

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 8 - 70 Metre Sprint**

=====			
Region:	R 10.90	1997	Natasha Finlay, Manly Warring
State:	S 10.54	16/03/1980	Annette Cavanagh, Blacktown
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Gracie Atkins	Ku-Ring-Gai	11.48Q
2	Gabriella Omage	Cherrybrook	12.00Q
2	Cassia McLean	Manly Warringah	12.00Q
4	Anais Biasi	Manly Warringah	12.22q
5	Ellana Ross	Ku-Ring-Gai	12.27
6	Pippa Burke	Cherrybrook	12.41
7	Anna Moresi	Cherrybrook	12.65
8	Ella Hazon	Nth Rocks Carlin	12.67
Heat 2 Heats			
1	Sienna Vassella	Ku-Ring-Gai	11.76Q
2	Anna Tye	Hornsby	11.90Q
3	Amelia Wilson	Manly Warringah	12.00Q
4	Olivia Loring	Parramatta	12.24q
5	Myah Rimmer	Manly Warringah	12.38
6	Annah Bratton	Northern Suburbs	12.68
7	Zara Drinkwater	Northern Suburbs	13.10
8	Shylah Carre	Cherrybrook	13.17

**Girls U 8 - 70 Metre Sprint**

=====			
Region:	R 10.90	1997	Natasha Finlay, Manly Warring
State:	S 10.54	16/03/1980	Annette Cavanagh, Blacktown
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Gabriella Omage	Cherrybrook	11.96
2	Sienna Vassella	Ku-Ring-Gai	12.13
3	Anna Tye	Hornsby	12.18
4	Cassia McLean	Manly Warringah	12.19
5	Gracie Atkins	Ku-Ring-Gai	12.31
6	Amelia Wilson	Manly Warringah	12.35
7	Olivia Loring	Parramatta	12.50
8	Anais Biasi	Manly Warringah	12.62

**Girls U 9 - 70 Metre Sprint**

=====			
Region:	R 10.20	1998	Emily Pollett, Manly Warringa
State:	S 10.14	22/03/1998	Briony Kanard, Port Hacking
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Clara Seyram Fetrie	Parramatta	11.16Q
2	Ruby Kernaghan	Parramatta	11.67Q
3	Isla Maris	Manly Warringah	11.82Q
3	Alanah O'Donovan	Parramatta	11.82Q
5	Eve Clark	Hornsby	12.14
Heat 2 Heats			
1	Liesel Walsh	Hornsby	11.37Q
2	Amalia Bond	Ku-Ring-Gai	11.43Q
3	Erin Dunne	Manly Warringah	11.57Q
4	Claudia Wyatt	Ku-Ring-Gai	11.92q
5	Isabella Daidone	Cherrybrook	12.19
6	Star Millott	Parramatta	13.59

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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	Final
=====			
Section 1 Final			
1	Clara Seyram Fetrie	Parramatta	11.28
2	Amalia Bond	Ku-Ring-Gai	11.47
3	Ruby Kernaghan	Parramatta	11.55
4	Liesel Walsh	Hornsby	11.65
5	Alanah O'Donovan	Parramatta	11.71
6	Erin Dunne	Manly Warringah	11.78
7	Isla Maris	Manly Warringah	11.80
8	Claudia Wyatt	Ku-Ring-Gai	12.31

**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	Heats
=====			
Heat 1 Heats			
1	Kaitlinn Dunne	Manly Warringah	11.01Q
2	Charlotte Baum	Manly Warringah	11.33Q
3	Emmanuella Omage	Cherrybrook	11.82Q
4	Lisara Seneviratne	Parramatta	12.52
5	Layla Tawbe	Cherrybrook	12.63
Heat 2 Heats			
1	Olivia Achike	Ku-Ring-Gai	10.90Q
2	Tanna Kotulic	Ryde	11.19Q
3	Isabelle Green	Ku-Ring-Gai	11.77Q
4	Annabelle Twyman	Northern Suburbs	11.91q
5	Charlotte Grubisic	Northern Suburbs	12.30q

**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	Kaitlinn Dunne	Manly Warringah	10.97
2	Olivia Achike	Ku-Ring-Gai	11.08
3	Tanna Kotulic	Ryde	11.25
4	Charlotte Baum	Manly Warringah	11.38
5	Emmanuella Omage	Cherrybrook	11.92
6	Annabelle Twyman	Northern Suburbs	12.19
7	Isabelle Green	Ku-Ring-Gai	12.23
8	Charlotte Grubisic	Northern Suburbs	12.52

**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	Gabriella Omage	Cherrybrook	16.89Q
2	Emma Kramer	Manly Warringah	16.90Q
3	Holly Tweedale	Mosman	17.27Q
4	Cassia McLean	Manly Warringah	17.44q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Girls U 8 - 100 Metre Sprint**

5	Elsa Colpani	Mosman	17.87
6	Collette Lumley	Northern Suburbs	18.30
7	Gemma Dixon	Ku-Ring-Gai	18.60

Heat 2 Heats

1	Gracie Atkins	Ku-Ring-Gai	16.90Q
2	Olivia Loring	Parramatta	17.32Q
3	Anna Tye	Hornsby	17.40Q
4	Naduli Kariyawasam	Parramatta	17.60q
5	Alessandra McWilliam	Mosman	18.02
6	Manha Dinaz	Nth Rocks Carlin	19.65

**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
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Section 1 Final

1	Emma Kramer	Manly Warringah	16.43
2	Gabriella Omage	Cherrybrook	16.45
3	Gracie Atkins	Ku-Ring-Gai	16.62
4	Anna Tye	Hornsby	16.63
5	Naduli Kariyawasam	Parramatta	16.65
6	Cassia McLean	Manly Warringah	16.76
7	Olivia Loring	Parramatta	17.15
8	Holly Tweedale	Mosman	17.34

**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
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Heat 1 Heats

1	Clara Seyram Fetrie	Parramatta	15.56Q
2	Liesel Walsh	Hornsby	16.32Q
3	Isla Maris	Manly Warringah	16.48Q
4	Erin Dunne	Manly Warringah	16.54q
5	Jessica Pulis	Manly Warringah	16.57q
6	Georgia Vella	Cherrybrook	17.26
7	Isabella Daidone	Cherrybrook	17.56

Heat 2 Heats

1	Kate Harden	Ku-Ring-Gai	16.42Q
2	Amalia Bond	Ku-Ring-Gai	16.48Q
3	Alanah O'Donovan	Parramatta	16.68Q
4	Emily Kupceric	Manly Warringah	17.30
5	Jada Taylor	Ku-Ring-Gai	17.36
6	Evana Butler	Nth Rocks Carlin	17.54
7	Ruby Kelly	Ryde	17.72

