago Posteraro	Manly Warringah	6:23.83	5:55.84
9 Nathan Sarah	Nth Rocks Carlin	6:19.82	5:56.05
10 Gustav Burger	Ku-Ring-Gai	6:09.38	5:59.14
11 John Reville	Northern Suburbs	6:28.27	6:09.78
12 Dominic Trigwell	Ryde	6:12.41	6:09.97
13 Max Donald	Manly Warringah	6:10.37	6:10.48
14 Timofey Smirnov	Northern Suburbs	6:18.00	6:20.76
15 Harry Huie	Ku-Ring-Gai	6:37.68	6:27.80
16 Aston Maclaine	Cherrybrook	7:00.36	6:33.16

Boys U 12 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Toby Ward	Mosman	5:16.20	5:18.16
2 Max McDermott	Manly Warringah	5:19.58	5:29.43
3 Oscar Needham	Manly Warringah	5:56.30	5:34.30
4 Andrew Guerin	Manly Warringah	5:36.60	5:44.88
5 Henry O'Neil	Nth Rocks Carlin	6:14.60	5:49.55
6 Nicholas Smart	Nth Rocks Carlin	6:29.80	5:52.00
7 Siddh Mudaliar	Manly Warringah	6:03.50	6:18.84
8 Nathan Timms	Cherrybrook	7:06.47	7:17.85

Boys U 13 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Luke Moscos	Ryde	5:07.76	4:49.74
2 Dylan Mortimer	Manly Warringah	5:00.29	4:50.98
3 Henry Stuart	Ku-Ring-Gai	5:04.24	4:52.41
4 Owen Dixon	Cherrybrook	5:12.71	4:55.02
5 Jacob Kimball	Manly Warringah	5:01.74	4:57.38
6 James Reilly	Parramatta	5:18.94	5:11.45
7 Liam Broome	Ku-Ring-Gai	5:43.27	5:24.99
8 Antonio Calcarao	Northern Suburbs	5:41.56	5:29.49
9 Benjamin Frantz	Northern Suburbs	5:57.97	5:30.68
10 Hamish Cleland	Mosman	6:24.78	5:30.95
11 Tyler Cansdale	Cherrybrook	5:51.41	5:33.64
12 Henry Tieste	Nth Rocks Carlin	5:54.84	5:42.92
13 Matthew Sims	Hornsby	6:27.99	6:16.50

Boys U 14 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Alexander Marshall	Parramatta	4:49.34	4:29.43
2 Axel Bruntsch	Ryde	4:51.64	4:34.20
3 Dylan Allabush	Ku-Ring-Gai	5:10.19	4:54.06
4 Julian Smith	Ryde	5:39.89	5:04.78
5 Luke Woods	Hornsby	5:19.12	5:16.39

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - 1500 Metre Run**

6 Lochlann Neilan	Hornsby	5:32.14	5:35.80
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Boys U 15 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Jasper Scamps-Magro	Manly Warringah	4:37.33	4:25.52
2 Idris Burkhardt	Cherrybrook	4:40.83	4:27.01
3 Cody Burton	Nth Rocks Carlin	4:49.00	4:35.71
4 Conor Collins	Northern Districts	5:59.55	5:43.74

Boys U 17 - 1500 Metre Run

Name	Age Centre	Seed	Final
1 Ryan Frykberg	Cherrybrook	5:02.97	4:16.04
2 Ethan McKenzie	Northern Suburbs	4:47.28	4:16.23
3 Isaac Brooks	Mosman	4:27.13	4:16.34
4 Joel Solomon	Manly Warringah	4:33.24	4:26.97
5 Oliver Smith	Ryde	4:47.88	4:29.86
6 Jensen Wiesenhaan	Ku-Ring-Gai	5:02.56	4:43.90
7 Lachlan McIntosh	Ku-Ring-Gai	4:57.48	4:44.48
8 Nicholas Woodhouse	Nth Rocks Carlin	5:00.99	4:45.96
9 Lachlan Roberts	Parramatta	5:47.39	4:53.80
10 Lachlan Lee	Cherrybrook	4:59.77	4:58.11
11 Syed Saad Mahmud	Cherrybrook	5:04.86	5:00.09

Boys U 13 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Owen Dixon	Cherrybrook	11:32.32	10:32.51
2 Henry Stuart	Ku-Ring-Gai	11:03.96	10:38.90
3 Josh Bartlett	Ku-Ring-Gai	12:30.59	11:44.41
4 Tyler Cansdale	Cherrybrook	13:59.62	12:24.40
5 Hugo Reynolds	Ku-Ring-Gai	12:46.49	12:31.46

Boys U 14 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Dylan Allabush	Ku-Ring-Gai	10:57.40	10:33.74
2 Julian Smith	Ryde	12:27.95	11:15.97
3 Luke Woods	Hornsby	12:02.64	11:29.83
4 Lochlann Neilan	Hornsby	12:27.27	11:35.27

Boys U 15 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Oliver White	Manly Warringah	9:38.91	9:20.95
2 Idris Burkhardt	Cherrybrook	10:27.32	9:28.89
3 Conor Collins	Northern Districts	12:51.52	12:15.82

Boys U 17 - 3000 Metre Run

Name	Age Centre	Seed	Final
1 Ryan Frykberg	Cherrybrook	10:14.21	9:15.22

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 17 - 3000 Metre Run**

2	Ethan McKenzie	Northern Suburbs	10:13.76	9:15.73
3	Isaac Brooks	Mosman	9:45.83	9:41.35
4	Joel Solomon	Manly Warringah	9:57.78	9:45.96
5	Thomas Shannon	Cherrybrook	11:42.35	10:25.09
6	Syed Saad Mahmud	Cherrybrook	12:07.57	10:30.83
7	Nicholas Woodhouse	Nth Rocks Carlin	12:24.62	10:48.66

Boys U 8 - 60 Metre Hurdles (45cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1	Liam Baird	Northern Suburbs	12.15	11.64Q 1
2	Levi Patra	Manly Warringah	13.55	11.97Q 2
3	Finn Sorbara	Manly Warringah	12.00	11.98Q 2
4	Edward Gillett	Manly Warringah	12.08	12.05Q 1
5	Ethan Dawson	Northern Districts	12.45	12.06Q 2
6	Nicholas Fijan	Northern Suburbs	13.10	12.81Q 1
7	Flynn Scrivener	Mosman	12.26	12.48q 2
8	Archer Griffiths	Ryde	13.11	13.29q 2
9	Nathan Pulfer	Ryde	13.74	13.32 2
10	Enoch Wolfson	Ryde	14.08	13.61 1
11	Ethan Bourne	Ryde	13.49	13.68 1
12	Joshua Eaton	Northern Suburbs	14.11	13.86 1
13	Zachary Sherlock	Mosman	13.20	14.15 1
14	Hugo Hopkins	Manly Warringah	12.49	15.75 1

Boys U 8 - 60 Metre Hurdles (45cm)

Name	Age Centre	Heats	Final
Final			
1	Liam Baird	Northern Suburbs	11.64 11.46
2	Finn Sorbara	Manly Warringah	11.98 11.54
3	Ethan Dawson	Northern Districts	12.06 11.75
4	Flynn Scrivener	Mosman	12.48 11.78
5	Levi Patra	Manly Warringah	11.97 11.82
6	Edward Gillett	Manly Warringah	12.05 11.94
7	Archer Griffiths	Ryde	13.29 12.74
8	Nicholas Fijan	Northern Suburbs	12.81 12.94

Boys U 9 - 60 Metre Hurdles (45cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1	Jake Maillet	Manly Warringah	11.35	10.97Q 1
2	Reuben Hanly	Ku-Ring-Gai	11.69	11.56Q 2
3	Lachlan Vercoe	Cherrybrook	12.87	11.75Q 1
4	Daniel Hanuska	Ku-Ring-Gai	11.87	11.81Q 2
5	Toby Uys	Mosman	12.00	11.78Q 1
6	Liam Reville	Northern Suburbs	12.58	12.34Q 2
7	Andre Liyanage	Cherrybrook	12.20	11.79q 1
8	Mitchell Harris	Ku-Ring-Gai	12.68	12.07q 1
9	Ryan Huang	Northern Suburbs	13.11	12.24 1
10	Ethan Lally	Ku-Ring-Gai	12.69	12.30 1
11	Michael Williams	Northern Suburbs	12.49	12.39 2
12	Josiah Smith	Nth Rocks Carlin	13.09	12.73 2
13	Adam Evans	Northern Suburbs	12.80	12.80 2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 60 Metre Hurdles (45cm)**

