

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 8 - 70 Metre Sprint**

Region: R 10.90 1997 Natasha Finlay, Manly Warringah			
State: S 10.54 16/03/1980 Annette Cavanagh, Blacktown			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eden McDonnell		Manly Warringah	12.28Q
2 Gemma Hunt		Manly Warringah	12.35Q
3 Grace Carlton		Hornsby	12.40Q
4 Emily Deverson		Cherrybrook	12.45q
5 Hayley Laslett		Ku-Ring-Gai	12.71
Heat 2 Heats			
1 Ella Achike		Ku-Ring-Gai	11.31Q
2 Abigail Wigham		Cherrybrook	12.07Q
3 Amia Kolman		Ryde	12.41Q
4 Bonnie Castellias		Northern Suburbs	12.59q
5 Katie Dash		Ku-Ring-Gai	12.69
6 Lucy Whitehead		Mosman	12.71
7 Julia Perry		Nth Rocks Carlin	13.26

Girls U 8 - 70 Metre Sprint

Region: R 10.90 1997 Natasha Finlay, Manly Warringah			
State: S 10.54 16/03/1980 Annette Cavanagh, Blacktown			
Name	Age	Centre	Final
Section 1 Final			
1 Ella Achike		Ku-Ring-Gai	11.55
2 Eden McDonnell		Manly Warringah	12.45
3 Abigail Wigham		Cherrybrook	12.46
4 Amia Kolman		Ryde	12.76
5 Emily Deverson		Cherrybrook	12.79
6 Grace Carlton		Hornsby	12.82
7 Bonnie Castellias		Northern Suburbs	12.94

Girls U 9 - 70 Metre Sprint

Region: R 10.20 1998 Emily Pollett, Manly Warringah			
State: S 10.14 22/03/1998 Briony Kanard, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Chloe Stante		Manly Warringah	11.37Q
2 Cassia McLean		Manly Warringah	11.80Q
3 Cacia Charles		Ku-Ring-Gai	11.94Q
3 Anna Tye		Hornsby	11.94Q
5 Amelia Mandalinic		Manly Warringah	12.06
6 Nicol Hampel		Northern Suburbs	13.01
Heat 2 Heats			
1 Gabriella Oimage		Cherrybrook	11.23Q
2 Lexi Hartigan		Mosman	11.31Q
3 Sienna Vassella		Ku-Ring-Gai	11.56Q
4 Olivia Loring		Parramatta	11.82q
5 Eva Ericoli		Cherrybrook	11.97
6 Emily Hinson		Ryde	12.60
7 ShiyahElsa Fenil		Ryde	13.01

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 9 - 70 Metre Sprint

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Region:	R 10.20	1998	Emily Pollett, Manly Warringah
State:	S 10.14	22/03/1998	Briony Kanard, Port Hacking
Name	Age	Centre	Final
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Section 1 Final			
1 Gabriella Omage		Cherrybrook	11.36
2 Sienna Vassella		Ku-Ring-Gai	11.42
3 Cassia McLean		Manly Warringah	11.68
4 Lexi Hartigan		Mosman	11.69
5 Chloe Stante		Manly Warringah	11.81
6 Olivia Loring		Parramatta	12.02
7 Cacia Charles		Ku-Ring-Gai	12.15
8 Anna Tye		Hornsby	12.30

Girls U 10 - 70 Metre Sprint

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Region:	R 9.80	2000	Alice Wilson, Ku-ring-gai
State:	S 9.84	19/03/2000	Grace Naseby, Griffith
Name	Age	Centre	Heats
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Heat 1 Heats			
1 Liesel Walsh		Hornsby	10.90Q
2 Ruby Kernaghan		Parramatta	11.02Q
3 Hayley Loreto-Dicks		Ku-Ring-Gai	11.20Q
4 Emily Kupceric		Manly Warringah	11.49q
5 Lily Hughes		Ku-Ring-Gai	12.09
6 Tess James		Ryde	12.37
7 Star Millott		Parramatta	12.76
Heat 2 Heats			
1 ClaraSeyramPrinces Fetri		Parramatta	10.28Q
2 Amalia Bond		Ku-Ring-Gai	10.80Q
3 Erin Dunne		Manly Warringah	10.92Q
4 Penny Renn		Manly Warringah	11.27q
5 Alanah O'Donovan		Parramatta	11.49q

Girls U 10 - 70 Metre Sprint

=====			
Region:	R 9.80	2000	Alice Wilson, Ku-ring-gai
State:	S 9.84	19/03/2000	Grace Naseby, Griffith
Name	Age	Centre	Final
=====			
Section 1 Final			
1 ClaraSeyramPrinces Fetri		Parramatta	10.68
2 Amalia Bond		Ku-Ring-Gai	10.96
3 Erin Dunne		Manly Warringah	11.25
4 Ruby Kernaghan		Parramatta	11.30
5 Penny Renn		Manly Warringah	11.43
6 Liesel Walsh		Hornsby	11.50
7 Hayley Loreto-Dicks		Ku-Ring-Gai	11.58
8 Emily Kupceric		Manly Warringah	11.73
9 Alanah O'Donovan		Parramatta	11.80

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 8 - 100 Metre Sprint**

Region: R 15.20 2005 Lauren Gilbert, Parramatta			
State: S 14.44 23/03/1979 Helen Clarke, Orange			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ella Achike		Ku-Ring-Gai	15.92Q
2 Manvi Arabolu		Ku-Ring-Gai	17.12Q
3 Abigail Wigham		Cherrybrook	17.38Q
4 Roxanne Parkes		Manly Warringah	17.81q
5 Amia Kolman		Ryde	17.99
6 Ella Finnane		Ryde	18.08
7 Emily Deverson		Cherrybrook	18.09
Heat 2 Heats			
1 Eden McDonnell		Manly Warringah	17.30Q
2 Madison Tabrett		Cherrybrook	17.50Q
3 Fleur Motteram		Northern Suburbs	17.63Q
4 Gemma Hunt		Manly Warringah	17.72q
5 Lucy Whitehead		Mosman	17.94
6 Grace Carlton		Hornsby	18.04
7 Bonnie Castellias		Northern Suburbs	18.16

Girls U 8 - 100 Metre Sprint

Region: R 15.20 2005 Lauren Gilbert, Parramatta			
State: S 14.44 23/03/1979 Helen Clarke, Orange			
Name	Age	Centre	Final
Section 1 Final			
1 Ella Achike		Ku-Ring-Gai	16.01
2 Manvi Arabolu		Ku-Ring-Gai	17.12
3 Eden McDonnell		Manly Warringah	17.21
4 Abigail Wigham		Cherrybrook	17.46
5 Gemma Hunt		Manly Warringah	17.82
6 Fleur Motteram		Northern Suburbs	17.92
7 Madison Tabrett		Cherrybrook	17.93
8 Roxanne Parkes		Manly Warringah	18.14

Girls U 9 - 100 Metre Sprint

Region: R 14.70 1998 Emily Pollett, Manly Warringah			
State: S 14.14 23/03/1979 Kate Farrell, Holroyd			
State: S 14.14 15/03/1980 Helen Clarke, Orange			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gabriella Omage		Cherrybrook	15.71Q
2 Emma Kramer		Manly Warringah	15.93Q
3 Naduli Kariyawasam		Parramatta	16.37Q
4 Maddison Barratt		Northern Districts	16.58q
5 Gracie Atkins		Ku-Ring-Gai	16.68q
6 Pippa Burke		Cherrybrook	16.76
7 Olivia Loring		Parramatta	16.98
8 Alessandra McWilliam		Mosman	16.99
Heat 2 Heats			
1 Willow Toll		Manly Warringah	15.97Q
2 Anna Tye		Hornsby	17.00Q
3 Amelia Mandalinic		Manly Warringah	17.24Q
4 Collette Lumley		Northern Suburbs	17.27
5 Jacqueline Pawsey		Ryde	17.30

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 9 - 100 Metre Sprint**

6 Eva Ericoli	Cherrybrook	17.48
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Girls U 9 - 100 Metre Sprint

Region: R 14.70	1998	Emily Pollett, Manly Warringah
State: S 14.14	23/03/1979	Kate Farrell, Holroyd
State: S 14.14	15/03/1980	Helen Clarke, Orange

Name	Age Centre	Final
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Section 1 Final

1 Willow Toll	Manly Warringah	15.57
2 Gabriella Omage	Cherrybrook	15.76
3 Emma Kramer	Manly Warringah	15.85
4 Naduli Kariyawasam	Parramatta	16.39
5 Maddison Barratt	Northern Districts	16.41
6 Gracie Atkins	Ku-Ring-Gai	16.79
7 Anna Tye	Hornsby	16.84
8 Amelia Mandalinic	Manly Warringah	17.30

Girls U 10 - 100 Metre Sprint

Region: R 13.70	1991	Rosemary Hayward, Wyong
State: S 13.54	12/03/1978	Annette Osborne, Lethbridge P
State: S 13.54	23/03/1991	Rosemary Hayward, Wyong

Name	Age Centre	Heats
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Heat 1 Heats

1 Naomi Krajancic	Manly Warringah	15.27Q
2 Erin Dunne	Manly Warringah	15.70Q
3 Liesel Walsh	Hornsby	15.77Q
4 Kate Harden	Ku-Ring-Gai	16.53q
5 Alanah O'Donovan	Parramatta	17.13
6 Milla Storgato	Cherrybrook	17.99

Heat 2 Heats

1 ClaraSeyramPrinces Fetri	Parramatta	14.65Q
2 Amalia Bond	Ku-Ring-Gai	15.34Q
3 Isla Maris	Manly Warringah	16.06Q
4 Georgia Vella	Cherrybrook	16.86q
5 Mackenzie McBain	Nth Rocks Carlin	17.31

Girls U 10 - 100 Metre Sprint

Region: R 13.70	1991	Rosemary Hayward, Wyong
State: S 13.54	12/03/1978	Annette Osborne, Lethbridge P
State: S 13.54	23/03/1991	Rosemary Hayward, Wyong

Name	Age Centre	Final
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Section 1 Final

1 ClaraSeyramPrinces Fetri	Parramatta	14.73
2 Amalia Bond	Ku-Ring-Gai	15.10
3 Naomi Krajancic	Manly Warringah	15.14
4 Erin Dunne	Manly Warringah	15.50
5 Isla Maris	Manly Warringah	15.94
6 Liesel Walsh	Hornsby	15.97
7 Kate Harden	Ku-Ring-Gai	16.53
8 Georgia Vella	Cherrybrook	16.70

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 11 - 100 Metre Sprint

Name	Age	Centre	Heats
Region: R 13.40 1992 Rossemary Hayward, Toukley			
State: S 12.94 12/03/1978 Michelle Moroney, Bankstown			
Heat 1 Heats			
1 Kaitlinn Dunne		Manly Warringah	14.58Q
2 Olivia Achike		Ku-Ring-Gai	14.65Q
3 Tanna Kotulic		Ryde	15.20Q
4 Kyrah McMahan		Northern Districts	15.34q
5 Eloise Berkelouw		Mosman	15.66
6 Reena Son		Northern Suburbs	15.71
7 Emmanuella Omage		Cherrybrook	15.85
8 Maddison Minard		Nth Rocks Carlin	16.52

Heat 2 Heats			
1 Matilda Harrison		Ku-Ring-Gai	14.14Q
2 Lucinda Gibbs		Manly Warringah	15.07Q
3 Matilda Clement		Manly Warringah	15.21Q
4 Sophie Durheim		Cherrybrook	15.33q
5 Olivia Sidhu		Ryde	15.56
6 Hannah Storey		Cherrybrook	16.59

Girls U 11 - 100 Metre Sprint

Name	Age	Centre	Final
Region: R 13.40 1992 Rossemary Hayward, Toukley			
State: S 12.94 12/03/1978 Michelle Moroney, Bankstown			
Section 1 Final			
1 Matilda Harrison		Ku-Ring-Gai	13.98
2 Kaitlinn Dunne		Manly Warringah	14.47
3 Olivia Achike		Ku-Ring-Gai	14.83
4 Tanna Kotulic		Ryde	14.93
5 Lucinda Gibbs		Manly Warringah	15.10
6 Matilda Clement		Manly Warringah	15.11
7 Sophie Durheim		Cherrybrook	15.22
8 Kyrah McMahan		Northern Districts	15.63

Girls U 12 - 100 Metre Sprint

Name	Age	Centre	Heats
Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g			
State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong Ci			
State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking			
State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-G			
Heat 1 Heats			
1 Caitlin Russell		Cherrybrook	13.97Q
2 Catherine Mikan		Northern Suburbs	14.13Q
3 Jasmine Rintel		Manly Warringah	14.54Q
4 Aqua Fisher		Northern Suburbs	14.71q
5 Eden Smith		Mosman	15.04
6 Ava Gray		Manly Warringah	15.08
7 Mila Burdett		Nth Rocks Carlin	15.38
Heat 2 Heats			
1 Octavia Williams		Manly Warringah	13.97Q
2 Gemma McIntosh		Ku-Ring-Gai	14.26Q
3 Kristina Prizmic		Manly Warringah	14.89Q
4 Isabella Longley		Northern Suburbs	14.94q
5 Milla Lawrence		Manly Warringah	14.97

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Sydney Academy of Sport.

Results

....Girls U 12 - 100 Metre Sprint

6 Alexandra Sharp	Mosman	15.33
7 Zaara Yip	Nth Rocks Carlin	15.53

Girls U 12 - 100 Metre Sprint

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Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g
State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong Ci
State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking
State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-G
Name Age Centre Final
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Section 1 Final

1 Catherine Mikan	Northern Suburbs	13.76
2 Octavia Williams	Manly Warringah	13.81
3 Caitlin Russell	Cherrybrook	13.82
4 Gemma McIntosh	Ku-Ring-Gai	14.12
5 Jasmine Rintel	Manly Warringah	14.50
6 Aqua Fisher	Northern Suburbs	14.81
7 Kristina Prizmic	Manly Warringah	14.89
8 Isabella Longley	Northern Suburbs	14.92

Girls U 13 - 100 Metre Sprint

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Region: R 12.30 2005 Jordan Lumley, Nortern Distri
State: S 12.34 15/03/1986 Jo-anne Swan, Camden
State: S 12.34 7/03/1987 Rebecca Vormister, Wollongong
State: S 12.34 17/03/1996 Haylee Mathieson, Wollongong
State: S 12.34 19/02/2005 Laura Turner, Port Hacking
Name Age Centre Heats
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Heat 1 Heats

1 Sofia Fedirchuk	Mosman	13.56Q
2 Kelly Theodorides	Manly Warringah	13.57Q
3 Eve Simpson	Manly Warringah	13.97Q
4 Sienna Brett	Ku-Ring-Gai	14.19q
5 Natalie Parker	Manly Warringah	14.56
6 Ruby Perkins	Northern Suburbs	14.61
7 Anesha Busingye	Nth Rocks Carlin	14.97

Heat 2 Heats

1 Samara Bond	Ku-Ring-Gai	13.71Q
2 Lucinda Mulcahy	Manly Warringah	14.15Q
3 Chloe Allsopp	Mosman	14.23Q
4 Tianna Bertolissio	Parramatta	14.26q
5 Isabella Azizi	Northern Suburbs	14.97
6 Madison Mitchell	Cherrybrook	15.01
7 Anika Sinha	Parramatta	15.04

Girls U 13 - 100 Metre Sprint

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Region: R 12.30 2005 Jordan Lumley, Nortern Distri
State: S 12.34 15/03/1986 Jo-anne Swan, Camden
State: S 12.34 7/03/1987 Rebecca Vormister, Wollongong
State: S 12.34 17/03/1996 Haylee Mathieson, Wollongong
State: S 12.34 19/02/2005 Laura Turner, Port Hacking
Name Age Centre Final
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Section 1 Final

1 Samara Bond	Ku-Ring-Gai	13.57
2 Kelly Theodorides	Manly Warringah	13.60

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 13 - 100 Metre Sprint**

3	Sofia Fedirchuk	Mosman	13.78
4	Eve Simpson	Manly Warringah	14.04
5	Lucinda Mulcahy	Manly Warringah	14.08
6	Chloe Allsopp	Mosman	14.31
7	Tianna Bertolissio	Parramatta	14.33
8	Sienna Brett	Ku-Ring-Gai	14.59

Girls U 14 - 100 Metre Sprint

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Region:	R 12.10	2005	Sarah Thompson, Cherrybrook
State:	S 12.14	23/03/1991	Shelley Peattie, Macquarie Sh
Name		Age Centre	Heats
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Heat 1 Heats

1	Lucy Scholtens	Manly Warringah	13.61Q
2	Maya Tedder	Manly Warringah	13.80Q
3	Chloe Dunne	Manly Warringah	14.06Q
4	Aliana Moala	Ryde	14.42
5	Maddison Duncombe	Ryde	14.43
6	Ashlee Hu	Ryde	14.57

Heat 2 Heats

1	Ruby Worrell	Ryde	13.11Q
2	Tara Webb	Cherrybrook	13.58Q
2	XinMin Tan	Northern Suburbs	13.58Q
4	Bella Kachel	Hornsby	13.71q
5	Phoebe Berglund	Manly Warringah	13.76q
6	Ava Hudson	Ku-Ring-Gai	13.98
7	Natasha Poschalk	Manly Warringah	14.53

Girls U 14 - 100 Metre Sprint

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Region:	R 12.10	2005	Sarah Thompson, Cherrybrook
State:	S 12.14	23/03/1991	Shelley Peattie, Macquarie Sh
Name		Age Centre	Final
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Section 1 Final

1	Ruby Worrell	Ryde	13.23
2	XinMin Tan	Northern Suburbs	13.53
3	Lucy Scholtens	Manly Warringah	13.55
4	Tara Webb	Cherrybrook	13.62
5	Maya Tedder	Manly Warringah	13.72
6	Bella Kachel	Hornsby	13.75
7	Chloe Dunne	Manly Warringah	13.92
8	Phoebe Berglund	Manly Warringah	13.93

Girls U 15 - 100 Metre Sprint

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Region:	R 12.10	1991	R Massey, Ryde AA
State:	S 12.04	21/03/1992	Sonia Willis, Wagga PCYC
State:	S 12.04	20/03/1999	Preya Carey, Hills District
Name		Age Centre	Heats
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Heat 1 Heats

1	Gabriella Taylor	Manly Warringah	12.61Q
2	Emily Uslu	Parramatta	13.59Q
3	Brooke Luksic	Parramatta	13.69Q
4	Kate Rooney	Mosman	13.76q
5	Jasmine Lowe	Northern Suburbs	14.11q

Heat 2 Heats

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 15 - 100 Metre Sprint**

1 Carys GibbonsMaurer	Manly Warringah	13.74Q
2 Abigail Oimage	Cherrybrook	13.84Q
3 Jasmin Frost	Mosman	14.69Q
4 Sara Bashir	Manly Warringah	14.86

Girls U 15 - 100 Metre Sprint

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Region: R 12.10 1991 R Massey, Ryde AA
State: S 12.04 21/03/1992 Sonia Willis, Wagga PCYC
State: S 12.04 20/03/1999 Preya Carey, Hills District

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Name Age Centre Final
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Section 1 Final

1 Gabriella Taylor	Manly Warringah	12.41
2 Emily Uslu	Parramatta	13.48
3 Brooke Luksic	Parramatta	13.71
4 Carys GibbonsMaurer	Manly Warringah	13.74
5 Kate Rooney	Mosman	13.81
6 Abigail Oimage	Cherrybrook	13.97
7 Jasmine Lowe	Northern Suburbs	14.15
8 Jasmin Frost	Mosman	14.61

Girls U 17 - 100 Metre Sprint

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Region: R 12.08 9/02/2019 Greta Andrews, Northern Subur
State: S 11.89 28/01/2017 Maisie Stevens, Eastern Subur

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Name Age Centre Heats
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Heat 1 Heats

1 Alyssa Lowe	Ryde	12.90Q
2 Jessica Maciver	Ku-Ring-Gai	13.02Q
3 Aleisha Jeremy	Manly Warringah	13.57Q
4 Isobel Elkan	Manly Warringah	13.90q
5 Jessica Tallentire	Manly Warringah	14.12
6 Chelsea Smith	Nth Rocks Carlin	14.16

Heat 2 Heats

1 Georgia Fichardt	Ku-Ring-Gai	12.81Q
2 Eliza DaSilva	Ryde	13.13Q
3 Danielle Osifo	Hornsby	13.29Q
4 Eleanor Partridge	Northern Suburbs	13.84q
5 Maya McMullen	Northern Districts	14.31

Girls U 17 - 100 Metre Sprint

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Region: R 12.08 9/02/2019 Greta Andrews, Northern Subur
State: S 11.89 28/01/2017 Maisie Stevens, Eastern Subur

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Name Age Centre Final
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Section 1 Final

1 Georgia Fichardt	Ku-Ring-Gai	12.52
2 Jessica Maciver	Ku-Ring-Gai	12.62
3 Alyssa Lowe	Ryde	12.66
4 Danielle Osifo	Hornsby	12.95
5 Eliza DaSilva	Ryde	12.98
6 Aleisha Jeremy	Manly Warringah	13.62
7 Eleanor Partridge	Northern Suburbs	13.85
8 Isobel Elkan	Manly Warringah	13.93

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 8 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R	31.50	1997	Emily Pollett, Manly Warringah
State: S	31.74	18/03/1984	Bronwyn Piening, Nepean
State: S	31.74	16/02/1997	Emily Pollett, Manly Warringah

Heat 1 Heats

1	Fleur Motteram	Northern Suburbs	36.11Q
2	Eden McDonnell	Manly Warringah	36.76Q
3	Roxanne Parkes	Manly Warringah	37.24Q
4	Emily Deverson	Cherrybrook	37.93
5	Amia Kolman	Ryde	39.29
6	Hayley Laslett	Ku-Ring-Gai	40.72
7	Amy Codrington	Nth Rocks Carlin	45.09

Heat 2 Heats

1	Ella Achike	Ku-Ring-Gai	35.85Q
2	Manvi Arabolu	Ku-Ring-Gai	36.15Q
3	Hannah Dawson	Northern Districts	36.25Q
4	Claudia Patfield	Manly Warringah	37.51q
5	Abigail Wigham	Cherrybrook	37.89q
6	Bonnie Castellias	Northern Suburbs	38.27

Girls U 8 - 200 Metre Sprint

Name	Age	Centre	Final
Region: R	31.50	1997	Emily Pollett, Manly Warringah
State: S	31.74	18/03/1984	Bronwyn Piening, Nepean
State: S	31.74	16/02/1997	Emily Pollett, Manly Warringah

Section 1 Final

1	Ella Achike	Ku-Ring-Gai	35.70
2	Fleur Motteram	Northern Suburbs	37.24
3	Eden McDonnell	Manly Warringah	37.33
4	Manvi Arabolu	Ku-Ring-Gai	37.82
4	Hannah Dawson	Northern Districts	37.82
6	Abigail Wigham	Cherrybrook	38.86
7	Claudia Patfield	Manly Warringah	39.60
8	Roxanne Parkes	Manly Warringah	40.05

Girls U 9 - 200 Metre Sprint

Name	Age	Centre	Heats
Region: R	30.30	22/02/2009	Mikayla Mestoussis, Ryde
State: S	28.74	25/03/1990	Rosemary Hayward, Wyong

Heat 1 Heats

1	Willow Toll	Manly Warringah	32.94Q
2	Gracie Atkins	Ku-Ring-Gai	34.85Q
3	Lexi Hartigan	Mosman	34.89Q
4	Amy Campbell	Hornsby	35.34q
5	Makenzi Gartner	Cherrybrook	36.49
6	Collette Lumley	Northern Suburbs	37.34
7	Bella Fraser	Ryde	38.38

Heat 2 Heats

1	Emma Kramer	Manly Warringah	33.36Q
2	Gabriella Omage	Cherrybrook	33.60Q
3	Chloe Stante	Manly Warringah	34.76Q
4	Naduli Kariyawasam	Parramatta	35.44q
5	Amelia Mandalinic	Manly Warringah	35.94
6	Sienna Wade	Northern Suburbs	36.01

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 9 - 200 Metre Sprint**

7 Catherine Halgreen	Ku-Ring-Gai	36.54
8 Eva Ericoli	Cherrybrook	37.64

Girls U 9 - 200 Metre Sprint

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde

State: S 28.74 25/03/1990 Rosemary Hayward, Wyong

Name	Age Centre	Final
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Section 1 Final

1 Willow Toll	Manly Warringah	32.53
2 Emma Kramer	Manly Warringah	33.63
3 Chloe Stante	Manly Warringah	33.96
4 Gabriella Omage	Cherrybrook	34.14
5 Gracie Atkins	Ku-Ring-Gai	35.10
6 Lexi Hartigan	Mosman	35.15
7 Naduli Kariyawasam	Parramatta	35.32
8 Amy Campbell	Hornsby	35.67

Girls U 10 - 200 Metre Sprint

Region: R 28.40 1991 Rosemary Hayward, Wyong

State: S 28.22 21/03/2010 Kristie Edwards, Manly Warrin

Name	Age Centre	Heats
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Heat 1 Heats

1 Mia Hooton	Ku-Ring-Gai	31.79Q
2 Naomi Krajancic	Manly Warringah	31.82Q
3 Claudia Wyatt	Cherrybrook	33.74Q
4 Erin Campbell	Northern Suburbs	35.39q
5 Alison Hubbard	Nth Rocks Carlin	38.15

Heat 2 Heats

1 Amalia Bond	Ku-Ring-Gai	31.44Q
2 Penny Renn	Manly Warringah	33.16Q
3 Isla Maris	Manly Warringah	33.31Q
4 Erin Dunne	Manly Warringah	33.91q
5 Alanah O'Donovan	Parramatta	35.51

Girls U 10 - 200 Metre Sprint

Region: R 28.40 1991 Rosemary Hayward, Wyong

State: S 28.22 21/03/2010 Kristie Edwards, Manly Warrin

Name	Age Centre	Final
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Section 1 Final

1 Amalia Bond	Ku-Ring-Gai	30.85
2 Naomi Krajancic	Manly Warringah	31.40
3 Mia Hooton	Ku-Ring-Gai	31.47
4 Isla Maris	Manly Warringah	32.71
5 Penny Renn	Manly Warringah	33.41
6 Erin Dunne	Manly Warringah	33.73
7 Claudia Wyatt	Cherrybrook	34.38
8 Erin Campbell	Northern Suburbs	35.19

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 11 - 200 Metre Sprint

Name	Age	Centre	Heats
Region: R 27.50 1992 Rosemary Hayward, Toukley			
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Matilda Harrison		Ku-Ring-Gai	30.35Q
2 Sophie Durheim		Cherrybrook	31.94Q
3 Reena Son		Northern Suburbs	32.18Q
4 Kyrah McMahon		Northern Districts	32.19q
5 Sophie Nicols		Manly Warringah	32.61q
6 Hannah Storey		Cherrybrook	35.42
Heat 2 Heats			
1 Kaitlinn Dunne		Manly Warringah	31.45Q
2 Tanna Kotulic		Ryde	31.76Q
3 Lucinda Gibbs		Manly Warringah	32.40Q
4 Olivia Sidhu		Ryde	32.82
5 Emmanuella Oimage		Cherrybrook	33.28
5 Princess Obi		Nth Rocks Carlin	33.28
7 Alisha Katafono		Parramatta	34.85

Girls U 11 - 200 Metre Sprint

Name	Age	Centre	Final
Region: R 27.50 1992 Rosemary Hayward, Toukley			
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
Section 1 Final			
1 Matilda Harrison		Ku-Ring-Gai	30.24
2 Kaitlinn Dunne		Manly Warringah	30.97
3 Tanna Kotulic		Ryde	31.18
4 Sophie Durheim		Cherrybrook	32.03
5 Reena Son		Northern Suburbs	32.11
6 Kyrah McMahon		Northern Districts	32.49
7 Sophie Nicols		Manly Warringah	32.98
7 Lucinda Gibbs		Manly Warringah	32.98

Girls U 12 - 200 Metre Sprint

Name	Age	Centre	Heats
Region: R 26.30 2005 Karlie Morton, Manly Warringah			
State: S 25.69 25/03/2018 Chelsea Ezeoke, Wollongong Ci			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gemma McIntosh		Ku-Ring-Gai	29.31Q
2 Ava Gray		Manly Warringah	30.79Q
3 Aqua Fisher		Northern Suburbs	31.39Q
4 Mila Burdett		Nth Rocks Carlin	31.60
5 Nakita Newton		Northern Suburbs	33.27
Heat 2 Heats			
1 Caitlin Russell		Cherrybrook	29.13Q
2 Catherine Mikan		Northern Suburbs	29.25Q
3 Jasmine Rintel		Manly Warringah	30.13Q
4 Isabella Longley		Northern Suburbs	30.87q
5 Milla Lawrence		Manly Warringah	30.92q
6 Sienna Braithwaite		Cherrybrook	33.09

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Sydney Academy of Sport.