**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	Clara Seyram Fetrie	Parramatta	15.22
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Girls U 9 - 100 Metre Sprint**

2	Kate Harden	Ku-Ring-Gai	15.37
3	Amalia Bond	Ku-Ring-Gai	15.62
4	Isla Maris	Manly Warringah	15.74
5	Liesel Walsh	Hornsby	15.90
6	Erin Dunne	Manly Warringah	15.95
7	Alanah O'Donovan	Parramatta	16.19
8	Jessica Pulis	Manly Warringah	16.30

**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

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 Name Age Centre Heats  
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Heat 1 Heats

1	Matilda Harrison	Ku-Ring-Gai	15.23Q
2	Kaitlinn Dunne	Manly Warringah	15.25Q
3	Charlotte Baum	Manly Warringah	15.91Q
4	Kara Hazon	Nth Rocks Carlin	16.45
5	Emmanuella Omage	Cherrybrook	16.76
6	Ruby Semaganda	Cherrybrook	16.98

Heat 2 Heats

1	Olivia Achike	Ku-Ring-Gai	15.40Q
2	Tanna Kotulic	Ryde	15.84Q
3	Olivia Sidhu	Ryde	16.02Q
4	Kyrah McMahan	Northern Districts	16.12q
5	Portia Rowland-Stefanic	Ku-Ring-Gai	16.26q
6	Jessica Loring	Parramatta	16.43
7	Ebony Klarich	Ryde	16.56

**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

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 Name Age Centre Final  
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Section 1 Final

1	Matilda Harrison	Ku-Ring-Gai	14.71
2	Kaitlinn Dunne	Manly Warringah	14.89
3	Olivia Achike	Ku-Ring-Gai	15.28
4	Charlotte Baum	Manly Warringah	15.37
5	Tanna Kotulic	Ryde	15.64
6	Olivia Sidhu	Ryde	15.76
7	Portia Rowland-Stefanic	Ku-Ring-Gai	15.88
8	Kyrah McMahan	Northern Districts	15.97

**Girls U 11 - 100 Metre Sprint**

=====  
 Region: R 13.40 1992 Rossemary Hayward, Toukley  
 State: S 12.94 12/03/1978 Michelle Moroney, Bankstown

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 Name Age Centre Heats  
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Heat 1 Heats

1	Chloe Leivesley	Nth Rocks Carlin	15.21Q
2	Aqua Fisher	Northern Suburbs	15.28Q
3	Charlotte Nagle	Ryde	15.58Q
4	Laura Bell	Manly Warringah	15.59q
5	Jessica Parker	Mosman	15.66q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 11 - 100 Metre Sprint**

6	Michaela Couper	Hornsby	16.12
7	Zaara Yip	Nth Rocks Carlin	16.27
Heat 2 Heats			
1	Sienna Kupceric	Manly Warringah	14.61Q
2	Jasmine Rintel	Manly Warringah	15.11Q
3	Mila Burdett	Nth Rocks Carlin	15.48Q
4	Kirsten Evans	Mosman	15.82
5	Talia Coffin	Ryde	16.10
6	Tahlia Butcher	Parramatta	16.30
7	Sophia Ambrosino	Ku-Ring-Gai	16.46

**Girls U 11 - 100 Metre Sprint**

=====			
Region:	R 13.40	1992	Rossemary Hayward, Toukley
State:	S 12.94	12/03/1978	Michelle Moroney, Bankstown
Name		Age Centre	Final
=====			

## Section 1 Final

1	Sienna Kupceric	Manly Warringah	14.31
2	Jasmine Rintel	Manly Warringah	14.64
3	Chloe Leivesley	Nth Rocks Carlin	14.81
4	Aqua Fisher	Northern Suburbs	15.04
5	Jessica Parker	Mosman	15.22
6	Mila Burdett	Nth Rocks Carlin	15.47
7	Charlotte Nagle	Ryde	15.55
8	Laura Bell	Manly Warringah	15.80

**Girls U 12 - 100 Metre Sprint**

=====			
Region:	R 12.40	2005	Annaliese Gardiner, Ku-ring-g
State:	S 12.64	24/03/1979	Michelle Moroney, Bankstown
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	Heats
=====			

## Heat 1 Heats

1	Sofia Fedirchuk	Mosman	13.98Q
2	Maia Madden-Khan	Ku-Ring-Gai	14.47Q
3	Kelly Theodorides	Manly Warringah	14.57Q
3	Samara Bond	Ku-Ring-Gai	14.57Q
5	Lucinda Mulcahy	Manly Warringah	14.74q
6	Lara Klarich	Ryde	15.05

## Heat 2 Heats

1	Eve Simpson	Manly Warringah	14.26Q
2	Eve Rothwell	Northern Suburbs	14.34Q
3	Sarah-anne Koot	Cherrybrook	14.77Q
4	Jasmine McAndrew	Ryde	15.17
5	Emelie Coe	Ku-Ring-Gai	15.19
6	Tianna Bertolissio	Parramatta	15.38
7	Emilia Massaro	Northern Suburbs	15.88

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 12 - 100 Metre Sprint**

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=====
Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g
State: S 12.64 24/03/1979 Michelle Moroney, Bankstown
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

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1 Sofia Fedirchuk Mosman 13.57
2 Eve Rothwell Northern Suburbs 13.83
3 Eve Simpson Manly Warringah 13.95
4 Samara Bond Ku-Ring-Gai 14.03
5 Lucinda Mulcahy Manly Warringah 14.29
6 Maia Madden-Khan Ku-Ring-Gai 14.30
7 Kelly Theodorides Manly Warringah 14.35
8 Sarah-anne Koot Cherrybrook 14.55

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**Girls U 13 - 100 Metre Sprint**

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Region: R 12.30 2005 Jordan Lumley, Northern 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

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1 XinMin Tan Northern Suburbs 13.66Q
2 Phoebe Riley Ku-Ring-Gai 14.25Q
3 Tara Webb Cherrybrook 14.27Q
3 Chloe Dunne Manly Warringah 14.27Q
5 Lucy Scholtens Manly Warringah 14.37
6 Ava Hudson Ku-Ring-Gai 14.52
7 Andrea MyaHan Nth Rocks Carlin 15.08
8 Madeleine Gregg Northern Suburbs 15.14