14	Connor Fitzmaurice	Ku-Ring-Gai	12.82	12.81	2
15	Sebastian Kelly	Manly Warringah	12.92	12.86	2
16	Cian Guerin	Manly Warringah	12.83	13.15	1

Boys U 9 - 60 Metre Hurdles (45cm)

Name	Age Centre	Heats	Final
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Final

1	Jake Maillet	Manly Warringah	10.97	11.42
2	Reuben Hanly	Ku-Ring-Gai	11.56	11.64
3	Toby Uys	Mosman	11.78	11.72
4	Andre Liyanage	Cherrybrook	11.79	11.78
5	Lachlan Vercoe	Cherrybrook	11.75	11.91
5	Daniel Hanuska	Ku-Ring-Gai	11.81	11.91
7	Mitchell Harris	Ku-Ring-Gai	12.07	12.28
8	Liam Reville	Northern Suburbs	12.34	12.51

Boys U 10 - 60 Metre Hurdles (60cm)

Name	Age Centre	Seed	Heats	H#
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Heats

1	Emerson Ayres	Manly Warringah	11.30	11.10Q	2
2	Charlie Baird-Petroni	Mosman	11.42	11.29Q	1
3	Jackson Aiken	Parramatta	11.64	11.25Q	2
4	Toby Creelman	Manly Warringah	11.59	11.30Q	1
5	Mitchell Cox	Ryde	11.66	11.83Q	2
6	Ryan Maher	Cherrybrook	11.87	11.97Q	1
7	Daniel Pulfer	Ryde	11.67	12.03q	1
8	Taj Biddlecombe	Manly Warringah	12.54	12.07q	1
9	Tobias Butler	Nth Rocks Carlin	12.33	12.14	1
10	Cooper Wilson	Northern Suburbs	12.27	12.33	2
11	Jaxon Solomon	Manly Warringah	12.05	12.40	2
12	Xavier Kent	Northern Districts	12.63	12.75	1
13	Charles Wheat	Cherrybrook	12.52	13.68	2
14	Rhys Griffiths	Northern Suburbs	12.38	13.71	2

Boys U 10 - 60 Metre Hurdles (60cm)

Name	Age Centre	Heats	Final
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Final

1	Emerson Ayres	Manly Warringah	11.10	11.03
2	Toby Creelman	Manly Warringah	11.30	11.29
3	Jackson Aiken	Parramatta	11.25	11.30
4	Charlie Baird-Petroni	Mosman	11.29	11.44
5	Mitchell Cox	Ryde	11.83	11.82
6	Daniel Pulfer	Ryde	12.03	11.95
7	Ryan Maher	Cherrybrook	11.97	12.02
8	Taj Biddlecombe	Manly Warringah	12.07	13.41

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Seed	Heats	H#
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Heats

1	Taten Rogers	Manly Warringah	13.34	13.21Q	1
2	Kyan Seale	Northern Suburbs	13.91	13.25Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 80 Metre Hurdles (60cm)**

3	Kornchawal Benoliel	Manly Warringah	14.01	13.25Q	1
4	James Mikan	Northern Suburbs	13.84	13.95Q	2
5	James Atkins	Manly Warringah	14.31	13.53Q	1
6	Daniel Sims	Hornsby	15.14	15.02Q	2
7	Benjamin Bowrey	Parramatta	16.22	15.12q	2
8	Rhys Duncan	Ku-Ring-Gai	16.25	15.41q	2
9	Thomas Eaton	Northern Suburbs	15.97	15.65	1
10	Roman Dobson	Manly Warringah	15.72	15.81	2
11	Marcus Bosnic	Ryde	16.45	15.84	1
12	William Castrisos	Ryde	17.38	16.88	2
13	Leo Son	Northern Suburbs	18.24	17.13	2

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Heats	Final
Final			
1	Taten Rogers	Manly Warringah	13.21 12.99
2	Kornchawal Benoliel	Manly Warringah	13.25 13.36
3	James Mikan	Northern Suburbs	13.95 13.46
4	James Atkins	Manly Warringah	13.53 13.51
5	Kyan Seale	Northern Suburbs	13.25 13.63
6	Daniel Sims	Hornsby	15.02 14.79
7	Benjamin Bowrey	Parramatta	15.12 14.91
8	Rhys Duncan	Ku-Ring-Gai	15.41 15.71

Boys U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Seed	Heats	H#
Heats				
1	Ethan McErlane	Manly Warringah	13.86	13.54Q 1
2	Davin Yap	Northern Suburbs	14.49	13.63Q 2
3	Henry O'Neil	Nth Rocks Carlin	15.05	14.48Q 1
4	Toby Ward	Mosman	16.71	15.25Q 2
5	Kurt Sanbrook	Manly Warringah	15.12	15.15Q 1
6	Dylan Ghali	Ku-Ring-Gai	17.07	15.75Q 2
7	Marcus Wong	Nth Rocks Carlin	18.90	17.23q 1
8	Siddh Mudaliar	Manly Warringah	17.69	17.31q 1
9	Leon Sampaio	Parramatta	19.09	17.44 2
--	Byron Borchert	Manly Warringah	14.19	DQ 2 pushed hurdle w hand

Boys U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Heats	Final
Final			
1	Ethan McErlane	Manly Warringah	13.54 13.02
2	Davin Yap	Northern Suburbs	13.63 13.70
3	Henry O'Neil	Nth Rocks Carlin	14.48 14.45
4	Kurt Sanbrook	Manly Warringah	15.15 15.20
5	Toby Ward	Mosman	15.25 15.30
6	Dylan Ghali	Ku-Ring-Gai	15.75 15.72
7	Siddh Mudaliar	Manly Warringah	17.31 17.15
8	Marcus Wong	Nth Rocks Carlin	17.23 17.24

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 80 Metre Hurdles (76cm)**

Name	Age Centre	Seed	Heats	H#
Heats				
1 Zak Evans	Northern Suburbs	13.31	13.20Q	1
2 Jake Fourie	Ku-Ring-Gai	13.36	13.51Q	2
3 Samuel Price	Cherrybrook	13.87	13.78Q	2
4 Daniel Cox	Ryde	15.35	14.42Q	1
5 Jeffrey Benoliel	Mosman	15.44	14.97Q	2
6 Jude Lumley	Northern Suburbs	15.74	15.51Q	1
7 Luke Photios	Hornsby	15.56	15.48q	2
8 Isaac Lill	Manly Warringah	16.55	16.23q	1
9 Moses Wolfson	Ryde	18.58	18.37	1
10 Joshua Leggatt	Parramatta	18.17	18.65	2

Boys U 13 - 80 Metre Hurdles (76cm)

Name	Age Centre	Heats	Final
Final			
1 Zak Evans	Northern Suburbs	13.20	12.81
2 Jake Fourie	Ku-Ring-Gai	13.51	13.00
3 Samuel Price	Cherrybrook	13.78	13.55
4 Daniel Cox	Ryde	14.42	14.15
5 Jeffrey Benoliel	Mosman	14.97	14.57
6 Jude Lumley	Northern Suburbs	15.51	14.71
7 Isaac Lill	Manly Warringah	16.23	15.40
8 Luke Photios	Hornsby	15.48	15.48

Boys U 14 - 90 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Andres Hampel	Northern Suburbs	13.71	13.59
2 Lewis Wong	Nth Rocks Carlin	17.89	16.31
3 Chase Burrows	Mosman	17.37	16.47
4 James Woods	Ryde	19.55	16.52

Boys U 15 - 100 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Leo Brown	Manly Warringah	15.16	15.16
2 Marco Boccaletti	Cherrybrook	19.13	16.58
3 Kalan Harding	Northern Districts	18.48	17.17
4 Isaac Wong	Nth Rocks Carlin	19.76	17.31
5 Max Byrnes	Nth Rocks Carlin	18.44	17.64

Boys U 17 - 110 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Julian Lee	Northern Suburbs	15.87	15.01
2 Matthew Hunt	Northern Suburbs	16.19	15.12
3 Gauthier Sanchez	Manly Warringah	15.61	15.69
4 Evan Venning	Northern Suburbs	20.17	16.13
5 Thomas Ralph	Ryde	18.46	17.81

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 200 Metre Hurdles (68cm)**

Name	Age Centre	Seed	Final	H#
1 Zak Evans	Northern Suburbs	30.41	29.34	2
2 Samuel Price	Cherrybrook	30.80	30.10	2
3 Daniel Cox	Ryde	33.50	30.53	2
4 Alberto Jordan	Manly Warringah	32.59	31.43	2
5 Jude Lumley	Northern Suburbs	33.96	33.09	2
6 Isaac Lill	Manly Warringah	34.66	33.24	2
7 Benjamin Frantz	Northern Suburbs	36.15	34.83	1
8 Joshua Leggatt	Parramatta	37.50	36.55	1
9 Moses Wolfson	Ryde	37.81	37.17	1