Results

Girls U 12 - 200 Metre Sprint

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=====
Region: R 26.30 2005          Karlie Morton, Manly Warringa
State: S 25.69 25/03/2018   Chelsea Ezeoke, Wollongong Ci
Name                          Age Centre                      Final
=====
Section 1 Final
1 Catherine Mikan             Northern Suburbs                28.58
2 Caitlin Russell            Cherrybrook                     28.60
3 Gemma McIntosh             Ku-Ring-Gai                    28.90
4 Jasmine Rintel             Manly Warringah                29.52
5 Ava Gray                   Manly Warringah                30.41
6 Milla Lawrence             Manly Warringah                30.87
7 Isabella Longley           Northern Suburbs                30.88
8 Aqua Fisher                Northern Suburbs                31.02
    
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Girls U 13 - 200 Metre Sprint

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=====
Region: R 25.80 1994          Rosemary Hayward, Toukley
State: S 24.96 19/03/2017   Alice Dixon, Northern Suburbs
Name                          Age Centre                      Heats
=====
Heat 1 Heats
1 Samara Bond                 Ku-Ring-Gai                    27.84Q
2 Kelly Theodorides          Manly Warringah                28.08Q
3 Eve Simpson                 Manly Warringah                28.68Q
4 Lucinda Mulcahy           Manly Warringah                29.32q
5 Tianna Bertolissio        Parramatta                     29.62q
Heat 2 Heats
1 Sofia Fedirchuk            Mosman                         27.82Q
2 Luna Ligertwood           Manly Warringah                27.87Q
3 Chloe Allsopp              Mosman                         29.13Q
4 Madison Mitchell           Cherrybrook                     29.77
5 Natalie Parker             Manly Warringah                30.24
    
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Girls U 13 - 200 Metre Sprint

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=====
Region: R 25.80 1994          Rosemary Hayward, Toukley
State: S 24.96 19/03/2017   Alice Dixon, Northern Suburbs
Name                          Age Centre                      Final
=====
Section 1 Final
1 Samara Bond                 Ku-Ring-Gai                    27.83
2 Luna Ligertwood           Manly Warringah                28.17
3 Sofia Fedirchuk            Mosman                         28.20
4 Kelly Theodorides          Manly Warringah                28.29
5 Eve Simpson                 Manly Warringah                28.93
6 Lucinda Mulcahy           Manly Warringah                29.08
7 Chloe Allsopp              Mosman                         29.72
8 Tianna Bertolissio        Parramatta                     30.38
    
```

Girls U 14 - 200 Metre Sprint

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=====
Region: R 24.60 1995          Rosemary Hayward, Toukley
State: S 24.54 16/03/2008   Ella Nelson, Sutherland
Name                          Age Centre                      Heats
=====
Heat 1 Heats
1 Ruby Worrell               Ryde                           26.83Q
2 Bella Kachel               Hornsby                        28.00Q
3 Hayley Reynolds           Nth Rocks Carlin              28.91Q
    
```

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 14 - 200 Metre Sprint**

4 Jenah Patel	Nth Rocks Carlin	29.77
5 Ashlee Hu	Ryde	30.41
Heat 2 Heats		
1 Lucy Scholtens	Manly Warringah	27.72Q
2 Tara Webb	Cherrybrook	28.03Q
3 XinMin Tan	Northern Suburbs	28.31Q
4 Phoebe Berglund	Manly Warringah	29.58q
5 Olivia Lee-Jackson	Ku-Ring-Gai	29.64q
6 Tahlia O'Brien	Manly Warringah	29.95
7 Siobhan McMahon	Northern Districts	30.79

Girls U 14 - 200 Metre Sprint

=====			
Region:	R 24.60	1995	Rosemary Hayward, Toukley
State:	S 24.54	16/03/2008	Ella Nelson, Sutherland
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Ruby Worrell		Ryde	26.77
2 Lucy Scholtens		Manly Warringah	27.37
3 XinMin Tan		Northern Suburbs	27.91
4 Tara Webb		Cherrybrook	28.03
5 Bella Kachel		Hornsby	28.08
6 Hayley Reynolds		Nth Rocks Carlin	29.34
7 Phoebe Berglund		Manly Warringah	30.75

Girls U 15 - 200 Metre Sprint

=====			
Region:	R 25.20	1998	Jana Pittman, Parramatta
State:	S 24.24	20/03/2005	Olivia Tauro, Kurri Kurri
State:	S 24.24	22/02/2009	Ella Nelson, Sutherland
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Eva Bates		Ku-Ring-Gai	27.71Q
2 Brianna Worsfold		Ku-Ring-Gai	28.25Q
3 Carys GibbonsMaurer		Manly Warringah	28.80Q
4 Abigail Oimage		Cherrybrook	29.00q
5 Sophie Ross		Manly Warringah	29.28q
6 Jasmine Lowe		Northern Suburbs	30.41q
7 Karina Bassett		Hornsby	30.75q
8 Sophie Smart		Nth Rocks Carlin	34.32q

Girls U 15 - 200 Metre Sprint

=====			
Region:	R 25.20	1998	Jana Pittman, Parramatta
State:	S 24.24	20/03/2005	Olivia Tauro, Kurri Kurri
State:	S 24.24	22/02/2009	Ella Nelson, Sutherland
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Eva Bates		Ku-Ring-Gai	27.71
2 Brianna Worsfold		Ku-Ring-Gai	28.25
3 Carys GibbonsMaurer		Manly Warringah	28.80
4 Abigail Oimage		Cherrybrook	29.00
5 Sophie Ross		Manly Warringah	29.28
6 Jasmine Lowe		Northern Suburbs	30.41
7 Karina Bassett		Hornsby	30.75
8 Sophie Smart		Nth Rocks Carlin	34.32

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 17 - 200 Metre Sprint**

Region: R 25.30 16/02/2014 Ruby Ritchie, Manly Warringah			
State: S 24.08 25/03/2018 Caitlin Ferrier, Kurrajong Bi			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Annika Lynch		Northern Suburbs	26.97Q
2 Eliza DaSilva		Ryde	26.99Q
3 Danielle Osifo		Hornsby	27.98Q
4 Annabel Magnussen		Hornsby	28.17q
5 Eleanor Partridge		Northern Suburbs	28.22q
6 Isobel Elkan		Manly Warringah	28.82q
7 Jessica Tallentire		Manly Warringah	29.49q

Girls U 17 - 200 Metre Sprint

Region: R 25.30 16/02/2014 Ruby Ritchie, Manly Warringah			
State: S 24.08 25/03/2018 Caitlin Ferrier, Kurrajong Bi			
Name	Age	Centre	Final
Section 1 Final			
1 Annika Lynch		Northern Suburbs	26.97
2 Eliza DaSilva		Ryde	26.99
3 Danielle Osifo		Hornsby	27.98
4 Annabel Magnussen		Hornsby	28.17
5 Eleanor Partridge		Northern Suburbs	28.22
6 Isobel Elkan		Manly Warringah	28.82
7 Jessica Tallentire		Manly Warringah	29.49

Girls U 8 - 400 Metre Sprint

Region: R 1:13.90 2002 Courtney Cross, Hornsby Dis			
State: S 1:11.44 21/03/1981 Jo-anne Swan, Camden			
Name	Age	Centre	Final
Section 1			
1 Ashley Temple		Ku-Ring-Gai	1:26.42
2 Grace Scammell		Mosman	1:30.18
3 Georgia Warr		Manly Warringah	1:33.63
4 Alexis Kernaghan		Parramatta	1:34.65
Section 2			
1 Hannah Dawson		Northern Districts	1:19.40
2 Fleur Motteram		Northern Suburbs	1:19.82
3 Claudia Patfield		Manly Warringah	1:24.90
4 Katie Dash		Ku-Ring-Gai	1:24.92
5 Elodie Bankes		Manly Warringah	1:25.41
6 Ella Gadsby		Manly Warringah	1:28.19
7 Hallie Owers		Manly Warringah	1:29.59
8 Claire Fisher		Ku-Ring-Gai	1:46.69

Girls U 9 - 400 Metre Sprint

Region: R 1:09.63 15/02/2014 Brianna Worsfold, Ku-Ring-G			
State: S 1:06.64 24/03/1990 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1			
1 Sienna Wade		Northern Suburbs	1:21.77
2 Eden McNaughtan		Manly Warringah	1:23.13
3 Collette Lumley		Northern Suburbs	1:24.32

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 9 - 400 Metre Sprint**

4	Amelia Mandalinic	Manly Warringah	1:24.73
5	Maddison Barratt	Northern Districts	1:25.66
6	Chloe Smith	Mosman	1:26.41

Section 2

1	Willow Toll	Manly Warringah	1:12.77
2	Alessandra McWilliam	Mosman	1:15.99
3	Anais Biasi	Manly Warringah	1:17.89
4	Elsie Clatworthy	Ku-Ring-Gai	1:19.84
5	Naduli Kariyawasam	Parramatta	1:21.09
6	Hannah Lambert	Nth Rocks Carlin	1:23.23
7	Olivia Barton	Manly Warringah	1:24.15

Girls U 10 - 400 Metre Sprint

=====
 Region: R 1:05.60 1991 Rosemary Hayward, Wyong
 State: S 1:03.84 15/03/2003 Paige Fenech, Albion Park

=====
 Name Age Centre Final
 =====

Section 1

1	Tara Gilkeson	Hornsby	1:16.53
2	Chloe McGregor	Ryde	1:19.54
3	Mackenzie McBain	Nth Rocks Carlin	1:20.17
4	Erin Campbell	Northern Suburbs	1:22.62

Section 2

1	Mia Hooton	Ku-Ring-Gai	1:09.87
2	Claudia Wyatt	Cherrybrook	1:12.50
3	Georgia Vella	Cherrybrook	1:12.99
4	Rory Nordenson	Manly Warringah	1:13.44
5	Ruby Kernaghan	Parramatta	1:14.72
6	Lily Horne	Ku-Ring-Gai	1:17.56
7	Maddison Ross	Manly Warringah	1:18.37
8	Gemma Wyrill	Mosman	1:20.66

Girls U 11 - 400 Metre Sprint

=====
 Region: R 1:01.90 17/02/2008 Sara Marshall, Gosford
 State: S 1:01.34 12/03/1978 Michelle Moroney, Bankstown
 State: S 1:01.34 17/03/2001 Jacinta Doyle, Port Hacking

=====
 Name Age Centre Final
 =====

Section 1

1	Sofia Ehnbohm	Manly Warringah	1:12.72
2	Sabella Storey	Cherrybrook	1:17.03
3	Kaitlinn Dunne	Manly Warringah	1:17.16
4	Jenaya Lubrano	Cherrybrook	1:21.22
5	Charlotte Grubisic	Northern Suburbs	1:22.62
6	Annabelle Cigna	Mosman	1:25.14

Section 2

1	Mia Guillergan	Manly Warringah	1:09.43
2	Philippa Quarrell	Manly Warringah	1:09.86
3	Alice Lyng	Hornsby	1:10.10
4	Katie Bowrey	Parramatta	1:11.56
5	Annabelle Cronin	Mosman	1:13.19
6	Eloise Berkelouw	Mosman	1:14.43
7	Jessica Kulik	Northern Districts	1:14.99

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 12 - 400 Metre Sprint

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=====
Region: R 59.87 17/02/2018 Lara Williams, Manly Warringah
State: S 57.74 21/02/1979 Nicole Leistenschneider, Manl
Name Age Centre Final
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Section 1

1	Caitlin Russell	Cherrybrook	1:07.75
2	Jasmine Rintel	Manly Warringah	1:10.45
3	PinPin Meenijacin	Mosman	1:11.76
4	Ella Dunstan	Manly Warringah	1:12.43
5	Annika Boys	Northern Suburbs	1:13.10
6	Sophia Ambrosino	Ku-Ring-Gai	1:15.42

Section 2

1	Grace Townsend	Manly Warringah	1:03.04
2	Catherine Mikan	Northern Suburbs	1:04.27
3	Charlotte O'Dowd	Northern Suburbs	1:05.20
4	Milla Lawrence	Manly Warringah	1:06.51
5	Eden Smith	Mosman	1:06.77
6	Kristina Prizmic	Manly Warringah	1:09.38
7	Alexandra Sharp	Mosman	1:11.52
8	Amber Kusano	Mosman	1:12.24

Girls U 13 - 400 Metre Sprint

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=====
Region: R 58.60 1994 Rosemary Hayward, Toukley
State: S 57.24 16/03/1986 Jo-anne Swan, Camden
Name Age Centre Final
=====

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Section 1

1	Caitlin Brennan	Nth Rocks Carlin	1:05.35
2	Olivia Moresi	Cherrybrook	1:06.50
3	Freya Bouman	Manly Warringah	1:08.19
4	Rani Sharma	Cherrybrook	1:09.12
5	Natalie Parker	Manly Warringah	1:11.02
6	Hannah Sacco	Northern Suburbs	1:11.62

Section 2

1	Isabella Fisher	Cherrybrook	1:02.36
2	Zoe Woods	Ku-Ring-Gai	1:04.55
3	Lucinda Mulcahy	Manly Warringah	1:05.84
4	Amelia Watkins	Ku-Ring-Gai	1:09.25
5	Chloe Allsopp	Mosman	1:09.71
6	Ashlee O'Reilly	Manly Warringah	1:10.75

Girls U 14 - 400 Metre Sprint

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=====
Region: R 56.20 1995 Rosemary Hayward, Toukley
State: S 56.02 23/03/2012 Molly Blakey, South Eastern
Name Age Centre Final
=====

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Section 1

1	Ruby Worrell	Ryde	1:01.95
2	Bella Kachel	Hornsby	1:03.98
3	Olivia Lee-Jackson	Ku-Ring-Gai	1:07.37
4	Zoe Banks	Northern Suburbs	1:08.01
5	Tia Kalamotas	Ku-Ring-Gai	1:09.33
6	Aliana Moala	Ryde	1:10.36
7	Tilly Morris	Mosman	1:12.13
8	Sophia Kusano	Mosman	1:13.75

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 15 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 55.60 1996 Rosemary Hayward, Toukley			
State: S 55.74 18/02/1996 Rosemary Hayward, Toukley			
1 Jemma Brandon-Cooper		Mosman	1:02.49
2 Charlotte Greatrex		Ku-Ring-Gai	1:04.18
3 Alexandra Sinclair		Manly Warringah	1:07.35

Girls U 17 - 400 Metre Sprint

Name	Age	Centre	Final
Region: R 57.54 13/02/2016 Rowena Craker, Manly Warringah			
State: S 55.25 24/03/2018 Caitlin Ferrier, Kurrajong Bi			
Section 2			
1 Annabel Magnussen		Hornsby	1:00.96
2 Eleanor Partridge		Northern Suburbs	1:03.50
3 Sally Priest		Manly Warringah	1:04.42
4 Kora Villa		Northern Suburbs	1:05.68
5 Lucca Taylor		Ku-Ring-Gai	1:06.98
6 Ciara Sinclair		Manly Warringah	1:07.40
7 April Shepherd		Northern Districts	1:09.16
8 Zahra Safi		Northern Suburbs	1:15.10

Girls U 8 - 700 Metre Run Pack Start

Name	Age	Centre	Final
Region: R 2:20.20 28/02/2010 Abbey Rockliff, Ku-ring-gai			
State: S 2:33.00 20/03/2011 Abbey Rockliff, Ku-Ring-Gai			
Section 1			
1 Fleur Motteram		Northern Suburbs	2:37.59
2 Lucy Whitehead		Mosman	2:42.03
3 Roxanne Parkes		Manly Warringah	2:42.33
4 Ashley Temple		Ku-Ring-Gai	2:45.69
5 Katie Dash		Ku-Ring-Gai	2:46.58
6 Elodie Banks		Manly Warringah	2:48.49
7 Grace Scammell		Mosman	2:53.38
8 Ella Gadsby		Manly Warringah	2:55.86
9 Kourtney Holl		Ryde	2:59.00
10 Alexis Kernaghan		Parramatta	3:03.73
11 Madison Gatfield-Davis		Ku-Ring-Gai	3:05.69
12 Heidi Waddell		Nth Rocks Carlin	3:10.41
13 Ashleigh Mansell		Cherrybrook	3:12.85
14 Julia Perry		Nth Rocks Carlin	3:13.44

Girls U 9 - 800 Metre Run

Name	Age	Centre	Final
Region: R 2:34.80 20/02/2011 Abbey Rockliff, Ku-ring-gai			
State: S 2:33.00 20/03/2011 Abbey Rockliff, Ku-Ring-Gai			
1 Alessandra McWilliam		Mosman	2:47.63
2 Elsie Clatworthy		Ku-Ring-Gai	2:50.88
3 Isla Bealby		Northern Suburbs	2:53.48
4 Naduli Kariyawasam		Parramatta	2:58.00
5 Sienna Wade		Northern Suburbs	3:00.99
6 Hannah Lambert		Nth Rocks Carlin	3:01.65
7 Anais Biasi		Manly Warringah	3:03.42
8 Makenzi Gartner		Cherrybrook	3:05.74

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 9 - 800 Metre Run**

9	Chloe Smith	Mosman	3:06.33
10	Eden McNaughtan	Manly Warringah	3:08.33
11	Olivia Barton	Manly Warringah	3:09.18
12	Cacia Charles	Ku-Ring-Gai	3:18.77
13	Maddison Barratt	Northern Districts	3:25.66
14	Aishi Wijesekera	Parramatta	3:28.09

Girls U 10 - 800 Metre Run

=====			
	Region: R 2:27.26	19/02/2012	Abbey Rockliff, Ku-ring-gai
	State: S 2:27.30	19/02/2012	Abbey Rockliff, Ku-Ring-Gai
	Name	Age Centre	Final
=====			
1	Mia Hooton	Ku-Ring-Gai	2:42.19
2	Claudia Wyatt	Cherrybrook	2:46.06
3	Rory Nordenson	Manly Warringah	2:55.09
4	Chloe McGregor	Ryde	2:55.99
5	Erin Dunne	Manly Warringah	2:56.12
6	Tara Gilkeson	Hornsby	2:56.50
7	Sophie Polkinghorne	Nth Rocks Carlin	3:04.46
8	Mackenzie McBain	Nth Rocks Carlin	3:07.63
9	Lilly Martin	Hornsby	3:09.29
10	Aliyah Bennett	Cherrybrook	3:09.64
11	Jada Taylor	Ku-Ring-Gai	3:09.88
12	Abigail Soper	Ku-Ring-Gai	3:10.79
--	Lyla Rigby	Manly Warringah	DQ

Girls U 11 - 800 Metre Run

=====			
	Region: R 2:26.06	17/02/2013	Abbey Rockliff, Ku-Ring-Gai
	State: S 2:21.80	20/03/2016	Imogen Stewart, Illawong
	Name	Age Centre	Final
=====			
1	Mia Guillergan	Manly Warringah	2:31.93
2	Katie Bowrey	Parramatta	2:32.73
3	Philippa Quarrell	Manly Warringah	2:35.51
4	Lara Hathorn	Manly Warringah	2:35.64
5	Alice Lyng	Hornsby	2:48.63
6	Jessica Loring	Parramatta	2:53.35
7	Jessica Kulk	Northern Districts	2:54.98
8	Annabelle Cronin	Mosman	2:56.25
9	Isabelle Green	Ku-Ring-Gai	2:56.85
10	Ava Prentice	Manly Warringah	2:58.03
11	Natalie Dransfield	Northern Suburbs	3:02.34
12	Tonya Andis	Parramatta	3:04.04
13	Cadence Heyden	Ku-Ring-Gai	3:06.15
14	Aurelia Froud	Northern Suburbs	3:11.68
15	Sabella Storey	Cherrybrook	3:24.83

Girls U 12 - 800 Metre Run

=====			
	Region: R 2:21.69	16/02/2014	Abbey Rockliff, Ku-Ring-Gai
	State: S 2:16.34	23/03/2014	Abbey Rockliff, Ku-Ring-Gai
	Name	Age Centre	Final
=====			
1	Charlotte O'Dowd	Northern Suburbs	2:30.24
2	Grace Townsend	Manly Warringah	2:32.12
3	Jessie Bradford	Ku-Ring-Gai	2:36.13
4	PinPin Meenijacin	Mosman	2:38.68

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

...Girls U 12 - 800 Metre Run

5 Imogen Howard	Mosman	2:40.60
6 Amber Kusano	Mosman	2:40.86
7 Milla Lawrence	Manly Warringah	2:43.11
8 Amy Timms	Cherrybrook	2:44.90
9 Kristina Prizmic	Manly Warringah	2:45.24
10 Rebecca Madigan	Nth Rocks Carlin	2:46.73
11 Ella Dunstan	Manly Warringah	2:48.64
12 Estelle O'Regan	Ku-Ring-Gai	2:54.22
13 Ella McGregor	Ryde	3:05.28

Girls U 13 - 800 Metre Run

Region: R 2:15.60 12/02/2017 Jessica Bird, Ku-Ring-Gai
 State: S 2:14.30 25/03/2018 Imogen Stewart, Illawong

Name	Age Centre	Final
1 Sarah Baker	Northern Suburbs	2:20.31
2 Fleur Cooper	Mosman	2:20.44
3 Isabella Fisher	Cherrybrook	2:25.84
4 Tessa Newitt	Mosman	2:27.76
5 Rebecca Solomon	Manly Warringah	2:28.53
6 Rani Sharma	Cherrybrook	2:35.78
7 Amelia Watkins	Ku-Ring-Gai	2:35.92
8 Valentina Kuruc	Cherrybrook	2:37.97
9 Zoe Woods	Ku-Ring-Gai	2:39.95
10 Olivia Moresi	Cherrybrook	2:42.09
11 Charlotte Clayton	Hornsby	2:48.81
12 Eadie Picard	Manly Warringah	2:50.74
13 Olivia Okelly	Manly Warringah	2:53.97
14 Olivia Vecchio	Mosman	2:56.79

Girls U 14 - 800 Metre Run

Region: R 2:14.69 14/02/2016 Abbey Rockliff, Ku-Ring-Gai
 State: S 2:13.20 20/03/1988 Suzy Walsham, Ku-Ring-Gai

Name	Age Centre	Final
1 Sienna Villacorta	Manly Warringah	2:28.53
2 Zoe Banks	Northern Suburbs	2:29.67
3 Georgia Phillips	Ryde	2:30.68
4 Ingrid Kingsmill	Northern Suburbs	2:32.73
5 Claudia Wilson	Cherrybrook	2:33.50
6 Eloise Boys	Northern Suburbs	2:40.93
7 Tilly Morris	Mosman	2:45.50
8 Alyssa Khaw	Nth Rocks Carlin	2:55.12

Girls U 15 - 800 Metre Run

Region: R 2:10.90 22/02/2009 Jenny Blundell, Cherrybrook
 State: S 2:09.57 20/03/2016 Carley Thomas, Hills Distri

Name	Age Centre	Final
1 Mia Fry	Mosman	2:24.01
2 Jessica Gocher	Mosman	2:25.73
3 Mercy Nathanael	Manly Warringah	2:28.74
4 Charlie Arnott	Manly Warringah	2:31.71
5 Emma Thomas	Parramatta	2:39.58
6 Hanneke Wegenaar	Manly Warringah	2:46.29
7 Sarah Partridge	Ryde	2:48.05

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 15 - 800 Metre Run**

8 Sofia Polson	Parramatta	3:04.76
9 Sophie Smart	Nth Rocks Carlin	3:28.69

Girls U 17 - 800 Metre Run

Region: R 2:12.75 18/02/2018 Imogen Gardner, Northern Su
 State: S 2:12.59 25/03/2012 Kate Spencer, Ryde

Name	Age Centre	Final
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1 Kirsten Frykberg	Cherrybrook	2:26.15
2 Zara Warland	Hornsby	2:28.15
3 Lilli Krawitz	Mosman	2:32.97
4 Sally Priest	Manly Warringah	2:34.38
5 Ciara Sinclair	Manly Warringah	2:42.01

Girls U 11 - 1500 Metre Run

Region: R 4:54.70 2005 Jenny Blundell, Cherrybrook
 State: S 4:44.07 19/03/2016 Imogen Stewart, Illawong

Name	Age Centre	Final
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1 Mia Guillergan	Manly Warringah	5:12.43
2 Poppy O'Brien	Mosman	5:14.25
3 Philippa Quarrell	Manly Warringah	5:14.54
4 Lara Hathorn	Manly Warringah	5:14.88
5 Katie Bowrey	Parramatta	5:16.05
6 Jessica Loring	Parramatta	6:03.08
7 Annabelle Cigna	Mosman	6:08.79
8 Natalie Dransfield	Northern Suburbs	6:15.64
9 Piper Fyffe	Ku-Ring-Gai	6:17.39
10 Isabelle Green	Ku-Ring-Gai	6:18.95
11 Cadence Heyden	Ku-Ring-Gai	6:24.54
12 Taylah Flynn	Manly Warringah	6:39.15
13 Eliza Damian	Northern Suburbs	7:08.51

Girls U 12 - 1500 Metre Run

Region: R 4:40.94 15/02/2014 Abbey Rockliff, Ku-Ring-Gai
 State: S 4:34.47 22/03/2014 Abbey Rockliff, Ku-Ring-Gai

Name	Age Centre	Final
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1 Charlotte O'Dowd	Northern Suburbs	5:04.48
2 Jessie Bradford	Ku-Ring-Gai	5:13.87
3 PinPin Meenijacin	Mosman	5:25.15
4 Amber Kusano	Mosman	5:34.13
5 Imogen Howard	Mosman	5:37.47
6 Rebecca Madigan	Nth Rocks Carlin	5:39.79
7 Amy Timms	Cherrybrook	5:43.62
8 Adelaide Williams	Mosman	5:44.52
9 Estelle O'Regan	Ku-Ring-Gai	5:45.60
10 Bronte Tonkin	Northern Districts	5:59.63
11 Ella McGregor	Ryde	6:12.76
12 Aoife Murdock	Nth Rocks Carlin	6:18.52

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 13 - 1500 Metre Run**

Region: R 4:37.06 11/02/2017 Nicola Hogg, Mosman			
State: S 4:33.78 24/03/2018 Imogen Stewart, Illawong			
Name	Age	Centre	Final
1 Sarah Baker		Northern Suburbs	4:51.80
2 Fleur Cooper		Mosman	4:55.30
3 Rebecca Solomon		Manly Warringah	4:59.20
4 Tessa Newitt		Mosman	5:01.70
5 Amelia Watkins		Ku-Ring-Gai	5:18.20
6 Rani Sharma		Cherrybrook	5:22.00
7 Valentina Kuruc		Cherrybrook	5:35.20
8 Olivia Okelly		Manly Warringah	5:38.50
9 Charlotte Clayton		Hornsby	5:39.10
10 Eadie Picard		Manly Warringah	5:44.90
11 Sarah Whelan		Manly Warringah	5:58.40
12 Summer Sivaraj		Ku-Ring-Gai	6:01.00
13 Charlize Gartner		Cherrybrook	6:10.90
14 Ella Searles		Northern Districts	6:18.10

Girls U 14 - 1500 Metre Run

Region: R 4:36.10 13/02/2016 Abbey Rockliff, Ku-Ring-Gai			
State: S 4:33.92 24/03/2018 Sarah Schiffmann, Myall Coa			
Name	Age	Centre	Final
1 Sienna Villacorta		Manly Warringah	5:02.96
2 Ingrid Kingsmill		Northern Suburbs	5:03.23
3 Georgia Phillips		Ryde	5:11.97
4 Zoe Banks		Northern Suburbs	5:16.18
5 Claudia Stanford		Mosman	5:33.43
6 Elysha Pawsey		Ryde	5:47.45
7 Ellen Whelan		Manly Warringah	5:47.67
8 Sophia Kusano		Mosman	5:53.99
9 Cameron Gurry		Northern Suburbs	6:23.31

Girls U 15 - 1500 Metre Run

Region: R 4:38.31 16/02/2013 Emily Hopper, MOSMAN			
State: S 4:30.10 19/03/2016 Emily Schneider, Sutherland			
Name	Age	Centre	Final
1 Mercy Nathanael		Manly Warringah	5:00.74
2 Mia Fry		Mosman	5:04.16
3 Charlie Arnott		Manly Warringah	5:08.76
4 Hanneke Wegenaar		Manly Warringah	5:15.68
5 Elli Barron		Ryde	5:17.45
6 Jasmine Khiroya		Nth Rocks Carlin	5:37.58
7 Sarah Partridge		Ryde	5:58.85
8 Jesse Hartmann		Ryde	6:20.79

Girls U 17 - 1500 Metre Run

Region: R 4:34.41 17/02/2018 Imogen Gardner, Northern Su			
State: S 4:29.51 24/03/2018 Imogen Gardner, Northern Su			
Name	Age	Centre	Final
1 Kirsten Frykberg		Cherrybrook	5:06.50
2 Caitlin Roach		Parramatta	5:16.70
3 Skye Grosvenor		Nth Rocks Carlin	5:21.98

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 17 - 1500 Metre Run**

4	Hannah Lovlin	Manly Warringah	5:23.62
5	Lucca Taylor	Ku-Ring-Gai	5:25.43
6	Anastasia Lakic	Ryde	5:36.63
7	April Shepherd	Northern Districts	6:21.30

Girls U 13 - 3000 Metre Run

Region: R 9:58.99 14/02/2015 Abbey Rockliff, Ku-Ring-Gai
 State: S 9:53.44 4/02/2018 Imogen Stewart, Illawong

Name	Age	Centre	Final
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1	Sarah Baker	Northern Suburbs	10:43.28
2	Rebecca Solomon	Manly Warringah	11:01.59
3	Kaylah Bennett	Cherrybrook	11:40.90
4	Olivia Okelly	Manly Warringah	12:06.55
5	Caitlin Brennan	Nth Rocks Carlin	12:20.35
6	Zara McCaughey	Northern Suburbs	12:40.38
7	Eadie Picard	Manly Warringah	12:50.72
8	Summer Sivaraj	Ku-Ring-Gai	13:04.58
9	Caitlin Gurney	Cherrybrook	14:37.93

Girls U 14 - 3000 Metre Run

Region: R 10:35.60 2001 Bree Crawford, Manly Warri
 State: S 9:59.16 20/03/2015 Emily Schneider, Sutherland

Name	Age	Centre	Final
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1	Ingrid Kingsmill	Northern Suburbs	11:02.37
2	Olivia Gorman	Manly Warringah	11:06.32
3	Claudia Wilson	Cherrybrook	11:21.19
4	Georgia Phillips	Ryde	11:26.64
5	Eloise Boys	Northern Suburbs	12:41.50
6	Cameron Gurry	Northern Suburbs	14:37.80

Girls U 15 - 3000 Metre Run

Region: R 10:31.56 14/02/2015 Leah McDonald, Parramatta
 State: S 9:43.02 18/03/2016 Emily Schneider, Sutherland

Name	Age	Centre	Final
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1	Mercy Nathanael	Manly Warringah	11:00.39
2	Jessica Gocher	Mosman	11:08.67
3	Hanneke Wegenaar	Manly Warringah	11:12.14
4	Elli Barron	Ryde	11:30.31
5	Jasmine Khiroya	Nth Rocks Carlin	12:38.30

Girls U 17 - 3000 Metre Run

Region: R 10:19.10 18/02/2012 Kate Spencer, Ryde
 State: S 9:45.64 2/02/2019 Lauren Carey, St George

Name	Age	Centre	Final
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1	Kirsten Frykberg	Cherrybrook	11:10.48
2	Caitlin Roach	Parramatta	11:44.87
3	Lilli Krawitz	Mosman	11:56.32
4	Skye Grosvenor	Nth Rocks Carlin	11:59.10
5	Prudence Silver	Northern Districts	14:53.96
6	April Shepherd	Northern Districts	15:31.97

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 8 - 60 Metre Hurdles (45cm)**

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Region: R 10.90 1994 Bree Donnelly, Manly Warringa
State: S 10.92 30/01/2016 Tammin Lampret, Port Hacking
Name Age Centre Heats
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Heat 1 Heats

1	Lucy Whitehead	Mosman	12.57Q
2	Gemma Hunt	Manly Warringah	13.04Q
3	Katie Dash	Ku-Ring-Gai	13.21Q
4	Madison Tabrett	Cherrybrook	13.25
5	Alexis Kernaghan	Parramatta	13.87
6	Matilda Pearson	Nth Rocks Carlin	15.55

Heat 2 Heats

1	Hannah Dawson	Northern Districts	12.85Q
2	Madison Gatfield-Davis	Ku-Ring-Gai	13.06Q
3	Amia Kolman	Ryde	13.08Q
4	Emily Deverson	Cherrybrook	13.13q
5	Yazmyn Buonocore	Ryde	13.14q
6	Grace Carlton	Hornsby	13.19
7	Manvi Arabolu	Ku-Ring-Gai	13.69
8	Gia Greig	Ryde	14.16

Girls U 8 - 60 Metre Hurdles (45cm)

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Region: R 10.90 1994 Bree Donnelly, Manly Warringa
State: S 10.92 30/01/2016 Tammin Lampret, Port Hacking
Name Age Centre Final
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Section 1 Final

1	Hannah Dawson	Northern Districts	12.10
2	Lucy Whitehead	Mosman	12.30
3	Gemma Hunt	Manly Warringah	12.50
4	Emily Deverson	Cherrybrook	12.58
5	Amia Kolman	Ryde	12.68
6	Katie Dash	Ku-Ring-Gai	12.70
7	Madison Gatfield-Davis	Ku-Ring-Gai	12.78
8	Yazmyn Buonocore	Ryde	13.23

Girls U 9 - 60 Metre Hurdles (45cm)

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=====
Region: R 10.20 1995 A Hamilton, Northern Suburbs
State: S 9.84 21/02/2009 Chyna Tavai-Williams, Bankstow
Name Age Centre Heats
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Heat 1 Heats

1	Gracie Atkins	Ku-Ring-Gai	11.32Q
2	Amy Campbell	Hornsby	11.91Q
3	Makenzi Gartner	Cherrybrook	12.17Q
4	Myah Rimmer	Manly Warringah	12.25q
5	Jacqueline Pawsey	Ryde	12.38q
6	Anna Moresi	Cherrybrook	13.25
7	Emily Hinson	Ryde	13.69

Heat 2 Heats

1	Pippa Burke	Cherrybrook	11.92Q
2	Alessandra McWilliam	Mosman	12.10Q
3	Hannah Lambert	Nth Rocks Carlin	12.33Q
4	Olivia Barton	Manly Warringah	12.56
5	Cassia McLean	Manly Warringah	12.58
6	Elizabeth Faingaanuku	Mosman	12.70
7	Zara Drinkwater	Northern Suburbs	13.33

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 9 - 60 Metre Hurdles (45cm)**

=====			
Region:	R 10.20	1995	A Hamilton, Northern Suburbs
State:	S 9.84	21/02/2009	Chyna Tavai-Willams, Bankstow
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Gracie Atkins	Ku-Ring-Gai	11.14
2	Pippa Burke	Cherrybrook	11.57
3	Amy Campbell	Hornsby	11.81
4	Makenzi Gartner	Cherrybrook	11.99
5	Hannah Lambert	Nth Rocks Carlin	12.00
6	Myah Rimmer	Manly Warringah	12.04
7	Alessandra McWilliam	Mosman	12.05
8	Jacqueline Pawsey	Ryde	12.33