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## Heat 2 Heats

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1 Ruby Worrell Ryde 13.63Q
2 Maya Tedder Manly Warringah 13.89Q
3 Aliana Moala Ryde 14.17Q
4 Phoebe Berglund Manly Warringah 14.20q
5 Tahlia O'Brien Manly Warringah 14.22
6 Annie Seve Manly Warringah 14.39
7 Charlotte Blair Cherrybrook 15.33
8 Amy Wallbank Northern Suburbs 15.92

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**Girls U 13 - 100 Metre Sprint**

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Region: R 12.30 2005 Jordan Lumley, Northern 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

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1 Ruby Worrell Ryde 13.05
2 XinMin Tan Northern Suburbs 13.11
3 Maya Tedder Manly Warringah 13.31
4 Chloe Dunne Manly Warringah 13.58
5 Aliana Moala Ryde 13.69
5 Tara Webb Cherrybrook 13.69

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

7 Phoebe Riley	Ku-Ring-Gai	13.97
8 Phoebe Berglund	Manly Warringah	14.00

**Girls U 14 - 100 Metre Sprint**

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

## Heat 1 Heats

1 Olivia Inkster	Manly Warringah	13.07Q
2 Abigail Omage	Cherrybrook	14.11Q
3 Nina vanderReyden	Manly Warringah	14.27Q
4 Brooke Luksic	Parramatta	14.31q

## Heat 2 Heats

1 Sophie Ross	Manly Warringah	14.10Q
2 Sara Bashir	Manly Warringah	14.22Q
3 Marissa Stubbs	Manly Warringah	14.33Q
4 Emily Uslu	Parramatta	14.40q
5 Jasmine Lowe	Northern Suburbs	14.48

**Girls U 14 - 100 Metre Sprint**

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

## Section 1 Final

1 Olivia Inkster	Manly Warringah	12.63
2 Abigail Omage	Cherrybrook	13.60
3 Sophie Ross	Manly Warringah	13.64
4 Nina vanderReyden	Manly Warringah	13.70
5 Brooke Luksic	Parramatta	13.77
6 Marissa Stubbs	Manly Warringah	13.90
7 Sara Bashir	Manly Warringah	13.94
8 Emily Uslu	Parramatta	14.60

**Girls U 15 - 100 Metre Sprint**

=====			
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
=====			

## Heat 1 Heats

1 Georgia Fichardt	Ku-Ring-Gai	13.01Q
2 Sophie Kavanagh	Nth Rocks Carlin	13.89Q
3 Isobel Elkan	Manly Warringah	14.27Q
4 Sophie Anderson	Northern Suburbs	14.68

## Heat 2 Heats

1 Eliza DaSilva	Ryde	13.23Q
2 Edie Burke	Manly Warringah	13.86Q
3 Sophia Addington	Manly Warringah	14.05Q
4 Adria McAndrew	Ryde	14.43q
5 Angela Asikin	Northern Suburbs	14.59q
6 Alessandra Primrose	Nth Rocks Carlin	16.64

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 15 - 100 Metre Sprint**

Name	Age	Centre	Final
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
=====			
Section 1 Final			
1 Georgia Fichardt		Ku-Ring-Gai	12.83
2 Eliza DaSilva		Ryde	13.05
3 Edie Burke		Manly Warringah	13.49
4 Sophie Kavanagh		Nth Rocks Carlin	13.59
5 Sophia Addington		Manly Warringah	13.88
6 Adria McAndrew		Ryde	14.19
7 Isobel Elkan		Manly Warringah	14.23
8 Angela Asikin		Northern Suburbs	14.52

**Girls U 17 - 100 Metre Sprint**

Name	Age	Centre	Heats
Region: R	12.08	9/02/2019	Greta Andrews, Northern Subur
State: S	11.89	28/01/2017	Maisie Stevens, Eastern Subur
=====			
Heat 1 Heats			
1 Alyssa Lowe		Ryde	12.89Q
2 Maysa Sakr		Parramatta	13.60Q
3 Aleisha Jeremy		Manly Warringah	13.62
4 Ashley Hanna		Manly Warringah	13.85
5 Jasmine Bonomi		Manly Warringah	14.02
Heat 2 Heats			
1 Greta Andrews		Northern Suburbs	12.74Q
2 Jessica Maciver		Ku-Ring-Gai	13.32Q
3 Scarlett Prowse		Cherrybrook	13.41q
4 Olivia Colman		Ku-Ring-Gai	13.46q
Heat 3 Heats			
1 Danielle Osifo		Hornsby	13.31Q
2 Francesca Sugiaman		Cherrybrook	13.46Q
3 Lauren Goodacre		Nth Rocks Carlin	13.65
4 Sarah Brown		Ryde	14.22
5 Chelsea Smith		Nth Rocks Carlin	14.26

**Girls U 17 - 100 Metre Sprint**

Name	Age	Centre	Final
Region: R	12.08	9/02/2019	Greta Andrews, Northern Subur
State: S	11.89	28/01/2017	Maisie Stevens, Eastern Subur
=====			
Section 1 Final			
1 Greta Andrews		Northern Suburbs	12.08R
2 Alyssa Lowe		Ryde	12.39
3 Jessica Maciver		Ku-Ring-Gai	12.40
4 Danielle Osifo		Hornsby	12.83
5 Olivia Colman		Ku-Ring-Gai	13.05
6 Scarlett Prowse		Cherrybrook	13.14
7 Francesca Sugiaman		Cherrybrook	13.20
8 Maysa Sakr		Parramatta	13.23



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Emma Kramer	Manly Warringah	35.30Q
2	Gracie Atkins	Ku-Ring-Gai	36.40Q
3	Hannah Lambert	Nth Rocks Carlin	36.96Q
4	Makenzi Gartner	Cherrybrook	37.08q
5	Anais Biasi	Manly Warringah	37.21
6	Pippa Burke	Cherrybrook	38.69
6	Gemma Dixon	Ku-Ring-Gai	38.69

## Heat 2 Heats

1	Gabriella Omage	Cherrybrook	36.20Q
2	Anna Tye	Hornsby	36.27Q
3	Holly Tweedale	Mosman	36.84Q
4	Sienna Vassella	Ku-Ring-Gai	36.90q
5	Collette Lumley	Northern Suburbs	38.17
6	Ellana Ross	Ku-Ring-Gai	38.23
7	Shylah Carre	Cherrybrook	40.86

**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	Gracie Atkins	Ku-Ring-Gai	36.22
2	Anna Tye	Hornsby	36.48
3	Emma Kramer	Manly Warringah	36.87
4	Gabriella Omage	Cherrybrook	37.86
5	Holly Tweedale	Mosman	38.60
6	Makenzi Gartner	Cherrybrook	39.01
7	Hannah Lambert	Nth Rocks Carlin	39.11
8	Sienna Vassella	Ku-Ring-Gai	40.48