Boys U 14 - 200 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Andres Hampel	Northern Suburbs	30.42	27.62
2 Lewis Wong	Nth Rocks Carlin	31.72	30.19
3 Sam Kay	Ku-Ring-Gai	31.11	30.67
4 William Carter	Manly Warringah	31.74	31.18
5 Oliver Sanbrook	Manly Warringah	32.52	31.95
6 Ethan Temelkovski	Northern Suburbs	34.10	32.63
7 Zenith Duggal	Cherrybrook	34.31	34.22

Boys U 15 - 300 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Leo Brown	Manly Warringah	44.79	43.69
2 Marco Boccaletti	Cherrybrook	50.54	46.01
3 Jannik McErlane	Manly Warringah	48.70	46.27
4 Mackenzie Goonan	Hornsby	47.28	46.33
5 Bronsen Brown	Cherrybrook	53.15	48.91
6 Aarya Satheesh	Cherrybrook	54.14	49.47
7 Max Byrnes	Nth Rocks Carlin	53.82	49.64

Boys U 17 - 300 Metre Hurdles (76cm)

Name	Age Centre	Seed	Final
1 Matthew Hunt	Northern Suburbs	42.96	40.70
2 Julian Lee	Northern Suburbs	43.78	40.80
3 Lachlan Dewar	Cherrybrook	43.58	42.09
4 Gauthier Sanchez	Manly Warringah	44.34	42.40
5 Lachlan Roberts	Parramatta	43.66	42.85
6 Thomas Ralph	Ryde	47.15	44.85

Boys U 11-12 100 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Aaron Palmer T/F20	Cherrybrook		22.83

Boys U 13-14 100 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Cooper Robb-Jackson T/F	Parramatta		14.75
2 Alexander Evans (T/F13)	Nth Rocks Carlin		18.99

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15-17 100 Metre Multi Class Run**

Name	Age Centre	Seed	Final
1 Nathan Barbara (T/F61)	Ryde		27.19

Boys U 13-14 200 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Cooper Robb-Jackson T/F	Parramatta		29.21
2 Alexander Evans (T/F13)	Nth Rocks Carlin		40.75

Boys U 13-14 800 Metre Multi Class Run

Name	Age Centre	Seed	Final
1 Cooper Robb-Jackson T/F	Parramatta		2:27.71
2 Alexander Evans (T/F13)	Nth Rocks Carlin		4:10.48

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

Centre	Seed	Final
1 Manly Warringah		57.18
1) Jake Mailliet 9	2) Emerson Ayres 10	
3) Jake O'Sullivan 11	4) Harvey Glanville 12	
2 Ku-Ring-Gai		57.54
1) Reuben Hanly 9	2) Hamish Webber 12	
3) Caelan Drysdale 10	4) Callum Gilchrist 11	
3 Cherrybrook		59.14
1) Andre Liyanage 9	2) Ryan Maher 10	
3) Charithu De mel 11	4) Harry Wigham 12	
4 Mosman		59.29
1) Xavier Hokins 10	2) Edward Godfrey 12	
3) Orlando Stewart 11	4) Edward Sharp 9	
5 North Rocks Carlingford		1:00.09
1) Josiah Smith 9	2) Alexander Song 11	
3) Cohen Keeping 10	4) Hudson Keeping 12	
6 Ryde		1:00.56

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

Centre	Seed	Final
1 Ku-Ring-Gai		47.71
1) Brodie Shearer 14	2) Lachlan Herbert 17	
3) Jake Fourie 13	4) Dylan Hall 15	
2 Northern Suburbs		48.50
1) Zak Evans 13	2) Hugo Doak 14	
3) Liam Renshaw 15	4) Andres Hampel 14	
3 Ryde		49.71
1) Daniel Cox 13	2) Aiden Wright 14	
3) Owen Chandler 15	4) Jeremy Plummer 17	
4 Hornsby		50.10
1) Wol Albino 14	2) Sam Ive 14	
3) Luke Photios 13	4) Nathanael Ramsay 15	
5 Mosman		50.80
1) Jeffrey Benoliel 13	2) Charlie Moriarty 17	
3) Xavier Frost 14	4) Riley Grant 13	
6 Cherrybrook		51.69

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

- | | |
|--------------------|---------------------|
| 1) Joel Moresi 13 | 2) Zenith Duggal 14 |
| 3) Samuel Price 13 | 4) Lachlan Dewar 17 |

Boys U 9 - High Jump (S/H 0.90m)

Name	Age Centre	Seed	Final
1 Jensen Barrett	Northern Districts	1.05m	1.09m
2 Lewis McNaughtan	Manly Warringah	1.09m	J1.09m
3 Mitchell McGregor	Ryde	1.10m	1.07m
4 Mitchell Harris	Ku-Ring-Gai	1.07m	1.05m
5 Daniel Hanuska	Ku-Ring-Gai	0.95m	J1.05m
6 Finn Leivesley	Cherrybrook	1.10m	1.00m
7 Zachariah Kane	Manly Warringah	0.95m	J1.00m
7 Flynn Jauncey	Manly Warringah	1.00m	J1.00m
9 Connor Fitzmaurice	Ku-Ring-Gai	1.07m	J1.00m
10 Adam Evans	Northern Suburbs	0.98m	0.95m
11 Lachlan Meryment	Ku-Ring-Gai	1.00m	J0.95m
12 Lachlan Vercoe	Cherrybrook	1.04m	J0.95m
12 Edward Brennan	Manly Warringah	1.00m	J0.95m
12 Beau Pericaud	Parramatta	0.90m	J0.95m
15 Brody Johnson	Ku-Ring-Gai	0.95m	0.90m
15 Donovan Lin	Northern Suburbs	0.90m	0.90m
17 Harley Ehnbon	Manly Warringah	1.00m	J0.90m
17 Christian Benson	Mosman	0.95m	J0.90m

Boys U 10 - High Jump (S/H 1.00m)

Name	Age Centre	Seed	Final
1 Cooper Wilson	Northern Suburbs	1.17m	1.22m
2 Toby Creelman	Manly Warringah	1.15m	1.20m
3 Harlen Danks	Ryde	1.13m	1.18m
4 Zenon Zielinski - Willia	Northern Suburbs	1.13m	1.14m
5 Ryan Maher	Cherrybrook	1.09m	J1.14m
6 Cohen Keeping	Nth Rocks Carlin	1.09m	1.12m
7 Oliver Penn	Cherrybrook	1.05m	1.05m
8 Lachlan Boak	Ku-Ring-Gai	1.10m	J1.05m
9 Jeremy Enev	Manly Warringah	1.10m	1.00m
9 Bento Gove	Ku-Ring-Gai	1.05m	1.00m
11 Harrison Nicholls	Ku-Ring-Gai	1.05m	J1.00m

Boys U 11 - High Jump (S/H 1.10m)

Name	Age Centre	Seed	Final
1 Kyan Seale	Northern Suburbs	1.32m	1.34m
2 Max Bealby	Northern Suburbs	1.21m	1.32m
3 Josh Nguyen	Ku-Ring-Gai	1.22m	1.28m
4 Maximilian Nemeth	Mosman	1.15m	1.22m
5 Noah Satchithanathan	Ku-Ring-Gai	1.22m	1.20m
6 James Atkins	Manly Warringah	1.26m	1.15m
7 Sebastian Tizzard	Manly Warringah	1.15m	J1.15m
8 Henry Smith	Manly Warringah	1.20m	J1.15m
9 Lachlan Harris	Ku-Ring-Gai	1.15m	1.10m
-- William Castrisos	Ryde	1.21m	FAIL
-- Ryan Waugh	Ku-Ring-Gai	1.05m	FAIL
-- Max Donald	Manly Warringah	1.15m	FAIL
-- Daniel Akbarzadeh	Nth Rocks Carlin	1.09m	FAIL

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - High Jump (S/H 1.20m)**

Name	Age Centre	Seed	Final
1 Davin Yap	Northern Suburbs	1.39m	1.46m
2 Henry O'Neil	Nth Rocks Carlin	1.37m	1.36m
3 Edward Godfrey	Mosman	1.34m	J1.36m
4 Ethan Jauncey	Manly Warringah	1.38m	1.34m
5 Max McPherson	Ku-Ring-Gai	1.36m	J1.34m
6 Ed Hammomd	Manly Warringah	1.34m	1.25m
7 Byron Borchert	Manly Warringah	1.20m	J1.25m
8 Dylan Ghali	Ku-Ring-Gai	1.31m	1.20m