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Region:	R 10.00	27/02/2010	Tiana Jaber, Kings Langley
State:	S 9.78	24/03/2018	Tammin Lampret, Port Hacking
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Ruby Kernaghan	Parramatta	12.09Q
2	Chloe McGregor	Ryde	12.38Q
3	Millie Morrison	Mosman	12.44Q
4	Claudia Wyatt	Cherrybrook	12.56q
5	Heidi Vercoe	Cherrybrook	12.91
6	Tara Gilkeson	Hornsby	13.17
7	Evana Butler	Nth Rocks Carlin	13.74
Heat 2 Heats			
1	Lily Hughes	Ku-Ring-Gai	11.14Q
2	Isla Maris	Manly Warringah	11.79Q
3	Emily Kupceric	Manly Warringah	11.82Q
4	Georgia Vella	Cherrybrook	12.51q
5	Belinda Matthews	Manly Warringah	12.66
6	Rory Nordenson	Manly Warringah	12.72

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Region:	R 10.00	27/02/2010	Tiana Jaber, Kings Langley
State:	S 9.78	24/03/2018	Tammin Lampret, Port Hacking
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Lily Hughes	Ku-Ring-Gai	11.10
2	Isla Maris	Manly Warringah	11.49
3	Emily Kupceric	Manly Warringah	11.59
4	Millie Morrison	Mosman	12.19
5	Ruby Kernaghan	Parramatta	12.20
6	Chloe McGregor	Ryde	12.34
7	Claudia Wyatt	Cherrybrook	12.46
8	Georgia Vella	Cherrybrook	12.69

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
Region:	R 13.97	16/02/2020	Erin Blayney, Northern Suburb
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Erin Blayney	Northern Suburbs	14.23Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 11 - 80 Metre Hurdles (60cm)**

2	Reena Son	Northern Suburbs	15.06Q
3	Ella Drinkwater	Northern Suburbs	15.57Q
4	Angela Preston	Manly Warringah	15.58q
5	Kaitlinn Dunne	Manly Warringah	15.60q
6	Piper Fyffe	Ku-Ring-Gai	16.55
7	Kara Hazon	Nth Rocks Carlin	17.92
8	Emmanuella Omage	Cherrybrook	18.04

Heat 2 Heats

1	Eden Herring	Hornsby	14.42Q
2	Ruby Semaganda	Cherrybrook	15.14Q
3	Isabella Scaturchio	Manly Warringah	15.80Q
4	Ava Prentice	Manly Warringah	15.95
5	Carys Byrnes	Nth Rocks Carlin	16.12
6	Olivia Achike	Ku-Ring-Gai	16.58
7	Annabelle Cronin	Mosman	17.29
8	Audrey Venning	Northern Suburbs	18.00

Girls U 11 - 80 Metre Hurdles (60cm)

Region: R 13.97 16/02/2020 Erin Blayney, Northern Suburb

Name Age Centre Final

Section 1 Final

1	Erin Blayney	Northern Suburbs	13.97R
2	Eden Herring	Hornsby	14.29
3	Ruby Semaganda	Cherrybrook	14.94
4	Reena Son	Northern Suburbs	15.39
5	Isabella Scaturchio	Manly Warringah	15.50
6	Kaitlinn Dunne	Manly Warringah	15.77
7	Angela Preston	Manly Warringah	16.21
8	Ella Drinkwater	Northern Suburbs	16.42

Girls U 12 - 80 Metre Hurdles (68cm)

Region: R 13.62 16/02/2020 Catherine Mikan, Northern Sub

Name Age Centre Heats

Heat 1 Heats

1	Catherine Mikan	Northern Suburbs	13.66Q
2	Lola Harvison	Manly Warringah	15.19Q
3	Amelie Armstrong	Northern Suburbs	15.74Q
4	Annika Boys	Northern Suburbs	16.15q
5	Shala Saint	Manly Warringah	16.67q
6	Ava Mitchell	Northern Districts	17.50q

Heat 2 Heats

1	Lani Khiroya	Nth Rocks Carlin	14.62Q
2	Kirsten Evans	Mosman	15.12Q
3	Amber Jobson	Ku-Ring-Gai	16.29Q

Girls U 12 - 80 Metre Hurdles (68cm)

Region: R 13.62 16/02/2020 Catherine Mikan, Northern Sub

Name Age Centre Final

Section 1 Final

1	Catherine Mikan	Northern Suburbs	13.62R
2	Lani Khiroya	Nth Rocks Carlin	14.75
3	Kirsten Evans	Mosman	15.13
4	Annika Boys	Northern Suburbs	15.56

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Girls U 12 - 80 Metre Hurdles (68cm)

5	Lola Harvison	Manly Warringah	15.58
6	Amelie Armstrong	Northern Suburbs	16.28
7	Ava Mitchell	Northern Districts	16.61
8	Amber Jobson	Ku-Ring-Gai	16.75
9	Shala Saint	Manly Warringah	16.92

Girls U 13 - 80 Metre Hurdles (76cm)

Region: R 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai
 State: S 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai

Name	Age	Centre	Heats
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Heat 1 Heats

1	Sarah Lovell	Ku-Ring-Gai	14.25Q
2	Noa Davies	Mosman	14.48Q
3	Claudia Healey	Mosman	14.75Q
4	Emilia Massaro	Northern Suburbs	15.80q
5	Catrine Atherton	Manly Warringah	16.53
6	Elise Murray	Parramatta	17.78
7	Lara Boccabella	Ryde	18.13
8	Zoey DeGioia	Ryde	19.96

Heat 2 Heats

1	Sarah-anne Koot	Cherrybrook	13.60Q
2	Louise Lovell	Ku-Ring-Gai	14.09Q
3	Chloe Allsopp	Mosman	15.35Q
4	Jayde Root	Manly Warringah	15.86q
5	Gemma White	Manly Warringah	16.74
6	Anesha Busingye	Nth Rocks Carlin	17.74
7	Hariclia Kolosakas	Nth Rocks Carlin	18.03
8	Alicia Leggatt	Ryde	20.92

Girls U 13 - 80 Metre Hurdles (76cm)

Region: R 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai
 State: S 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai

Name	Age	Centre	Final
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Section 1 Final

1	Sarah-anne Koot	Cherrybrook	13.56
2	Sarah Lovell	Ku-Ring-Gai	14.00
3	Louise Lovell	Ku-Ring-Gai	14.12
4	Noa Davies	Mosman	14.34
5	Claudia Healey	Mosman	14.95
6	Chloe Allsopp	Mosman	15.21
7	Jayde Root	Manly Warringah	15.71
8	Emilia Massaro	Northern Suburbs	16.07

Girls U 14 - 80 Metre Hurdles (76cm)

Region: R 12.20 2002 Marissa Ward, Northern Suburb
 State: S 11.94 19/03/2006 Carly Rodger, Port Hacking

Name	Age	Centre	Heats
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Heat 1 Heats

1	Maya Tedder	Manly Warringah	13.21Q
2	Madeleine Gregg	Northern Suburbs	14.09Q
3	Tara Webb	Cherrybrook	14.93Q
4	Nicole McCrostie	Cherrybrook	14.94q
5	Tilly Morris	Mosman	16.06q

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 14 - 80 Metre Hurdles (76cm)**

6 Lucy Proszenko	Ryde	17.47
Heat 2 Heats		
1 Chloe Dunne	Manly Warringah	13.53Q
2 Hayley Reynolds	Nth Rocks Carlin	14.12Q
3 Phoebe Berglund	Manly Warringah	14.55Q
4 Olivia Lee-Jackson	Ku-Ring-Gai	16.21
5 Stella Taylor	Mosman	17.47

Girls U 14 - 80 Metre Hurdles (76cm)

=====			
Region:	R 12.20	2002	Marissa Ward, Northern Suburb
State:	S 11.94	19/03/2006	Carly Rodger, Port Hacking
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Maya Tedder		Manly Warringah	13.19
2 Chloe Dunne		Manly Warringah	13.51
3 Madeleine Gregg		Northern Suburbs	13.59
4 Hayley Reynolds		Nth Rocks Carlin	14.07
5 Tara Webb		Cherrybrook	14.37
6 Phoebe Berglund		Manly Warringah	14.61
7 Nicole McCrostie		Cherrybrook	14.89

Girls U 15 - 90 Metre Hurdles (76cm)

=====			
Region:	R 12.90	28/02/2010	Melissa Farrington, Northern
State:	S 12.44	3/03/2007	Carly Rodger, Port Hacking
Name	Age	Centre	Final
=====			
Section 1			
1 Sienna Bond		Ku-Ring-Gai	13.82
2 Eva Bates		Ku-Ring-Gai	14.27
3 Kate Rooney		Mosman	14.56
4 Kelsey Smit		Manly Warringah	14.64
5 Abby Latimer		Mosman	15.34
6 Charlotte Greatrex		Ku-Ring-Gai	15.99
-- Talia Kupceric		Manly Warringah	DNF

Girls U 17 - 100 Metre Hurdles (76cm)

=====			
Region:	R 14.00	19/02/2012	Melissa Farrington, Northern
State:	S 13.87	21/03/2010	Michelle Jenneke, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Alyssa Lowe		Ryde	14.45Q
2 Annika Lynch		Northern Suburbs	15.08Q
3 Jessica Maciver		Ku-Ring-Gai	15.39Q
4 Genevieve McKeown		Nth Rocks Carlin	17.86q
5 Angela Asikin		Northern Suburbs	18.04
Heat 2 Heats			
1 Georgia Fichardt		Ku-Ring-Gai	15.22Q
2 Aleisha Jeremy		Manly Warringah	15.43Q
3 Emily Gathercole		Nth Rocks Carlin	17.43Q
4 Chelsea Smith		Nth Rocks Carlin	17.96q

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 17 - 100 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 14.00 19/02/2012 Melissa Farrington, Northern			
State: S 13.87 21/03/2010 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Annika Lynch		Northern Suburbs	15.42
2 Jessica Maciver		Ku-Ring-Gai	15.72
3 Aleisha Jeremy		Manly Warringah	15.86
4 Georgia Fichardt		Ku-Ring-Gai	16.82
5 Emily Gathercole		Nth Rocks Carlin	17.65
6 Chelsea Smith		Nth Rocks Carlin	18.08
7 Genevieve McKeown		Nth Rocks Carlin	18.35
-- Alyssa Lowe		Ryde	DQ

Girls U 13 - 200 Metre Hurdles (68cm)

Name	Age	Centre	Final
Region: R 28.00 1991 B Smith, Winston Hills			
State: S 27.56 24/03/2018 Chantelle Barnard, Campbellto			
Name	Age	Centre	Final
Section 1			
1 Emilia Massaro		Northern Suburbs	34.63
2 Hannah Sacco		Northern Suburbs	34.80
3 Anesha Busingye		Nth Rocks Carlin	35.31
4 Freya Bouman		Manly Warringah	35.96
5 Anika Sinha		Parramatta	36.21
6 Chloe Kelly		Manly Warringah	37.38
Section 2			
1 Sarah-anne Koot		Cherrybrook	31.24
2 Madison Mitchell		Cherrybrook	32.18
3 Sarah Lovell		Ku-Ring-Gai	32.42
4 Louise Lovell		Ku-Ring-Gai	32.49
5 Caitlin Brennan		Nth Rocks Carlin	33.18
6 Gemma White		Manly Warringah	33.90
7 Natalie Parker		Manly Warringah	34.34

Girls U 14 - 200 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 27.58 17/02/2018 Annika Lynch, Northern Suburb			
State: S 27.04 18/03/2006 Carly Rodger, Port Hacking			
Name	Age	Centre	Final
Section 1			
1 Lucy Scholtens		Manly Warringah	29.88
2 Hayley Reynolds		Nth Rocks Carlin	30.72
3 Madeleine Gregg		Northern Suburbs	31.52
4 Maya Tedder		Manly Warringah	31.55
5 Lucy Prosenko		Ryde	37.35
6 Hirandi Kariyawasam		Parramatta	41.88

Girls U 15 - 300 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 45.44 17/02/2018 Isabella Guthrie, Northern Di			
State: S 44.10 24/03/2018 Isabella Guthrie, Northern Di			
Name	Age	Centre	Final
1 Eva Bates		Ku-Ring-Gai	47.59
2 Charlotte Greatrex		Ku-Ring-Gai	49.21
3 Kelsey Smit		Manly Warringah	50.04

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Girls U 15 - 300 Metre Hurdles (76cm)

4 Sophie Ross	Manly Warringah	51.89
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Girls U 17 - 300 Metre Hurdles (76cm)

Region: R 45.69	9/02/2019	Annika Lynch, Northern Suburb
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State: S 42.35	16/03/2019	Tiahna Skelton, Wallsend RSL
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Name	Age Centre	Final
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Section 2

1 Annika Lynch	Northern Suburbs	46.51
2 Georgia Fichardt	Ku-Ring-Gai	47.88
3 Aleisha Jeremy	Manly Warringah	48.74
4 Emily Gathercole	Nth Rocks Carlin	50.64
5 Angela Asikin	Northern Suburbs	55.75
6 Jessica Smith	Manly Warringah	59.96
7 Emily Hatfield	Manly Warringah	1:01.74

Girls U 9-10 100 Metre Multi Class Run

Region: R 17.81	15/02/2020	Gemma Sellick TF 46, Manly Wa
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Name	Age Centre	Final
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Section 1

1 Gemma Sellick TF 46	Manly Warringah	17.81R
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Girls U 13-14 100 Metre Multi Class Run

Region: R 16.59	15/02/2020	Sybella Warton TF 37, Manly W
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Name	Age Centre	Final
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1 Sybella Warton TF 37	Manly Warringah	16.59R
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Girls U 15-17 100 Metre Multi Class Run

Region: R 16.27	15/02/2020	Mali Lovell TF 36, Manly Warr
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Name	Age Centre	Final
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1 Mali Lovell TF 36	Manly Warringah	16.27R
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Girls U 9-10 200 Metre Multi Class Run

Region: R 37.48	16/02/2020	Gemma Sellick TF 46, Manly Wa
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Name	Age Centre	Final
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1 Gemma Sellick TF 46	Manly Warringah	37.48R
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Girls U 13-14 200 Metre Multi Class Run

Region: R 35.26	16/02/2020	Sybella Warton TF 37, Manly W
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Name	Age Centre	Final
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1 Sybella Warton TF 37	Manly Warringah	35.26R
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Girls U 15-17 200 Metre Multi Class Run

Region: R 33.40	16/02/2020	Mali Lovell TF 36, Manly Warr
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Name	Age Centre	Final
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1 Mali Lovell TF 36	Manly Warringah	33.40R
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REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 9-10 800 Metre Multi Class Run

Region: R 3:35.49 16/02/2020 Gemma Sellick TF 46, Manly
 Name Age Centre Final

1 Gemma Sellick TF 46 Manly Warringah 3:35.49R

Girls U 13-14 800 Metre Multi Class Run

Region: R 3:10.32 16/02/2020 Sybella Warton TF 37, Manly
 Name Age Centre Final

1 Sybella Warton TF 37 Manly Warringah 3:10.32R

Girls U 15-17 800 Metre Multi Class Run

Region: R 2:59.55 16/02/2020 Mali Lovell TF 36, Manly Wa
 Name Age Centre Final

1 Mali Lovell TF 36 Manly Warringah 2:59.55R

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

Region: R 55.41 19/02/2012 Manly Warringah, Manly Warrin
 A Jeremy, O Wrightson, S Stanley, K Edwards

State: S 54.62 25/03/2012 Manly Warringah
 Centre Final

1 Ku-Ring-Gai 58.30
 1) Sienna Vassella 9 2) Matilda Harrison 11
 3) Amalia Bond 10 4) Gemma McIntosh 12
 2 Cherrybrook 1:00.20
 1) Gabriella Oimage 9 2) Claudia Wyatt 10
 3) Sophie Durheim 11 4) Caitlin Russell 12
 3 Manly Warringah 1:01.32
 1) Willow Toll 9 2) Naomi Krajancic 10
 3) Kaitlin Dunne 11 4) Octavia Williams 12
 4 Northern Suburbs 1:02.19
 1) Collette Lumley 9 2) Erin Campbell 10
 3) Annabelle Twyman 11 4) Catherine Mikan 12
 5 Hornsby 1:04.00
 1) Anna Tye 9 2) Mackenzie Ryle 11
 3) Amy Campbell 9 4) Michaela Couper 12

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

Region: R 50.08 12/02/2017 Northern Suburbs, Northern Su
 A Dixon, E Cramer, N D'Onofrio, A Fisher

State: S 48.69 24/03/2013 Manly Warringah
 Centre Final

1 Manly Warringah 50.74
 1) Lucy Scholtens 14 2) Gabriella Taylor 15
 3) Kelly Theodorides 13 4) Aleisha Jeremy 17
 2 Ku-Ring-Gai 51.46
 1) Olivia Lee-Jackson 14 2) Sienna Bond 15
 3) Samara Bond 13 4) Georgia Fichardt 17
 3 Northern Suburbs 53.08
 1) Ruby Perkins 13 2) XinMin Tan 14
 3) Jasmine Lowe 15 4) Annika Lynch 17
 4 Cherrybrook 53.45

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 12-17 4x100 Metre Relay (Snr)**

1) Sofia Storgato 13	2) Tara Webb 14	
3) Nicole McCrostie 14	4) Abigail Omage 15	
5 Hornsby		54.52
1) Bianca Case 13	2) Gemma Mills 14	
3) Karina Bassett 15	4) Danielle Osifo 17	
6 Ryde		55.42
1) Ashlee Hu 14	2) Jessica Johnston 13	
3) Mia Marshall 14	4) Aliana Moala 14	

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

Region: R 1.25m 15/02/2014 Cayla Phillips, Manly Warringah

State: S 1.39m 24/03/2012 Tomysha Clark, Port Hacking

Name	Age Centre	Final
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Flight 1

1 Hannah Lambert	Nth Rocks Carlin	1.12m
1 Jacqueline Pawsey	Ryde	J1.12m
3 Eden McNaughtan	Manly Warringah	1.06m
4 Chloe Stante	Manly Warringah	1.04m
5 Collette Lumley	Northern Suburbs	1.00m
6 Lilian Aitken	Manly Warringah	0.95m
6 Gracie Atkins	Ku-Ring-Gai	0.95m
6 Anna Moresi	Cherrybrook	0.95m
9 Madison Bradley	Manly Warringah	0.90m
9 Akira Chisholm	Ku-Ring-Gai	0.90m
9 Alexandra Bova	Mosman	0.90m
9 Bronte Nagle	Ryde	0.90m

Girls U 10 - High Jump (S/H 0.95m)

Region: R 1.36m 2002 F Sombroek, Northern Suburbs

State: S 1.47m 24/03/2013 Tomysha Clark, Port Hacking

Name	Age Centre	Final
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1 Isla Stewart	Ku-Ring-Gai	1.18m
2 Nisini RajapakshaMudiyan	Cherrybrook	1.16m
3 Alicia Endicott	Ku-Ring-Gai	J1.16m
4 Chloe McGregor	Ryde	J1.16m
5 Hayley Loreto-Dicks	Ku-Ring-Gai	1.14m
6 Bianca Harizanov	Ryde	1.10m
7 Georgia Vella	Cherrybrook	1.05m
8 Kayla Wiberg	Cherrybrook	J1.05m
8 Mackenzie McBain	Nth Rocks Carlin	J1.05m
10 Ella Hooley	Manly Warringah	1.00m
-- Alyssa Holmes	Northern Districts	NH

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

Region: R 1.48m 1995 S Lingard, Ku-ring-gai

State: S 1.55m 22/03/2014 Tomysha Clark, Port Hacking

Name	Age Centre	Final
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1 Mia Stewart	Cherrybrook	1.26m
2 Erin Blayney	Northern Suburbs	1.24m
3 Ruby Semaganda	Cherrybrook	1.22m
4 Isabella Scaturchio	Manly Warringah	1.20m
4 Piper Fyffe	Ku-Ring-Gai	1.20m
6 Olivia Achike	Ku-Ring-Gai	1.15m

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

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

7	Aurelia Froud	Northern Suburbs	J1.15m
8	Taylah Flynn	Manly Warringah	J1.15m
9	Annabelle Twyman	Northern Suburbs	J1.15m
10	Tanna Kotulic	Ryde	1.10m
11	Anastasia Limbers	Hornsby	J1.10m
12	Lily Scahill	Nth Rocks Carlin	1.05m

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

=====			
Region: R 1.58m		2002	T Thompson, Toukley
State: S 1.65m		20/03/2015	Tomysa Clark, Port Hacking
Name	Age	Centre	Final
=====			
1	Grace Townsend	Manly Warringah	1.39m
2	Lani Khiroya	Nth Rocks Carlin	J1.37m
2	Harlow Wigley	Ku-Ring-Gai	1.37m
4	Kristina Prizmic	Manly Warringah	J1.35m
4	Isabella Longley	Northern Suburbs	1.35m
6	Annika Boys	Northern Suburbs	J1.30m
6	Tamika Cassidy	Mosman	J1.30m
6	Milla Lawrence	Manly Warringah	1.30m
9	Bella Odowd	Northern Suburbs	1.25m
9	Amber Kusano	Mosman	1.25m
11	Gabriela Marczyk	Northern Suburbs	1.20m

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

=====			
Region: R 1.67m		9/02/2019	Viktorija Calusic, Cherrybroo
State: S 1.80m		22/03/1987	Sonja Wennekes, Sutherland
Name	Age	Centre	Final
=====			
1	Jessica Johnston	Ryde	1.49m
2	Isabella Azizi	Northern Suburbs	1.47m
3	Catrine Atherton	Manly Warringah	J1.47m
4	Ruby Perkins	Northern Suburbs	1.40m
4	Louise Lovell	Ku-Ring-Gai	1.40m
6	Olivia Moresi	Cherrybrook	J1.40m
6	Lana Waddingham	Northern Districts	J1.40m
8	Erin Heraghty	Manly Warringah	1.35m
8	Elise Oliver	Northern Districts	1.35m
10	Grace Carden	Northern Suburbs	J1.35m
11	Chloe Allsopp	Mosman	1.30m
12	Olivia Belger	Ku-Ring-Gai	1.20m

Girls U 14 - High Jump (S/H 1.25m)

=====			
Region: R 1.71m		1991	M Harris, Hornsby District
State: S 1.75m		19/03/2006	Mia McKinnon, Port Hacking
State: S 1.75m		18/03/2007	Amy Pejkoivic, Cherrybrook
Name	Age	Centre	Final
=====			
1	Shayla Gleeson	Northern Districts	1.63m
2	Viktorija Calusic	Cherrybrook	1.57m
3	Nicole McCrostie	Cherrybrook	1.47m
4	Krishani Coffin	Ryde	1.45m
5	Olivia Lee-Jackson	Ku-Ring-Gai	1.40m
6	Mia Marshall	Ryde	J1.40m
7	Natasha Tindale	Northern Districts	J1.40m
8	Maia Healey	Mosman	J1.40m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 14 - High Jump (S/H 1.25m)**

9	Amelia Daniel	Manly Warringah	1.35m
10	Cameron Gurry	Northern Suburbs	1.30m

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

Region: R 1.75m 16/02/2008 Amy PejkoVIC, Cherrybrook

State: S 1.80m 16/03/2008 Amy PejkoVIC, Cherrybrook

Name	Age	Centre	Final
1	Carys GibbonsMaurer	Manly Warringah	1.49m
2	Brooke Luksic	Parramatta	J1.49m
3	Sophie Hanna	Manly Warringah	1.47m
4	Talia KupcERIC	Manly Warringah	1.41m
5	Nicole Pitchfork	Parramatta	1.30m
--	Jasmine Lowe	Northern Suburbs	NH

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

Region: R 1.70m 15/02/2015 Karina Brown, Northern Suburb

Region: R 1.70m 15/02/2020 Sophie Anderson, Northern Sub

State: S 1.84m 21/03/2010 Emily Crutcher, Grenfell

Name	Age	Centre	Final
1	Sophie Anderson	Northern Suburbs	1.70mR
2	Annika Lynch	Northern Suburbs	1.60m
3	April Shepherd	Northern Districts	1.48m
4	Isobel Elkan	Manly Warringah	1.46m
5	Maya McMullen	Northern Districts	1.44m
6	Jessica Bryant	Manly Warringah	1.40m
7	Kirsten Erni	Hornsby	1.35m

Girls U 8 - Long Jump

Region: R 3.65m 1995 A Kerr, Winston Hills

State: S 4.17m 2/03/1986 Danya Kerr, Winston Hills

Name	Age	Centre	Final
1	Ella Achike	Ku-Ring-Gai	3.20m
2	Manvi Arabolu	Ku-Ring-Gai	J3.20m
3	Madison Tabrett	Cherrybrook	3.01m
4	Roxanne Parkes	Manly Warringah	2.97m
5	Claire Fisher	Ku-Ring-Gai	2.93m
6	Julia Perry	Nth Rocks Carlin	2.91m
7	Yazmyn Buonocore	Ryde	2.88m
8	Amara Tsen-Braddock	Ryde	2.80m
9	Abigail Wigham	Cherrybrook	2.69m
10	Georgia Bailey	Mosman	J2.69m
11	Hallie Owers	Manly Warringah	2.62m

Girls U 9 - Long Jump

Region: R 4.20m 1998 Emily Pollett, Manly Warringah

State: S 4.42m 16/03/1985 Selina Dundas, Armidale

Name	Age	Centre	Final
1	Gabriella Oimage	Cherrybrook	3.54m
2	Olivia Loring	Parramatta	3.51m
3	Cassia McLean	Manly Warringah	3.46m
4	Emma Kramer	Manly Warringah	3.40m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****...Girls U 9 - Long Jump**

5	Pippa Burke	Cherrybrook	3.37m
6	Makenzi Gartner	Cherrybrook	3.31m
7	Isla Bealby	Northern Suburbs	3.28m
8	Chloe Stante	Manly Warringah	3.24m
9	Olivia Barton	Manly Warringah	3.13m
10	Amy Campbell	Hornsby	3.09m
11	Sian Stewart	Cherrybrook	3.05m
12	Alexandra Bova	Mosman	2.86m
13	Anna Moresi	Cherrybrook	2.83m

Girls U 10 - Long Jump

Region: R 4.54m 21/02/2004 Courtney Cross, Hornsby Distr

State: S 4.75m 24/03/1991 Rosemary Hayward, Wyong

Name	Age	Centre	Final
1	ClaraSeyramPrinces	Fetri Parramatta	4.32m
2	Amalia Bond	Ku-Ring-Gai	4.02m
3	Mia Hooton	Ku-Ring-Gai	3.84m
4	Emily Kupceric	Manly Warringah	3.74m
5	Isla Maris	Manly Warringah	3.52m
6	Alicia Endicott	Ku-Ring-Gai	3.51m
6	Belinda Matthews	Manly Warringah	J3.51m
8	Nisini RajapakshaMudiyan	Cherrybrook	3.49m
9	Bianca Harizanov	Ryde	3.42m
10	Sofia Gasparini	Parramatta	3.40m
11	Alyssa Holmes	Northern Districts	3.28m
12	Millie Morrison	Mosman	3.15m

Girls U 11 - Long Jump

Region: R 4.76m 1998 A Kerr, Winston Hills

State: S 4.97m 20/03/2011 Chyna Tavai-Williams, Banksto

Name	Age	Centre	Final
1	Matilda Harrison	Ku-Ring-Gai	4.29m
2	Sofia Ehnbohm	Manly Warringah	4.06m
3	Ruby Semaganda	Cherrybrook	4.00m
4	Tanna Kotulic	Ryde	3.96m
5	Eden Herring	Hornsby	3.91m
6	Tayah Rubes	Manly Warringah	3.87m
7	Olivia Sidhu	Ryde	3.75m
8	Sophie Durheim	Cherrybrook	3.68m
9	Emmanuella Omage	Cherrybrook	3.50m
10	Lisara Seneviratne	Parramatta	3.49m
11	Madison James	Ku-Ring-Gai	3.46m
12	Mackenzie Ryle	Hornsby	3.45m
13	Olivia Achike	Ku-Ring-Gai	3.37m
14	Annabelle Twyman	Northern Suburbs	3.34m
15	Erin Blayney	Northern Suburbs	3.21m

Girls U 12 - Long Jump

Region: R 5.02m 1994 D Kearney, Winston Hills

State: S 5.42m 16/03/1986 Tracy Blackburn, Kurri Kurri

Name	Age	Centre	Final
1	Catherine Mikan	Northern Suburbs	4.67m
2	Lani Khiroya	Nth Rocks Carlin	4.47m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 12 - Long Jump**

3	Grace Townsend	Manly Warringah	4.38m
4	Octavia Williams	Manly Warringah	4.08m
5	Mila Burdett	Nth Rocks Carlin	4.06m
6	Aqua Fisher	Northern Suburbs	4.02m
7	Zaara Yip	Nth Rocks Carlin	3.98m
8	Harlow Wigley	Ku-Ring-Gai	3.95m
9	Isabella Longley	Northern Suburbs	3.90m
10	Milla Lawrence	Manly Warringah	3.71m
11	Amber Jobson	Ku-Ring-Gai	3.60m
12	Michaela Couper	Hornsby	3.58m
12	Jojo Pike	Mosman	3.58m

Girls U 13 - Long Jump

=====			
	Region: R 5.18m	1991	D Kerr, Winston Hills
	State: S 5.58m	16/03/2019	Delta Amidzovski, Wollongong
	Name	Age Centre	Final
=====			
1	Isabella Azizi	Northern Suburbs	4.90m
2	Samara Bond	Ku-Ring-Gai	4.62m
3	Laura Sarafijanovic	Manly Warringah	4.56m
4	Sofia Fedirchuk	Mosman	4.43m
5	Jessica Johnston	Ryde	4.30m
6	Sarah Lovell	Ku-Ring-Gai	4.27m
7	Claudia Healey	Mosman	J4.27m
8	Emelie Coe	Ku-Ring-Gai	4.26m
9	Ruby Perkins	Northern Suburbs	4.09m
10	Elise Oliver	Northern Districts	4.02m
11	Miah O'Shea	Ryde	J4.02m
12	Gemma White	Manly Warringah	3.96m
13	Madison Mitchell	Cherrybrook	3.82m

Girls U 14 - Long Jump

=====			
	Region: R 5.47m	9/02/2019	Sienna Bond, Ku-Ring-Gai
	State: S 5.87m	18/03/2017	Tomysa Clark, Port Hacking
	Name	Age Centre	Final
=====			
1	Tara Webb	Cherrybrook	5.18m
2	Chloe Dunne	Manly Warringah	4.90m
3	Hayley Reynolds	Nth Rocks Carlin	4.63m
4	Gemma Mills	Hornsby	4.57m
5	Siobhan McMahon	Northern Districts	4.42m
6	Mia Marshall	Ryde	4.38m
7	Isabel Ozinga	Ku-Ring-Gai	4.25m
8	Natasha Tindale	Northern Districts	4.15m
9	Amelia Daniel	Manly Warringah	3.97m
10	Natasha Poschalk	Manly Warringah	3.91m
11	Hannah Anderson	Northern Suburbs	3.87m
12	Kirsten McLeod	Mosman	3.69m

Girls U 15 - Long Jump

=====			
	Region: R 5.88m	19/02/2012	Katrina Hunt, Northern Suburb
	State: S 5.80m	19/03/2005	Jacinta Doyle, Port Hacking
	Name	Age Centre	Final
=====			
1	Sienna Bond	Ku-Ring-Gai	5.53m
2	Abigail Oimage	Cherrybrook	4.89m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 15 - Long Jump**

3	Kelsey Smit	Manly Warringah	4.86m
4	Kate Rooney	Mosman	4.54m
5	Brianna Worsfold	Ku-Ring-Gai	4.49m
6	Jasmine Khiroya	Nth Rocks Carlin	4.14m
7	Shirlene Su	Nth Rocks Carlin	4.09m
8	Sarah Hughes-Narborough	Northern Districts	4.08m
9	Isabelle Nilon	Nth Rocks Carlin	3.89m
10	Katelyn Johnson	Parramatta	3.84m
11	Jasmine Lowe	Northern Suburbs	3.65m