**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	Clara Seyram Fetrie	Parramatta	32.59Q
2	Amalia Bond	Ku-Ring-Gai	33.61Q
3	Eliza Williams	Manly Warringah	34.86Q
4	Chloe McGregor	Ryde	35.00
5	Rory Nordenson	Manly Warringah	35.44
6	Alanah O'Donovan	Parramatta	35.45
7	Seren D'Souza	Hornsby	36.62
8	Zoe McGuire	Nth Rocks Carlin	38.17

## Heat 2 Heats

1	Kate Harden	Ku-Ring-Gai	33.23Q
2	Jessica Pulis	Manly Warringah	33.38Q
3	Ruby Kernaghan	Parramatta	33.95Q
4	Mia Hooton	Ku-Ring-Gai	34.32q
5	Isla Maris	Manly Warringah	34.50q

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

6 Georgia Vella	Cherrybrook	35.53
7 Isabella Daidone	Cherrybrook	35.97

**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 Clara Seyram Fetrie	Parramatta	32.53
2 Amalia Bond	Ku-Ring-Gai	33.20
3 Jessica Pulis	Manly Warringah	33.40
4 Kate Harden	Ku-Ring-Gai	33.69
5 Ruby Kernaghan	Parramatta	33.87
6 Isla Maris	Manly Warringah	34.03
7 Eliza Williams	Manly Warringah	34.60
8 Mia Hooton	Ku-Ring-Gai	34.86

**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 Charlotte Baum	Manly Warringah	33.62Q
2 Tanna Kotulic	Ryde	34.10Q
3 Molly Ashton	Hornsby	35.27Q
4 Ebony Klarich	Ryde	35.96
5 Portia Rowland-Stefanic	Ku-Ring-Gai	35.98
6 Stella Tassarotti	Ryde	36.73
7 Rachel Fenson	Nth Rocks Carlin	36.91
8 Georgina Fife	Ku-Ring-Gai	36.95

**Heat 2 Heats**

1 Chanel Charles	Ku-Ring-Gai	32.59Q
2 Kaitlinn Dunne	Manly Warringah	33.56Q
3 Katie Bowrey	Parramatta	34.31Q
4 Olivia Sidhu	Ryde	34.64q
5 Fiorella Collins	Mosman	34.82q
6 Emmanuella Oimage	Cherrybrook	36.72
7 Marissa Ristwej	Northern Suburbs	37.75

**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
------	------------	-------

**Section 1 Final**

1 Chanel Charles	Ku-Ring-Gai	31.88
2 Charlotte Baum	Manly Warringah	32.83
3 Kaitlinn Dunne	Manly Warringah	33.20
4 Tanna Kotulic	Ryde	33.56
5 Olivia Sidhu	Ryde	33.72
6 Katie Bowrey	Parramatta	34.16
7 Molly Ashton	Hornsby	35.11

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 11 - 200 Metre Sprint**

=====			
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	Gemma McIntosh	Ku-Ring-Gai	30.23Q
2	Sienna Kupceric	Manly Warringah	30.30Q
3	Jasmine Rintel	Manly Warringah	31.55Q
4	Aqua Fisher	Northern Suburbs	32.35q
5	Adriana Prizmic	Ryde	33.34
6	Jessica Parker	Mosman	33.38
Heat 2 Heats			
1	Catherine Mikan	Northern Suburbs	30.00Q
2	Grace Townsend	Mosman	31.55Q
3	Ava Gray	Manly Warringah	32.07Q
4	Mila Burdett	Nth Rocks Carlin	33.26q
5	Ava Mitchell	Northern Districts	34.48
6	Sophia Ambrosino	Ku-Ring-Gai	34.49
7	Helena Wright	Parramatta	35.27
8	Syesha Anthony	Cherrybrook	36.23

**Girls U 11 - 200 Metre Sprint**

=====			
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	Catherine Mikan	Northern Suburbs	29.77
2	Gemma McIntosh	Ku-Ring-Gai	30.29
3	Sienna Kupceric	Manly Warringah	31.04
4	Jasmine Rintel	Manly Warringah	31.35
5	Grace Townsend	Mosman	31.47
6	Ava Gray	Manly Warringah	32.23
7	Aqua Fisher	Northern Suburbs	33.41
8	Mila Burdett	Nth Rocks Carlin	34.00

**Girls U 12 - 200 Metre Sprint**

=====			
Region:	R 26.30	2005	Karlie Morton, Manly Warringah
State:	S 25.74	19/03/2017	Torrie Lewis, Macquarie Hunte
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Sofia Fedirchuk	Mosman	28.56Q
2	Lucinda Mulcahy	Manly Warringah	28.68Q
3	Eve Rothwell	Northern Suburbs	29.33Q
4	Kelly Theodorides	Manly Warringah	30.03q
5	Jasmine McAndrew	Ryde	30.81q
6	Claudia Healey	Mosman	31.04
7	Anesha Busingye	Nth Rocks Carlin	31.46
Heat 2 Heats			
1	Samara Bond	Ku-Ring-Gai	29.15Q
2	Isabella Fisher	Cherrybrook	29.74Q
3	Eve Simpson	Manly Warringah	29.88Q
4	Sarah-anne Koot	Cherrybrook	31.21
5	Emelie Coe	Ku-Ring-Gai	31.36
6	Louise Lovell	Ku-Ring-Gai	31.40
7	Sarah Sakr	Parramatta	32.74
8	Alicia Leggatt	Ryde	34.35

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 12 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 26.30 2005 Karlie Morton, Manly Warringah			
State: S 25.74 19/03/2017 Torrie Lewis, Macquarie Hunte			
Section 1 Final			
1 Sofia Fedirchuk		Mosman	28.27
2 Samara Bond		Ku-Ring-Gai	28.69
3 Lucinda Mulcahy		Manly Warringah	28.81
4 Isabella Fisher		Cherrybrook	29.28
5 Eve Simpson		Manly Warringah	29.33
6 Eve Rothwell		Northern Suburbs	29.55
7 Kelly Theodorides		Manly Warringah	29.96
8 Jasmine McAndrew		Ryde	31.26