Boys U 13 - High Jump (S/H 1.25m)

Name	Age Centre	Seed	Final
1 Joel Moresi	Cherrybrook	1.62m	1.59m
2 Alberto Jordan	Manly Warringah	1.61m	1.55m
3 Ratu Viliame Lewanavanua	Nth Rocks Carlin	1.45m	1.51m
4 Gerhardus Burger	Ku-Ring-Gai	1.43m	1.45m
5 Daniel Cox	Ryde	1.43m	1.40m
6 Daniel Benoliel	Mosman	1.43m	J1.40m
7 Ambrose Feng	Ryde	1.35m	J1.40m
8 Thomas Lawler	Nth Rocks Carlin	1.37m	1.35m
9 Kai Zhe Tan	Northern Suburbs	1.39m	J1.35m
10 Max Figueira	Manly Warringah	1.27m	1.25m
11 Benjamin Lawrence	Nth Rocks Carlin	1.30m	J1.25m

Boys U 14 - High Jump (S/H 1.30m)

Name	Age Centre	Seed	Final
1 Cadell Holmes	Northern Suburbs	1.63m	1.74m
2 Cameron Tizzard	Manly Warringah	1.55m	1.70m
3 Ethan Temelkovski	Northern Suburbs	1.35m	1.54m
4 Zenith Duggal	Cherrybrook	1.52m	1.50m
5 Oliver Tsang	Ryde	1.44m	J1.50m
6 Nathan Holmes	Northern Districts	1.45m	1.45m
7 Julian Emmerson	Ryde	1.46m	J1.45m
8 Sam Ive	Hornsby	1.45m	1.35m
9 William Perry	Nth Rocks Carlin	1.35m	1.30m
9 Lachlan Blackwell	Hornsby	1.35m	1.30m

Boys U 15 - High Jump (S/H 1.30m)

Name	Age Centre	Seed	Final
1 Jaykay Rauqe	Ryde	1.63m	1.67m
2 Sam Hildebrandt	Manly Warringah	1.50m	1.65m
3 Braeden Cansdale	Cherrybrook	1.63m	1.63m
4 Owen Chandler	Ryde	1.57m	J1.63m
5 Logan Shepherd	Northern Districts	1.61m	1.59m
6 Sidney Gosschalk	Hornsby	1.50m	1.50m
7 Jason Ong	Parramatta	1.41m	J1.50m
8 Marco Boccaletti	Cherrybrook	1.49m	1.45m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - High Jump (S/H 1.35m)**

Name	Age Centre	Seed	Final
1 Ivan Prizmic	Manly Warringah	2.01m	1.99m
2 Mitchell Hatfield	Manly Warringah	1.90m	1.95m
3 Brendan Mannasz	Ryde	1.85m	1.91m
4 Jeremy Plummer	Ryde	1.75m	1.75m
5 Lucas Hamill	Manly Warringah	1.70m	J1.75m
6 Samuel Moore	Parramatta	1.61m	1.70m
7 Charlie Moriarty	Mosman	1.65m	J1.70m

Boys U 8 - Long Jump

Name	Age Centre	Seed	Final
1 Jake Lambert	Nth Rocks Carlin	3.50m	3.43m
2 Huxley Richardson	Hornsby	2.95m	3.40m
2 Hamish Skeates	Ku-Ring-Gai	3.36m	3.40m
4 Dara Curley	Ryde	3.15m	3.32m
5 Finn Sorbara	Manly Warringah	3.31m	3.30m
6 Darcy Sims	Manly Warringah	2.92m	3.22m
7 Nicholas Fijan	Northern Suburbs	2.93m	3.06m
8 Alastair Brill	Cherrybrook	3.00m	3.01m
9 Alexander Conner	Ku-Ring-Gai	3.03m	2.89m
10 Ethan Bourne	Ryde	3.16m	2.87m
11 Ryan Song	Nth Rocks Carlin	3.02m	2.83m
12 Joshua Loudon	Nth Rocks Carlin	3.04m	2.76m
13 Joshua Buxton	Manly Warringah	3.06m	2.62m
14 Tommy Kay	Ku-Ring-Gai	2.83m	2.41m
-- Henry Wilkin-Smith	Northern Suburbs	3.14m	FOUL

Boys U 9 - Long Jump

Name	Age Centre	Seed	Final
1 Heath Towers	Manly Warringah	3.65m	3.75m
2 Edward Sharp	Mosman	3.57m	3.69m
3 Jeffrey Chong	Nth Rocks Carlin	3.35m	3.61m
4 Daniel Hanuska	Ku-Ring-Gai	3.24m	3.39m
5 Edward Brennan	Manly Warringah	3.32m	3.38m
6 Jake Maillet	Manly Warringah	3.28m	3.34m
7 Nick Bennett	Ku-Ring-Gai	3.26m	3.27m
8 Harley Ehnbohm	Manly Warringah	3.44m	3.25m
9 Max Williamson	Ryde	3.12m	3.17m
10 Alexander Economides	Ryde	3.49m	3.11m
11 Sam Moody	Northern Suburbs	3.13m	J3.11m
12 Flynn Cox-Gallagher	Northern Suburbs	3.26m	3.03m
13 Christian Benson	Mosman	2.98m	2.96m
14 Kyahn Hyde	Manly Warringah	3.59m	2.32m

Boys U 10 - Long Jump

Name	Age Centre	Seed	Final
1 Isaac Robinson	Manly Warringah	4.11m	4.03m
2 Toby Creelman	Manly Warringah	4.11m	4.01m
3 Jayden Chong	Northern Suburbs	4.12m	4.00m
4 Taj Biddlecombe	Manly Warringah	3.79m	3.81m
5 Daniel Pulfer	Ryde	3.92m	3.79m
6 Cohen Keeping	Nth Rocks Carlin	3.70m	3.77m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - Long Jump**

7 Bento Gove	Ku-Ring-Gai	3.57m	3.74m
8 Mitchell Cox	Ryde	3.66m	3.72m
9 Caelan Drysdale	Ku-Ring-Gai	3.64m	3.69m
10 Harrison Nicholls	Ku-Ring-Gai	3.57m	3.62m
11 Christopher Braendle	Northern Districts	3.73m	3.59m
12 Cooper Wilson	Northern Suburbs	3.53m	J3.59m
13 Connor Matthews	Manly Warringah	3.67m	3.52m
14 Rhys Griffiths	Northern Suburbs	3.74m	3.48m
15 Jackson Aiken	Parramatta	3.89m	3.46m

Boys U 11 - Long Jump

Name	Age Centre	Seed	Final
1 James Mikan	Northern Suburbs	4.55m	4.66m
2 Alexander Song	Nth Rocks Carlin	4.70m	4.63m
3 James Atkins	Manly Warringah	4.43m	4.39m
4 Oliver Trowell	Manly Warringah	4.34m	4.31m
5 Parker Ball	Manly Warringah	4.33m	4.09m
6 Liam Martin	Ryde	3.99m	4.04m
7 Henry Smith	Manly Warringah	3.95m	3.96m
8 Kornchawal Benoliel	Manly Warringah	3.91m	3.72m
9 Maximilian Nemeth	Mosman	3.30m	3.41m
10 Gustav Burger	Ku-Ring-Gai	3.33m	3.23m
11 William Castrisos	Ryde	3.47m	3.20m
12 Ryan Waugh	Ku-Ring-Gai	3.05m	3.08m
13 Noah Satchithanathan	Ku-Ring-Gai	2.86m	3.07m

Boys U 12 - Long Jump

Name	Age Centre	Seed	Final
1 Rowan Joslin	Nth Rocks Carlin	4.42m	4.58m
2 Byron Borchert	Manly Warringah	4.46m	4.56m
3 Edward Godfrey	Mosman	4.38m	4.46m
4 Hudson Keeping	Nth Rocks Carlin	4.09m	4.37m
5 Kurt Sanbrook	Manly Warringah	4.15m	4.25m
6 Rio Grigg	Manly Warringah	4.04m	4.23m
7 Nicholas Smart	Nth Rocks Carlin	4.48m	4.13m
8 Tyler Stead	Ku-Ring-Gai	4.38m	4.12m
9 Ed Hammomd	Manly Warringah	4.22m	4.04m
10 Ethan Jauncey	Manly Warringah	4.09m	3.93m
11 Matthew Lawrence	Nth Rocks Carlin	3.98m	3.88m
12 Mackenzie Willis	Mosman	3.57m	3.85m
13 Harry Wigham	Cherrybrook	4.14m	3.81m
14 Dylan Ghali	Ku-Ring-Gai	3.97m	3.79m
15 Marcus Wong	Nth Rocks Carlin	3.54m	3.46m