Girls U 17 - Long Jump

Region: R 5.81m 16/02/2020 Alyssa Lowe, Ryde

State: S 5.87m 10/02/2019 Katie Gunn, Gosford

Name	Age	Centre	Final
1	Alyssa Lowe	Ryde	5.81mR
2	Danielle Osifo	Hornsby	5.30m
3	Jessica Maciver	Ku-Ring-Gai	5.29m
4	Sophie Kavanagh	Nth Rocks Carlin	5.29m
5	Jessica Tallentire	Manly Warringah	5.15m
6	Jessica Bryant	Manly Warringah	5.13m
7	Isobel Elkan	Manly Warringah	4.46m
8	Chelsea Smith	Nth Rocks Carlin	4.37m
9	Emily Gathercole	Nth Rocks Carlin	4.32m
--	Annika Lynch	Northern Suburbs	FOUL

Girls U 11 - Triple Jump

Region: R 10.18m 19/02/2011 Tiana Jaber, Kings Langley

State: S 10.38m 21/03/2004 Rebecca Mounsey, Albion Park

Name	Age	Centre	Final
1	Sophie Hyne-Jones	Manly Warringah	8.49m
2	Ruby Semaganda	Cherrybrook	8.45m
3	Fiorella Collins	Mosman	8.43m
4	Aniela Knight	Northern Districts	8.41m
5	Eden Herring	Hornsby	8.37m
6	Erin Blayne	Northern Suburbs	8.23m
7	Lisara Seneviratne	Parramatta	8.09m
8	Olivia Sidhu	Ryde	7.90m
9	Annabelle Twyman	Northern Suburbs	7.83m
10	Carys Byrnes	Nth Rocks Carlin	7.81m
11	Sophie Durheim	Cherrybrook	7.66m
12	Maddison Minard	Nth Rocks Carlin	7.48m
13	Sophie Nicols	Manly Warringah	7.11m

Girls U 12 - Triple Jump

Region: R 10.55m 14/02/2016 Danielle Osifo, Cherrybrook

State: S 11.05m 25/03/2018 Raphaila Idris, Blacktown

Name	Age	Centre	Final
1	Catherine Mikan	Northern Suburbs	9.91m
2	Grace Townsend	Manly Warringah	9.51m
3	Lani Khiroya	Nth Rocks Carlin	9.32m
4	Lola Harvison	Manly Warringah	8.60m
5	Isabella Longley	Northern Suburbs	8.43m
6	Aqua Fisher	Northern Suburbs	8.29m

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Girls U 12 - Triple Jump

7	Zaara Yip	Nth Rocks Carlin	8.20m
8	Kristina Prizmic	Manly Warringah	8.06m
9	Anja Fitzgibbon	Manly Warringah	8.00m
10	Ava Mitchell	Northern Districts	7.67m
11	Bronte Tonkin	Northern Districts	7.30m

Girls U 13 - Triple Jump

Region: R 10.91m 1995 C Morris, Hornsby District
 State: S 11.66m 25/03/2018 Clara Nourdine, The Ponds

Name	Age Centre	Final
1	Isabella Azizi	Northern Suburbs 10.13m
2	Jessica Johnston	Ryde 9.66m
3	Sarah Lovell	Ku-Ring-Gai 9.33m
4	Ruby Perkins	Northern Suburbs 9.13m
5	Louise Lovell	Ku-Ring-Gai 9.10m
6	Sarah-anne Koot	Cherrybrook 9.00m
7	Amelia Watkins	Ku-Ring-Gai 8.98m
8	Elise Oliver	Northern Districts 8.86m
9	Ashlee O'Reilly	Manly Warringah 8.26m
10	Nellie Bealby	Northern Suburbs 8.15m
11	Sienna Gleeson	Northern Districts 7.94m
12	Grace Carden	Northern Suburbs 7.78m
--	Miah O'Shea	Ryde ND

Girls U 14 - Triple Jump

Region: R 11.63m 20/02/2011 Mercy Agbeze, Gosford
 State: S 12.15m 16/03/2003 Alyisha House, Koorringal Wag

Name	Age Centre	Final
1	Tara Webb	Cherrybrook 10.48m
2	Chloe Dunne	Manly Warringah 10.25m
3	Aliana Moala	Ryde 10.13m
4	Hayley Reynolds	Nth Rocks Carlin 10.08m
5	Mia Marshall	Ryde 9.90m
6	Shayla Gleeson	Northern Districts 9.33m
7	Isabel Ozinga	Ku-Ring-Gai 9.15m
8	Orlaith Keogh	Ku-Ring-Gai 8.62m
9	Amelia Daniel	Manly Warringah 8.42m
10	Isabelle Cruickshank	Northern Districts 8.32m

Girls U 15 - Triple Jump

Region: R 11.67m 17/02/2018 Alexandra York, Northern Sub
 State: S 12.42m 21/03/2004 Alyisha House, Koorringal Wag

Name	Age Centre	Final
1	Kelsey Smit	Manly Warringah 10.41m
2	Sophie Hanna	Manly Warringah 9.98m
3	Abigail Omage	Cherrybrook 9.97m
4	Talia Kupceric	Manly Warringah 9.37m
5	Katelyn Johnson	Parramatta 8.77m
6	Caitlin Waldron	Nth Rocks Carlin 7.39m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 17 - Triple Jump**

Region: R 11.88m 13/02/2016 Maya Leverett, Nth Rocks Car

State: S 12.52m 31/01/2016 Jasmine Fountas, Randwick Bo

Name	Age Centre	Final
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1 Annika Lynch	Northern Suburbs	11.63m
2 Alyssa Lowe	Ryde	11.43m
3 Danielle Osifo	Hornsby	10.92m
4 Sophie Anderson	Northern Suburbs	10.90m
5 Jessica Bryant	Manly Warringah	10.59m
6 Emily Gathercole	Nth Rocks Carlin	10.45m
7 Freya Carley	Manly Warringah	10.25m
8 Isobel Elkan	Manly Warringah	10.06m
9 Jessica Tallentire	Manly Warringah	9.81m

Girls U 8 - Shot Put (1.5 Kg)

Region: R 7.85m 22/02/2004 Taylah Sengul, WInston Hills

State: S 8.52m 17/02/2002 Kristy Dingwall, Smithfield

Name	Age Centre	Final
------	------------	-------

1 Claire Fisher	Ku-Ring-Gai	5.76m
2 Ella Finnane	Ryde	5.34m
3 Scarlett Owers	Northern Districts	4.83m
4 Hayley Laslett	Ku-Ring-Gai	4.72m
5 Charlotte Barnsley	Ku-Ring-Gai	4.43m
6 Rosalie Borchert	Manly Warringah	4.21m
7 Isabella Baxter	Manly Warringah	4.17m
8 Madeleine Kebblewhite	Northern Suburbs	3.98m
9 Amelia Dubsky	Hornsby	3.90m
10 Poppy Burge	Ku-Ring-Gai	3.39m
11 Lesieli Moala	Ryde	3.08m
12 Hayley Carroll	Nth Rocks Carlin	2.77m

Girls U 9 - Shot Put (2.0 Kg)

Region: R 8.59m 17/02/2018 Tayla Moore, Cherrybrook

State: S 9.23m 1/03/2014 Maliyah Osbaldiston, Bankstow

Name	Age Centre	Final
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1 Elizabeth Faingaanuku	Mosman	6.16m
2 Sian Stewart	Cherrybrook	5.75m
3 Sienna Vassella	Ku-Ring-Gai	5.42m
4 Anais Biasi	Manly Warringah	5.32m
5 Charlie Collins	Manly Warringah	5.25m
6 Emma Kramer	Manly Warringah	5.23m
7 Anna Tye	Hornsby	5.02m
8 ChiquitaMarley Graham	Northern Suburbs	5.00m
9 Abigail Damian	Northern Suburbs	4.79m
10 Bronte Nagle	Ryde	4.17m
11 Peyton Ashton	Ku-Ring-Gai	4.15m
12 Olivia Johnson	Ku-Ring-Gai	3.77m
13 Seana Chung	Ku-Ring-Gai	3.50m

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 10 - Shot Put (2.0 Kg)

=====			
Region: R 10.90m		19/02/2006	Taylah Sengul, Winston Hills
State: S 11.92m		19/02/2006	Filoi Aokuso, Blacktown
Name	Age	Centre	Final
=====			
1 Evana Butler		Nth Rocks Carlin	7.59m
2 Millie Buxton		Manly Warringah	7.56m
3 Nisini RajapakshaMudiyana		Cherrybrook	7.35m
4 Chelsea Forte		Ku-Ring-Gai	6.62m
5 Sophie Farrell		Ku-Ring-Gai	6.50m
6 Evita Saravanja		Ku-Ring-Gai	6.02m
7 Tara Gilkeson		Hornsby	5.84m
8 Ava Greig		Ryde	5.44m
9 Kate Harden		Ku-Ring-Gai	4.95m
10 Rory Nordenson		Manly Warringah	J4.95m

Girls U 11 - Shot Put (2.0 Kg)

=====			
Region: R 12.71m		17/02/2007	Samantha Farrant, Gosford
State: S 14.07m		18/03/2007	Filoi Aokuso, Blacktown
Name	Age	Centre	Final
=====			
1 Fiorella Collins		Mosman	9.46m
2 Nehara De Mel		Ku-Ring-Gai	8.34m
3 Eliza Damian		Northern Suburbs	8.11m
4 Sally Faingaanuku		Mosman	8.10m
5 Eliza Olthof-Hardwick		Northern Districts	7.84m
6 Mikayla Duncombe		Ryde	7.77m
7 Angela Preston		Manly Warringah	7.04m
8 Mia Stewart		Cherrybrook	6.52m
9 Skye Nicholas		Manly Warringah	6.29m
10 Maddison Minard		Nth Rocks Carlin	6.26m
11 Princess Obi		Nth Rocks Carlin	6.15m
12 Risha Bhatia		Nth Rocks Carlin	5.88m
13 Stella White		Parramatta	5.78m

Girls U 12 - Shot Put (2.0 Kg)

=====			
Region: R 16.12m		17/02/2008	Taylah Sengul, Winston Hills
State: S 16.19m		20/03/1988	Kylie Standing, Bankstown
Name	Age	Centre	Final
=====			
1 Tayla Moore		Cherrybrook	10.92m
2 Emily Govers		Northern Suburbs	9.85m
3 Rithaja Sankaran		Nth Rocks Carlin	9.76m
4 Octavia Williams		Manly Warringah	9.72m
5 Maddison Kernaghan		Parramatta	9.44m
6 Scarlett Duddle		Hornsby	8.82m
7 Anja Fitzgibbon		Manly Warringah	8.72m
8 Gemma McIntosh		Ku-Ring-Gai	8.20m
9 Ella Dunstan		Manly Warringah	7.45m
10 Aoife Murdock		Nth Rocks Carlin	7.43m
11 Annabelle Stewart		Ku-Ring-Gai	7.27m
12 Zoe Tamsett		Hornsby	7.09m
13 Flora PagottoScomparim		Ryde	6.80m
14 Adriana Prizmic		Manly Warringah	6.56m
15 Madison Clarke		Cherrybrook	5.99m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 13 - Shot Put (3.0 Kg)**

=====				
Region: R 14.23m		22/02/2009	Taylah Sengul, Winston Hills	
State: S 14.95m		24/03/2012	Grace Robinson, St George	
Name	Age	Centre	Final	
=====				
1	Jessica	Johnston	Ryde	10.30m
2	Isabella	Barbara	Ryde	9.12m
3	Sienna	Brett	Ku-Ring-Gai	9.05m
4	Sarah	Lovell	Ku-Ring-Gai	8.52m
5	Fenella	Burns	Mosman	8.43m
6	Tianna	Bertolissio	Parramatta	8.39m
7	Anesha	Busingye	Nth Rocks Carlin	8.17m
8	Amelia	Nagy	Nth Rocks Carlin	7.64m
9	Claudia	Barlow	Ryde	6.57m
10	Hannah	Childs	Hornsby	5.57m
11	Juliana	DiosaTirado	Northern Districts	4.74m

Girls U 14 - Shot Put (3.0 Kg)

=====				
Region: R 14.67m		27/02/2010	Taylah Sengul, Winston Hills	
State: S 15.94m		22/03/2013	Grace Robinson, St George	
Name	Age	Centre	Final	
=====				
1	Jessica	Coppolelli	Cherrybrook	10.26m
2	Aliana	Moala	Ryde	9.97m
3	Tahlia	O'Brien	Manly Warringah	9.93m
4	Shayla	Gleeson	Northern Districts	9.55m
5	Natasha	Fairhall	Ryde	9.32m
6	Maddison	Duncombe	Ryde	8.49m
7	Skye	Mahony	Nth Rocks Carlin	7.46m
8	Amelia	Daniel	Manly Warringah	6.99m
9	Alyssa	Khaw	Nth Rocks Carlin	6.87m
10	Natasha	Poschalk	Manly Warringah	6.73m
11	Diyoni	Seneviratne	Parramatta	6.09m
12	Cameron	Gurry	Northern Suburbs	5.42m

Girls U 15 - Shot Put (3.0 Kg)

=====				
Region: R 14.00m		2000	B Johnson, Northern Suburbs	
State: S 15.25m		16/02/2014	Grace Robinson, St George	
Name	Age	Centre	Final	
=====				
1	Emma	Polikowski	Manly Warringah	12.31m
2	Brianna	Worsfold	Ku-Ring-Gai	12.03m
3	Georgia	Spanswick	Ku-Ring-Gai	10.78m
4	Livinia	Williams	Manly Warringah	10.68m
5	Caitlin	Waldron	Nth Rocks Carlin	10.61m
6	Elianna	Hemakumara	Parramatta	10.12m
7	Felicity	Stewart	Ku-Ring-Gai	9.65m
8	Ella	Gibbons	Northern Districts	9.62m
9	Katelyn	Johnson	Parramatta	7.73m
10	Thinaya	Jayasinghe	Parramatta	7.65m
11	Shirlene	Su	Nth Rocks Carlin	7.13m
12	Nicole	Pitchfork	Parramatta	6.75m
13	Sophie	Smart	Nth Rocks Carlin	6.67m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 17 - Shot Put (3.0 Kg)**

=====			
Region: R 13.57m		14/02/2016	Josephine Ritchie, Manly War
State: S 16.29m		18/02/2012	Taylah Sengul, Nepean
Name	Age	Centre	Final
=====			
1 Anna Kely		Cherrybrook	11.65m
2 Bronte Hodson		Northern Suburbs	11.02m
3 Tarsha Wayne		Northern Suburbs	10.77m
4 Hannah Morgan		Northern Suburbs	10.22m
5 Amber Williams		Manly Warringah	9.79m
6 Kirsten Erni		Hornsby	8.97m
7 Emily Hatfield		Manly Warringah	8.96m
8 Emily Gathercole		Nth Rocks Carlin	8.93m
9 Alana Shehadie		Parramatta	8.81m
10 Scarlet Brett		Ku-Ring-Gai	8.75m
11 Sofia Gately		Nth Rocks Carlin	8.69m

Girls U 8 - Discus (500 Gram)

=====			
Region: R 24.09m		21/02/2004	Taylah Sengul, Winston Hills
State: S 24.42m		23/11/2003	Taylah Sengul, Winston Hills
Name	Age	Centre	Final
=====			
1 Savannah Erasmus		Hornsby	12.19m
2 Charlotte Barnsley		Ku-Ring-Gai	11.91m
3 Gemma Hunt		Manly Warringah	11.06m
4 Claire Fisher		Ku-Ring-Gai	10.71m
5 Emily Burns		Manly Warringah	10.02m
6 Poppy Burge		Ku-Ring-Gai	9.61m
7 Elizabeth Perry		Nth Rocks Carlin	9.31m
8 Madeleine Kebblewhite		Northern Suburbs	9.16m
9 Isabella Baxter		Manly Warringah	7.94m
10 Julia Perry		Nth Rocks Carlin	7.83m
11 Madeleine Burnett		Ku-Ring-Gai	6.99m
11 Sophie Sollberger		Manly Warringah	6.99m
13 Bonnie Castellas		Northern Suburbs	5.20m

Girls U 9 - Discus (500 Gram)

=====			
Region: R 27.23m		15/02/2005	Taylah Sengul, Winston Hills
State: S 31.22m		28/11/2004	Filoi Aokuso, Blacktown
Name	Age	Centre	Final
=====			
1 Sienna Vassella		Ku-Ring-Gai	19.44m
2 Edan-Grace El-Chaar		Parramatta	17.30m
3 Sian Stewart		Cherrybrook	16.49m
4 Olivia Johnson		Ku-Ring-Gai	16.26m
5 Eden McNaughtan		Manly Warringah	14.29m
6 Maddison Barratt		Northern Districts	13.97m
7 Cacia Charles		Ku-Ring-Gai	13.30m
8 Zara Drinkwater		Northern Suburbs	12.51m
9 Charlie Collins		Manly Warringah	11.50m
10 Isla Bealby		Northern Suburbs	10.83m
11 Ava Greenaway		Manly Warringah	10.74m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 10 - Discus (500 Gram)**

=====			
Region:	R 34.57m	18/02/2006	Taylah Sengul, Winston Hills
State:	S 37.22m	16/03/1985	Michelle Haage, Bankstown
Name	Age	Centre	Final
=====			
1 Nisini RajapakshaMudiyani		Cherrybrook	30.80m
2 Millie Buxton		Manly Warringah	26.98m
3 Chelsea Forte		Ku-Ring-Gai	21.84m
4 Sophie Farrell		Ku-Ring-Gai	21.76m
5 Louisa Kirkland		Manly Warringah	18.58m
6 Sophia Tsaousidis		Hornsby	17.62m
7 Sienna McDonnell		Manly Warringah	16.01m
8 Abbie Dunstan		Manly Warringah	14.74m
9 Madeleine Gee		Northern Suburbs	14.29m
10 Melevea Mokofisi		Parramatta	14.24m
11 Evita Saravanja		Ku-Ring-Gai	13.46m
12 Stella Marmora		Hornsby	13.19m
13 Juliette Harvey		Northern Suburbs	12.78m
-- Sofia Gasparini		Parramatta	ND

Girls U 11 - Discus (500 Gram)

=====			
Region:	R 35.18m	18/02/2007	Taylah Sengul, Winston Hills
Region:	R 35.18m	16/02/2020	Fiorella Collins, Mosman
State:	S 33.35m	10/02/2019	Tayla Moore, Cherrybrook
Name	Age	Centre	Final
=====			
1 Fiorella Collins		Mosman	35.18mR
2 Nehara De Mel		Ku-Ring-Gai	30.54m
3 Annabelle Cronin		Mosman	28.88m
4 Sally Faingaanuku		Mosman	27.07m
5 Indianna Wijeyesinghe		Cherrybrook	24.12m
6 Mia Stewart		Cherrybrook	23.19m
7 Eden Herring		Hornsby	21.56m
8 Mikayla Duncombe		Ryde	21.23m
9 Princess Obi		Nth Rocks Carlin	17.78m
10 Madison James		Ku-Ring-Gai	17.75m
11 Hayley Ludgate		Mosman	17.37m
12 Leela Appleby		Parramatta	16.51m
13 Rachel Fenson		Nth Rocks Carlin	15.09m

Girls U 12 - Discus (750 Gram)

=====			
Region:	R 43.10m	16/02/2008	Taylah Sengul, Winston Hills
State:	S 46.19m	15/03/2008	Filoi Aokuso, Blacktown
Name	Age	Centre	Final
=====			
1 Tayla Moore		Cherrybrook	30.61m
2 Emily Govers		Northern Suburbs	28.21m
3 Maddison Kernaghan		Parramatta	27.05m
4 Madison Clarke		Cherrybrook	24.20m
5 Jojo Pike		Mosman	23.83m
6 Isabella Longley		Northern Suburbs	21.00m
7 Lani Khiroya		Nth Rocks Carlin	20.61m
8 Jessica Roberts		Hornsby	18.90m
9 Gemma McIntosh		Ku-Ring-Gai	18.05m
10 Bronte Tonkin		Northern Districts	15.91m
11 Michaela Couper		Hornsby	15.72m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 13 - Discus (750 Gram)**

=====				
Region: R 46.71m		21/02/2009	Taylah Sengul, Winston Hills	
State: S 49.57m		20/03/2009	Taylah Sengul, Winston Hills	
Name	Age	Centre	Final	
=====				
1	Jessica	Johnston	Ryde	38.50m
2	Maia	Madden-Khan	Ku-Ring-Gai	29.93m
3	Olivia	Vecchio	Mosman	28.97m
4	Sienna	Brett	Ku-Ring-Gai	27.84m
5	Rani	Sharma	Cherrybrook	25.45m
6	Jayde	Root	Manly Warringah	24.06m
7	Macda	Berhane	Parramatta	23.28m
8	Ruby	Perkins	Northern Suburbs	22.89m
9	Claudia	Barlow	Ryde	21.80m
10	Summer	Sivaraj	Ku-Ring-Gai	21.64m
11	Fenella	Burns	Mosman	21.58m
12	Amelia	Nagy	Nth Rocks Carlin	17.48m
13	Lara	Boccabella	Ryde	16.37m

Girls U 14 - Discus (1.0 Kg)

=====				
Region: R 42.86m		27/02/2010	Taylah Sengul, Winston Hills	
State: S 45.39m		20/03/2016	Sally Shokry, Hills District	
Name	Age	Centre	Final	
=====				
1	Jessica	Coppolelli	Cherrybrook	33.67m
2	Maddison	Duncombe	Ryde	26.74m
3	Isabelle	Cruickshank	Northern Districts	24.44m
4	Bella	Kachel	Hornsby	24.13m
5	Shayla	Gleeson	Northern Districts	21.90m
6	Natasha	Fairhall	Ryde	21.20m
7	Tahlia	O'Brien	Manly Warringah	19.94m
8	Mia	Marshall	Ryde	17.45m
9	Skye	Mahony	Nth Rocks Carlin	16.76m
10	Cameron	Gurry	Northern Suburbs	15.45m

Girls U 15 - Discus (1.0 Kg)

=====				
Region: R 46.12m		14/02/2015	Kristina Moore, Cherrybrook	
State: S 48.18m		29/11/1995	Katrina Steele, Springwood	
Name	Age	Centre	Final	
=====				
1	Brianna	Worsfold	Ku-Ring-Gai	37.55m
2	Ella	Gibbons	Northern Districts	32.98m
3	Emma	Polikowski	Manly Warringah	32.62m
4	Caitlin	Waldron	Nth Rocks Carlin	31.29m
5	Felicity	Stewart	Ku-Ring-Gai	28.76m
6	Elianna	Hemakumara	Parramatta	28.43m
7	Thinaya	Jayasinghe	Parramatta	24.47m
8	Jasmin	Frost	Mosman	22.99m
9	Katelyn	Johnson	Parramatta	21.58m
10	Sarah	Hughes-Narborough	Northern Districts	20.21m
11	Jessica	Peterson	Parramatta	19.49m
12	Nicole	Pitchfork	Parramatta	17.89m
13	Zoe	Parlevliet	Nth Rocks Carlin	16.48m
14	Caitlin	Arnaoutis	Nth Rocks Carlin	13.17m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Girls U 17 - Discus (1.0 Kg)**

Name	Age	Centre	Final
Region: R 39.36m 16/02/2013 Maddy Bergfield, RYDE			
State: S 48.65m 17/02/2012 Taylah Sengul, Nepean			
Name	Age	Centre	Final
1 Bronte Hodson		Northern Suburbs	33.77m
2 Anna Kely		Cherrybrook	31.96m
3 Scarlet Brett		Ku-Ring-Gai	29.64m
4 Hannah Morgan		Northern Suburbs	29.47m
5 Freya Carley		Manly Warringah	27.10m
6 Caitlin Rodriguez		Parramatta	25.82m
7 Saskia Scholle		Ku-Ring-Gai	24.51m
8 Chanel El-Chaar		Parramatta	21.30m
9 Emily Hatfield		Manly Warringah	20.14m
10 Prudence Silver		Northern Districts	17.70m
11 Sofia Gately		Nth Rocks Carlin	16.59m
12 Alessandra Primrose		Nth Rocks Carlin	14.12m

Girls U 13-14 Multi Class Discus

Name	Age	Centre	Final
Region: R 10.70m 16/02/2020 Sybella Warton TF 37, Manly			
Name	Age	Centre	Final
1 Sybella Warton TF 37		Manly Warringah	10.70mR

Girls U 11 - Javelin (400 Gram)

Name	Age	Centre	Final
Region: R 23.70m 17/02/2018 Isabelle Cruickshank, Northe			
State: S 28.94m 19/03/2017 Rachel Bardney, Kings Langle			
Name	Age	Centre	Final
1 Fiorella Collins		Mosman	18.95m
2 Indianna Wijeyesinghe		Cherrybrook	17.44m
3 Makayla Ariyan		Hornsby	14.96m
4 Lily Greig		Ku-Ring-Gai	14.94m
5 Rachel Fenson		Nth Rocks Carlin	13.20m
6 Sofia Ehnbohm		Manly Warringah	11.97m
7 Layla Tawbe		Cherrybrook	11.90m
8 Michaela Dickinson		Manly Warringah	10.94m
9 Sally Faingaanuku		Mosman	10.77m
10 Eliza Olthof-Hardwick		Northern Districts	10.67m
11 Stella White		Parramatta	10.35m
12 Jess Roughan		Northern Suburbs	10.02m
13 Brinleigh Grosvenor		Nth Rocks Carlin	7.41m
-- Taylah Flynn		Manly Warringah	ND
-- Rana Taumalolo		Northern Suburbs	ND

Girls U 12 - Javelin (400 Gram)

Name	Age	Centre	Final
Region: R 30.70m 15/02/2014 Amie Bowrey, Cherrybrook			
State: S 34.42m 21/03/2015 Lianna Davidson, Kurrajong B			
Name	Age	Centre	Final
1 Maddison Kernaghan		Parramatta	22.20m
2 Annabelle Stewart		Ku-Ring-Gai	21.06m
3 Octavia Williams		Manly Warringah	20.95m
4 Emily Govers		Northern Suburbs	18.22m
5 Adriana Prizmic		Manly Warringah	18.19m
6 Lani Khiroya		Nth Rocks Carlin	16.90m
7 Grace Harkin		Northern Suburbs	14.25m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 12 - Javelin (400 Gram)**

8 Lily Blewman	Manly Warringah	14.12m
9 Grace Beck	Ku-Ring-Gai	13.62m
10 Rithaja Sankaran	Nth Rocks Carlin	13.38m
11 Shala Saint	Manly Warringah	11.96m
12 Sophie Quinnell	Northern Suburbs	11.12m
13 Gabriela Marczyk	Northern Suburbs	10.22m

Girls U 13 - Javelin (400 Gram)

=====		
Region: R 44.37m	21/02/2009	Taylah Sengul, Winston Hills
State: S 45.91m	22/03/2009	Taylah Sengul, Winston Hills
Name	Age Centre	Final
=====		
1 Jessica Johnston	Ryde	29.68m
2 Amelia Nagy	Nth Rocks Carlin	26.86m
3 Elise Oliver	Northern Districts	26.74m
4 Sarah Lovell	Ku-Ring-Gai	24.98m
5 Macda Berhane	Parramatta	24.78m
6 Sienna Brett	Ku-Ring-Gai	24.00m
7 Jayde Root	Manly Warringah	20.70m
8 Caitlin Gurney	Cherrybrook	19.34m
9 Ruby Perkins	Northern Suburbs	18.22m
10 Sienna Gleeson	Northern Districts	17.24m

Girls U 14 - Javelin (400 Gram)

=====		
Region: R 38.01m	13/02/2016	Amie Bowrey, Cherrybrook
State: S 52.23m	18/03/2017	Lianna Davidson, Kurrajong B
Name	Age Centre	Final
=====		
1 Isabel Harris	Manly Warringah	36.92m
2 Isabelle Cruickshank	Northern Districts	36.61m
3 Bella Kachel	Hornsby	29.74m
4 Chloe Krklinski	Parramatta	26.31m
5 Natasha Fairhall	Ryde	26.16m
6 Shayla Gleeson	Northern Districts	23.72m
7 Skye Mahony	Nth Rocks Carlin	20.62m
8 Amelia Daniel	Manly Warringah	19.53m
9 Cameron Gurry	Northern Suburbs	13.42m
10 Diyoni Seneviratne	Parramatta	12.66m
-- Maddison Duncombe	Ryde	ND

Girls U 15 - Javelin (500 Gram)

=====		
Region: R 42.06m	14/02/2016	Brooke East, Manly Warringah
State: S 45.81m	25/03/2018	Lianna Davidson, Kurrajong B
Name	Age Centre	Final
=====		
1 Emma Polikowski	Manly Warringah	35.70m
2 Jessica Peterson	Parramatta	30.04m
3 Georgia Spanswick	Ku-Ring-Gai	29.86m
4 Elianna Hemakumara	Parramatta	28.64m
5 Sarah Hughes-Narborough	Northern Districts	27.02m
6 Brianna Worsfold	Ku-Ring-Gai	24.40m
7 Isabelle Nilon	Nth Rocks Carlin	24.20m
8 Caitlin Waldron	Nth Rocks Carlin	24.16m
9 Sophie Smart	Nth Rocks Carlin	22.84m
10 Felicity Stewart	Ku-Ring-Gai	22.28m
11 Nicole Pitchfork	Parramatta	21.98m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****...Girls U 15 - Javelin (500 Gram)**

12 Katelyn Johnson	Parramatta	21.56m
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Girls U 17 - Javelin (500 Gram)

Region: R 40.34m 17/02/2018 Brooke East, Manly Warringah

State: S 52.66m 16/03/2019 Lianna Davidson, Kurrajong B

Name	Age Centre	Final
------	------------	-------

1 Amber Williams	Manly Warringah	39.09m
2 Anna Kely	Cherrybrook	36.00m
3 Sophie Kavanagh	Nth Rocks Carlin	35.50m
4 Genevieve McKeown	Nth Rocks Carlin	32.47m
5 Bronte Hodson	Northern Suburbs	32.17m
6 Emily Hatfield	Manly Warringah	30.28m
7 Sofia Gately	Nth Rocks Carlin	29.32m
8 Saskia Scholle	Ku-Ring-Gai	24.86m
9 Stella Hall	Ku-Ring-Gai	21.30m
10 Prudence Silver	Northern Districts	20.48m
11 Taylor Bassett	Hornsby	18.27m

Girls U 9-10 Multi Class Long Jump

Region: R 2.77m 15/02/2020 Gemma Sellick TF 46, Manly Wa

Name	Age Centre	Final
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1 Gemma Sellick TF 46	Manly Warringah	2.77mR
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Girls U 13-14 Multi Class Shot Put

Region: R 6.01m 15/02/2020 Sybella Warton TF 37, Manly W

Name	Age Centre	Final
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1 Sybella Warton TF 37	Manly Warringah	6.01mR
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Girls U 9 - 700 Metre Walk

Region: R 3:27.40 22/02/2004 Amy Bettiol, Manly Warringah

State: S 3:21.70 21/03/1999 Natasha Agius, Nepean

Name	Age Centre	Final
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Section 1

1 Olivia Loring	Parramatta	4:17.23
2 Sian Stewart	Cherrybrook	4:29.69
3 Cacia Charles	Ku-Ring-Gai	4:29.98
4 Madison Bradley	Manly Warringah	4:30.20
5 Anais Biasi	Manly Warringah	4:37.94
6 Charlotte Barker	Nth Rocks Carlin	4:39.96
7 Pippa Burke	Cherrybrook	4:42.63
8 Katherine Connelly	Manly Warringah	4:52.15
9 Charlie Collins	Manly Warringah	4:57.22
10 Alexis Murphy	Ku-Ring-Gai	4:58.84
11 Ella Shannon	Cherrybrook	4:59.00
12 Aishi Wijesekera	Parramatta	4:59.52
13 Neve Taumalolo	Northern Suburbs	5:27.72
-- Caitlyn Power	Manly Warringah	DQ

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Girls U 10 - 1100 Metre Walk

Region: R 5:42.80 18/02/2007 Tayla-Paige Billington, Man
 State: S 5:21.20 21/03/2004 Kini Chapple, Nepean