**Girls U 13 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 25.80 1994 Rosemary Hayward, Toukley			
State: S 24.96 19/03/2017 Alice Dixon, Northern Suburbs			
Heat 1 Heats			
1 XinMin Tan		Northern Suburbs	28.12Q
2 Alyssa Medved		Manly Warringah	28.67Q
3 Tara Webb		Cherrybrook	28.99Q
4 Tahlia O'Brien		Manly Warringah	29.02q
5 Ava Hudson		Ku-Ring-Gai	29.85
6 Hayley Reynolds		Nth Rocks Carlin	30.31
7 Andrea MyaHan		Nth Rocks Carlin	31.99
Heat 2 Heats			
1 Ruby Worrell		Ryde	27.73Q
2 Annie Seve		Manly Warringah	29.36Q
3 Phoebe Riley		Ku-Ring-Gai	29.44Q
4 Lucy Scholtens		Manly Warringah	29.60q
5 Bella Kachel		Hornsby	29.76
6 Siobhan McMahan		Northern Districts	30.91
7 Kaitlyn Martin		Ryde	31.54

**Girls U 13 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 25.80 1994 Rosemary Hayward, Toukley			
State: S 24.96 19/03/2017 Alice Dixon, Northern Suburbs			
Section 1 Final			
1 Ruby Worrell		Ryde	27.68
2 XinMin Tan		Northern Suburbs	28.44
3 Annie Seve		Manly Warringah	28.99
4 Lucy Scholtens		Manly Warringah	29.13
5 Phoebe Riley		Ku-Ring-Gai	29.42
6 Tahlia O'Brien		Manly Warringah	29.60
7 Tara Webb		Cherrybrook	29.92

**Girls U 14 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 24.60 1995 Rosemary Hayward, Toukley			
State: S 24.54 16/03/2008 Ella Nelson, Sutherland			
Heat 1 Heats			
1 Lara Williams		Manly Warringah	28.75Q

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

2	Marissa Stubbs	Manly Warringah	28.96Q
3	Kelsey Smit	Manly Warringah	29.06Q
4	Jasmine Lowe	Northern Suburbs	29.85

## Heat 2 Heats

1	Olivia Inkster	Manly Warringah	26.74Q
2	Brianna Worsfold	Ku-Ring-Gai	28.25Q
3	Eva Bates	Ku-Ring-Gai	28.26Q
4	Brooke Luksic	Parramatta	29.08q
5	Melissa Blume	Parramatta	29.36q
6	Sara Bashir	Manly Warringah	29.86

**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
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## Section 1 Final

1	Olivia Inkster	Manly Warringah	26.08
2	Eva Bates	Ku-Ring-Gai	27.21
3	Brianna Worsfold	Ku-Ring-Gai	27.80
4	Lara Williams	Manly Warringah	28.03
5	Marissa Stubbs	Manly Warringah	28.92
6	Brooke Luksic	Parramatta	28.99
7	Kelsey Smit	Manly Warringah	29.10
8	Melissa Blume	Parramatta	30.60

**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

1	Georgia Fichardt	Ku-Ring-Gai	26.56
2	Eliza DaSilva	Ryde	27.05
3	Sofia Saroukos	Manly Warringah	27.09
4	Eddie Burke	Manly Warringah	28.39
5	Jenna Kim	Northern Suburbs	28.88
6	Sophie Kavanagh	Nth Rocks Carlin	28.99
7	Adria McAndrew	Ryde	30.13
7	Angela Asikin	Northern Suburbs	30.13

**Girls U 17 - 200 Metre Sprint**

Region: R 25.30 16/02/2014 Ruby Ritchie, Manly Warringah

State: S 24.33 23/03/2014 Ruby Ritchie, Manly Warringah

Name	Age	Centre	Heats
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## Heat 1 Heats

1	Greta Andrews	Northern Suburbs	26.38Q
2	Danielle Osifo	Hornsby	27.60Q
3	Lauren Goodacre	Nth Rocks Carlin	27.91q
4	Gemma Bratton	Northern Suburbs	28.09q

## Heat 2 Heats

1	Maysa Sakr	Parramatta	27.90Q
2	Lauren Brown	Northern Suburbs	28.88Q
3	Laura Quinn	Mosman	29.19

## Heat 3 Heats

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

1	Francesca Sugiama	Cherrybrook	27.52Q
2	Rakeli Albino	Hornsby	28.49Q
3	Lara Woollett	Hornsby	28.73
4	Maya Challoner	Northern Suburbs	29.58

**Girls U 17 - 200 Metre Sprint**

=====			
Region:	R 25.30	16/02/2014	Ruby Ritchie, Manly Warringah
State:	S 24.33	23/03/2014	Ruby Ritchie, Manly Warringah
Name		Age Centre	Final
=====			

## Section 1 Final

1	Greta Andrews	Northern Suburbs	25.54
2	Francesca Sugiama	Cherrybrook	26.97
3	Danielle Osifo	Hornsby	27.00
4	Maysa Sakr	Parramatta	27.58
5	Lauren Goodacre	Nth Rocks Carlin	27.69
6	Gemma Bratton	Northern Suburbs	28.39
7	Lauren Brown	Northern Suburbs	28.79
8	Rakeli Albino	Hornsby	29.03

**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	Naduli Kariyawasam	Parramatta	1:19.95
2	Elsie Clatworthy	Ku-Ring-Gai	1:22.52
3	Alessandra McWilliam	Mosman	1:23.24
4	Anais Biasi	Manly Warringah	1:23.30
5	Hannah Lambert	Nth Rocks Carlin	1:26.04
6	Cacia Charles	Ku-Ring-Gai	1:27.33
7	Gemma Dixon	Ku-Ring-Gai	1:28.95
8	Maddison Barratt	Northern Districts	1:28.97

## Section 2

1	Makenzi Gartner	Cherrybrook	1:24.12
2	Collette Lumley	Northern Suburbs	1:25.93
3	Eden McNaughtan	Manly Warringah	1:26.88
4	Shylah Carre	Cherrybrook	1:27.08
5	Elsa Colpani	Mosman	1:28.66
6	Jacqueline Pawsey	Ryde	1:29.47
7	Sabella Caralis-McColl	Mosman	1:30.89

**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	Isabella Daidone	Cherrybrook	1:20.62
2	Gemma Wyrill	Mosman	1:23.18
3	Mackenzie McBain	Nth Rocks Carlin	1:23.35
4	Mary Loughnan Walsh	Northern Districts	1:23.60
5	Adeline O'regan	Ku-Ring-Gai	1:26.17
6	Ivy Kim	Parramatta	1:26.36
7	Isabella Godfrey	Mosman	1:26.47
8	Emily Ajaka	Parramatta	1:46.76