Boys U 13 - Long Jump

Name	Age Centre	Seed	Final
1 Ratu Viliame Lewanavanua	Nth Rocks Carlin	4.81m	5.20m
2 Joel Moresi	Cherrybrook	4.98m	5.16m
3 Kai Zhe Tan	Northern Suburbs	4.82m	5.04m
4 Jude Lumley	Northern Suburbs	4.68m	4.91m
5 Samuel Price	Cherrybrook	4.66m	4.79m
6 Joel Daily	Mosman	4.55m	4.63m
7 Gerhardus Burger	Ku-Ring-Gai	4.46m	4.62m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 13 - Long Jump**

8	Jeffrey Benoliel	Mosman	4.09m	4.32m
9	Lucas Tsui	Ku-Ring-Gai	4.43m	4.19m
10	Matteo Shipman	Northern Suburbs	4.31m	4.17m
11	Ambrose Feng	Ryde	3.99m	3.87m
12	Max Figueira	Manly Warringah	4.10m	3.75m
13	Benjamin Lawrence	Nth Rocks Carlin	3.92m	3.62m

Boys U 14 - Long Jump

Name	Age	Centre	Seed	Final	
1	Joshua	Smith	Ryde	5.12m	5.40m
2	Aiden	Wright	Ryde	5.50m	5.32m
3	Cameron	Tizzard	Manly Warringah	4.94m	5.30m
4	Cadel	Holmes	Northern Suburbs	5.01m	5.08m
5	Christopher	Moala	Ryde	5.10m	4.84m
6	Max	Watson	Manly Warringah	4.48m	4.80m
7	Oliver	Tsang	Ryde	4.85m	4.78m
8	Luke	Woods	Hornsby	4.41m	4.48m
9	Karanvir	Singh	Parramatta	4.69m	4.38m
10	Xavier	Frost	Mosman	4.84m	J4.38m
11	Lewis	Wong	Nth Rocks Carlin	4.54m	4.35m
12	Oliver	Sanbrook	Manly Warringah	4.37m	4.21m
13	Zenith	Duggal	Cherrybrook	4.45m	4.08m
14	Lachlan	Waldron	Nth Rocks Carlin	4.35m	3.97m

Boys U 15 - Long Jump

Name	Age	Centre	Seed	Final	
1	Owen	Chandler	Ryde	5.76m	5.58m
2	Hunter	Stark	Manly Warringah	5.31m	5.43m
3	Jaykay	Rauqe	Ryde	5.49m	5.37m
4	Michael	Godden	Manly Warringah	5.32m	5.33m
5	Daryl	Yau	Ryde	5.09m	5.06m
6	Sam	Hildebrandt	Manly Warringah	4.89m	5.04m
7	Jason	Ong	Parramatta	4.95m	4.95m
8	Daniel	Photios	Hornsby	4.81m	J4.95m
9	Sidney	Gosschalk	Hornsby	4.63m	4.33m
10	Braeden	Cansdale	Cherrybrook	4.58m	4.21m
11	Conor	Collins	Northern Districts	3.39m	3.52m

Boys U 17 - Long Jump

Name	Age	Centre	Seed	Final	
1	Jeremy	Plummer	Ryde	5.91m	6.07m
2	Ivan	Prizmic	Manly Warringah	5.61m	5.87m
3	Charlie	Moriarty	Mosman	5.71m	5.66m
4	Evan	Venning	Northern Suburbs	5.52m	5.61m
5	James	Hanlon	Cherrybrook	5.76m	5.53m
6	Thomas	Ralph	Ryde	5.18m	5.36m
7	Syed	Saad Mahmud	Cherrybrook	4.47m	4.78m

Boys U 11 - Triple Jump

Name	Age	Centre	Seed	Final	
1	Kyan	Seale	Northern Suburbs	9.00m	9.53m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Triple Jump**

2	James Atkins	Manly Warringah	9.16m	9.41m
3	Alexander Song	Nth Rocks Carlin	8.92m	9.36m
4	James Mikan	Northern Suburbs	9.45m	9.23m
5	Taten Rogers	Manly Warringah	8.73m	8.77m
6	Kornchawal Benoliel	Manly Warringah	8.44m	8.32m
7	Joel Ramsay	Hornsby	7.76m	7.94m
8	Parker Ball	Manly Warringah	8.48m	7.35m
9	Cody Dunn	Parramatta	8.13m	7.22m
10	Roman Dobson	Manly Warringah	7.34m	6.81m
11	Wade Billingsley	Cherrybrook	6.43m	6.31m
12	Daniel Akbarzadeh	Nth Rocks Carlin	6.35m	6.10m

Boys U 12 - Triple Jump

Name	Age Centre	Seed	Final	
1	Kurt Sanbrook	Manly Warringah	9.32m	9.70m
2	Rowan Joslin	Nth Rocks Carlin	9.46m	9.67m
3	Edward Godfrey	Mosman	8.43m	9.05m
4	Finn Bailey	Manly Warringah	8.84m	8.82m
5	Marcus Wong	Nth Rocks Carlin	8.25m	8.40m
6	Ethan Jauncey	Manly Warringah	8.79m	8.35m
7	Byron Borchert	Manly Warringah	8.72m	8.33m
8	Leon Sampaio	Parramatta	7.23m	7.66m
9	Conor Curley	Ryde	7.86m	7.46m
10	Siddh Mudaliar	Manly Warringah	6.98m	7.27m
11	Blake Billingsley	Cherrybrook	6.66m	6.61m

Boys U 13 - Triple Jump

Name	Age Centre	Seed	Final	
1	Ratu Viliame Lewanavanua	Nth Rocks Carlin	10.56m	10.95m
2	Jude Lumley	Northern Suburbs	9.14m	10.34m
3	Joel Daily	Mosman	9.85m	9.64m
4	Jeffrey Benoliel	Mosman	10.25m	9.53m
5	Daniel Benoliel	Mosman	9.72m	J9.53m
6	Ambrose Feng	Ryde	8.69m	9.01m
7	Alexander Wenzel	Manly Warringah	8.98m	8.88m
8	Max Figueira	Manly Warringah	9.01m	8.74m
9	Luke Photios	Hornsby	8.35m	8.32m
10	Benjamin Lawrence	Nth Rocks Carlin	8.78m	8.12m
11	Jacob Kimball	Manly Warringah	8.19m	7.82m
12	Moses Wolfson	Ryde	7.72m	7.58m
13	Thayu Runo	Northern Suburbs	7.20m	7.43m
--	Jimmy Thebridge	Ku-Ring-Gai	10.42m	FOUL

Boys U 14 - Triple Jump

Name	Age Centre	Seed	Final	
1	Cameron Tizzard	Manly Warringah	10.76m	11.30m
2	Christopher Moala	Ryde	10.84m	10.45m
3	Oliver Sanbrook	Manly Warringah	10.13m	10.25m
4	Lewis Wong	Nth Rocks Carlin	9.30m	9.66m
5	Lachlan Waldron	Nth Rocks Carlin	8.91m	9.54m
6	Zenith Duggal	Cherrybrook	8.84m	9.22m
7	Evan Holman	Parramatta	9.21m	9.13m
8	William Perry	Nth Rocks Carlin	9.14m	8.27m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - Triple Jump**

Name	Age Centre	Seed	Final
1 Owen Chandler	Ryde	11.55m	11.85m
2 Michael Godden	Manly Warringah	11.51m	11.76m
3 Logan Shepherd	Northern Districts	11.05m	11.03m
4 Isaac Wong	Nth Rocks Carlin	9.71m	9.64m
5 Braeden Cansdale	Cherrybrook	9.56m	9.33m

Boys U 17 - Triple Jump

Name	Age Centre	Seed	Final
1 Evan Venning	Northern Suburbs	11.79m	12.66m
2 Aidan Mannasz	Ryde	12.39m	12.34m
3 Ivan Prizmic	Manly Warringah	11.77m	12.29m
4 Jeremy Plummer	Ryde	11.92m	12.16m
5 Brendan Mannasz	Ryde	12.07m	11.85m
6 Thomas Ralph	Ryde	11.38m	11.29m
7 James Hanlon	Cherrybrook	10.79m	10.57m
8 Oliver Benson Sparkes	Manly Warringah	10.96m	10.55m
9 Samuel Moore	Parramatta	9.56m	9.93m
10 Syed Saad Mahmud	Cherrybrook	10.21m	8.99m
-- Cameron Nicholas	Manly Warringah	10.49m	FOUL