Name	Age Centre	Final
1 Ruby Kernaghan	Parramatta	6:07.37
2 Abby Hunt	Manly Warringah	6:09.67
3 Sophie Polkinghorne	Nth Rocks Carlin	6:21.24
4 Isla Stewart	Ku-Ring-Gai	6:58.23
5 Belinda Matthews	Manly Warringah	6:59.98
6 Abbie Dunstan	Manly Warringah	7:00.12
7 Lily Horne	Ku-Ring-Gai	7:03.17
8 Ruby Penn	Cherrybrook	7:07.46

Girls U 11 - 1100 Metre Walk

Region: R 5:23.40 28/02/2010 Jasmyrn McDonald, Parramatta
 State: S 5:01.30 20/03/2005 Kini Chapple, Nepean

Name	Age Centre	Final
1 Jessica Loring	Parramatta	5:50.28
2 Mia Stewart	Cherrybrook	6:16.06
3 Jasmin Berry	Manly Warringah	6:23.57
4 Imogen Cochrane	Northern Districts	6:25.89
5 Claudia Palmer	Manly Warringah	6:35.41
6 Indianna Vale	Manly Warringah	7:02.98
7 Lily Scahill	Nth Rocks Carlin	7:03.12
8 Abigail Gathercole	Nth Rocks Carlin	7:47.93
-- Zoe Murphy	Ku-Ring-Gai	DQ
-- Piper Fyffe	Ku-Ring-Gai	DQ

Girls U 12 - 1500 Metre Walk

Region: R 7:19.05 17/02/2013 Eliza De Laine, Northern Su
 State: S 6:38.70 20/03/1994 Renee McAskill, Nepean

Name	Age Centre	Final
1 Grace Beck	Ku-Ring-Gai	8:27.14
2 Zara Villacorta	Manly Warringah	8:58.16
3 Sacha Root	Manly Warringah	9:03.77
4 Grace Harkin	Northern Suburbs	9:13.73
5 Aoife Murdock	Nth Rocks Carlin	9:35.62
6 Annabelle Stewart	Ku-Ring-Gai	9:55.15
7 Ella McGregor	Ryde	10:21.68
8 Maddison Kernaghan	Parramatta	10:26.11
9 Ally Maclaine	Cherrybrook	12:38.25

Girls U 13 - 1500 Metre Walk

Region: R 7:01.80 12/02/2017 Elizabeth McMillen, Manly W
 State: S 6:35.30 19/03/2006 Shannon Jennings, Nepean

Name	Age Centre	Final
1 Chloe Lamb	Manly Warringah	7:40.30
2 April Billington	Manly Warringah	8:02.03
3 Olivia Sassen	Parramatta	8:24.41
4 Zoe Woods	Ku-Ring-Gai	8:36.44
5 Caitlin Gurney	Cherrybrook	9:08.47
6 Annika Lee	Northern Suburbs	9:29.00
7 Summer Sivaraj	Ku-Ring-Gai	9:32.29

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Girls U 13 - 1500 Metre Walk**

8	Charlize Gartner	Cherrybrook	10:15.63
9	Nellie Bealby	Northern Suburbs	10:56.69
10	Isabella Primrose	Nth Rocks Carlin	11:23.64

Girls U 14 - 1500 Metre Walk

Region: R 6:52.04 17/02/2013 Jasmyn McDonald, Parramatta
 State: S 6:15.40 17/03/1996 Renee McAskill, Nepean

Name	Age Centre	Final
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1	Chloe Krklinski	Parramatta	8:02.59
2	Alejandra Blanco	Manly Warringah	8:26.59
3	Lucy Proszenko	Ryde	9:42.22

Girls U 15 - 1500 Metre Walk

Region: R 6:53.10 19/02/2006 Melissa Hayes, Kings Langle
 State: S 6:24.20 16/03/1997 Renee McAskill, Doonside

Name	Age Centre	Final
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1	Tara Laytham	Manly Warringah	7:09.90
2	Emma Thomas	Parramatta	7:16.17
3	Alannah Hickson	Ku-Ring-Gai	7:48.37
4	Isabelle Nilon	Nth Rocks Carlin	8:52.88

Girls U 17 - 1500 Metre Walk

Region: R 6:52.69 15/02/2015 Jasmyn Mc Donald, Parramatt
 State: S 6:38.80 17/03/2019 Allanah Pitcher, Gosford

Name	Age Centre	Final
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1	Elizabeth McMillen	Manly Warringah	7:00.37
2	Prudence Silver	Northern Districts	10:01.77
3	Saskia Scholle	Ku-Ring-Gai	10:30.61

Boys U 8 - 70 Metre Sprint

Region: R 10.60 19/02/2006 Jordan Shelley, Hills Distric
 State: S 10.34 11/03/1978 Tim Harper, Weston Creek
 State: S 10.34 11/03/1978 Mark Lever, Hornsby

Name	Age Centre	Heats
------	------------	-------

Heat 1 Heats

1	Finn Wilson	Ku-Ring-Gai	11.08Q
2	Emerson Ayres	Manly Warringah	11.52Q
3	Ethan Louttit	Ryde	12.04Q
4	Aharshan Sivaniurban	Parramatta	12.06q
5	Hugo Rossetto	Parramatta	12.21q
6	Marco Mandrini	Nth Rocks Carlin	12.44
7	Lachlan Kong	Northern Suburbs	13.03

Heat 2 Heats

1	Toby Creelman	Manly Warringah	11.61Q
2	Mitchell Cox	Ryde	12.11Q
3	Bayley Gibson	Ku-Ring-Gai	12.12Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 8 - 70 Metre Sprint

Region: R 10.60 19/02/2006 Jordan Shelley, Hills Distric
 State: S 10.34 11/03/1978 Tim Harper, Weston Creek
 State: S 10.34 11/03/1978 Mark Lever, Hornsby

Name	Age Centre	Final
------	------------	-------

Section 1 Final

1 Finn Wilson	Ku-Ring-Gai	11.41
2 Emerson Ayres	Manly Warringah	11.74
3 Toby Creelman	Manly Warringah	12.01
4 Ethan Louttit	Ryde	12.15
5 Aharshan Sivaniruban	Parramatta	12.39
6 Bayley Gibson	Ku-Ring-Gai	12.43
7 Hugo Rossetto	Parramatta	12.46
8 Mitchell Cox	Ryde	12.49

Boys U 9 - 70 Metre Sprint

Region: R 10.00 2000 Michael Oldfield, Manly Warri
 State: S 9.94 22/03/1998 John Grant, Canowindra
 State: S 9.94 20/02/2000 Daniel Perkins, Sutherland
 State: S 9.94 19/03/2000 Michael Oldfield, Manly Warri
 State: S 9.94 18/03/2007 Benjamin Alessio, St George

Name	Age Centre	Heats
------	------------	-------

Heat 1 Heats

1 Matthew McGregor	Hornsby	10.86Q
2 Taten Rogers	Manly Warringah	10.93Q
3 Thomas Vedris	Hornsby	10.95Q
4 Alexander Song	Nth Rocks Carlin	11.10q
5 Marco Sassen	Parramatta	11.48q
6 Oliver Trowell	Manly Warringah	11.50
7 Kourosch Emamian Rad	Ku-Ring-Gai	11.67

Heat 2 Heats

1 James Mikan	Northern Suburbs	10.58Q
2 Callum Gilchrist	Ku-Ring-Gai	10.60Q
3 Charithu Demel	Cherrybrook	11.57Q
4 Harry McClellan	Northern Suburbs	12.04

Boys U 9 - 70 Metre Sprint

Region: R 10.00 2000 Michael Oldfield, Manly Warri
 State: S 9.94 22/03/1998 John Grant, Canowindra
 State: S 9.94 20/02/2000 Daniel Perkins, Sutherland
 State: S 9.94 19/03/2000 Michael Oldfield, Manly Warri
 State: S 9.94 18/03/2007 Benjamin Alessio, St George

Name	Age Centre	Final
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Section 1 Final

1 Callum Gilchrist	Ku-Ring-Gai	10.80
2 James Mikan	Northern Suburbs	10.91
3 Taten Rogers	Manly Warringah	11.12
4 Thomas Vedris	Hornsby	11.17
5 Matthew McGregor	Hornsby	11.22
6 Alexander Song	Nth Rocks Carlin	11.35
7 Marco Sassen	Parramatta	11.74
8 Charithu Demel	Cherrybrook	11.76

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 10 - 70 Metre Sprint

Region: R 9.50 2000 Joshua Mulligan, Gosford
 State: S 9.54 20/03/1999 Christopher Lawrence, Campbel
 State: S 9.54 19/03/2000 Josh Mulligan, Gosford

Name	Age	Centre	Heats
------	-----	--------	-------

Heat 1 Heats

1 SevyTom Fenil		Ryde	10.48Q
2 Ethan Baird		Northern Suburbs	10.70Q
3 Byron Borchert		Manly Warringah	10.82Q
4 Owen Smith		Ryde	10.83q
5 Angus Edwards		Mosman	11.20
6 Matthew Dicks		Ku-Ring-Gai	11.34

Heat 2 Heats

1 Edward Godfrey		Mosman	10.56Q
2 Ethan McErlane		Manly Warringah	10.58Q
3 Adrian Kwan		Ku-Ring-Gai	10.70Q
4 Harry Wigham		Cherrybrook	10.79q
5 Louie Poschalk		Manly Warringah	11.03
6 Benjamin Howarth		Northern Suburbs	11.14

Boys U 10 - 70 Metre Sprint

Region: R 9.50 2000 Joshua Mulligan, Gosford
 State: S 9.54 20/03/1999 Christopher Lawrence, Campbel
 State: S 9.54 19/03/2000 Josh Mulligan, Gosford

Name	Age	Centre	Final
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Section 1 Final

1 Edward Godfrey		Mosman	10.70
2 SevyTom Fenil		Ryde	10.74
3 Ethan Baird		Northern Suburbs	10.81
4 Ethan McErlane		Manly Warringah	10.94
5 Harry Wigham		Cherrybrook	10.95
6 Byron Borchert		Manly Warringah	10.96
7 Adrian Kwan		Ku-Ring-Gai	11.13
8 Owen Smith		Ryde	11.24

Boys U 8 - 100 Metre Sprint

Region: R 13.90 1995 J DeSilva, Winston Hills
 State: S 14.24 12/03/1978 Tim Harper, Weston Creek

Name	Age	Centre	Heats
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Heat 1 Heats

1 Emerson Ayres		Manly Warringah	16.33Q
2 Ethan Louttit		Ryde	17.06Q
3 Aharshan Sivaniruban		Parramatta	17.39Q
4 Mitchell Cox		Ryde	17.88
5 Marco Mandrini		Nth Rocks Carlin	18.06
6 Ike Blackwell		Ryde	18.26

Heat 2 Heats

1 Finn Wilson		Ku-Ring-Gai	15.73Q
2 Toby Creelman		Manly Warringah	16.48Q
3 Callan Atherton		Ku-Ring-Gai	16.76Q
4 Sean Ng		Hornsby	16.84q
5 Leon Temelkovski		Northern Suburbs	17.39q
6 Lachlan Kong		Northern Suburbs	18.12

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 8 - 100 Metre Sprint**

=====			
Region:	R 13.90	1995	J DeSilva, Winston Hills
State:	S 14.24	12/03/1978	Tim Harper, Weston Creek
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Finn Wilson	Ku-Ring-Gai	16.02
2	Emerson Ayres	Manly Warringah	16.05
3	Toby Creelman	Manly Warringah	16.60
4	Ethan Louttit	Ryde	17.01
5	Sean Ng	Hornsby	17.11
6	Aharshan Sivaniruban	Parramatta	17.20
7	Callan Atherton	Ku-Ring-Gai	17.27
8	Leon Temelkovski	Northern Suburbs	17.33

Boys U 9 - 100 Metre Sprint

=====			
Region:	R 13.90	2000	Michael Oldfield, Manly Warri
State:	S 13.64	21/02/1998	Christopher Lawrence, Campbel
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Abdulraman Kabia	Parramatta	14.99Q
2	Matthew McGregor	Hornsby	15.48Q
3	James Mikan	Northern Suburbs	15.56Q
4	Joel Ramsay	Hornsby	16.07q
5	Keshav Rao	Ryde	16.16
6	Samuel Carden	Northern Suburbs	16.31
7	Kyan Seale	Northern Suburbs	16.32
8	Harry McClellan	Northern Suburbs	17.51
Heat 2 Heats			
1	Callum Gilchrist	Ku-Ring-Gai	14.78Q
2	Thomas Vedris	Hornsby	15.49Q
3	Taten Rogers	Manly Warringah	15.51Q
4	Parker Ball	Manly Warringah	16.08q
5	Oscar Zylberberg	Ku-Ring-Gai	16.13
6	Charithu Demel	Cherrybrook	16.46

Boys U 9 - 100 Metre Sprint

=====			
Region:	R 13.90	2000	Michael Oldfield, Manly Warri
State:	S 13.64	21/02/1998	Christopher Lawrence, Campbel
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Callum Gilchrist	Ku-Ring-Gai	14.87
2	Abdulraman Kabia	Parramatta	15.08
3	Taten Rogers	Manly Warringah	15.38
4	James Mikan	Northern Suburbs	15.41
5	Matthew McGregor	Hornsby	15.47
6	Thomas Vedris	Hornsby	15.48
7	Joel Ramsay	Hornsby	16.24

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 10 - 100 Metre Sprint

=====			
Region:	R 13.30	2000	Joshua Mulligan, Gosford
State:	S 12.94	12/03/1978	Philip Provenzano, Randwick B
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Ethan Baird	Northern Suburbs	14.93Q
2	Adrian Kwan	Ku-Ring-Gai	15.14Q
3	Jacob Barnes	Manly Warringah	15.54Q
4	James Zhang	Ryde	17.23
Heat 2 Heats			
1	Ethan McErlane	Manly Warringah	15.19Q
2	SevyTom Fenil	Ryde	15.28Q
3	Harry Wigham	Cherrybrook	15.31Q
4	Edward Godfrey	Mosman	15.32q
5	Viktor Grigorov	Ryde	15.72q
6	Angus Edwards	Mosman	16.12
7	Alexander Atkinson	Parramatta	16.76

Boys U 10 - 100 Metre Sprint

=====			
Region:	R 13.30	2000	Joshua Mulligan, Gosford
State:	S 12.94	12/03/1978	Philip Provenzano, Randwick B
Name	Age	Centre	Final
=====			
Section 1 Final			
1	SevyTom Fenil	Ryde	14.73
2	Ethan Baird	Northern Suburbs	14.81
3	Harry Wigham	Cherrybrook	14.82
4	Ethan McErlane	Manly Warringah	14.91
5	Edward Godfrey	Mosman	14.93
6	Adrian Kwan	Ku-Ring-Gai	15.21
7	Viktor Grigorov	Ryde	15.63
8	Jacob Barnes	Manly Warringah	15.91

Boys U 11 - 100 Metre Sprint

=====			
Region:	R 13.04	17/02/2018	Dylan Hall, Ku-Ring-Gai
State:	S 12.64	12/03/1978	Robert Stanford, Nepean
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Jimmy Thebridge	Ku-Ring-Gai	14.23Q
2	Jake Fourie	Ku-Ring-Gai	14.28Q
3	Jack Procter	Ku-Ring-Gai	14.55Q
4	Hugo Roderick	Ku-Ring-Gai	14.66q
5	Benjamin Perry	Nth Rocks Carlin	15.25
Heat 2 Heats			
1	Joel Daily	Mosman	14.16Q
2	Daniel Cox	Ryde	14.59Q
3	Hugo Stewart	Mosman	14.74Q
4	KaiZhe Tan	Northern Suburbs	14.88q
5	Benton Setefano	Parramatta	14.99
6	Kyros Ghadiali	Parramatta	15.46

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 11 - 100 Metre Sprint**

Name	Age	Centre	Final
Region: R 13.04 17/02/2018 Dylan Hall, Ku-Ring-Gai			
State: S 12.64 12/03/1978 Robert Stanford, Nepean			
Section 1 Final			
1 Jimmy Thebridge		Ku-Ring-Gai	14.29
2 Joel Daily		Mosman	14.38
3 Jake Fourie		Ku-Ring-Gai	14.56
4 Hugo Stewart		Mosman	14.66
5 Jack Procter		Ku-Ring-Gai	14.94
6 Daniel Cox		Ryde	15.24
7 KaiZhe Tan		Northern Suburbs	15.29

Boys U 12 - 100 Metre Sprint

Name	Age	Centre	Heats
Region: R 12.30 2005 Kane Thompson, Manly Warringah			
State: S 12.04 20/03/1999 Todd Shanahan, Macquarie Shor			
State: S 12.04 23/03/2013 James Roach, Randwick Botany			
Heat 1 Heats			
1 Yahya Ali		Ryde	13.59Q
2 William Carter		Manly Warringah	13.98Q
3 Fergus Cheng		Cherrybrook	14.23Q
4 Leo Robinson		Manly Warringah	14.28
5 Dominic Lee		Northern Suburbs	14.65
6 John Lawson		Nth Rocks Carlin	14.79
Heat 2 Heats			
1 Wol Albino		Hornsby	13.44Q
2 Andres Hampel		Northern Suburbs	13.84Q
3 Hugo Doak		Northern Suburbs	14.04Q
4 Dominic D'Souza		Hornsby	14.10q
5 Brodie Shearer		Ku-Ring-Gai	14.14q
6 Thomas Kierse		Mosman	14.21
7 Ethan Temelkovski		Northern Suburbs	14.43
8 Julian Bognar		Parramatta	14.52

Boys U 12 - 100 Metre Sprint

Name	Age	Centre	Final
Region: R 12.30 2005 Kane Thompson, Manly Warringah			
State: S 12.04 20/03/1999 Todd Shanahan, Macquarie Shor			
State: S 12.04 23/03/2013 James Roach, Randwick Botany			
Section 1 Final			
1 Wol Albino		Hornsby	13.50
2 Yahya Ali		Ryde	13.75
3 Andres Hampel		Northern Suburbs	14.03
4 Brodie Shearer		Ku-Ring-Gai	14.12
5 William Carter		Manly Warringah	14.15
6 Hugo Doak		Northern Suburbs	14.19
7 Dominic D'Souza		Hornsby	14.21
8 Fergus Cheng		Cherrybrook	14.37

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 13 - 100 Metre Sprint

Region: R 11.70 17/02/2007 Nicholas Hough, Hills Distric			
State: S 11.72 22/03/2014 James Roach, Randwick Botany			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lars Ackland		Ku-Ring-Gai	12.92Q
2 Nathanael Ramsay		Hornsby	13.20Q
3 Michael Ajaka		Parramatta	13.48Q
4 Brody Folkes		Mosman	13.50q
5 Oliver Edwards		Northern Suburbs	13.96q
6 Marco Boccaletti		Cherrybrook	14.38
7 Oliver McNicol		Parramatta	14.55
Heat 2 Heats			
1 Dylan Hall		Ku-Ring-Gai	12.35Q
2 Mikel Martin		Manly Warringah	13.74Q
3 Alex McIlwraith		Northern Districts	13.85Q
4 Joshua Smith		Manly Warringah	14.50
5 Jope Rauge		Ryde	14.52
6 Ethan Lee		Cherrybrook	14.64

Boys U 13 - 100 Metre Sprint

Region: R 11.70 17/02/2007 Nicholas Hough, Hills Distric			
State: S 11.72 22/03/2014 James Roach, Randwick Botany			
Name	Age	Centre	Final
Section 1 Final			
1 Dylan Hall		Ku-Ring-Gai	12.06
2 Lars Ackland		Ku-Ring-Gai	12.90
3 Michael Ajaka		Parramatta	13.20
4 Nathanael Ramsay		Hornsby	13.54
5 Brody Folkes		Mosman	13.55
6 Alex McIlwraith		Northern Districts	13.81
7 Mikel Martin		Manly Warringah	14.02
8 Oliver Edwards		Northern Suburbs	14.07

Boys U 14 - 100 Metre Sprint

Region: R 11.20 1995 Scott Fraser, Manly Warringah			
State: S 11.34 17/03/1996 Matthew Manns, Ingleburn RSL			
State: S 11.34 15/03/2008 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jacob Taylor		Nth Rocks Carlin	12.02Q
2 Ben Meredith		Manly Warringah	13.20Q
3 Marcus Warner		Mosman	13.26Q
4 Daniel White		Northern Suburbs	13.28q
Heat 2 Heats			
1 Lachlan Herbert		Ku-Ring-Gai	12.48Q
2 Wario Duba		Parramatta	12.50Q
3 Lynden Wiesenhaan		Ku-Ring-Gai	13.03Q
4 Daniel Nemeth		Mosman	13.13q
5 Patrick Faulkner		Ryde	14.35

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 14 - 100 Metre Sprint

Name	Age	Centre	Final
Region: R 11.20	1995	Scott Fraser, Manly Warringah	
State: S 11.34	17/03/1996	Matthew Manns, Ingleburn RSL	
State: S 11.34	15/03/2008	Nicholas Hough, Hills Distric	
Section 1 Final			
1 Jacob Taylor		Nth Rocks Carlin	11.90
2 Lachlan Herbert		Ku-Ring-Gai	12.53
3 Lynden Wiesenhaan		Ku-Ring-Gai	13.04
4 Daniel Nemeth		Mosman	13.19
5 Marcus Warner		Mosman	13.23
6 Ben Meredith		Manly Warringah	13.27
7 Daniel White		Northern Suburbs	13.48
8 Wario Duba		Parramatta	13.66

Boys U 15 - 100 Metre Sprint

Name	Age	Centre	Heats
Region: R 10.70	21/02/2009	Nicholas Hough, Hills Distric	
State: S 10.84	21/03/2009	Nicholas Hough, Hills Distric	
Heat 1 Heats			
1 Aidan Mannasz		Ryde	12.42Q
2 Davide Rossetto		Parramatta	12.50Q
3 Cormac Morrison		Northern Suburbs	12.68Q
4 Malakye Enasio		Northern Districts	13.16q
5 Thimuthu Weerasekara		Cherrybrook	13.65
6 Ethan James		Manly Warringah	13.86
Heat 2 Heats			
1 Zachary Flynn		Manly Warringah	12.10Q
2 Aidan Jones		Ku-Ring-Gai	12.21Q
3 Evan Neal		Manly Warringah	12.45Q
4 Jeremy Plummer		Ryde	12.48q
5 Eric Hahn		Parramatta	13.28
6 Finn Bellerby		Manly Warringah	13.80
7 Zac Cleary		Manly Warringah	14.52

Boys U 15 - 100 Metre Sprint

Name	Age	Centre	Final
Region: R 10.70	21/02/2009	Nicholas Hough, Hills Distric	
State: S 10.84	21/03/2009	Nicholas Hough, Hills Distric	
Section 1 Final			
1 Davide Rossetto		Parramatta	11.90
2 Aidan Jones		Ku-Ring-Gai	12.00
3 Zachary Flynn		Manly Warringah	12.21
4 Evan Neal		Manly Warringah	12.33
4 Aidan Mannasz		Ryde	12.33
6 Cormac Morrison		Northern Suburbs	12.55
7 Jeremy Plummer		Ryde	12.78
8 Malakye Enasio		Northern Districts	13.16

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 17 - 100 Metre Sprint**

=====			
Region: R 11.06		9/02/2019	Connor Bond, Ku-Ring-Gai
State: S 10.80		17/02/2018	Godfrey Okerenyang, Camden
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Joel Neasmith	Manly Warringah	12.22Q
2	Noah Liu	Cherrybrook	12.27Q
3	Andrew Hill	Hornsby	12.33Q
4	Cameron Ross-Egarr	Northern Districts	12.34q
4	Ryan Crane	Manly Warringah	12.34q
6	Ajaiy Mohanraja	Cherrybrook	12.40
Heat 2 Heats			
1	Nicholas Dowling	Northern Suburbs	11.82Q
2	Angus Ritchie	Manly Warringah	11.98Q
3	Zachary Sheraton	Parramatta	11.99Q
4	Alexander Mina	Parramatta	12.09q
5	Rajan Ravintran	Nth Rocks Carlin	12.88

Boys U 17 - 100 Metre Sprint

=====			
Region: R 11.06		9/02/2019	Connor Bond, Ku-Ring-Gai
State: S 10.80		17/02/2018	Godfrey Okerenyang, Camden
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Nicholas Dowling	Northern Suburbs	11.66
2	Zachary Sheraton	Parramatta	12.00
3	Joel Neasmith	Manly Warringah	12.10
4	Alexander Mina	Parramatta	12.16
5	Ryan Crane	Manly Warringah	12.25
6	Andrew Hill	Hornsby	12.30
7	Noah Liu	Cherrybrook	12.34

Boys U 8 - 200 Metre Sprint

=====			
Region: R 30.86		18/02/2018	Rian Conners, Ku-Ring-Gai
State: S 30.64		19/02/2017	Joseph Ezekiel, Werrington
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Finn Wilson	Ku-Ring-Gai	34.96Q
2	Jaxon Solomon	Manly Warringah	36.71Q
3	Ike Blackwell	Ryde	38.25Q
4	Arjun Bakal	Parramatta	39.08q
5	Swarthik Thushyanthan	Parramatta	40.44
Heat 2 Heats			
1	Isaac Robinson	Mosman	34.32Q
2	John Brivulis	Ryde	35.01Q
3	Emerson Ayres	Manly Warringah	35.09Q
4	Aharshan Sivaniruban	Parramatta	37.50q
5	Hamish McBain	Nth Rocks Carlin	42.44

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 8 - 200 Metre Sprint

=====			
Region: R 30.86		18/02/2018	Rian Conners, Ku-Ring-Gai
State: S 30.64		19/02/2017	Joseph Ezekiel, Werrington
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Emerson Ayres	Manly Warringah	33.26
2	Isaac Robinson	Mosman	33.85
3	Finn Wilson	Ku-Ring-Gai	34.47
4	John Brivulis	Ryde	35.05
5	Jaxon Solomon	Manly Warringah	36.03
6	Ike Blackwell	Ryde	38.16
7	Arjun Bakal	Parramatta	38.70
8	Aharshan Sivaniruban	Parramatta	38.87

Boys U 9 - 200 Metre Sprint

=====			
Region: R 29.10		2002	Alexander Pettigrew, Hornsby
State: S 28.44		22/03/1975	Glen Murgatroyd, Campbelltown
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Matthew McGregor	Hornsby	31.92Q
2	Taten Rogers	Manly Warringah	32.47Q
3	Xavier Mitchell	Ryde	32.64Q
4	Joel Ramsay	Hornsby	33.03q
5	Keshav Rao	Ryde	33.20q
6	Mitch Ryle	Hornsby	34.25
7	Harry McClellan	Northern Suburbs	35.47
Heat 2 Heats			
1	Callum Gilchrist	Ku-Ring-Gai	32.38Q
2	Thomas Vedris	Hornsby	32.44Q
3	Oscar Zylberberg	Ku-Ring-Gai	33.43Q
4	Charithu Demel	Cherrybrook	33.44
5	Oliver Trowell	Manly Warringah	33.74
6	John Wechsler	Northern Suburbs	35.88
7	Zion Svensson	Cherrybrook	36.04

Boys U 9 - 200 Metre Sprint

=====			
Region: R 29.10		2002	Alexander Pettigrew, Hornsby
State: S 28.44		22/03/1975	Glen Murgatroyd, Campbelltown
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Thomas Vedris	Hornsby	31.13
2	Matthew McGregor	Hornsby	31.18
3	Taten Rogers	Manly Warringah	31.34
4	Callum Gilchrist	Ku-Ring-Gai	31.42
5	Joel Ramsay	Hornsby	32.77
6	Oscar Zylberberg	Ku-Ring-Gai	33.03
7	Keshav Rao	Ryde	33.35
8	Xavier Mitchell	Ryde	33.81

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 10 - 200 Metre Sprint

=====			
Region:	R 27.50	2001	Justin Hayward, Manly Warring
State:	S 26.94	11/03/1978	Chris Newman, Queanbeyan
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Ethan Baird	Northern Suburbs	31.72Q
2	Ethan McErlane	Manly Warringah	31.96Q
3	Harry Wigham	Cherrybrook	32.37Q
4	Oliver Leivesley	Nth Rocks Carlin	32.67q
5	Justin Guo	Nth Rocks Carlin	33.11q
6	William McKechnie	Ku-Ring-Gai	33.29
7	Alexander Atkinson	Parramatta	34.14
8	Henry Smith-Broadbent	Northern Suburbs	37.95
Heat 2 Heats			
1	Adrian Kwan	Ku-Ring-Gai	32.42Q
2	Thomas Davis	Mosman	34.07Q
3	Rhys Chandler	Ryde	35.20Q
4	Dominic Davis	Manly Warringah	35.30
5	James Zhang	Ryde	36.29

Boys U 10 - 200 Metre Sprint

=====			
Region:	R 27.50	2001	Justin Hayward, Manly Warring
State:	S 26.94	11/03/1978	Chris Newman, Queanbeyan
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Ethan Baird	Northern Suburbs	30.83
2	Ethan McErlane	Manly Warringah	30.99
3	Harry Wigham	Cherrybrook	31.07
4	Adrian Kwan	Ku-Ring-Gai	31.16
5	Justin Guo	Nth Rocks Carlin	33.21
6	Oliver Leivesley	Nth Rocks Carlin	33.74
7	Thomas Davis	Mosman	33.89
8	Rhys Chandler	Ryde	34.90

Boys U 11 - 200 Metre Sprint

=====			
Region:	R 27.10	22/02/2004	Alexander Pettigrew, Parramat
State:	S 25.84	11/03/1978	Robert Stanford, Nepean
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Riley Grant	Mosman	30.12Q
2	Jimmy Thebridge	Ku-Ring-Gai	30.24Q
3	Rian Connors	Ku-Ring-Gai	30.26Q
4	Matteo Shipman	Northern Suburbs	30.63q
5	Daniel Cox	Ryde	31.87
6	Peadar Lyons	Northern Suburbs	32.37
7	Leon Danks	Ryde	33.16
Heat 2 Heats			
1	Jake Fourie	Ku-Ring-Gai	30.23Q
2	Hugo Stewart	Mosman	30.85Q
3	Samuel Price	Nth Rocks Carlin	31.58Q
4	KaiZhe Tan	Northern Suburbs	31.70q

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 11 - 200 Metre Sprint

Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramat			
State: S 25.84 11/03/1978 Robert Stanford, Nepean			
Name	Age	Centre	Final
Section 1 Final			
1 Jimmy Thebridge		Ku-Ring-Gai	29.58
2 Hugo Stewart		Mosman	29.85
3 Jake Fourie		Ku-Ring-Gai	30.02
4 Riley Grant		Mosman	30.05
5 Rian Connors		Ku-Ring-Gai	30.40
6 Matteo Shipman		Northern Suburbs	30.44
7 KaiZhe Tan		Northern Suburbs	32.66

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
State: S 24.43 25/03/2018 Rashid Kabba, Holroyd			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Wol Albino		Hornsby	28.43Q
2 Yahya Ali		Ryde	28.73Q
3 Hugo Doak		Northern Suburbs	29.67Q
4 Joshua Smith		Ryde	29.69q
5 Finn Pereira		Mosman	31.42
Heat 2 Heats			
1 Ethan Temelkovski		Northern Suburbs	29.38Q
2 Brodie Shearer		Ku-Ring-Gai	29.53Q
3 William Taylor		Mosman	30.21Q
4 Toby Burney		Ryde	30.93q

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
State: S 24.43 25/03/2018 Rashid Kabba, Holroyd			
Name	Age	Centre	Final
Section 1 Final			
1 Wol Albino		Hornsby	28.19
2 Yahya Ali		Ryde	28.73
3 Brodie Shearer		Ku-Ring-Gai	29.14
4 Joshua Smith		Ryde	29.18
5 Hugo Doak		Northern Suburbs	29.56
6 Ethan Temelkovski		Northern Suburbs	29.75
7 William Taylor		Mosman	30.33
8 Toby Burney		Ryde	31.68

Boys U 13 - 200 Metre Sprint

Region: R 24.00 18/02/2007 Nicholas Hough, Hills Distric			
State: S 23.34 18/03/2007 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Brody Folkes		Mosman	27.95Q
2 Edward Lockley		Hornsby	28.23Q
3 Michael Ajaka		Parramatta	28.74Q
4 Zach Rowland		Manly Warringah	29.55q
5 Jope Rauqe		Ryde	29.63