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

## Section 2

1	Ruby Kernaghan	Parramatta	1:15.55
2	Rory Nordenson	Manly Warringah	1:16.70
3	Georgia Vella	Cherrybrook	1:17.22
4	Eliza Williams	Manly Warringah	1:17.46
4	Maddison Ross	Manly Warringah	1:17.46
6	Claudia Wyatt	Ku-Ring-Gai	1:19.33
7	Erin Grimshaw	Manly Warringah	1:20.40
8	Tara Gilkeson	Hornsby	1:21.45

**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	Chanel Charles	Ku-Ring-Gai	1:10.68
2	Katie Bowrey	Parramatta	1:12.76
3	Rebecca Gonzalo	Manly Warringah	1:15.43
4	Summer Mudadu	Ku-Ring-Gai	1:15.93
5	Eloise Berkelouw	Mosman	1:18.38
6	Philippa Quarrell	Manly Warringah	1:18.99
7	Sofia Ehnбом	Manly Warringah	1:20.11
8	Kaitlinn Dunne	Manly Warringah	1:20.59

## Section 2

1	Marissa Ristwej	Northern Suburbs	1:22.12
2	Jenaya Lubrano	Cherrybrook	1:22.29
3	Stella Tassarotti	Ryde	1:23.64
4	Rachel Fenson	Nth Rocks Carlin	1:25.40
5	Pia Goradia	Nth Rocks Carlin	1:25.41

**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	Charlotte O'Dowd	Northern Suburbs	1:12.90
2	Ella Smallwood	Northern Districts	1:17.01
3	Sophia Ambrosino	Ku-Ring-Gai	1:18.88
4	Annika Boys	Northern Suburbs	1:19.36
5	Estelle O'Regan	Ku-Ring-Gai	1:19.52
6	Caitlin Shannon	Cherrybrook	1:19.95

## Section 2

1	Catherine Mikan	Northern Suburbs	1:07.73
2	Grace Townsend	Mosman	1:09.35
3	Jasmine Rintel	Manly Warringah	1:09.86
4	Kristina Prizmic	Ryde	1:09.90
5	Ella Dunstan	Manly Warringah	1:12.28
6	Amber Kusano	Mosman	1:17.25

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 12 - 400 Metre Sprint**

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

## Section 1

1 Luna Ligertwood		Manly Warringah	1:05.94
2 Isabella Fisher		Cherrybrook	1:06.25
3 Zoe Woods		Ku-Ring-Gai	1:08.22
4 Tessa Newitt		Mosman	1:09.32
5 Isabella Pereira		Hornsby	1:10.17
6 Lucinda Mulcahy		Manly Warringah	1:11.14
7 Teagan Jones		Ku-Ring-Gai	1:13.12

## Section 2

1 Olivia Moresi		Cherrybrook	1:11.85
2 Jasmine McAndrew		Ryde	1:12.22
3 Veda Arabolu		Ku-Ring-Gai	1:13.55
4 Natalie Parker		Manly Warringah	1:15.92
5 Hannah Sacco		Northern Suburbs	1:17.32
6 Alicia Leggatt		Ryde	1:19.51

**Girls U 13 - 400 Metre Sprint**

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

## Section 1

1 XinMin Tan		Northern Suburbs	1:03.84
2 Sienna Villacorta		Manly Warringah	1:04.19
3 Alyssa Medved		Manly Warringah	1:04.31
4 Annie Seve		Manly Warringah	1:05.10
5 Gemma Mills		Hornsby	1:06.73
6 Brooke Flynn		Manly Warringah	1:08.12
7 Phoebe Berglund		Manly Warringah	1:10.13
8 Sarah Passafaro		Northern Districts	1:13.61

## Section 2

1 Annabel Macdonald		Ryde	1:07.21
2 Ella Moy-Watson		Mosman	1:10.42
3 Sophia Archer		Northern Suburbs	1:13.44
4 Tilly Morris		Mosman	1:15.74
5 Alyssa Khaw		Nth Rocks Carlin	1:17.80
6 Olivia Lee-Jackson		Ku-Ring-Gai	1:18.46

**Girls U 14 - 400 Metre Sprint**

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

## Section 1

1 Olivia Inkster		Manly Warringah	1:00.06
2 Lara Williams		Manly Warringah	1:01.50
3 Eva Bates		Ku-Ring-Gai	1:03.35
4 Jemma Brandon-Cooper		Mosman	1:04.97
5 Alexandra Sinclair		Manly Warringah	1:05.44
6 Elise Couper		Manly Warringah	1:12.47

## Section 2

1 Alexandra Dransfield		Northern Suburbs	1:07.21
2 Zara Ostryn		Manly Warringah	1:10.27
3 Sarah Partridge		Ryde	1:10.96



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 14 - 400 Metre Sprint**

4 Emily Metcalfe	Ryde	1:12.68
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**Girls U 15 - 400 Metre Sprint**

=====			
Region:	R 55.60	1996	Rosemary Hayward, Toukley
State:	S 55.74	18/02/1996	Rosemary Hayward, Toukley
Name	Age	Centre	Final
=====			
Section 1			
1 Jessica Bird		Ku-Ring-Gai	58.07
2 Sofia Saroukos		Manly Warringah	1:00.82
3 Emily Smith		Manly Warringah	1:01.74
4 Lily Tilt		Nth Rocks Carlin	1:01.89
5 Sally Priest		Manly Warringah	1:02.56
6 Edie Burke		Manly Warringah	1:04.62
7 Charlotte Hall		Hornsby	1:07.79
Section 2			
1 Milena Visser		Cherrybrook	1:07.16
2 April Shepherd		Northern Districts	1:14.50

**Girls U 17 - 400 Metre Sprint**

=====			
Region:	R 57.54	13/02/2016	Rowena Craker, Manly Warringah
State:	S 56.41	21/03/2014	Ruby Ritchie, Manly Warringah
Name	Age	Centre	Final
=====			
Section 1			
1 Sally Guthrie		Northern Suburbs	57.80
2 Gemma Bratton		Northern Suburbs	1:01.15
3 Kora Villa		Northern Suburbs	1:02.14
4 Rakeli Albino		Hornsby	1:02.24
5 Greta Andrews		Northern Suburbs	1:02.35
6 Lara Woollett		Hornsby	1:02.36
7 Alicia John		Parramatta	1:03.26
8 Jasmine Bonomi		Manly Warringah	1:06.36
Section 2			
1 Alice Dixon		Northern Suburbs	1:06.36