Boys U 8 - Shot Put (1.5 Kg)

Name	Age Centre	Seed	Final
1 Edward Gillett	Manly Warringah	5.50m	5.84m
2 Tommy Kay	Ku-Ring-Gai	4.66m	5.66m
3 Oliver Kok	Ku-Ring-Gai	4.74m	5.56m
4 Hamish Skeates	Ku-Ring-Gai	5.53m	5.48m
5 Huxley Richardson	Hornsby	4.59m	5.01m
6 Hamish Beaton	Manly Warringah	4.38m	4.90m
7 Samuel King	Manly Warringah	3.71m	4.88m
8 Aidan Warren	Hornsby	4.57m	4.76m
9 Xavier Dunne	Northern Suburbs	5.24m	4.04m
10 Nathan Pulfer	Ryde	3.28m	4.03m
11 Joshua Eaton	Northern Suburbs	3.95m	3.73m
12 Kaixin Xia	Nth Rocks Carlin	3.71m	3.34m
13 Tyler Yan	Nth Rocks Carlin	2.80m	3.01m

Boys U 9 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Mitchell Harris	Ku-Ring-Gai	6.68m	6.04m
2 Mitchell McGregor	Ryde	6.36m	6.03m
3 Andre Liyanage	Cherrybrook	4.91m	5.67m
4 Beau Lynas	Ku-Ring-Gai	5.85m	5.31m
5 Finn Leivesley	Cherrybrook	4.96m	5.20m
6 Tomasi Lowe	Manly Warringah	5.72m	5.19m
7 Will Turi	Manly Warringah	5.32m	4.94m
8 Donovan Lin	Northern Suburbs	3.79m	4.58m
9 Armaan Duggal	Cherrybrook	5.07m	4.54m
10 Cooper Bruster	Parramatta	4.45m	4.53m
11 Jensen Barrett	Northern Districts	5.09m	4.42m
12 Sebastian Kelly	Manly Warringah	4.41m	3.93m
13 Hugh Giffin	Cherrybrook	4.26m	3.79m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - Shot Put (2.0 Kg)**

14 Ethan Lally	Ku-Ring-Gai	4.24m	3.77m
15 Sahaan Ghuman	Cherrybrook	4.23m	3.01m

Boys U 10 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Finn Wilson	Ku-Ring-Gai	9.68m	10.51m
2 Alexandros Tsaousidis	Hornsby	6.94m	7.74m
3 Luca Escribano	Manly Warringah	6.04m	7.37m
4 Leon Temelkovski	Northern Suburbs	7.38m	7.28m
5 Charlie Shiel	Ryde	6.03m	6.79m
6 Tobias Butler	Nth Rocks Carlin	5.80m	6.32m
7 George Beaton	Manly Warringah	5.32m	5.97m
8 Cohen Fallowfield	Ku-Ring-Gai	5.32m	5.87m
9 Tasman Vale	Manly Warringah	5.50m	5.82m
10 Bailey Williams	Nth Rocks Carlin	5.53m	5.77m
11 Connor Matthews	Manly Warringah	4.65m	5.51m
12 Liam Forsyth	Parramatta	5.34m	5.47m
13 Harrison Nicholls	Ku-Ring-Gai	5.60m	5.36m

Boys U 11 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Lachlan Harris	Ku-Ring-Gai	8.65m	8.24m
2 Gustav Burger	Ku-Ring-Gai	6.98m	8.23m
3 Daniel Sims	Hornsby	7.63m	7.75m
4 James Ghali	Ku-Ring-Gai	5.37m	6.56m
5 Lucas Figueira	Manly Warringah	6.95m	J6.56m
6 Liam Ball	Manly Warringah	5.82m	6.53m
7 Archie Kay	Ku-Ring-Gai	6.91m	6.40m
8 Leo Son	Northern Suburbs	5.78m	5.99m
9 Kieran Webb	Ryde	5.61m	5.47m
10 Timofey Smirnov	Northern Suburbs	5.39m	5.16m
11 Niall Collins	Northern Districts	5.29m	4.25m

Boys U 12 - Shot Put (2.0 Kg)

Name	Age Centre	Seed	Final
1 Zach Fourie	Ku-Ring-Gai	10.00m	11.07m
2 Tyler Winterbach	Manly Warringah	10.16m	10.50m
3 Oliver Fisher	Ku-Ring-Gai	9.63m	10.22m
4 Nicolas Chaseling	Mosman	9.43m	10.00m
5 Bailey Bartlett	Mosman	9.05m	9.71m
6 Finn Bailey	Manly Warringah	8.73m	9.24m
7 Vinuka Kankanige	Parramatta	9.37m	9.20m
8 Matthew Lawrence	Nth Rocks Carlin	9.40m	9.12m
9 Owen Bragg	Parramatta	8.27m	7.95m
10 Lincoln Griffiths	Ryde	7.91m	7.55m
11 Toby Ward	Mosman	7.51m	7.36m
12 Edward Godfrey	Mosman	6.98m	7.32m
13 Senuka Kankanige	Parramatta	7.23m	6.77m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - Shot Put (3.0 Kg)**

Name	Age Centre	Seed	Final
1 Gerhardus Burger	Ku-Ring-Gai	11.29m	11.25m
2 Alberto Jordan	Manly Warringah	10.29m	10.65m
3 Samuel Price	Cherrybrook	10.51m	10.56m
4 Thomas Lawler	Nth Rocks Carlin	8.83m	9.41m
5 Rian Conners	Ku-Ring-Gai	9.88m	9.38m
6 Edward Darby	Cherrybrook	8.66m	9.30m
7 Cooper Shanahan	Parramatta	8.07m	8.22m
8 Matteo Shipman	Northern Suburbs	7.89m	7.78m
9 Oliver Crispin	Cherrybrook	8.41m	7.12m
10 Benjamin Lawrence	Nth Rocks Carlin	7.05m	6.92m
11 Manning Johnson	Hornsby	7.30m	6.87m
12 Thomas Greenaway	Manly Warringah	6.82m	5.86m

Boys U 14 - Shot Put (3.0 Kg)

Name	Age Centre	Seed	Final
1 Thomas Schneider	Nth Rocks Carlin	11.96m	12.71m
2 Christopher Moala	Ryde	11.15m	12.15m
3 Lachlan Waldron	Nth Rocks Carlin	10.82m	11.77m
4 Sam Ive	Hornsby	9.46m	10.90m
5 William Carter	Manly Warringah	10.02m	10.28m
6 Finn Pereira	Mosman	9.77m	10.09m
7 Nathan Holmes	Northern Districts	9.17m	9.52m

Boys U 15 - Shot Put (4.0 Kg)

Name	Age Centre	Seed	Final
1 Ryan Croan	Parramatta	13.16m	14.41m
2 Freddie Benson Sparkes	Manly Warringah	14.33m	13.11m
3 Andrew Kalos	Ryde	11.66m	12.91m
4 Ruann Eksteen	Manly Warringah	11.13m	11.87m
5 Kalan Harding	Northern Districts	11.51m	10.63m
6 John Engledew	Manly Warringah	9.21m	9.09m
7 Orlando Grinbergs	Manly Warringah	10.23m	9.03m
8 Joshua Harding	Northern Districts	8.07m	7.95m
9 Conor Collins	Northern Districts	6.92m	5.82m

Boys U 17 - Shot Put (5.0 Kg)

Name	Age Centre	Seed	Final
1 Benjamin Stevens	Ryde	17.25m	17.65m
2 Samuel Langridge	Ku-Ring-Gai	10.06m	10.43m
3 Oliver Benson Sparkes	Manly Warringah	10.26m	10.37m
4 Marcus El-Chaar	Parramatta	9.98m	10.08m
5 Adam Butcher	Parramatta	8.76m	8.76m

Boys U 8 - Discus (500 Gram)

Name	Age Centre	Seed	Final
1 Liam Carter	Ku-Ring-Gai	9.87m	13.49m
2 Xavier Inman	Manly Warringah	10.94m	13.45m
3 Joshua Buxton	Manly Warringah	13.93m	13.09m
4 Nathan Pulfer	Ryde	10.64m	13.01m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - Discus (500 Gram)**