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Boys U 13 - 200 Metre Sprint

6 Xavier Hennessey	Cherrybrook	29.70
Heat 2 Heats		
1 Dylan Hall	Ku-Ring-Gai	25.88Q
2 Lars Ackland	Ku-Ring-Gai	26.52Q
3 Nathanael Ramsay	Hornsby	27.63Q
4 Owen Chandler	Ryde	27.99q
5 Marco Boccaletti	Cherrybrook	30.21
6 Oliver McNicol	Parramatta	30.65
7 Thomas Haslam	Ku-Ring-Gai	30.69
8 Lucas Neal	Nth Rocks Carlin	30.89

Boys U 13 - 200 Metre Sprint

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=====
Region: R 24.00 18/02/2007 Nicholas Hough, Hills Distric
State: S 23.34 18/03/2007 Nicholas Hough, Hills Distric
Name           Age Centre           Final
=====
    
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Section 1 Final
1 Dylan Hall           Ku-Ring-Gai           25.25
2 Lars Ackland         Ku-Ring-Gai           26.41
3 Nathanael Ramsay    Hornsby                27.24
4 Brody Folkes        Mosman                 27.49
5 Michael Ajaka       Parramatta             27.61
6 Owen Chandler        Ryde                   28.22
7 Edward Lockley      Hornsby                29.65
    
```

Boys U 14 - 200 Metre Sprint

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=====
Region: R 22.90 17/02/2008 Nicholas Hough, Hills Distric
State: S 22.64 19/02/2006 Luke Hamer, St George
Name           Age Centre           Heats
=====
    
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Heat 1 Heats
1 Jacob Taylor        Nth Rocks Carlin      24.43Q
2 Lachlan Herbert     Ku-Ring-Gai           25.26Q
3 Lynden Wiesenhaan  Ku-Ring-Gai           27.00Q
4 Marcus Warner       Mosman                 27.77q
5 Ben Meredith        Manly Warringah       27.82q
6 Charlie Kanu        Manly Warringah       29.71q
    
```

Boys U 14 - 200 Metre Sprint

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=====
Region: R 22.90 17/02/2008 Nicholas Hough, Hills Distric
State: S 22.64 19/02/2006 Luke Hamer, St George
Name           Age Centre           Final
=====
    
```

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Section 1 Final
1 Jacob Taylor        Nth Rocks Carlin      24.43
2 Lachlan Herbert     Ku-Ring-Gai           25.26
3 Lynden Wiesenhaan  Ku-Ring-Gai           27.00
4 Marcus Warner       Mosman                 27.77
5 Ben Meredith        Manly Warringah       27.82
6 Charlie Kanu        Manly Warringah       29.73
    
```

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 15 - 200 Metre Sprint**

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=====
Region: R 21.50 22/02/2009 Nicholas Hough, Hills Distric
State: S 21.74 22/02/2009 Nicholas Hough, Hills Distric
Name Age Centre Heats
=====

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Heat 1 Heats

1 Aidan Jones	Ku-Ring-Gai	26.15Q
2 Davide Rossetto	Parramatta	26.25Q
3 Jacob Eagland	Manly Warringah	26.28Q
4 Joshua Tse	Nth Rocks Carlin	26.37q
5 Oliver BensonSparkes	Manly Warringah	27.04q
6 Malakye Enasio	Northern Districts	27.10
7 Thimuthu Weerasekara	Cherrybrook	28.03

Heat 2 Heats

1 Zachary Flynn	Manly Warringah	24.75Q
2 Max Milani	Northern Suburbs	25.27Q
3 Cormac Morrison	Northern Suburbs	25.72Q
4 Julian Lee	Northern Suburbs	27.79
5 Ethan James	Manly Warringah	28.44
6 Finn Bellerby	Manly Warringah	28.70

Boys U 15 - 200 Metre Sprint

```

=====
Region: R 21.50 22/02/2009 Nicholas Hough, Hills Distric
State: S 21.74 22/02/2009 Nicholas Hough, Hills Distric
Name Age Centre Final
=====

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Section 1 Final

1 Zachary Flynn	Manly Warringah	24.34
2 Davide Rossetto	Parramatta	24.56
3 Aidan Jones	Ku-Ring-Gai	24.68
4 Max Milani	Northern Suburbs	25.17
5 Cormac Morrison	Northern Suburbs	25.45
6 Jacob Eagland	Manly Warringah	26.43
7 Oliver BensonSparkes	Manly Warringah	27.19
8 Joshua Tse	Nth Rocks Carlin	28.18

Boys U 17 - 200 Metre Sprint

```

=====
Region: R 22.64 17/02/2013 Joshua Swan, MOSMAN
State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports
Name Age Centre Heats
=====

```

Heat 1 Heats

1 Nicholas Dowling	Northern Suburbs	24.32Q
2 Angus Ritchie	Manly Warringah	24.54Q
3 Alexander Mina	Parramatta	24.91Q
4 Ryan Crane	Manly Warringah	25.29q
5 Curtis Feldman	Hornsby	25.63q
6 LanceJoseph David	Ryde	26.37q
7 Samiuela Moala	Ryde	27.55q

Boys U 17 - 200 Metre Sprint

```

=====
Region: R 22.64 17/02/2013 Joshua Swan, MOSMAN
State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports
Name Age Centre Final
=====

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Section 1 Final

1 Nicholas Dowling	Northern Suburbs	24.32
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 17 - 200 Metre Sprint**

2	Angus Ritchie	Manly Warringah	24.54
3	Alexander Mina	Parramatta	24.91
4	Ryan Crane	Manly Warringah	25.29
5	Curtis Feldman	Hornsby	25.63
6	LanceJoseph David	Ryde	26.37
7	Samiuela Moala	Ryde	27.55

Boys U 8 - 400 Metre Sprint

=====			
Region:	R 1:09.70	2001	Alexander Pettigrew, Hornsb
State:	S 1:07.94	23/03/1975	David Misson, Randwick Bota
Name		Age Centre	Final
=====			

Section 1

1	Jaxon Solomon	Manly Warringah	1:23.33
2	Ike Blackwell	Ryde	1:23.92
3	Cameron Griffin	Manly Warringah	1:24.82
4	Jack Carey	Mosman	1:30.97
5	Tejas Sankaran	Nth Rocks Carlin	1:32.81
6	Charlie Shiel	Ryde	1:35.38
7	Bailey Williams	Nth Rocks Carlin	1:36.21

Section 2

1	Isaac Robinson	Mosman	1:15.86
2	John Brivulis	Ryde	1:19.51
3	Callan Atherton	Ku-Ring-Gai	1:20.94
4	Bayley Gibson	Ku-Ring-Gai	1:23.44
5	Maksymilian Marczyk	Northern Suburbs	1:24.42
6	Harry Ross	Hornsby	1:26.41

Boys U 9 - 400 Metre Sprint

=====			
Region:	R 1:05.30	2002	Alexander Pettigrew, Hornsb
State:	S 1:04.40	23/03/1975	Glen Murgatroyd, Campbellto
Name		Age Centre	Final
=====			

Section 1

1	Rohan Sharma	Cherrybrook	1:14.73
2	Jake Wood	Manly Warringah	1:16.24
3	Jake Mears	Mosman	1:19.65
4	Nathan Sarah	Nth Rocks Carlin	1:19.83
5	Kyan Seale	Northern Suburbs	1:22.71

Section 2

1	Max McIntosh	Ku-Ring-Gai	1:12.38
2	Benjamin Bowrey	Parramatta	1:13.57
3	Parker Ball	Manly Warringah	1:13.65
4	Jacoby Neal	Ku-Ring-Gai	1:15.33
5	Oliver Trowell	Manly Warringah	1:15.37
6	Joel Ramsay	Hornsby	1:17.07
7	Mitch Ryle	Hornsby	1:17.16
8	Harry McClellan	Northern Suburbs	1:22.70

Boys U 10 - 400 Metre Sprint

=====			
Region:	R 1:02.50	27/02/2010	Tyler Gunn, Gosford
State:	S 1:01.34	16/03/2003	Alex Pettigrew, Parramatta
Name		Age Centre	Final
=====			

Section 1

1	Davin Yap	Northern Suburbs	1:11.69
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 10 - 400 Metre Sprint**

2 Tyler Winterbach	Manly Warringah	1:12.20
3 Archie Hetherington	Ku-Ring-Gai	1:15.43
4 Nicholas Klamer	Nth Rocks Carlin	1:16.25
5 Alexander Atkinson	Parramatta	1:20.27
6 Edward Godfrey	Mosman	1:21.86

Section 2

1 Jacob Barnes	Manly Warringah	1:09.08
2 Ethan Baird	Northern Suburbs	1:11.71
3 William Derbyshire	Ku-Ring-Gai	1:12.61
4 Ziv Danieli	Ku-Ring-Gai	1:13.87
5 Andrew Guerin	Manly Warringah	1:14.17
6 Saxon Smith	Mosman	1:16.00

Boys U 11 - 400 Metre Sprint

=====
 Region: R 1:00.50 22/02/2004 Alexander Pettigrew, Parram

State: S 57.64 23/03/1979 Chris Newman, Queanbeyan

Name Age Centre Final
 =====

Section 1

1 Jacob Kimball	Manly Warringah	1:11.52
2 Tyler Cansdale	Cherrybrook	1:12.42
3 Ryan Mooney	Northern Districts	1:12.69
4 Campbell Whalan	Hornsby	1:14.10
5 Peadar Lyons	Northern Suburbs	1:14.34
6 Isaac Holt	Mosman	1:16.08

Section 2

1 Riley Grant	Mosman	1:04.85
2 Rian Connors	Ku-Ring-Gai	1:05.14
3 Luke Moscos	Ryde	1:05.63
4 Joel Moresi	Cherrybrook	1:06.28
5 Gerhardus Burger	Ku-Ring-Gai	1:10.14
6 Hugo Stewart	Mosman	1:10.41
7 Benjamin Kinner	Manly Warringah	1:12.83
8 Samuel Collett	Ku-Ring-Gai	1:17.02

Boys U 12 - 400 Metre Sprint

=====
 Region: R 58.60 18/02/2006 Adam Harding, Hills District

State: S 56.88 18/03/2016 Donovan Bradshaw, Cherrybrook

Name Age Centre Final
 =====

Section 1

1 Joshua Smith	Ryde	1:05.05
2 Sebastian Jolly	Manly Warringah	1:06.59
3 Juan VanDeventer	Manly Warringah	1:08.44
4 Landon Mansell	Northern Suburbs	1:09.64
5 Toby Burney	Ryde	1:10.79

Section 2

1 Benjamin Woodhouse	Nth Rocks Carlin	1:02.46
2 Alex Ingevics	Mosman	1:02.53
3 Samuel Kay	Ku-Ring-Gai	1:04.41
4 Ethan Temelkovski	Northern Suburbs	1:05.78
5 Nathan Holmes	Northern Districts	1:07.28
6 Matthew Mendez	Manly Warringah	1:07.67
7 Wol Albino	Hornsby	1:08.08
8 Max Dennett	Ku-Ring-Gai	1:09.97

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 13 - 400 Metre Sprint

=====			
Region:	R 55.67	11/02/2017	Donovan Bradshaw, Cherrybrook
State:	S 53.33	17/03/2017	Donovan Bradshaw, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1			
1	Leo Brown	Manly Warringah	1:04.80
2	Owen Chandler	Ryde	1:05.95
3	Kaden Rintel	Manly Warringah	1:08.47
4	Joshua Smith	Manly Warringah	1:09.75
5	David McGuire	Nth Rocks Carlin	1:10.83
6	Declan Bragg	Parramatta	1:11.93
Section 2			
1	Chester Swaffer	Ku-Ring-Gai	1:00.36
2	Christian Camus	Mosman	1:01.09
3	Nathanael Ramsay	Hornsby	1:01.33
4	Mikel Martin	Manly Warringah	1:01.59
5	Bronsen Brown	Cherrybrook	1:03.03
6	Will Soden	Ku-Ring-Gai	1:04.70
7	Alex McIlwraith	Northern Districts	1:05.21

Boys U 14 - 400 Metre Sprint

=====			
Region:	R 52.37	11/02/2017	Ewan Burns, Manly Warringah
State:	S 50.97	23/03/2012	Jarrold Cullen, Canterbury
Name	Age	Centre	Final
=====			
1	Lachlan Herbert	Ku-Ring-Gai	55.77
2	Lynden Wiesenhaan	Ku-Ring-Gai	1:00.25
3	Charlie Kanu	Manly Warringah	1:01.85
4	Matthew Hunt	Northern Suburbs	1:02.74
5	Cameron Nicholas	Manly Warringah	1:03.83
6	Ben Meredith	Manly Warringah	1:03.99
7	Lachlan Lee	Cherrybrook	1:05.25
8	Thomas Shannon	Cherrybrook	1:13.27

Boys U 15 - 400 Metre Sprint

=====			
Region:	R 50.90	1991	James Robinson, Parramatta
State:	S 49.64	15/03/1997	David Geddes, Manly Warringah
Name	Age	Centre	Final
=====			
Section 1			
1	Julian Lee	Northern Suburbs	1:00.55
2	Christopher Mansfield	Ryde	1:01.49
3	Finn Bellerby	Manly Warringah	1:04.07
4	Ethan James	Manly Warringah	1:05.79
5	Thimuthu Weerasekara	Cherrybrook	1:07.08
Section 2			
1	Zachary Flynn	Manly Warringah	53.36
2	Lachlan Dewar	Cherrybrook	55.79
3	Jacob Eagland	Manly Warringah	56.15
4	Corey Dewar	Cherrybrook	57.67
5	Oliver BensonSparkes	Manly Warringah	59.53
6	Jeremy Plummer	Ryde	1:00.47

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 17 - 400 Metre Sprint

=====			
Region: R 49.75		16/02/2013	Bryce Collins, Northern Subur
State: S 48.09		17/03/2017	Tyler Gunn, Gosford
Name	Age	Centre	Final
=====			
Section 1			
1	Jack Baker	Ryde	53.90
2	James Hunt	Northern Suburbs	54.65
3	Robbie Cullen	Cherrybrook	55.63
4	Max Blackley	Mosman	57.43
5	Lachlan Farquhar	Manly Warringah	57.94
Section 2			
1	Angus Ritchie	Manly Warringah	53.03
2	Isaac Cheng	Cherrybrook	53.41
3	Jonah Koppers	Mosman	53.77
4	George Davis	Ryde	53.90
5	Fynn George	Manly Warringah	54.07

Boys U 8 - 700 Metre Run Pack Start

=====			
Region: R 2:17.40		2001	Alex Pettigrew, Hornsby Dis
Name	Age	Centre	Final
=====			
Section 1			
1	Isaac Robinson	Mosman	2:27.77
2	Braxton van Bentum	Manly Warringah	2:33.75
3	John Brivulis	Ryde	2:33.89
4	Maksymilian Marczyk	Northern Suburbs	2:38.76
5	Oliver Waterford	Ku-Ring-Gai	2:44.90
6	Bayley Gibson	Ku-Ring-Gai	2:47.50
7	Xavier Hokins	Mosman	2:49.21
8	Tejas Sankaran	Nth Rocks Carlin	2:51.09
9	Oliver Penn	Cherrybrook	2:51.27
10	Angus Martin	Hornsby	2:56.52
11	Bailey Williams	Nth Rocks Carlin	3:00.46
12	Charlie Shiel	Ryde	3:01.08
13	Jaxon Solomon	Manly Warringah	3:08.62

Boys U 9 - 800 Metre Run

=====			
Region: R 2:27.80		2002	Alexander Pettigrew, Hornsb
State: S 2:25.70		17/03/2002	Alex Pettigrew, Hornsby
Name	Age	Centre	Final
=====			
1	Max McIntosh	Ku-Ring-Gai	2:39.97
2	Benjamin Bowrey	Parramatta	2:43.93
3	Max Bealby	Northern Suburbs	2:46.02
4	Rohan Sharma	Cherrybrook	2:50.72
5	Benjamin Roome	Manly Warringah	2:54.28
6	Jake Wood	Manly Warringah	2:57.03
7	Chase Villacorta	Manly Warringah	2:59.40
8	Jake Mears	Mosman	3:04.41
9	Oliver Trowell	Manly Warringah	3:05.18
10	Nicholas Gersterkamp	Ku-Ring-Gai	3:06.71
11	Xavier Mitchell	Ryde	3:10.90
12	Lucas Ajaka	Parramatta	3:13.27
--	Zion Svensson	Cherrybrook	DQ

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 10 - 800 Metre Run

=====			
Region: R 2:27.30		16/02/2003	Alexander Pettigrew, Parram
State: S 2:21.60		25/03/1979	Paul Kelly, Greystanes
Name	Age	Centre	Final
=====			
1	Jacob Barnes	Manly Warringah	2:35.65
2	William Derbyshire	Ku-Ring-Gai	2:37.62
3	Toby Ward	Mosman	2:41.50
4	Archie Hetherington	Ku-Ring-Gai	2:41.91
5	Davin Yap	Northern Suburbs	2:45.95
6	William Durer	Ku-Ring-Gai	2:46.25
7	Saxon Smith	Mosman	2:50.92
8	Lachlan Boys	Northern Suburbs	2:53.57
9	Albie Watt	Mosman	2:55.09
10	Andrew Guerin	Manly Warringah	2:57.54
11	Harrison Henry	Manly Warringah	3:02.61
12	Rhys Chandler	Ryde	3:05.44

Boys U 11 - 800 Metre Run

=====			
Region: R 2:21.80		22/02/2004	Alexander Pettigrew, Parram
State: S 2:17.37		24/03/2013	Luke Young, Macquarie Hunte
Name	Age	Centre	Final
=====			
1	Joel Moresi	Cherrybrook	2:26.84
2	Luke Moscos	Ryde	2:29.89
3	Jacob Kimball	Manly Warringah	2:34.56
4	Hugo Stewart	Mosman	2:38.41
5	Ryan Mooney	Northern Districts	2:38.56
6	Tom Champion	Ku-Ring-Gai	2:39.21
7	Saxon Lund	Manly Warringah	2:42.45
8	Owen Dixon	Ku-Ring-Gai	2:45.52
9	Lachlan Norquay	Northern Suburbs	2:47.74
10	Dylan Mortimer	Manly Warringah	2:48.97
11	Benjamin Proszenko	Ryde	2:50.16
12	Edward Goldstiver	Cherrybrook	2:53.97

Boys U 12 - 800 Metre Run

=====			
Region: R 2:16.20		2005	Alexander Pettigrew, Parram
State: S 2:12.80		17/03/2019	Joshua O'Connell, Balmain
Name	Age	Centre	Final
=====			
1	Benjamin Woodhouse	Nth Rocks Carlin	2:22.36
2	Alex Ingevics	Mosman	2:24.14
3	Axel Bruntsch	Ryde	2:33.54
4	Max Dennett	Ku-Ring-Gai	2:40.81
5	Ryan Sinclair	Manly Warringah	2:41.03
6	Nathan Holmes	Northern Districts	2:43.57
7	Jude Bealby	Northern Suburbs	2:43.71
8	Alexander Holodenko	Ryde	2:46.32
9	Harley Grace	Cherrybrook	3:18.05

Boys U 13 - 800 Metre Run

=====			
Region: R 2:11.20		2005	Michael Todd, Ryde
State: S 2:06.10		17/03/1985	Robert Wunder, Northern Sub
Name	Age	Centre	Final
=====			
1	Jasper Scamps-Magro	Manly Warringah	2:16.89

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 13 - 800 Metre Run**

2	Oliver White	Manly Warringah	2:17.02
3	Christian Camus	Mosman	2:19.64
4	Chester Swaffer	Ku-Ring-Gai	2:20.05
5	Bronsen Brown	Cherrybrook	2:21.43
6	Leo Brown	Manly Warringah	2:25.61
7	Lucas Lund	Manly Warringah	2:30.26
8	Cody Burton	Nth Rocks Carlin	2:30.57
9	Ethan Lee	Cherrybrook	2:33.11
10	Logan Shepherd	Northern Districts	2:36.54
11	David McGuire	Nth Rocks Carlin	2:46.60
12	Declan Bragg	Parramatta	2:47.71

Boys U 14 - 800 Metre Run

Region: R 2:06.83 18/02/2018 Jacob Leon, Ryde
 State: S 2:01.40 19/03/2017 Joshua Atkinson, Hills Dist

Name	Age	Centre	Final
------	-----	--------	-------

1	Oliver Smith	Ryde	2:17.52
2	Sean Williams	Ku-Ring-Gai	2:17.70
3	Corban Ross	Hornsby	2:17.85
4	Charlie Kanu	Manly Warringah	2:22.40
5	Jensen Wiesenhaan	Ku-Ring-Gai	2:26.46
6	Nicholas Woodhouse	Nth Rocks Carlin	2:29.92
7	Lachlan McIntosh	Ku-Ring-Gai	2:34.68
8	Tom Parkes	Manly Warringah	2:39.42
9	Thomas Shannon	Cherrybrook	2:52.37

Boys U 15 - 800 Metre Run

Region: R 1:58.88 19/02/2012 Jack Collett, Gosford
 State: S 1:57.20 20/02/2005 James Kaan, Hills District
 State: S 1:57.20 16/03/2008 James Connor, Campbelltown

Name	Age	Centre	Final
------	-----	--------	-------

1	Lachlan Roberts	Parramatta	2:13.93
2	Daniel Bradford	Ku-Ring-Gai	2:19.41
3	Joel Solomon	Manly Warringah	2:22.75
4	Ryan Colver	Manly Warringah	2:45.08

Boys U 17 - 800 Metre Run

Region: R 1:58.90 28/02/2010 Craig Cameron, Gosford
 State: S 1:54.00 5/03/2017 Tyler Gunn, Gosford

Name	Age	Centre	Final
------	-----	--------	-------

1	Adam Bruntsch	Ryde	2:04.89
2	Isaac Cheng	Cherrybrook	2:05.96
3	Marco DE Paulis	Northern Districts	2:06.84
4	Jacob Uslu	Parramatta	2:07.75
5	Jack Baker	Ryde	2:09.84
6	William Colman	Northern Suburbs	2:10.52
7	Ashton Hanna	Ryde	2:11.84
8	Joseph Boyd	Nth Rocks Carlin	2:12.12
9	Nicholas Hyde	Mosman	2:13.01
10	Benjamin Maestri	Parramatta	2:16.83

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 11 - 1500 Metre Run**

Name	Age	Centre	Final
Region: R 4:47.70 19/02/2011 Elliot Metcalf, Manly Warri			
State: S 4:36.90 17/03/1984 Richard McCarthy, Randwick			
Name	Age	Centre	Final
1 Joel Moresi		Cherrybrook	4:57.13
2 Luke Moscos		Ryde	5:06.24
3 Jacob Kimball		Manly Warringah	5:14.96
4 Saxon Lund		Manly Warringah	5:24.88
5 Ryan Mooney		Northern Districts	5:26.61
6 Owen Dixon		Ku-Ring-Gai	5:31.02
7 Matthew Lipman		Northern Districts	5:35.25
8 Dylan Mortimer		Manly Warringah	5:36.62
9 Tom Champion		Ku-Ring-Gai	5:36.95
10 Benjamin Proszenko		Ryde	5:37.92
11 Charlie Parkes		Manly Warringah	5:38.19
12 Edward Goldstiver		Cherrybrook	5:38.32
13 Peadar Lyons		Northern Suburbs	5:39.99
14 Lachlan Norquay		Northern Suburbs	5:40.27
15 Oliver Angyalffy		Ku-Ring-Gai	5:45.64

Boys U 12 - 1500 Metre Run

Name	Age	Centre	Final
Region: R 4:43.00 2005 Alexander Pettigrew, Parram			
State: S 4:27.20 19/03/1983 Peter Stellino, Hills Distr			
Name	Age	Centre	Final
1 Benjamin Woodhouse		Nth Rocks Carlin	4:51.85
2 Axel Bruntsch		Ryde	5:15.46
3 Ryan Sinclair		Manly Warringah	5:24.25
4 Adam Shawara		Northern Suburbs	5:31.34
5 Dylan Allabush		Ku-Ring-Gai	5:35.61
6 Toby Healey		Mosman	5:39.15
7 Julian Smith		Ryde	5:42.90
8 Alexander Holodenko		Ryde	5:45.42
9 Max Barr		Northern Suburbs	5:50.05
10 Harrison Lowe		Northern Suburbs	5:51.78
11 Lochlann Neilan		Hornsby	6:07.02
12 Tyler Boyd		Nth Rocks Carlin	6:26.37

Boys U 13 - 1500 Metre Run

Name	Age	Centre	Final
Region: R 4:33.00 21/02/2004 Cameron Page, Gosford			
State: S 4:21.30 18/03/2006 James Connor, Campbelltown			
Name	Age	Centre	Final
1 Oliver White		Manly Warringah	4:35.80
2 Jasper Scamps-Magro		Manly Warringah	4:36.13
3 Chester Swaffer		Ku-Ring-Gai	4:43.59
4 Bronsen Brown		Cherrybrook	4:54.88
5 Lucas Lund		Manly Warringah	5:04.86
6 Cody Burton		Nth Rocks Carlin	5:08.16
7 Christian Camus		Mosman	5:28.87
8 Issac Tate		Manly Warringah	5:45.28
9 Anton Ostryn		Manly Warringah	5:50.88

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 14 - 1500 Metre Run**

=====			
Region: R 4:23.88		15/02/2014	Harrison Wade, Ryde
State: S 4:11.93		22/03/2014	Harrison Wade, Ryde
Name	Age	Centre	Final
=====			
1	Jacob	Magner	Northern Suburbs 4:40.13
2	Sean	Williams	Ku-Ring-Gai 4:46.18
3	Oliver	Smith	Ryde 4:53.78
4	Charlie	Bradford	Ku-Ring-Gai 4:56.94
5	Nicholas	Woodhouse	Nth Rocks Carlin 4:59.08
6	Jensen	Wiesenhaan	Ku-Ring-Gai 5:06.03
7	Lachlan	Lee	Cherrybrook 5:17.37
8	Tom	Parkes	Manly Warringah 5:20.20

Boys U 15 - 1500 Metre Run

=====			
Region: R 4:10.70		2005	James Kaan, Hills District
State: S 4:03.70		15/03/2008	James Connor, Campbelltown
Name	Age	Centre	Final
=====			
1	Ethan	McKenzie	Northern Suburbs 4:30.86
2	Ryan	Frykberg	Cherrybrook 4:35.16
3	Lachlan	Dewar	Cherrybrook 4:36.72
4	Joel	Solomon	Manly Warringah 4:40.09
5	Lachlan	Roberts	Parramatta 4:44.56
6	Daniel	Bradford	Ku-Ring-Gai 4:47.66
7	Christopher	Mansfield	Ryde 5:21.65

Boys U 17 - 1500 Metre Run

=====			
Region: R 4:14.24		16/02/2013	Taylor John, Ku-Ring-Gai
State: S 3:59.64		2/02/2019	Angus Beer, Balmain
Name	Age	Centre	Final
=====			
1	Adam	Bruntsch	Ryde 4:23.58
2	Simon	Magner	Northern Suburbs 4:25.93
3	Kalan	McEvoy	Mosman 4:27.86
4	Ashton	Hanna	Ryde 4:30.75
5	William	Colman	Northern Suburbs 4:34.21
6	Cameron	Gorman	Manly Warringah 4:34.54
7	Joseph	Boyd	Nth Rocks Carlin 4:37.29
8	Nicholas	Hyde	Mosman 4:50.14
9	Andrew	Phillips	Ryde 5:07.07

Boys U 13 - 3000 Metre Run

=====			
Region: R 9:47.60		21/02/2004	Cameron Page, Gosford
State: S 9:39.60		20/03/2004	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1	Oliver	White	Manly Warringah 9:59.66
2	Cody	Burton	Nth Rocks Carlin 11:27.67
3	Orlando	Grinbergs	Manly Warringah 12:33.31
4	Marcus	Milat	Nth Rocks Carlin 13:13.42

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 14 - 3000 Metre Run

=====			
Region:	R 9:19.00	2005	Cameron Page, Gosford
State:	S 9:13.83	21/03/2014	Harrison Wade, Ryde
Name	Age	Centre	Final
=====			
1 Sean Williams		Ku-Ring-Gai	10:01.39
2 Charlie Bradford		Ku-Ring-Gai	10:34.36
3 Charlie Kanu		Manly Warringah	10:37.76
4 Lachlan Lee		Cherrybrook	11:21.88
5 Nicholas Woodhouse		Nth Rocks Carlin	11:48.64

Boys U 15 - 3000 Metre Run

=====			
Region:	R 9:12.70	18/02/2006	Cameron Page, Gosford
State:	S 8:50.60	18/03/2006	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1 Ethan McKenzie		Northern Suburbs	9:49.37
2 Joel Solomon		Manly Warringah	10:04.11
3 Daniel Bradford		Ku-Ring-Gai	10:16.15
4 Rory Wilson		Nth Rocks Carlin	11:02.14
5 Ryan Colver		Manly Warringah	11:52.29
-- Samuel Moore		Parramatta	DNF

Boys U 17 - 3000 Metre Run

=====			
Region:	R 9:20.76	16/02/2013	David Gardiner, Northern Su
State:	S 8:55.17	16/03/2019	Kai Hammond, St George
Name	Age	Centre	Final
=====			
1 Adam Bruntsch		Ryde	9:32.04
2 Cameron Gorman		Manly Warringah	9:36.46
3 William Colman		Northern Suburbs	9:55.52
4 Ashton Hanna		Ryde	10:04.63
5 Joseph Boyd		Nth Rocks Carlin	10:29.95
6 Benjamin Maestri		Parramatta	10:39.53
7 Nicholas Hyde		Mosman	10:45.11
8 Andrew Phillips		Ryde	11:24.49

Boys U 8 - 60 Metre Hurdles (45cm)

=====			
Region:	R 10.50	2001	Alexander Pettigrew, Hornsby
State:	S 10.63	15/02/2014	Jesse Ingleton, Camden
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Emerson Ayres		Manly Warringah	11.29Q
2 Benjamin Dickens		Ku-Ring-Gai	11.44Q
3 Mitchell Cox		Ryde	12.60Q
4 Ike Blackwell		Ryde	12.62q
5 Tobias Butler		Nth Rocks Carlin	13.08q
6 Teo Amineau		Manly Warringah	13.15
7 Edward Barnsley		Ku-Ring-Gai	14.16
8 Maksymilian Marczyk		Northern Suburbs	15.90
Heat 2 Heats			
1 Toby Creelman		Manly Warringah	11.46Q
2 Cameron Griffin		Manly Warringah	12.23Q
3 Oliver Waterford		Ku-Ring-Gai	12.50Q
4 Harry Ross		Hornsby	13.19
5 Marco Mandrini		Nth Rocks Carlin	13.37

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 8 - 60 Metre Hurdles (45cm)**

Name	Age	Centre	Final
Region: R 10.50 2001 Alexander Pettigrew, Hornsby			
State: S 10.63 15/02/2014 Jesse Ingleton, Camden			
Section 1 Final			
1 Emerson Ayres		Manly Warringah	11.10
2 Toby Creelman		Manly Warringah	11.18
3 Benjamin Dickens		Ku-Ring-Gai	11.68
4 Cameron Griffin		Manly Warringah	11.99
5 Ike Blackwell		Ryde	12.13
6 Oliver Waterford		Ku-Ring-Gai	12.21
7 Mitchell Cox		Ryde	12.29
8 Tobias Butler		Nth Rocks Carlin	13.16

Boys U 9 - 60 Metre Hurdles (45cm)