**Girls U 8 - 700 Metre Run Pack Start**

=====			
Region:	R 2:20.20	28/02/2010	Abbey Rockliff, Ku-ring-gai
Name	Age	Centre	Final
=====			
Section 1			
1 Naduli Kariyawasam		Parramatta	2:36.47
2 Elsie Clatworthy		Ku-Ring-Gai	2:37.30
3 Anais Biasi		Manly Warringah	2:40.93
4 Makenzi Gartner		Cherrybrook	2:45.20
5 Isla Bealby		Northern Suburbs	2:47.37
6 Olivia Loring		Parramatta	2:48.12
7 Jacqueline Pawsey		Ryde	2:51.87
8 Maddison Barratt		Northern Districts	2:52.13
9 Cacia Charles		Ku-Ring-Gai	2:53.86
10 Indiana Passlow		Manly Warringah	2:54.10
11 Hannah Lambert		Nth Rocks Carlin	2:54.27
12 Elsa Colpani		Mosman	2:55.76
13 Myah Rimmer		Manly Warringah	2:56.19
14 Shylah Carre		Cherrybrook	2:58.71
15 Olivia Barton		Manly Warringah	3:00.96

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 9 - 800 Metre Run**

=====			
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
Name	Age	Centre	Final
=====			
1	Claudia Wyatt	Ku-Ring-Gai	2:54.38
2	Maddison Ross	Manly Warringah	2:56.84
3	Rory Nordenson	Manly Warringah	2:57.31
4	Mia Hooton	Ku-Ring-Gai	2:59.74
5	Chloe McGregor	Ryde	3:03.16
6	Seren D'Souza	Hornsby	3:11.39
7	Erin Dunne	Manly Warringah	3:15.03
8	Ruby Kelly	Ryde	3:15.36
9	Belinda Matthews	Manly Warringah	3:16.35
10	Lilly Martin	Hornsby	3:21.95
11	Aliyah Bennett	Cherrybrook	3:22.33
12	Annalise Boland	Ryde	3:27.09
13	Erin Campbell	Northern Suburbs	3:37.60
14	Chelsea Forte	Ku-Ring-Gai	3:41.00

**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	Katie Bowrey	Parramatta	2:40.34
2	Rebecca Gonzalo	Manly Warringah	2:48.79
3	Summer Mudadu	Ku-Ring-Gai	2:48.93
4	Penelope Gill	Northern Districts	2:50.05
5	Jessica Loring	Parramatta	2:50.22
6	Ebony Klarich	Ryde	2:51.69
7	Georgina Fife	Ku-Ring-Gai	2:56.30
8	Molly Ashton	Hornsby	2:59.54
9	Isabella McCausland	Manly Warringah	2:59.86
10	Philippa Quarrell	Manly Warringah	3:01.00
11	Talia Manns	Manly Warringah	3:02.39
12	Amelia Lavan	Mosman	3:06.32
13	Natalie Dransfield	Northern Suburbs	3:12.18
14	Tonya Andis	Parramatta	3:14.64
15	Carla Bragg	Parramatta	3:21.74

**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	Jessie Bradford	Manly Warringah	2:36.25
2	Amber Kusano	Mosman	2:41.92
3	Charlotte O'Dowd	Northern Suburbs	2:43.46
4	Pin Pin Meenijacin	Mosman	2:47.54
5	Ella Dunstan	Manly Warringah	2:47.71
6	Kristina Prizmic	Ryde	2:50.03
7	Olivia Newsham	Manly Warringah	2:54.73
8	Adelaide Williams	Mosman	2:56.31
9	Zara Pawsey	Ryde	2:56.94
10	Elizabeth Bailey	Ku-Ring-Gai	2:59.94
11	Amy Timms	Cherrybrook	3:00.64
12	Anja Fitzgibbon	Manly Warringah	3:07.55
13	Ella McGregor	Ryde	3:11.04

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 11 - 800 Metre Run**

14 Annika Boys	Northern Suburbs	3:12.41
15 Tahlia Butcher	Parramatta	3:12.64

**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 Sarah Baker	Northern Suburbs	2:23.79
2 Fleur Cooper	Mosman	2:26.05
3 Rebecca Solomon	Manly Warringah	2:32.13
4 Tessa Newitt	Mosman	2:36.54
5 Kaylah Bennett	Cherrybrook	2:41.40
6 Isabella Pereira	Hornsby	2:43.02
7 Zoe Woods	Ku-Ring-Gai	2:47.38
8 Olivia Vecchio	Mosman	2:50.15
9 Giselle Ashbolt	Mosman	2:51.32
10 Miah O'Shea	Ryde	2:54.71

**Girls U 13 - 800 Metre Run**

Region: R 2:15.60 12/02/2017 Jessica Bird, Ku-Ring-Gai  
 State: S 2:15.20 22/02/1987 Suzy Walsham, Ku-Ring-Gai

Name	Age Centre	Final
1 Sienna Villacorta	Manly Warringah	2:28.60
2 Amelia Thornthwaite	Manly Warringah	2:31.34
3 Zoe Banks	Northern Suburbs	2:33.18
4 Ingrid Kingsmill	Northern Suburbs	2:34.25
5 Annabel Macdonald	Ryde	2:37.14
6 Claudia Stanford	Mosman	2:40.21
7 Sophia Archer	Northern Suburbs	2:44.45
8 Sophia Kusano	Mosman	2:46.03
9 Brooke Flynn	Manly Warringah	2:46.31
10 Abigail Goodacre	Nth Rocks Carlin	2:46.52
11 Bella Kachel	Hornsby	2:47.98
12 Nicole McCrostie	Cherrybrook	2:48.49
13 Tilly Morris	Mosman	2:50.57
14 Isabelle Cruickshank	Northern Districts	2:58.51

**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 Lara Williams	Manly Warringah	2:24.74
2 Mercy Nathanael	Manly Warringah	2:24.98
3 Charlie Arnott	Manly Warringah	2:26.43
4 Jemma Brandon-Cooper	Mosman	2:26.56
5 Mia Fry	Mosman	2:30.07
6 Jessica Gocher	Mosman	2:31.71
7 Alexandra Sinclair	Manly Warringah	2:32.20
8 Emma Thomas	Parramatta	2:33.62
9 Chelsea Smyth	Manly Warringah	2:39.06
10 Melissa Blume	Parramatta	2:44.68
11 Sarah Partridge	Ryde	2:47.59
12 Jasmine Khiroya	Nth Rocks Carlin	2:52.77
13 Alannah Teo	Ryde	2:54.37

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 14 - 800 Metre Run**

14	Katelyn Johnson	Parramatta	3:03.08
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**Girls U 15 - 800 Metre Run**