5	Liam Cosier	Northern Districts	7.46m	12.07m
6	Aidan Warren	Hornsby	9.88m	11.75m
7	Alexander Conner	Ku-Ring-Gai	11.29m	11.10m
8	Jack Harris	Ku-Ring-Gai	9.07m	10.06m
9	Kaixin Xia	Nth Rocks Carlin	8.45m	10.03m
10	Ethan Moyo	Ryde	9.10m	9.56m
11	Campbell Monk	Ku-Ring-Gai	7.75m	9.16m
12	Sullivan Good	Manly Warringah	9.45m	9.12m
13	Roman Crouch	Manly Warringah	8.71m	8.85m
14	Tyler Yan	Nth Rocks Carlin	6.69m	7.11m
15	Archer Griffiths	Ryde	7.75m	6.53m

Boys U 9 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Max Reichel	Ryde	17.37m	23.60m
2	Lewis McNaughtan	Manly Warringah	19.93m	21.32m
3	Edward Brennan	Manly Warringah	16.53m	21.15m
4	Andre Liyanage	Cherrybrook	16.54m	20.65m
5	Beau Lynas	Ku-Ring-Gai	17.47m	17.63m
6	Will Turi	Manly Warringah	16.34m	17.23m
7	Mitchell Harris	Ku-Ring-Gai	16.28m	15.11m
8	Adam Evans	Northern Suburbs	14.49m	14.45m
9	Donovan Lin	Northern Suburbs	12.22m	14.37m
10	Finn Leivesley	Cherrybrook	13.65m	14.11m
11	Samuel Ridger	Ryde	14.02m	13.82m
12	Toby Uys	Mosman	17.79m	13.74m
13	Josh Rimmer	Manly Warringah	15.16m	13.72m
14	Tomasi Lowe	Manly Warringah	16.87m	13.52m

Boys U 10 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Finn Wilson	Ku-Ring-Gai	29.63m	30.56m
2	Maksymilian Marczyk	Northern Suburbs	24.52m	28.60m
3	Sean Ng	Hornsby	23.41m	24.60m
4	Christopher Braendle	Northern Districts	19.90m	21.95m
5	Harlen Danks	Ryde	21.77m	21.94m
6	Alexandros Tsaousidis	Hornsby	20.76m	21.15m
7	Connor Matthews	Manly Warringah	24.35m	20.96m
8	Charlie Shiel	Ryde	20.69m	20.02m
9	Tobias Butler	Nth Rocks Carlin	16.00m	18.03m
10	Isaac Han	Manly Warringah	18.46m	17.47m
11	Tejas Sankaran	Nth Rocks Carlin	19.74m	16.11m
12	George Beaton	Manly Warringah	16.32m	15.82m
13	Hamish Ward	Mosman	16.33m	15.58m
14	Edward Barnsley	Ku-Ring-Gai	22.33m	14.48m
15	Pablo Zipaquira Romero	Northern Suburbs	12.07m	10.16m

Boys U 11 - Discus (500 Gram)

Name	Age Centre	Seed	Final	
1	Lucas Ajaka	Parramatta	30.53m	35.52m
2	Daniel Sims	Hornsby	29.47m	29.36m
3	Orlando Stewart	Mosman	23.85m	28.65m
4	Lachlan Harris	Ku-Ring-Gai	24.16m	25.73m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Discus (500 Gram)**

5	William King	Manly Warringah	19.19m	20.98m
6	Harry Huie	Ku-Ring-Gai	17.07m	18.88m
7	Lucas Figueira	Manly Warringah	17.02m	18.71m
8	Aston Maclaine	Cherrybrook	19.86m	18.69m
9	Thomas Eaton	Northern Suburbs	15.79m	17.80m
10	Wade Billingsley	Cherrybrook	17.62m	16.92m
11	Ethan Finlay	Northern Districts	16.79m	16.59m
12	Ryan Waugh	Ku-Ring-Gai	16.05m	13.45m
--	Gustav Burger	Ku-Ring-Gai	27.60m	FOUL

Boys U 12 - Discus (750 Gram)

Name	Age Centre	Seed	Final
1 Zach Fourie	Ku-Ring-Gai	28.73m	31.32m
2 Oliver Fisher	Ku-Ring-Gai	25.83m	29.56m
3 Nicolas Chaseling	Mosman	21.95m	26.16m
4 Senuka Kankanige	Parramatta	24.74m	25.93m
5 Matthew Lawrence	Nth Rocks Carlin	20.08m	25.79m
6 Ethan Jauncey	Manly Warringah	19.96m	24.40m
7 Vinuka Kankanige	Parramatta	22.74m	23.55m
8 Owen Bragg	Parramatta	21.76m	22.12m
9 Max McPherson	Ku-Ring-Gai	18.97m	18.76m
10 Blake Billingsley	Cherrybrook	18.50m	18.72m
11 Tyler Winterbach	Manly Warringah	19.10m	17.77m
12 Samuel Vecchio	Mosman	20.69m	17.44m
13 Jack Wheat	Cherrybrook	14.24m	16.25m
14 Lachlan Quinnell	Northern Suburbs	19.42m	16.16m
15 Mathias Almeida Mendes	Northern Districts	15.87m	15.54m

Boys U 13 - Discus (750 Gram)

Name	Age Centre	Seed	Final
1 Alberto Jordan	Manly Warringah	38.06m	39.54m
2 Jake Fourie	Ku-Ring-Gai	39.24m	39.08m
3 Samuel Price	Cherrybrook	34.77m	35.75m
4 Rian Connors	Ku-Ring-Gai	36.10m	34.51m
5 Gerhardus Burger	Ku-Ring-Gai	33.05m	34.17m
6 Zak Evans	Northern Suburbs	32.15m	33.01m
7 Matteo Shipman	Northern Suburbs	24.31m	25.77m
8 Ryan Redhead	Cherrybrook	20.17m	24.57m
9 Daniel Cox	Ryde	24.26m	22.83m
10 Jude Lumley	Northern Suburbs	22.35m	22.80m
11 Thomas Greenaway	Manly Warringah	23.04m	19.74m
12 Christopher Nilon	Nth Rocks Carlin	17.34m	17.29m
13 Matthew Sims	Hornsby	15.88m	16.84m
-- Edward Darby	Cherrybrook	32.16m	FOUL
-- Benjamin Lawrence	Nth Rocks Carlin	22.24m	FOUL

Boys U 14 - Discus (1.0 Kg)

Name	Age Centre	Seed	Final
1 Lachlan Waldron	Nth Rocks Carlin	32.15m	34.28m
2 Thomas Schneider	Nth Rocks Carlin	24.76m	31.78m
3 Xavier Frost	Mosman	24.17m	26.50m
4 Sam Ive	Hornsby	25.88m	26.11m
5 Simon Forsyth	Parramatta	21.14m	24.03m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - Discus (1.0 Kg)**

6	William Carter	Manly Warringah	24.96m	24.00m
7	Lachlan Blackwell	Hornsby	22.34m	23.59m
8	Nathan Holmes	Northern Districts	26.76m	22.24m
9	Julian Gasparini	Parramatta	17.01m	18.85m

Boys U 15 - Discus (1.0 Kg)

Name	Age Centre	Seed	Final	
1	Freddie Benson Sparkes	Manly Warringah	47.14m	45.05m
2	Ryan Croan	Parramatta	46.74m	43.78m
3	Jaykay Rauze	Ryde	35.14m	42.12m
4	Kalan Harding	Northern Districts	40.53m	39.93m
5	Ruann Eksteen	Manly Warringah	39.87m	36.45m
6	Orlando Grinbergs	Manly Warringah	37.50m	32.96m
7	John Engledew	Manly Warringah	22.53m	25.80m
8	Joshua Harding	Northern Districts	20.31m	22.41m

Boys U 17 - Discus (1.5 Kg)

Name	Age Centre	Seed	Final	
1	Benjamin Stevens	Ryde	50.43m	51.48m
2	Felix Scholle	Ku-Ring-Gai	37.22m	37.83m
3	Samuel Langridge	Ku-Ring-Gai	35.82m	34.35m
4	Oliver Benson Sparkes	Manly Warringah	28.86m	33.87m
5	Noah Sturzaker	Manly Warringah	34.09m	31.44m
6	Adam Butcher	Parramatta	31.00m	29.56m
7	Isaac Brooks	Mosman	28.99m	29.10m
8	Marcus El-Chaar	Parramatta	29.06m	27.07m
9	Syed Saad Mahmud	Cherrybrook	15.71m	17.65m