Name	Age	Centre	Heats
Region: R 9.30 1999 Joshua Mulligan, Gosford			
State: S 9.54 21/02/1999 Joshua Mulligan, Gosford			
State: S 9.54 21/03/2009 Rory Barkley, Northern Suburb			
Heat 1 Heats			
1 James Mikan		Northern Suburbs	10.64Q
2 Taten Rogers		Manly Warringah	10.90Q
3 Abdulraman Kabia		Parramatta	10.97Q
4 Alexander Song		Nth Rocks Carlin	11.32q
5 Henry Smith		Manly Warringah	11.52
6 Daniel Sims		Hornsby	11.69
7 Callum Laurie		Ryde	11.89
8 Kobe Turkal		Ryde	12.19
Heat 2 Heats			
1 Kyan Seale		Northern Suburbs	10.38Q
2 Zachary Morgan		Manly Warringah	10.83Q
3 James Atkins		Ku-Ring-Gai	11.21Q
4 Joshua Nguyen		Ku-Ring-Gai	11.37q
5 William Castrisos		Ryde	11.65
6 Ryan Waugh		Ku-Ring-Gai	11.67
7 James Bishop		Nth Rocks Carlin	14.41

Boys U 9 - 60 Metre Hurdles (45cm)

Name	Age	Centre	Final
Region: R 9.30 1999 Joshua Mulligan, Gosford			
State: S 9.54 21/02/1999 Joshua Mulligan, Gosford			
State: S 9.54 21/03/2009 Rory Barkley, Northern Suburb			
Section 1 Final			
1 Kyan Seale		Northern Suburbs	10.24
2 James Mikan		Northern Suburbs	10.43
3 Abdulraman Kabia		Parramatta	10.51
4 Zachary Morgan		Manly Warringah	10.74
5 Taten Rogers		Manly Warringah	10.85
6 James Atkins		Ku-Ring-Gai	11.09
7 Joshua Nguyen		Ku-Ring-Gai	11.25
8 Alexander Song		Nth Rocks Carlin	11.30

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 10 - 60 Metre Hurdles (60cm)**

Name	Age	Centre	Heats
Region: R	9.70	2005	Sam Mete, Ku-ring-gai
State: S	9.74	16/03/2002	Sean Potter, Macquarie Shores

Heat 1 Heats

1	Ethan McErlane	Manly Warringah	11.06Q
1	Byron Borchert	Manly Warringah	11.06Q
3	Toby Ward	Mosman	11.98Q
4	Benjamin Howarth	Northern Suburbs	12.05q
5	William Derbyshire	Ku-Ring-Gai	12.06q
6	Marcus Wong	Nth Rocks Carlin	12.21
7	Andrew Butler	Northern Suburbs	13.15

Heat 2 Heats

1	Cooper Kebblewhite	Northern Suburbs	11.14Q
2	William McKechnie	Ku-Ring-Gai	11.51Q
3	Monty Douglass	Mosman	11.95Q
4	Owen Smith	Ryde	12.38
5	William Durer	Ku-Ring-Gai	12.42
6	Ethan Jauncey	Manly Warringah	12.60
7	Lachlan Quinnell	Northern Suburbs	12.77
8	Vinuka Kankanige	Parramatta	13.94

Boys U 10 - 60 Metre Hurdles (60cm)

Name	Age	Centre	Final
Region: R	9.70	2005	Sam Mete, Ku-ring-gai
State: S	9.74	16/03/2002	Sean Potter, Macquarie Shores

Section 1 Final

1	Ethan McErlane	Manly Warringah	10.87
2	Cooper Kebblewhite	Northern Suburbs	11.04
3	Byron Borchert	Manly Warringah	11.35
4	William McKechnie	Ku-Ring-Gai	11.58
5	Toby Ward	Mosman	11.62
6	Monty Douglass	Mosman	11.82
7	Benjamin Howarth	Northern Suburbs	11.83
8	William Derbyshire	Ku-Ring-Gai	12.11

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age	Centre	Heats
Region: R	13.42	16/02/2020	Zak Evans, Northern Suburbs

Heat 1 Heats

1	Jake Fourie	Ku-Ring-Gai	13.47Q
2	Samuel Price	Nth Rocks Carlin	13.58Q
3	Joel Daily	Mosman	14.28Q
4	Fredrick Chidambaram	Manly Warringah	14.98q
5	Jack Procter	Ku-Ring-Gai	15.00q
6	Brandon Goh	Nth Rocks Carlin	17.21

Heat 2 Heats

1	Zak Evans	Northern Suburbs	R 13.42Q
2	Benton Setefano	Parramatta	14.58Q
3	Jude Lumley	Northern Suburbs	14.59Q
4	Connor Ward	Manly Warringah	15.49
5	Joshua Leggatt	Parramatta	16.96

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 11 - 80 Metre Hurdles (60cm)**

Region: R 13.42 16/02/2020 Zak Evans, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Jake Fourie		Ku-Ring-Gai	13.60
2 Zak Evans		Northern Suburbs	13.69
3 Samuel Price		Nth Rocks Carlin	14.07
4 Jude Lumley		Northern Suburbs	14.30
5 Benton Setefano		Parramatta	14.36
6 Joel Daily		Mosman	14.42
7 Jack Procter		Ku-Ring-Gai	15.17

Boys U 12 - 80 Metre Hurdles (68cm)

Region: R 13.82 16/02/2020 Dominic Lee, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Dominic Lee		Northern Suburbs	13.87Q
2 Ryan Parkes		Manly Warringah	13.93Q
3 John Lawson		Nth Rocks Carlin	14.63Q
4 Chase Burrows		Mosman	14.65q
5 Oliver Sanbrook		Manly Warringah	16.36
Heat 2 Heats			
1 Andres Hampel		Northern Suburbs	14.28Q
2 Jack Stockley		Manly Warringah	14.40Q
3 Mitchell Henwood		Ku-Ring-Gai	15.44Q
4 Lewis Wong		Nth Rocks Carlin	16.01q

Boys U 12 - 80 Metre Hurdles (68cm)

Region: R 13.82 16/02/2020 Dominic Lee, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Dominic Lee		Northern Suburbs	13.82R
2 Ryan Parkes		Manly Warringah	14.05
3 Jack Stockley		Manly Warringah	14.06
4 Andres Hampel		Northern Suburbs	14.18
5 John Lawson		Nth Rocks Carlin	14.89
6 Mitchell Henwood		Ku-Ring-Gai	15.29
7 Lewis Wong		Nth Rocks Carlin	16.00

Boys U 13 - 80 Metre Hurdles (76cm)

Region: R 12.00 5/02/2006 Kane Thompson, Manly Warringah			
State: S 12.04 16/03/1997 Ahmed Abou-Mahmoud, Winston H			
State: S 12.04 19/03/2000 Ross Roberts, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Angus Hunt		Northern Suburbs	13.91Q
2 Leo Brown		Manly Warringah	14.11Q
3 Bronsen Brown		Cherrybrook	14.41Q
4 Freddie BensonSparkes		Manly Warringah	14.83q
5 Alex McIlwraith		Northern Districts	14.88q
6 Isaac Wong		Nth Rocks Carlin	16.33
7 Braeden Cansdale		Cherrybrook	16.70
Heat 2 Heats			

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 13 - 80 Metre Hurdles (76cm)**

1	Llewyn Morrison	Northern Suburbs	14.04Q
2	Akith Ekanayake	Cherrybrook	14.18Q
3	Will Soden	Ku-Ring-Gai	14.20Q
4	Max Byrnes	Nth Rocks Carlin	15.53
5	Ethan Lee	Cherrybrook	17.82

Boys U 13 - 80 Metre Hurdles (76cm)

=====
 Region: R 12.00 5/02/2006 Kane Thompson, Manly Warringah
 State: S 12.04 16/03/1997 Ahmed Abou-Mahmoud, Winston H
 State: S 12.04 19/03/2000 Ross Roberts, Gosford

=====
 Name Age Centre Final
 =====

Section 1 Final

1	Llewyn Morrison	Northern Suburbs	13.60
2	Bronsen Brown	Cherrybrook	13.85
3	Angus Hunt	Northern Suburbs	13.89
4	Akith Ekanayake	Cherrybrook	14.09
5	Leo Brown	Manly Warringah	14.17
6	Alex McIlwraith	Northern Districts	14.18
7	Will Soden	Ku-Ring-Gai	14.45
8	Freddie BensonSparkes	Manly Warringah	14.82

Boys U 14 - 90 Metre Hurdles (76cm)

=====
 Region: R 11.90 17/02/2008 Nicholas Hough, Hills Distric
 State: S 12.04 16/03/2008 Nicholas Hough, Hills Distric

=====
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Matthew Hunt	Northern Suburbs	13.94Q
2	Daniel White	Northern Suburbs	14.08Q
3	Charlie Roughan	Northern Suburbs	15.57Q
4	Mitchell Hatfield	Manly Warringah	16.09q
5	Tom Parkes	Manly Warringah	17.51

Heat 2 Heats

1	Evan Venning	Northern Suburbs	14.64Q
2	Finnlay Bartlett	Mosman	14.77Q
3	William Tye	Hornsby	15.18Q
4	Angelo Mihos	Ryde	15.32q
5	Cameron Nicholas	Manly Warringah	18.54

Boys U 14 - 90 Metre Hurdles (76cm)

=====
 Region: R 11.90 17/02/2008 Nicholas Hough, Hills Distric
 State: S 12.04 16/03/2008 Nicholas Hough, Hills Distric

=====
 Name Age Centre Final
 =====

Section 1 Final

1	Matthew Hunt	Northern Suburbs	14.03
2	Daniel White	Northern Suburbs	14.05
3	Finnlay Bartlett	Mosman	14.56
4	Evan Venning	Northern Suburbs	14.74
5	William Tye	Hornsby	15.34
6	Charlie Roughan	Northern Suburbs	15.53
7	Mitchell Hatfield	Manly Warringah	16.36

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 15 - 100 Metre Hurdles (76cm)**

Name	Age	Centre	Final
Region: R 12.70 22/02/2009 Nicholas Hough, Hills Distric			
State: S 12.64 22/03/2009 Nicholas Hough, Hills Distric			

Section 1

1 Max Milani		Northern Suburbs	14.04
2 Timothy Forster		Hornsby	14.52
3 Julian Lee		Northern Suburbs	15.33
4 Evan Neal		Manly Warringah	15.53
5 Aidan Mannasz		Ryde	15.58
6 Davide Rossetto		Parramatta	15.68
7 Thomas Ralph		Ryde	17.51
8 Finn Bellerby		Manly Warringah	18.56

Boys U 17 - 110 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 14.38 17/02/2013 Bryce Collins, Northern Subur			
State: S 13.60 25/03/2018 William Humberstone, Port Hac			

1 James Hunt		Northern Suburbs	15.35
2 Robbie Cullen		Cherrybrook	15.45
3 Ryan Crane		Manly Warringah	17.16
4 Sam Bates		Ku-Ring-Gai	17.25
5 Martin Allen		Manly Warringah	17.44
6 Savi Moala		Ryde	17.69
7 Luke Fisher		Northern Suburbs	17.81
8 Lachlan Farquhar		Manly Warringah	18.48

Boys U 13 - 200 Metre Hurdles (68cm)

Name	Age	Centre	Final
Region: R 26.40 18/02/2006 Kane Thompson, Manly Warringa			
State: S 26.21 19/03/2011 Jarrod Cullen, Canterbury			

1 Llewyn Morrison		Northern Suburbs	29.58
2 Will Soden		Ku-Ring-Gai	30.51
3 Alex McIlwraith		Northern Districts	30.64
4 Bronsen Brown		Cherrybrook	30.91
5 Marco Boccaletti		Cherrybrook	31.40
6 Leo Brown		Manly Warringah	32.35
7 Angus Hunt		Northern Suburbs	32.79
8 Daryl Yau		Ryde	34.24

Boys U 14 - 200 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 24.60 16/02/2008 Nicholas Hough, Hills Distric			
State: S 24.64 15/03/2008 Nicholas Hough, Hills Distric			

Section 2

1 James Hanlon		Cherrybrook	28.94
2 Matthew Hunt		Northern Suburbs	29.14
3 Evan Venning		Northern Suburbs	29.99
4 Nicholas Woodhouse		Nth Rocks Carlin	31.02
5 Charlie Roughan		Northern Suburbs	31.45
6 Gabriel Bertozzi		Manly Warringah	31.77
7 Mitchell Hatfield		Manly Warringah	31.86
8 Cameron Nicholas		Manly Warringah	32.96

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 15 - 300 Metre Hurdles (76cm)**

=====			
Region:	R 40.28	11/02/2017	Thomas Hunt, Northern Suburbs
State:	S 38.92	18/03/2017	Thomas Hunt, Northern Suburbs
Name	Age	Centre	Final
=====			
Section 1			
1	Lachlan	Roberts	Parramatta 44.94
2	Julian	Lee	Northern Suburbs 45.34
3	Thomas	Ralph	Ryde 49.08
Section 2			
1	Max	Milani	Northern Suburbs 41.28
2	Zachary	Flynn	Manly Warringah 42.55
3	Aidan	Mannasz	Ryde 43.48
4	Alex	Mills	Cherrybrook 46.46
5	Finn	Bellerby	Manly Warringah 49.11

Boys U 17 - 300 Metre Hurdles (76cm)

=====			
Region:	R 38.34	9/02/2019	Thomas Hunt, Northern Suburbs
State:	S 37.14	18/03/2017	Sebastien Moir, South Eastern
Name	Age	Centre	Final
=====			
Section 1			
1	Michael	Foote	Parramatta 42.87
2	Tate	Mahony	Nth Rocks Carlin 44.08
3	Lachlan	Farquhar	Manly Warringah 45.76
4	Martin	Allen	Manly Warringah 49.08
Section 2			
1	James	Hunt	Northern Suburbs 40.73
2	George	Davis	Ryde 41.00
3	Kale	Burton	Nth Rocks Carlin 41.86
4	Robbie	Cullen	Cherrybrook 42.95
5	Curtis	Feldman	Hornsby 43.48
6	Ryan	Crane	Manly Warringah 44.10
7	Ethan	Oliver	Northern Districts 46.41

Boys U 11-12 100 Metre Multi Class Run

=====			
Region:	R 20.09	15/02/2020	Alexander Evans TF 13, Nth Ro
Name	Age	Centre	Final
=====			
Section 1			
1	Alexander	Evans TF 13	Nth Rocks Carlin 20.09R

Boys U 13-14 100 Metre Multi Class Run

=====			
Region:	R 16.30	15/02/2020	Jackson Love TF 37, Manly War
Name	Age	Centre	Final
=====			
1	Jackson	Love TF 37	Manly Warringah 16.30R
2	Nathan	Barbara TF 61	Ryde J23.50
3	Matthew	Engesser TF 37	Parramatta J17.53

Boys U 11-12 200 Metre Multi Class Run

=====			
Region:	R 43.85	16/02/2020	Alexander Evans TF 13, Nth Ro
Name	Age	Centre	Final
=====			
1	Alexander	Evans TF 13	Nth Rocks Carlin 43.85R

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

Boys U 13-14 200 Metre Multi Class Run

Region: R 34.75 16/02/2020 Jackson Love TF 37, Manly War			
Name	Age	Centre	Final
1 Jackson Love TF 37		Manly Warringah	34.75R
2 Matthew Engesser TF 37		Parramatta	36.97

Boys U 13-14 800 Metre Multi Class Run

Region: R 3:15.66 16/02/2020 Matthew Engesser TF 37, Par			
Name	Age	Centre	Final
1 Matthew Engesser TF 37		Parramatta	3:15.66R

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

Region: R 54.70 14/02/2016 Ku-Ring-Gai, Ku-Ring-Gai D Hall, L Herbert, A Jones, R Hemsworth			
State: S 53.84 17/03/1996 Bankstown Sports			
State: S 53.84 20/03/2016 Ku-Ring-Gai			
Centre			Final
1 Manly Warringah			57.73
1) Taten Rogers 9		2) Zac Gedz 11	
3) Finn Bailey 10		4) William Carter 12	
2 North Rocks Carlingford			58.20
1) Alexander Song 9		2) Samuel Price 11	
3) Oliver Leivesley 10		4) Benjamin Woodhouse 12	
3 Northern Suburbs			58.62
1) Ethan Baird 10		2) James Mikan 9	
3) Matteo Shipman 11		4) Andres Hampel 12	
4 Mosman			59.16
1) Jake Mears 9		2) Joel Daily 11	
3) Angus Edwards 10		4) William Taylor 12	
5 Cherrybrook			1:03.30
1) Charithu Demel 9		2) Harry Wigham 10	
3) Tyler Cansdale 11		4) Joel Moresi 11	

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

Region: R 46.09 16/02/2020 Ku-Ring-Gai, Ku-Ring-Gai D Hall, A Jones, L Herbert, C Bond			
State: S 45.63 21/03/2010 Cherrybrook			
Centre			Final
1 Ku-Ring-Gai			46.09R
1) Dylan Hall 13		2) Aidan Jones 15	
3) Lachlan Herbert 14		4) Connor Bond 17	
2 Manly Warringah			49.31
1) Mikel Martin 13		2) Zachary Flynn 15	
3) Ben Meredith 14		4) Angus Ritchie 17	
3 Parramatta			49.93
1) Oliver McNicol 13		2) Alexander Mina 17	
3) Michael Ajaka 13		4) Davide Rossetto 15	
4 Mosman			49.94
1) Brody Folkes 13		2) Marcus Warner 14	
3) Daniel Nemeth 14		4) Max Currie 17	
5 Cherrybrook			52.39
1) Xavier Hennessey 13		2) Marco Boccaletti 13	
3) Thimuthu Weerasekara 15		4) Robbie Cullen 17	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 9 - High Jump (S/H 0.90m)**

Region: R 1.31m 21/02/2004 Joel Edwards, Winston Hills
 State: S 1.40m 17/03/1985 Jamie Shortland, Randwick Bot
 State: S 1.40m 21/03/2009 Harrison Brierley, Illawong

Name	Age	Centre	Final
------	-----	--------	-------

Flight 1

1	Ludvig Persson	Manly Warringah	1.15m
2	Max Bealby	Northern Suburbs	J1.15m
3	Zachary Morgan	Manly Warringah	1.09m
4	William Castrisos	Ryde	J1.09m
5	James Atkins	Ku-Ring-Gai	1.07m
6	Maximilian Nemeth	Mosman	1.05m
7	Noah Satchithanatha	Ku-Ring-Gai	1.00m
7	Joshua Nguyen	Ku-Ring-Gai	1.00m
7	Benjamin Bowrey	Parramatta	1.00m
7	Callum Laurie	Ryde	1.00m
11	Bailey McMillan	Hornsby	J1.00m
12	Ryan Waugh	Ku-Ring-Gai	0.95m
13	Jett Cuza	Cherrybrook	J0.95m

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

Region: R 1.42m 17/02/2008 Lachlan Behagg, Manly Warring
 State: S 1.51m 21/03/2004 Jake Stein, Warradale

Name	Age	Centre	Final
------	-----	--------	-------

1	Dominic Davis	Manly Warringah	1.22m
2	Liam Zoncave	Northern Suburbs	1.20m
3	Benjamin Govers	Northern Suburbs	J1.20m
4	Aiden Freestone	Manly Warringah	1.15m
5	Toby Ward	Mosman	J1.15m
5	Rhys Chandler	Ryde	J1.15m
7	Davin Yap	Northern Suburbs	J1.15m
8	Ethan Jauncey	Manly Warringah	1.10m
8	Marcus Wong	Nth Rocks Carlin	1.10m
10	William McKechnie	Ku-Ring-Gai	J1.10m
11	Oscar Needham	Mosman	J1.10m
12	William Durer	Ku-Ring-Gai	1.00m

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

Region: R 1.59m 16/02/2008 Thomas Cheel, Ku-ring-gai
 State: S 1.63m 17/03/1996 John Thornell, Green Valley

Name	Age	Centre	Final
------	-----	--------	-------

1	Joel Moresi	Cherrybrook	1.51m
2	Connor Ward	Manly Warringah	1.49m
3	Marco Naidoo	Ku-Ring-Gai	1.41m
4	Lucca Holbert	Ku-Ring-Gai	1.31m
5	Ollie Colivas	Manly Warringah	J1.31m
6	Benton Setefano	Parramatta	1.29m
7	Jude Lumley	Northern Suburbs	1.20m
7	Ambrose Feng	Ryde	1.20m
9	Lachlan Boyle	Manly Warringah	J1.20m
10	Jackson Welsh	Manly Warringah	J1.20m
11	Samuel Collett	Ku-Ring-Gai	J1.20m
12	Alberto Jordan	Manly Warringah	1.15m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 12 - High Jump (S/H 1.20m)**

=====			
Region: R 1.60m		16/02/2020	Cadel Holmes, Northern Suburb
State: S 1.72m		21/03/2009	Thibaut Potin, Illawong
Name	Age	Centre	Final
=====			
1 Cadel Holmes		Northern Suburbs	1.60mR
2 Maksimir Saravanja		Ku-Ring-Gai	1.55m
3 Dexter Staley		Mosman	1.47m
4 Ryan Parkes		Manly Warringah	1.39m
5 Ethan Temelkovski		Northern Suburbs	1.37m
6 Cameron Tizzard		Manly Warringah	1.35m
7 Edward Hampton		Cherrybrook	1.30m
7 John Lawson		Nth Rocks Carlin	1.30m
7 Juan VanDeventer		Manly Warringah	1.30m
10 Sebastian Oswald		Northern Suburbs	J1.30m
11 Yahya Ali		Ryde	1.25m
12 Lachlan Blackwell		Hornsby	J1.25m
13 Zenith Duggal		Cherrybrook	1.20m

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

=====			
Region: R 1.71m		19/02/2006	Tom Evans, Tuggerah Lakes
State: S 1.81m		21/03/2010	Thibaut Potin, Illawong
Name	Age	Centre	Final
=====			
1 Joshua Smith		Manly Warringah	1.53m
2 Mikel Martin		Manly Warringah	1.51m
3 Sam Hildebrandt		Manly Warringah	1.47m
4 Logan Shepherd		Northern Districts	1.45m
5 Braeden Cansdale		Cherrybrook	J1.45m
6 Marco Boccaletti		Cherrybrook	1.40m
6 Mitchell Healy		Northern Suburbs	1.40m
7 Owen Chandler		Ryde	J1.40m
8 Thomas Haslam		Ku-Ring-Gai	J1.40m
10 Jope Rauqe		Ryde	1.35m
11 Oliver McNicol		Parramatta	1.30m

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

=====			
Region: R 1.85m		1999	J Watson, Manly Warringah
State: S 1.95m		20/03/1994	Justin Hathway, Tamworth
Name	Age	Centre	Final
=====			
1 Wario Duba		Parramatta	1.70m
2 Ivan Prizmic		Manly Warringah	1.65m
3 Mitchell Hatfield		Manly Warringah	1.63m
4 Evan Venning		Northern Suburbs	1.61m
5 Angelo Mihos		Ryde	1.59m
6 Daniel Nemeth		Mosman	1.50m
7 Tom Parkes		Manly Warringah	J1.50m

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

=====			
Region: R 1.91m		10/02/2019	Darcy Holmes, Northern Suburb
State: S 2.06m		18/03/2000	James Watson, Manly Warringah
Name	Age	Centre	Final
=====			
1 Brendan Mannasz		Ryde	1.73m
2 Aidan Mannasz		Ryde	1.65m
3 Evan Neal		Manly Warringah	1.55m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 15 - High Jump (S/H 1.30m)**

4	Lachlan Roberts	Parramatta	J1.55m
5	Lucas Hamill	Manly Warringah	J1.55m
6	Samuel Moore	Parramatta	1.50m
7	Finn Bellerby	Manly Warringah	J1.50m

Boys U 17 - High Jump (S/H 1.35m)

Region: R 2.05m 27/02/2010 Brendan Starc, Parramatta

State: S 2.10m 20/03/2010 Brandon Starc, Parramatta

Name	Age	Centre	Final
------	-----	--------	-------

1	Darcy Holmes	Northern Suburbs	2.00m
2	Robbie Cullen	Cherrybrook	1.90m
3	Michael Gardiner	Northern Suburbs	1.86m
4	Byron Bakker	Manly Warringah	1.70m
5	Martin Allen	Manly Warringah	J1.70m
6	Michael Foote	Parramatta	1.60m
7	Owen Mickan	Ryde	J1.60m
8	Cody Feldman	Hornsby	1.45m

Boys U 8 - Long Jump

Region: R 4.01m 1999 Michael Oldfield, Manly Warri

State: S 4.24m 22/02/1987 Steven Grant, Port Hacking

Name	Age	Centre	Final
------	-----	--------	-------

1	Finn Wilson	Ku-Ring-Gai	3.58m
2	John Brivulis	Ryde	J3.58m
3	Toby Creelman	Manly Warringah	3.48m
4	Aharshan Sivaniruban	Parramatta	3.23m
5	Hugo Rossetto	Parramatta	3.22m
6	Ethan Louttit	Ryde	3.15m
7	Mitchell Cox	Ryde	3.00m
8	Michael Baxter	Manly Warringah	2.91m
9	Sean Ng	Hornsby	2.82m
10	Rhys Griffiths	Northern Suburbs	2.80m
11	Harlen Danks	Ryde	2.74m
12	Sebastien The	Hornsby	2.72m
13	Lachlan Ward	Manly Warringah	2.62m
14	Caelan Drysdale	Ku-Ring-Gai	2.58m

Boys U 9 - Long Jump

Region: R 4.48m 2000 Michael Oldfield, Manly Warri

State: S 4.71m 24/03/1991 Grant Buchanan, Illawong

Name	Age	Centre	Final
------	-----	--------	-------

1	James Mikan	Northern Suburbs	4.06m
2	Alexander Song	Nth Rocks Carlin	3.80m
3	Ludvig Persson	Manly Warringah	3.73m
4	Henry Smith	Manly Warringah	3.68m
5	Joshua Nguyen	Ku-Ring-Gai	3.60m
6	Lucas Ajaka	Parramatta	3.58m
7	Kyan Seale	Northern Suburbs	J3.58m
8	Jacoby Neal	Ku-Ring-Gai	J3.58m
9	Samuel Carden	Northern Suburbs	3.56m
10	Rohan Sharma	Cherrybrook	3.45m
11	Kobe Turkal	Ryde	3.35m
12	Callum Laurie	Ryde	3.34m

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Boys U 9 - Long Jump

13 Rhys Kirby Manly Warringah 3.25m

Boys U 10 - Long Jump

Region: R 4.84m 11/02/2017 Dylan Hall, Ku-Ring-Gai

State: S 5.17m 16/03/1980 Martin Moore, Bathurst

Name	Age Centre	Final
------	------------	-------

1 Dominic Davis	Manly Warringah	4.14m
2 Adrian Kwan	Ku-Ring-Gai	J4.14m
3 Edward Godfrey	Mosman	4.10m
4 Matthew Dicks	Ku-Ring-Gai	4.05m
5 Byron Borchert	Manly Warringah	3.96m
6 Benjamin Govers	Northern Suburbs	3.91m
7 Justin Guo	Nth Rocks Carlin	3.86m
8 Benjamin Howarth	Northern Suburbs	3.84m
9 Angus Edwards	Mosman	3.83m
10 Nicholas Klamer	Nth Rocks Carlin	3.79m
11 Viktor Grigorov	Ryde	3.71m
12 Liam Zoncace	Northern Suburbs	3.68m
13 Ned Alexander	Mosman	3.57m
14 Marcus Wong	Nth Rocks Carlin	3.55m
15 Oliver Leivesley	Nth Rocks Carlin	3.23m

Boys U 11 - Long Jump

Region: R 5.14m 22/02/2002 Alexander Pettigrew, Parramat

State: S 5.34m 7/02/1987 Craig Woodroff, Manly Warring

Name	Age Centre	Final
------	------------	-------

1 Joel Daily	Mosman	4.66m
2 Jimmy Thebridge	Ku-Ring-Gai	4.48m
3 Fredrick Chidambaram	Manly Warringah	4.38m
4 Jude Lumley	Northern Suburbs	4.37m
5 KaiZhe Tan	Northern Suburbs	4.26m
6 Marco Naidoo	Ku-Ring-Gai	4.15m
7 Gerhardus Burger	Ku-Ring-Gai	4.13m
8 Matteo Shipman	Northern Suburbs	4.09m
9 Zac Gedz	Manly Warringah	4.02m
10 Kyros Ghadiali	Parramatta	3.97m
11 Samuel Collett	Ku-Ring-Gai	3.90m
12 Benton Setefano	Parramatta	3.62m

Boys U 12 - Long Jump

Region: R 5.66m 21/02/2004 Martin Stonis, Northern Subur

State: S 5.86m 17/03/1996 Michael Doggett, Lithgow

Name	Age Centre	Final
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1 Cadel Holmes	Northern Suburbs	4.55m
2 Oliver Sanbrook	Manly Warringah	4.50m
3 Fergus Cheng	Cherrybrook	4.44m
4 Ryan Parkes	Manly Warringah	4.41m
5 Christopher Moala	Ryde	J4.41m
6 Sebastian Oswald	Northern Suburbs	4.31m
7 Leo Robinson	Manly Warringah	4.28m
8 Sebastian Jolly	Manly Warringah	4.13m
9 Harper Enasio	Northern Districts	J4.13m
10 Finn Pereira	Mosman	4.10m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 12 - Long Jump**

11 Alexander Holodenko	Ryde	4.02m
12 Wilber Kingma	Manly Warringah	3.96m
13 Dominic Lee	Northern Suburbs	3.95m
14 Max Barr	Northern Suburbs	3.90m

Boys U 13 - Long Jump

Region: R 5.77m 16/02/2020 Dylan Hall, Ku-Ring-Gai
 State: S 6.11m 19/03/2006 Kurt Jenner, Mt Pritchard

Name	Age Centre	Final
1 Dylan Hall	Ku-Ring-Gai	5.77mR
2 Brody Folkes	Mosman	5.25m
3 Llewyn Morrison	Northern Suburbs	5.09m
4 Lars Ackland	Ku-Ring-Gai	4.71m
5 Owen Chandler	Ryde	4.68m
6 Mitchell Healy	Northern Suburbs	4.47m
7 Mikel Martin	Manly Warringah	4.45m
8 Alex McIlwraith	Northern Districts	4.32m
9 Daryl Yau	Ryde	4.08m
10 Braeden Cansdale	Cherrybrook	3.91m
11 David McGuire	Nth Rocks Carlin	3.68m
12 Lucas Neal	Nth Rocks Carlin	3.65m
13 Will Soden	Ku-Ring-Gai	3.55m

Boys U 14 - Long Jump

Region: R 6.22m 18/02/2018 Donovan Bradshaw, Cherrybrook
 State: S 6.52m 17/03/1996 Stephen Jacenko, Balmain

Name	Age Centre	Final
1 Lachlan Herbert	Ku-Ring-Gai	5.48m
2 Jacob Taylor	Nth Rocks Carlin	5.33m
3 Evan Venning	Northern Suburbs	5.07m
4 Mitchell Hatfield	Manly Warringah	5.01m
5 Ivan Prizmic	Manly Warringah	4.82m
6 Corban Ross	Hornsby	4.81m
7 Brodie Waldock	Ku-Ring-Gai	4.63m
8 Angelo Mihos	Ryde	4.53m
9 Charlie Kanu	Manly Warringah	4.22m
10 Ben Meredith	Manly Warringah	3.94m

Boys U 15 - Long Jump

Region: R 6.47m 1991 J Robinson, Parramatta
 State: S 7.12m 20/03/2009 Thomas Soliman, Blacktown

Name	Age Centre	Final
1 Davide Rossetto	Parramatta	6.08m
2 Cormac Morrison	Northern Suburbs	5.99m
3 Evan Neal	Manly Warringah	5.76m
4 Zachary Flynn	Manly Warringah	5.69m
5 Jeremy Plummer	Ryde	5.58m
6 Eric Hahn	Parramatta	5.53m
7 Lachlan Dewar	Cherrybrook	5.26m
8 Malakye Enasio	Northern Districts	5.16m
9 Justin George	Manly Warringah	4.88m
10 Ethan James	Manly Warringah	4.46m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 17 - Long Jump**

Region: R 6.68m 13/02/2016 Willson Lowe, Manly Warringah

State: S 7.28m 18/03/2017 Alex Willett, Manly Warringah

Name Age Centre Final

1	Jonathan Reid	Cherrybrook	6.58m
2	Alexander Mina	Parramatta	6.24m
3	Darcy Holmes	Northern Suburbs	5.58m
4	Dale Mapstone	Manly Warringah	5.57m
5	Rajan Ravinthran	Nth Rocks Carlin	5.44m
6	Ethan Oliver	Northern Districts	5.28m
7	Savi Moala	Ryde	5.12m
8	Tate Mahony	Nth Rocks Carlin	5.04m
9	Stuart Downie	Northern Suburbs	4.81m

Boys U 11 - Triple Jump

Region: R 10.29m 1993 D Geddes, Manly Warringah

State: S 11.06m 27/03/1993 David Geddes, Manly Warringah

Name Age Centre Final

1	Jude Lumley	Northern Suburbs	9.83m
2	Jimmy Thebridge	Ku-Ring-Gai	9.81m
3	Matteo Shipman	Northern Suburbs	9.39m
4	Lachlan Boyle	Manly Warringah	8.95m
5	Zak Evans	Northern Suburbs	8.66m
6	Alexander Wenzel	Manly Warringah	8.33m
7	Benjamin Lawrence	Nth Rocks Carlin	8.13m
8	Kieran Bott	Ku-Ring-Gai	8.10m
9	Cooper Shanahan	Parramatta	7.84m

Boys U 12 - Triple Jump

Region: R 11.54m 22/02/2004 Martin Stonis, Northern Subu

State: S 12.78m 19/03/1995 Gima Keimelo, Randwick Botan

Name Age Centre Final

1	Leo Robinson	Manly Warringah	10.14m
2	Christopher Moala	Ryde	9.73m
3	Ryan Parkes	Manly Warringah	9.72m
4	Fergus Cheng	Cherrybrook	9.58m
5	Oliver Sanbrook	Manly Warringah	9.57m
6	Jude Bealby	Northern Suburbs	9.44m
7	Cadel Holmes	Northern Suburbs	9.35m
8	Wilber Kingma	Manly Warringah	8.80m
9	Harper Enasio	Northern Districts	8.53m
10	Zane Carter	Manly Warringah	8.43m
11	Kennedy Feldman	Hornsby	8.40m
12	Tyson Neal	Ku-Ring-Gai	8.26m
13	Max Barr	Northern Suburbs	7.58m
14	Lewis Wong	Nth Rocks Carlin	7.57m
15	Julian Gasparini	Parramatta	7.56m

Boys U 13 - Triple Jump

Region: R 12.03m 17/02/2007 Nicholas Hough, Hills Distri

State: S 12.72m 18/03/2007 Nicholas Hough, Hills Distri

Name Age Centre Final

1	Brody Folkes	Mosman	10.51m
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 13 - Triple Jump**

2 Nathanael Ramsay	Hornsby	10.38m
3 Owen Chandler	Ryde	10.15m
4 Xavier Hennessey	Cherrybrook	9.99m
5 Llewyn Morrison	Northern Suburbs	9.90m
6 Michael Ajaka	Parramatta	9.31m
7 Zach Rowland	Manly Warringah	9.29m
8 Sam Hildebrandt	Manly Warringah	8.99m
9 Matthew Walter	Ku-Ring-Gai	8.48m

Boys U 14 - Triple Jump

Region: R 13.27m 1996 D Geddes, Manly Warringah
 State: S 13.48m 17/03/1996 David Geddes, Manly Warringah

Name	Age Centre	Final
------	------------	-------

1 Evan Venning	Northern Suburbs	11.04m
2 Mitchell Hatfield	Manly Warringah	10.96m
3 Daniel White	Northern Suburbs	10.81m
4 Charlie Roughan	Northern Suburbs	10.24m
5 James Hanlon	Cherrybrook	10.22m
6 Ivan Prizmic	Manly Warringah	9.89m
7 Ben Meredith	Manly Warringah	9.79m
8 Patrick Faulkner	Ryde	9.73m
9 Nicholas Woodhouse	Nth Rocks Carlin	8.96m

Boys U 15 - Triple Jump

Region: R 13.54m 12/02/2017 Ryan Marshall, Manly Warringah
 State: S 14.35m 21/03/1999 Fabrice Lapierre, Blacktown

Name	Age Centre	Final
------	------------	-------

1 Davide Rossetto	Parramatta	12.47m
2 Aidan Mannasz	Ryde	12.00m
3 Evan Neal	Manly Warringah	11.28m
4 Malakye Enasio	Northern Districts	10.51m
5 Oliver BensonSparkes	Manly Warringah	10.08m
6 Justin George	Manly Warringah	10.02m
7 Samuel Moore	Parramatta	9.75m
-- Ryan Colver	Manly Warringah	ND

Boys U 17 - Triple Jump

Region: R 14.75m 10/02/2019 Ryan Marshall, Manly Warringah
 State: S 14.93m 3/02/2019 Connor Murphy, Illawong

Name	Age Centre	Final
------	------------	-------

1 Jonathan Reid	Cherrybrook	13.97m
2 Darcy Holmes	Northern Suburbs	12.69m
3 Alexander Norris	Manly Warringah	12.29m
4 Dale Mapstone	Manly Warringah	11.93m
5 Byron Bakker	Manly Warringah	11.91m
6 Tate Mahony	Nth Rocks Carlin	11.44m
7 Nicholas Hyde	Mosman	10.26m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 8 - Shot Put (1.5 Kg)**

Region: R 9.58m 19/02/2011 Daniel Manin, Parramatta			
State: S 10.98m 6/03/2011 Blake Toohey, Sutherland			
Name	Age	Centre	Final
1 Michael Baxter		Manly Warringah	6.49m
2 Callan Atherton		Ku-Ring-Gai	6.27m
3 Jacob Selby		Mosman	6.16m
4 Leon Temelkovski		Northern Suburbs	6.04m
5 Braxton van Bentum		Manly Warringah	6.02m
6 Alexandros Tsaousidis		Hornsby	5.95m
7 Jack Vella		Ku-Ring-Gai	5.59m
8 Tobias Butler		Nth Rocks Carlin	5.46m
9 Harlen Danks		Ryde	4.85m
10 Haig Balian		Ryde	4.59m
11 Hamish McBain		Nth Rocks Carlin	4.46m
12 Arjun Bakal		Parramatta	4.18m
13 Panav Gounder		Parramatta	4.14m
14 Edward Barnsley		Ku-Ring-Gai	J4.14m
15 Tasman Vale		Manly Warringah	4.03m

Boys U 9 - Shot Put (2.0 Kg)

Region: R 10.46m 16/02/2020 Ludvig Persson, Manly Warrin			
State: S 11.33m 20/03/1999 Jamal Idris, Bankstown Sport			
Name	Age	Centre	Final
1 Ludvig Persson		Manly Warringah	10.46mR
2 Lucas Ajaka		Parramatta	8.54m
3 Jacoby Neal		Ku-Ring-Gai	6.79m
4 Oliver Mcpherson		Hornsby	6.13m
5 Owen Holbert		Ku-Ring-Gai	5.90m
6 William King		Manly Warringah	5.43m
7 Sonny Bailey		Manly Warringah	5.27m
8 Zachary Morgan		Manly Warringah	5.21m
9 Marcus Du		Parramatta	5.09m
10 Zack Watmore		Parramatta	5.08m
11 Archibald Darby		Cherrybrook	5.06m
12 Harvey Colivas		Manly Warringah	4.93m
13 Felix Wang		Nth Rocks Carlin	4.67m

Boys U 10 - Shot Put (2.0 Kg)

Region: R 11.70m 17/02/2013 Daniel Menin, Parramatta			
State: S 13.22m 20/02/2011 EJ Brown-Vaelua, Nepean			
Name	Age	Centre	Final
1 Aiden Freestone		Manly Warringah	8.62m
2 Benjamin Govers		Northern Suburbs	8.48m
3 Oliver Fisher		Ku-Ring-Gai	8.17m
4 Zach Fourie		Ku-Ring-Gai	8.13m
5 Nicolas Chaseling		Mosman	7.71m
6 Vinuka Kankanige		Parramatta	7.52m
7 Archie Hetherington		Ku-Ring-Gai	7.21m
8 Matthew Lawrence		Nth Rocks Carlin	7.13m
9 Ibrahim Abedi		Nth Rocks Carlin	7.11m
10 Davin Yap		Northern Suburbs	7.04m
11 Dylan Baxter		Manly Warringah	J7.04m
12 Bailey Bartlett		Mosman	6.68m
13 Roi Costis		Northern Suburbs	6.55m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 10 - Shot Put (2.0 Kg)**

14 Saia Enasio	Northern Districts	6.11m
-- Ben Finnane	Ryde	ND

Boys U 11 - Shot Put (2.0 Kg)

Region: R 13.37m 15/02/2014 Daniel Menin, Parramatta
 State: S 14.42m 19/03/2011 Payne Haas, Macquarie Hunter

Name	Age Centre	Final
1 Samuel Price	Nth Rocks Carlin	10.57m
2 Gerhardus Burger	Ku-Ring-Gai	10.53m
3 Zak Evans	Northern Suburbs	8.68m
4 Edward Darby	Cherrybrook	8.67m
5 Zac Gedz	Manly Warringah	8.66m
6 Rian Connors	Ku-Ring-Gai	8.45m
7 Prescott Williams	Manly Warringah	7.80m
8 Lucca Holbert	Ku-Ring-Gai	7.59m
9 Alberto Jordan	Manly Warringah	7.31m
10 Zakar Balian	Ryde	6.68m
11 Joshua Reynolds	Nth Rocks Carlin	6.54m
12 Thomas Greenaway	Manly Warringah	6.53m
13 Peadar Lyons	Northern Suburbs	6.47m
14 Benjamin Lawrence	Nth Rocks Carlin	6.29m
15 Angus Louttit	Ryde	5.04m

Boys U 12 - Shot Put (2.0 Kg)

Region: R 14.75m 10/02/2019 Michael Ajaka, Parramatta
 State: S 15.69m 2/03/2019 Benjamin Kasozi, Hills Distr

Name	Age Centre	Final
1 Juan VanDeventer	Manly Warringah	11.34m
2 Lachlan Waldron	Parramatta	10.97m
3 Ethan Hemakumara	Parramatta	10.48m
4 Finn Pereira	Mosman	10.17m
5 Christopher Moala	Ryde	9.61m
6 Toby Hall	Manly Warringah	9.32m
7 Josh Arundel	Manly Warringah	9.23m
8 Zane Carter	Manly Warringah	9.15m
9 Harper Enasio	Northern Districts	9.06m
10 Thomas Schneider	Nth Rocks Carlin	8.95m
11 Jack Stockley	Manly Warringah	8.92m
12 Thomas Kierse	Mosman	8.01m
13 Luke Woods	Hornsby	7.31m

Boys U 13 - Shot Put (3.0 Kg)

Region: R 15.66m 1994 S Novkovic, WInston Hills
 State: S 19.11m 20/03/2009 Tepai Moeroa, Doonside

Name	Age Centre	Final
1 Michael Ajaka	Parramatta	14.20m
2 Freddie BensonSparkes	Manly Warringah	10.87m
3 Jope Rauqe	Ryde	10.64m
4 Andrew Kalos	Ryde	10.06m
5 Ruann Eksteen	Manly Warringah	9.74m
6 Kalan Harding	Northern Districts	9.63m
7 Xavier Hennessey	Cherrybrook	9.06m
8 Hugo Matthews	Nth Rocks Carlin	7.69m

REGION 5 TRACK & FIELD CHAMPIONSHIPS
Sydney Academy of Sport.
Results

....Boys U 13 - Shot Put (3.0 Kg)

9 Will Soden	Ku-Ring-Gai	7.48m
10 Joshua Harding	Northern Districts	7.46m
11 Lachlan Dickinson	Manly Warringah	7.02m
12 Mark Su	Nth Rocks Carlin	5.77m

Boys U 14 - Shot Put (3.0 Kg)

=====			
Region:	R 16.85m	16/02/2014	Kieren Briggs, Parramatta
State:	S 18.51m	16/02/2013	Tyrone Taukamo, Randwick Bot
Name		Age Centre	Final
=====			
1 Brodie Waldock	Ku-Ring-Gai		15.46m
2 Finnlay Bartlett	Mosman		13.14m
3 Samuel Langridge	Ku-Ring-Gai		12.38m
4 Lachlan Herbert	Ku-Ring-Gai		11.78m
5 Marcus-Adam El-Chaar	Parramatta		11.44m
6 Gabriel Bertozzi	Manly Warringah		10.98m
7 Daniel Nemeth	Mosman		10.05m
8 Adam Butcher	Parramatta		9.53m
9 Brandon Bakker	Manly Warringah		9.48m

Boys U 15 - Shot Put (4.0 Kg)

=====			
Region:	R 17.44m	1995	P Elvy, Manly Warringah
State:	S 19.62m	18/03/2011	Tepai Moeroa, Doonside
Name		Age Centre	Final
=====			
1 Benjamin Stevens	Ryde		16.29m
2 Julian Ajaka	Parramatta		13.80m
3 Max Milani	Northern Suburbs		12.66m
4 Malakye Enasio	Northern Districts		10.31m
5 Zac Cleary	Manly Warringah		8.41m

Boys U 17 - Shot Put (5.0 Kg)

=====			
Region:	R 16.18m	16/02/2013	Tyson Davis, Manly Warringah
State:	S 17.89m	24/03/2012	Tepai Moeroa, Doonside
Name		Age Centre	Final
=====			
1 Alexander Shahla	Nth Rocks Carlin		13.57m
2 Maxi Zihlmann	Northern Suburbs		13.16m
3 Stuart Downie	Northern Suburbs		11.22m
4 Alexander Norris	Manly Warringah		10.76m
5 Lachlan Schneider	Nth Rocks Carlin		10.51m
6 Cameron Ross-Egarr	Northern Districts		10.01m
7 Byron Bakker	Manly Warringah		9.05m
8 Charlie Hamill	Manly Warringah		7.55m

Boys U 8 - Discus (500 Gram)

=====			
Region:	R 31.36m	1992	Gareth Care, North Rocks Car
State:	S 31.36m	16/02/1992	Gareth Care, Nth Rocks Carli
Name		Age Centre	Final
=====			
1 Callan Atherton	Ku-Ring-Gai		16.70m
2 Braxton van Bentum	Manly Warringah		16.53m
3 Alexandros Tsaousidis	Hornsby		15.60m
4 Maksymilian Marczyk	Northern Suburbs		14.58m
5 Connor Matthews	Manly Warringah		14.56m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 8 - Discus (500 Gram)**

6	Charlie Shiel	Ryde	13.90m
7	Dominic Alouisa	Ku-Ring-Gai	13.89m
8	Tasman Vale	Manly Warringah	11.70m
9	Tejas Sankaran	Nth Rocks Carlin	11.54m
10	Swarthik Thushyanthan	Parramatta	11.48m
11	Misha Holodenko	Ryde	10.73m
12	Harlen Danks	Ryde	10.39m
13	Isaac Robinson	Mosman	10.00m
14	William Greenaway	Manly Warringah	9.93m
15	Ethan Louttit	Ryde	9.31m

Boys U 9 - Discus (500 Gram)

=====			
Region:	R 32.96m	1998	Christopher Bassett, Hornsby
State:	S 36.68m	22/11/1998	Jamal Idris, Bankstown Sport
Name	Age	Centre	Final
=====			
1	Lucas Ajaka	Parramatta	24.72m
2	Benji Lynas	Ku-Ring-Gai	20.82m
3	Zac Soden	Ku-Ring-Gai	18.79m
4	Oliver Mcpherson	Hornsby	18.38m
5	Gustav Burger	Ku-Ring-Gai	18.28m
6	Jacoby Neal	Ku-Ring-Gai	17.56m
7	Owen Holbert	Ku-Ring-Gai	17.52m
8	Aston Maclaine	Cherrybrook	16.47m
9	Keshav Rao	Ryde	15.60m
10	William King	Manly Warringah	14.31m
11	Felix Wang	Nth Rocks Carlin	14.17m
12	Chase Villacorta	Manly Warringah	14.01m
13	Daniel Sims	Hornsby	12.94m
14	Michael Kolosakas	Nth Rocks Carlin	12.89m
--	Archibald Darby	Cherrybrook	ND

Boys U 10 - Discus (500 Gram)

=====			
Region:	R 39.76m	1999	Christopher Bassett, Hornsby
State:	S 43.20m	19/03/1983	Jason Amberger, Nepean
Name	Age	Centre	Final
=====			
1	Benjamin Govers	Northern Suburbs	27.50m
2	Cooper Kebblewhite	Northern Suburbs	26.20m
3	Senuka Kankanige	Parramatta	25.05m
4	Aiden Freestone	Manly Warringah	23.71m
5	Vinuka Kankanige	Parramatta	J23.71m
6	Oliver Fisher	Ku-Ring-Gai	23.33m
7	Viktor Grigorov	Ryde	22.86m
8	Zach Fourie	Ku-Ring-Gai	20.91m
9	Nicolas Chaseling	Mosman	19.30m
10	Ibrahim Abedi	Nth Rocks Carlin	17.36m
11	Dylan Baxter	Manly Warringah	16.49m
12	Lachlan Quinnell	Northern Suburbs	16.46m
13	Bailey Bartlett	Mosman	15.53m
14	Blake Billingsley	Cherrybrook	4.18m
--	Matthew Lawrence	Nth Rocks Carlin	FOUL

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 11 - Discus (500 Gram)**

=====			
Region: R 37.09m		20/02/2011	Nicholas Frost, Northern Dis
State: S 41.51m		17/03/2019	Jozef Cluff, Smithfield
Name	Age	Centre	Final
=====			
1	Gerhardus Burger	Ku-Ring-Gai	35.03m
2	Zak Evans	Northern Suburbs	33.75m
3	Jake Fourie	Ku-Ring-Gai	31.82m
4	Benjamin Lawrence	Nth Rocks Carlin	29.23m
5	Matteo Shipman	Northern Suburbs	28.50m
6	Zac Gedz	Manly Warringah	26.65m
7	Joshua Reynolds	Nth Rocks Carlin	25.40m
8	Edward Darby	Cherrybrook	25.22m
9	Alberto Jordan	Manly Warringah	24.53m
10	Rian Connors	Ku-Ring-Gai	23.97m
11	Diggy Atkins	Northern Suburbs	23.01m
12	Campbell Whalan	Hornsby	21.16m
13	Lucca Holbert	Ku-Ring-Gai	17.82m

Boys U 12 - Discus (750 Gram)

=====			
Region: R 44.04m		1993	S Novkovic, Winston Hills
State: S 52.43m		16/03/2002	Emanuele Fuamatu, Fairfield
Name	Age	Centre	Final
=====			
1	Lachlan Waldron	Parramatta	33.50m
2	Ethan Hemakumara	Parramatta	32.85m
3	Carl Wiberg	Cherrybrook	27.48m
4	Dominic Lee	Northern Suburbs	25.50m
5	Simon Forsyth	Parramatta	25.38m
6	Samuel Kay	Ku-Ring-Gai	23.83m
7	Hayden McLellan	Mosman	22.46m
8	Harper Enasio	Northern Districts	22.42m
9	Joshua Colpani	Mosman	21.12m
10	William Carter	Manly Warringah	18.55m
11	Thomas Schneider	Nth Rocks Carlin	17.63m
12	Justin Billingsley	Cherrybrook	15.82m
13	Tyson Neal	Ku-Ring-Gai	15.80m
14	Lachlan Blackwell	Hornsby	15.69m

Boys U 13 - Discus (750 Gram)

=====			
Region: R 48.10m		1994	S Novkovic, Winston Hills
State: S 60.74m		2/02/2019	Angus Clues, Springwood
Name	Age	Centre	Final
=====			
1	Michael Ajaka	Parramatta	45.50m
2	Ruann Eksteen	Manly Warringah	37.26m
3	Freddie BensonSparkes	Manly Warringah	37.02m
4	Jope Rauqe	Ryde	33.45m
5	Orlando Grinbergs	Manly Warringah	32.04m
6	Kalan Harding	Northern Districts	28.22m
7	Xavier Hennessey	Cherrybrook	25.58m
8	Alex McIlwraith	Northern Districts	23.64m
9	Will Soden	Ku-Ring-Gai	19.66m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 14 - Discus (1.0 Kg)**

Region: R 55.22m 1995 S Novkovic, Winston Hills			
State: S 57.71m 20/03/2010 Tepai Moeroa, Doonside			
Name	Age	Centre	Final
1 Daniel White		Northern Suburbs	40.34m
2 Samuel Langridge		Ku-Ring-Gai	39.09m
3 Felix Scholle		Ku-Ring-Gai	34.76m
4 Kyan McDougall		Manly Warringah	33.39m
5 Lachlan Herbert		Ku-Ring-Gai	31.39m
6 Adam Butcher		Parramatta	30.16m
7 Brandon Bakker		Manly Warringah	26.65m
8 Marcus-Adam El-Chaar		Parramatta	26.63m
9 Charlie Roughan		Northern Suburbs	24.20m

Boys U 15 - Discus (1.0 Kg)

Region: R 64.26m 15/02/2015 Nicholas Frost, Parramatta			
State: S 64.26m 15/02/2015 Nicholas Frost, Parramatta			
Name	Age	Centre	Final
1 Benjamin Stevens		Ryde	56.77m
2 Bensen Liu		Northern Suburbs	39.54m
3 Malakye Enasio		Northern Districts	34.05m
4 Oliver BensonSparkes		Manly Warringah	33.06m
5 Justin George		Manly Warringah	27.41m
6 Noah Pereira		Mosman	23.65m

Boys U 17 - Discus (1.5 Kg)

Region: R 54.30m 14/02/2016 Nicholas Frost, Parramatta			
State: S 56.17m 22/03/2009 Liam Speers, Macquarie Hunte			
Name	Age	Centre	Final
1 Stuart Downie		Northern Suburbs	44.24m
2 Maxi Zihlmann		Northern Suburbs	34.09m
3 Robbie Cullen		Cherrybrook	31.88m
4 Alexander Norris		Manly Warringah	30.90m
5 Lachlan Schneider		Nth Rocks Carlin	28.27m
6 Byron Bakker		Manly Warringah	25.25m

Boys U 13-14 Multi Class Discus

Region: R 16.69m 16/02/2020 Matthew Engesser TF 37, Parr			
Name	Age	Centre	Final
1 Matthew Engesser TF 37		Parramatta	16.69mR

Boys U 11 - Javelin (400 Gram)

Region: R 32.74m 14/02/2016 Ethan Oliver, Northern Distr			
State: S 35.48m 24/03/2018 Liam Sykes, Port Hacking			
Name	Age	Centre	Final
1 Benjamin Lawrence		Nth Rocks Carlin	25.45m
2 Diggy Atkins		Northern Suburbs	20.72m
3 Alberto Jordan		Manly Warringah	20.35m
4 Cooper Shanahan		Parramatta	20.00m
5 Kieran Bott		Ku-Ring-Gai	17.59m
6 Luka Prizmic		Manly Warringah	15.30m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 11 - Javelin (400 Gram)**

7 Benjamin Proszenko	Ryde	14.86m
8 Ollie Colivas	Manly Warringah	14.59m
9 Oscar Brivulis	Ryde	13.62m
10 Tyler Mawson	Hornsby	12.12m
11 Kyros Ghadiali	Parramatta	10.90m
12 Christopher Nilon	Nth Rocks Carlin	10.25m
13 Prescott Williams	Manly Warringah	10.24m
14 Hugo Reynolds	Ku-Ring-Gai	9.66m
-- Zac Stante	Manly Warringah	ND

Boys U 12 - Javelin (400 Gram)

Region: R 36.96m 15/02/2015 Daniel Menin, Parramatta

State: S 40.48m 21/03/2015 Daniel Menin, Parramatta

Name	Age Centre	Final
1 Ethan Hemakumara	Parramatta	31.26m
2 Lachlan Waldron	Parramatta	31.00m
3 Toby Hall	Manly Warringah	28.72m
4 Cadel Holmes	Northern Suburbs	28.03m
5 Juan VanDeventer	Manly Warringah	28.01m
6 Simon Forsyth	Parramatta	24.86m
7 Justin Billingsley	Cherrybrook	24.36m
8 Josh Arundel	Manly Warringah	23.18m
9 Edward Hampton	Cherrybrook	19.88m
10 Christopher Moala	Ryde	19.06m
11 Nicholas Kachel	Hornsby	17.38m
12 Thomas Schneider	Nth Rocks Carlin	16.62m
13 Alex Ross	Hornsby	14.12m

Boys U 13 - Javelin (600 Gram)

Region: R 42.98m 17/02/2007 Elliot Lang, Northern Suburb

State: S 48.80m 18/03/2007 Shane Nicholls, Kurrajong Bi

Name	Age Centre	Final
1 Michael Ajaka	Parramatta	34.40m
2 Nathanael Ramsay	Hornsby	33.44m
3 Ruann Eksteen	Manly Warringah	33.06m
4 Andrew Kalos	Ryde	32.50m
5 Freddie BensonSparkes	Manly Warringah	27.96m
6 Lachlan Dickinson	Manly Warringah	23.02m
7 Jope Rauqe	Ryde	21.20m
8 Declan Bragg	Parramatta	19.14m
9 Marco Boccaletti	Cherrybrook	18.96m
10 Daniel Powrie	Ku-Ring-Gai	18.50m

Boys U 14 - Javelin (600 Gram)

Region: R 53.00m 17/02/2013 Cameron McEntyre, Ku-Ring-Ga

State: S 56.87m 18/03/2001 Jonathon Wynn, Camden Haven

Name	Age Centre	Final
1 Brodie Waldock	Ku-Ring-Gai	36.20m
2 Felix Scholle	Ku-Ring-Gai	34.32m
3 Samuel Langridge	Ku-Ring-Gai	31.84m
4 Brendan Markey	Manly Warringah	30.16m
5 Charlie Roughan	Northern Suburbs	28.38m
6 Ivan Prizmic	Manly Warringah	25.52m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****....Boys U 14 - Javelin (600 Gram)**

7 Gabriel Bertozzi	Manly Warringah	24.44m
8 Patrick Faulkner	Ryde	20.46m
9 Marcus-Adam El-Chaar	Parramatta	4.62m

Boys U 15 - Javelin (700 Gram)

Region: R 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Ga

State: S 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Ga

Name	Age Centre	Final
------	------------	-------

1 Max Milani	Northern Suburbs	38.19m
2 Julian Ajaka	Parramatta	37.91m
3 Jeremy Plummer	Ryde	33.48m
4 Oliver BensonSparkes	Manly Warringah	31.13m
5 Samuel Moore	Parramatta	28.20m
6 Thomas Ralph	Ryde	23.65m
7 Noah Pereira	Mosman	22.71m

Boys U 17 - Javelin (700 Gram)

Region: R 62.32m 17/02/2013 Tyson Davis, Manly Warringah

State: S 68.40m 24/03/2013 Rhys Stein, Warradale

Name	Age Centre	Final
------	------------	-------

1 Bayden Little	Cherrybrook	48.56m
2 Stuart Downie	Northern Suburbs	46.90m
3 George Davis	Ryde	45.22m
4 Robbie Cullen	Cherrybrook	41.64m
5 Tate Mahony	Nth Rocks Carlin	38.78m
6 Ethan Oliver	Northern Districts	37.34m
7 Lachlan Schneider	Nth Rocks Carlin	35.10m
8 Martin Allen	Manly Warringah	26.46m

Boys U 11-12 Multi Class Long Jump

Region: R 2.38m 15/02/2020 Alexander Evans TF 13, Nth Ro

Name	Age Centre	Final
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1 Alexander Evans TF 13	Nth Rocks Carlin	2.38mR
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Boys U 13-14 Multi Class Long Jump

Region: R 1.91m 15/02/2020 Nathan Barbara TF 61, Ryde

Name	Age Centre	Final
------	------------	-------

1 Nathan Barbara TF 61	Ryde	J1.91mR
2 Jackson Love TF 37	Manly Warringah	J3.33mR
3 Matthew Engesser TF 37	Parramatta	J3.17mR

Boys U 13-14 Multi Class Shot Put

Region: R 5.20m 15/02/2020 Nathan Barbara TF 61, Ryde

Name	Age Centre	Final
------	------------	-------

1 Nathan Barbara TF 61	Ryde	J5.20mR
2 Matthew Engesser TF 37	Parramatta	J6.75mR

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 9 - 700 Metre Walk**

=====			
Region:	R 3:34.60	1998	Christopher Bassett, Hornsb
State:	S 3:15.36	20/03/2016	Peter Elliott, Quakers Hill
Name	Age	Centre	Final
=====			
Section 1			
1 Mitchell McCarthy		Ryde	4:37.23
2 Owen Holbert		Ku-Ring-Gai	4:41.14
3 Nicholas Watkins		Ku-Ring-Gai	4:48.05
4 Callum Laurie		Ryde	4:49.32
5 Aston Maclaine		Cherrybrook	4:50.50
6 Max Donald		Manly Warringah	5:35.36
-- John Reville		Northern Suburbs	DQ
-- Rhys Kirby		Manly Warringah	DQ
-- Beau Atkinson		Manly Warringah	DQ
-- Harvey Colivas		Manly Warringah	DQ

Boys U 10 - 1100 Metre Walk

=====			
Region:	R 5:45.20	1998	K Tansley, Manly Warringah
State:	S 5:01.70	22/03/1998	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Roi Costis		Northern Suburbs	6:11.24
2 Rhys Chandler		Ryde	6:23.15
3 Andrew Guerin		Manly Warringah	6:32.05
4 Matthew Lawrence		Nth Rocks Carlin	6:52.48
5 Alexander Braendle		Northern Districts	7:04.79
6 Riley Waddingham		Northern Districts	7:52.01
7 Lachlan Donnellan		Parramatta	8:58.58

Boys U 11 - 1100 Metre Walk

=====			
Region:	R 5:19.18	19/02/2012	Dylan Richardson, Gosford
State:	S 5:05.80	21/03/1999	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Dylan Mortimer		Manly Warringah	5:50.63
2 Christopher Nilon		Nth Rocks Carlin	5:56.90
3 Benjamin Proszenko		Ryde	7:12.31
4 Alexander Wenzel		Manly Warringah	8:00.68
5 Charles Witts		Ku-Ring-Gai	8:41.53
-- Zac Stante		Manly Warringah	DQ
-- Luka Prizmic		Manly Warringah	DQ

Boys U 12 - 1500 Metre Walk

=====			
Region:	R 7:06.59	17/02/2013	Harrison Mavin, Ku-Ring-Gai
State:	S 6:45.20	19/03/2000	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Dylan Allabush		Ku-Ring-Gai	8:29.62
2 Jethro Penn		Cherrybrook	8:57.50
3 Sanderson Keyser		Parramatta	9:57.55
4 Eduardo Briones		Manly Warringah	10:10.19
5 Tyler Boyd		Nth Rocks Carlin	10:13.84
-- Jordan Turkal		Ryde	DQ
-- Oscar Watmore		Parramatta	DQ

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Sydney Academy of Sport.****Results****Boys U 13 - 1500 Metre Walk**

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Region:	R 7:04.60	19/02/2006	Jordan Mulhearn, Parramatta
State:	S 6:30.40	28/03/1993	David Beacroft, Blacktown
Name	Age	Centre	Final
=====			
1 Maxwell Mayhew		Ryde	7:49.46
2 Issac Tate		Manly Warringah	8:43.41
3 Orlando Grinbergs		Manly Warringah	9:24.56
4 Hugo Matthews		Nth Rocks Carlin	12:51.20
-- Kieran Arnott		Parramatta	DQ
-- Matthew Walter		Ku-Ring-Gai	DQ

Boys U 14 - 1500 Metre Walk

=====			
Region:	R 6:28.16	19/02/2012	Tyler Jones, Wyong
State:	S 6:13.40	19/03/1995	Troy Sundstrom, Highlanders
Name	Age	Centre	Final
=====			
1 Thomas Shannon		Cherrybrook	10:04.17
-- Felix Scholle		Ku-Ring-Gai	DQ

Boys U 17 - 1500 Metre Walk

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Region:	R 6:15.10	28/02/2010	Jordan Mulhearn, Parramatta
State:	S 5:56.11	23/03/2014	Tyler Jones, Wyong
Name	Age	Centre	Final
=====			
1 William Mills		Cherrybrook	7:42.29
2 Dale Mapstone		Manly Warringah	9:10.65