Boys U 13-14 Multi Class Shot Put

Name	Age Centre	Seed	Final
1	Alexander Evans (T/F13)	Nth Rocks Carlin	9.32m

Boys U 15-17 Multi Class Shot Put

Name	Age Centre	Seed	Final
1	Nathan Barbara (T/F61)	Ryde	14.91m

Boys U 11 - Javelin (400 Gram)

Name	Age Centre	Seed	Final	
1	Kornchawal Benoliel	Manly Warringah	22.17m	23.64m
2	Joel Ramsay	Hornsby	23.85m	23.23m
3	Wade Billingsley	Cherrybrook	18.30m	20.49m
4	Cody Dunn	Parramatta	15.15m	17.88m
5	Daniel Sims	Hornsby	13.92m	17.27m
6	William King	Manly Warringah	15.90m	15.53m
7	Lucas Figueira	Manly Warringah	14.79m	15.51m
8	Orlando Stewart	Mosman	16.64m	14.64m
9	John Reville	Northern Suburbs	6.96m	12.68m
10	Sonny Bailey	Manly Warringah	12.15m	10.86m
11	Niall Collins	Northern Districts	10.07m	7.95m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - Javelin (400 Gram)**

Name	Age Centre	Seed	Final
1 Matthew Lawrence	Nth Rocks Carlin	29.00m	31.44m
2 Owen Bragg	Parramatta	22.60m	27.26m
3 Ethan Jauncey	Manly Warringah	25.92m	24.29m
4 Blake Billingsley	Cherrybrook	23.35m	22.24m
5 Senuka Kankanige	Parramatta	17.97m	16.38m
6 Nicolas Chaseling	Mosman	18.00m	15.41m
7 Joshua Tsang	Ryde	13.51m	12.17m

Boys U 13 - Javelin (600 Gram)

Name	Age Centre	Seed	Final
1 Benjamin Lawrence	Nth Rocks Carlin	28.65m	30.27m
2 Ryan Redhead	Cherrybrook	25.65m	29.56m
3 Alberto Jordan	Manly Warringah	28.74m	28.83m
4 Samuel Price	Cherrybrook	27.77m	28.61m
5 Hugo Stewart	Mosman	22.85m	25.67m
6 Edward Darby	Cherrybrook	22.97m	24.94m
7 Cooper Shanahan	Parramatta	25.00m	24.00m
8 Jude Lumley	Northern Suburbs	20.25m	23.34m
9 Max Figueira	Manly Warringah	20.34m	20.60m
10 Luke Photios	Hornsby	19.37m	18.90m
11 Ambrose Feng	Ryde	18.10m	16.19m
12 Joshua Leggatt	Parramatta	17.04m	15.74m
13 Luka Prizmic	Manly Warringah	18.31m	15.52m
14 Jacob Kimball	Manly Warringah	13.21m	13.12m
15 Manning Johnson	Hornsby	14.36m	9.90m

Boys U 14 - Javelin (600 Gram)

Name	Age Centre	Seed	Final
1 Lachlan Waldron	Nth Rocks Carlin	34.70m	34.70m
2 Jude Bealby	Northern Suburbs	34.06m	30.52m
3 Christopher Moala	Ryde	30.14m	27.01m
4 Cadel Holmes	Northern Suburbs	28.80m	26.29m
5 Sam Ive	Hornsby	29.45m	26.04m
6 Oliver Tsang	Ryde	24.45m	25.38m
7 Max Watson	Manly Warringah	27.72m	22.30m
8 Simon Forsyth	Parramatta	22.69m	20.03m

Boys U 15 - Javelin (700 Gram)

Name	Age Centre	Seed	Final
1 Ruann Eksteen	Manly Warringah	50.02m	52.00m
2 Freddie Benson Sparkes	Manly Warringah	40.90m	44.96m
3 Nathanael Ramsay	Hornsby	45.50m	43.30m
4 Andrew Kalos	Ryde	40.16m	42.51m
5 Declan Bragg	Parramatta	27.40m	30.68m
6 Jaykay Rauqe	Ryde	34.10m	29.82m
7 Jason Ong	Parramatta	27.08m	28.92m
8 Daniel Photios	Hornsby	27.13m	23.29m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - Javelin (700 Gram)**

Name	Age Centre	Seed	Final
1 Noah Sturzaker	Manly Warringah	42.76m	44.75m
2 Felix Scholle	Ku-Ring-Gai	37.68m	38.81m
3 Jeremy Plummer	Ryde	37.14m	37.61m
4 Samuel Moore	Parramatta	32.85m	37.38m
5 Samuel Langridge	Ku-Ring-Gai	34.79m	35.92m

Boys U 11-12 Multi Class Long Jump

Name	Age Centre	Seed	Final
1 Aaron Palmer T/F20	Cherrybrook		2.20m

Boys U 13-14 Multi Class Long Jump

Name	Age Centre	Seed	Final
1 Alexander Evans (T/F13)	Nth Rocks Carlin		2.71m

Boys U 11-12 Multi Class Discus

Name	Age Centre	Seed	Final
1 Aaron Palmer T/F20	Cherrybrook		2.15m

Boys U 13-14 Multi Class Discus

Name	Age Centre	Seed	Final
1 Cooper Robb-Jackson T/F	Parramatta		6.76m

Boys U 15-17 Multi Class Discus

Name	Age Centre	Seed	Final
1 Nathan Barbara (T/F61)	Ryde		5.55m

Boys U 9 - 700 Metre Walk

Name	Age Centre	Seed	Final
1 Cian Guerin	Manly Warringah	4:48.83	4:16.89
2 Edward Brennan	Manly Warringah	4:59.11	4:17.76
3 Kyahn Hyde	Manly Warringah	4:49.49	4:35.85
4 Liam Reville	Northern Suburbs	5:16.96	4:57.77
5 Joshua McCredie	Ku-Ring-Gai	5:24.10	5:13.28
6 Hugh Giffin	Cherrybrook	5:17.14	5:15.35
7 Beau Lynas	Ku-Ring-Gai	4:51.10	5:27.47
8 Cooper Kee	Manly Warringah	5:20.29	5:51.62
-- Brody Johnson	Ku-Ring-Gai	4:34.92	DQ

Boys U 10 - 1100 Metre Walk

Name	Age Centre	Seed	Final
1 Oliver Penn	Cherrybrook	6:38.64	6:21.07
2 Maxwell Penn	Cherrybrook	6:43.91	6:22.54
3 George Beaton	Manly Warringah	7:51.81	6:33.24

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 1100 Metre Walk**

4	Caelan Drysdale	Ku-Ring-Gai	7:21.39	6:55.94
5	Isaac Han	Manly Warringah	7:29.22	6:56.22
6	Liam Forsyth	Parramatta	8:00.07	7:03.49
7	Jackson Aiken	Parramatta	7:28.57	7:27.09
8	Charlie Shiel	Ryde	7:15.63	7:47.41
9	Lachlan Boak	Ku-Ring-Gai	8:32.26	7:49.30
10	Hamish Smith	Cherrybrook	8:44.16	8:41.08

Boys U 11 - 1100 Metre Walk

Name	Age Centre	Seed	Final
1 Mitchell McCarthy	Ryde	6:39.68	6:17.90
2 Lachlan Harris	Ku-Ring-Gai	7:17.78	6:51.45
3 John Reville	Northern Suburbs	7:30.10	6:57.96
4 Harrison Kyme	Manly Warringah	8:02.90	7:30.58
5 Aston Maclaine	Cherrybrook	8:41.97	7:41.16
6 Max Donald	Manly Warringah	8:37.07	8:07.88
7 Liam Ball	Manly Warringah	8:36.85	8:27.54

Boys U 12 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Alexander Braendle	Northern Districts	8:46.62	8:19.39
2 Rhys Chandler	Ryde	9:49.52	9:04.85

Boys U 13 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Christopher Nilon	Nth Rocks Carlin	9:05.74	8:42.16
2 Benjamin Proszenko	Ryde	9:56.21	9:34.19
3 Moses Wolfson	Ryde	11:55.16	10:02.21
4 Alexander Wenzel	Manly Warringah	10:42.21	10:46.20

Boys U 14 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Dylan Allabush	Ku-Ring-Gai	8:19.44	8:22.21
2 Jethro Penn	Cherrybrook	10:11.04	8:48.44
3 Sanderson Keyser	Parramatta	9:46.95	8:50.11

Boys U 15 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Hugo Matthews	Nth Rocks Carlin	11:45.21	10:03.84

Boys U 17 - 1500 Metre Walk

Name	Age Centre	Seed	Final
1 Thomas Shannon	Cherrybrook	7:48.00	7:39.14