Region:	R 2:10.90	22/02/2009	Jenny Blundell, Cherrybrook
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State:	S 2:09.57	20/03/2016	Carley Thomas, Hills Distri
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Name	Age	Centre	Final
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1	Jessica Bird	Ku-Ring-Gai	2:14.75
2	Georgia Arcus	Ryde	2:22.77
3	Sally Priest	Manly Warringah	2:27.29
4	Arabella Price	Nth Rocks Carlin	2:27.93
5	Anastasia Lakic	Ryde	2:35.32
6	Skye Grosvenor	Nth Rocks Carlin	2:37.69
7	Lilli Krawitz	Mosman	2:37.90

**Girls U 17 - 800 Metre Run**

Region:	R 2:12.75	18/02/2018	Imogen Gardner, Northern Su
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State:	S 2:12.59	25/03/2012	Kate Spencer, Ryde
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Name	Age	Centre	Final
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1	Sally Guthrie	Northern Suburbs	2:17.67
2	Alicia John	Parramatta	2:24.01
3	Kirsten Frykberg	Cherrybrook	2:31.15
4	Caitlin Roach	Parramatta	2:31.58
5	Hannah Lovlin	Manly Warringah	2:34.69
6	Hannah Parker	Manly Warringah	2:42.22
7	Sophie Boland	Ryde	2:46.15
8	Prudence Silver	Northern Districts	3:04.84

**Girls U 11 - 1500 Metre Run**

Region:	R 4:54.70	2005	Jenny Blundell, Cherrybrook
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State:	S 4:44.07	19/03/2016	Imogen Stewart, Illawong
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Name	Age	Centre	Final
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1	Jessie Bradford	Manly Warringah	5:17.75
2	Charlotte O'Dowd	Northern Suburbs	5:29.48
3	Amber Kusano	Mosman	5:35.17
4	Pin Pin Meenijacin	Mosman	5:37.50
5	Grace Beck	Ku-Ring-Gai	5:47.46
6	Olivia Newsham	Manly Warringah	5:47.93
7	Kristina Prizmic	Ryde	5:49.43
8	Zara Pawsey	Ryde	5:54.87
9	Amy Timms	Cherrybrook	5:57.51
10	Bronte Tonkin	Northern Districts	6:05.91
11	Ella McGregor	Ryde	6:08.94
12	Zara Villacorta	Manly Warringah	6:19.81
13	Elizabeth Toynbee	Northern Districts	6:35.62
14	Cayla Smyth	Manly Warringah	6:45.96
15	Charlotte Toynbee	Northern Districts	6:51.83

**Girls U 12 - 1500 Metre Run**

Region:	R 4:40.94	15/02/2014	Abbey Rockliff, Ku-Ring-Gai
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State:	S 4:34.47	22/03/2014	Abbey Rockliff, Ku-Ring-Gai
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Name	Age	Centre	Final
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1	Sarah Baker	Northern Suburbs	4:59.27
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 12 - 1500 Metre Run**

2	Fleur Cooper	Mosman	5:00.13
3	Tessa Newitt	Mosman	5:17.56
4	Rebecca Solomon	Manly Warringah	5:23.33
5	Kaylah Bennett	Cherrybrook	5:29.42
6	Isabella Fisher	Cherrybrook	5:32.55
7	Rani Sharma	Cherrybrook	5:34.12
8	Amelia Watkins	Ku-Ring-Gai	5:35.41
9	Mia Sams	Manly Warringah	5:37.07
10	Zoe Woods	Ku-Ring-Gai	5:40.69
11	Ava Barroccu	Cherrybrook	5:59.01
12	Hannah Sacco	Northern Suburbs	6:10.70
13	Annie Hall	Ku-Ring-Gai	6:13.80
14	Victoria Andis	Parramatta	6:15.03

**Girls U 13 - 1500 Metre Run**

Region: R 4:37.06 11/02/2017 Nicola Hogg, Mosman

State: S 4:36.10 21/02/1987 Suzy Walsham, Ku-Ring-Gai

Name Age Centre Final

1	Ingrid Kingsmill	Northern Suburbs	5:15.66
2	Amelia Thornthwaite	Manly Warringah	5:20.69
3	Sophia Archer	Northern Suburbs	5:33.17
4	Olivia Gorman	Manly Warringah	5:33.56
5	Sophia Kusano	Mosman	5:45.22
6	Kaitlyn Martin	Ryde	5:47.63
7	Elysha Pawsey	Ryde	5:47.86
8	Eloise Boys	Northern Suburbs	5:53.38
9	Abigail Goodacre	Nth Rocks Carlin	5:55.38
10	Ellen Whelan	Manly Warringah	5:57.80
11	Isabelle Cruickshank	Northern Districts	6:04.38
12	Cameron Gurry	Northern Suburbs	6:10.05
13	Poppy Hyland	Manly Warringah	6:17.42
14	Alejandra Blanco	Manly Warringah	6:20.88
15	Alyssa Khaw	Nth Rocks Carlin	6:21.56

**Girls U 14 - 1500 Metre Run**

Region: R 4:36.10 13/02/2016 Abbey Rockliff, Ku-Ring-Gai

State: S 4:35.30 15/03/2003 Lexy Gilmour, Helensburgh

Name Age Centre Final

1	Mercy Nathanael	Manly Warringah	5:02.74
2	Charlie Arnott	Manly Warringah	5:02.83
3	Mia Fry	Mosman	5:06.78
4	Alexandra Sinclair	Manly Warringah	5:15.53
5	Emma Thomas	Parramatta	5:19.39
6	Chelsea Smyth	Manly Warringah	5:26.83
7	holly wickham	Manly Warringah	5:27.53
8	Elli Barron	Ryde	5:32.60
9	Jasmine Khiroya	Nth Rocks Carlin	5:51.21
10	Alannah Teo	Ryde	6:12.46
11	Jesse Hartmann	Ryde	6:15.71
12	Sofia Polson	Parramatta	6:33.41

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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 Georgia Arcus	Ryde	5:04.52
2 Arabella Price	Nth Rocks Carlin	5:10.26
3 Milena Visser	Cherrybrook	5:20.66
4 Lilli Krawitz	Mosman	5:24.82
5 Skye Grosvenor	Nth Rocks Carlin	5:26.88
6 Anastasia Lakic	Ryde	5:28.16
7 Tali Fishpool	Hornsby	5:56.10
8 Brigitta Williams	Ryde	6:16.63
9 April Shepherd	Northern Districts	6:21.66

**Girls U 17 - 1500 Metre Run**

Region: R 4:34.41 17/02/2018 Imogen Gardner, Northern Su  
 State: S 4:33.13 20/03/2010 Jenny Blundell, Cherrybrook

Name	Age Centre	Final
1 Alicia John	Parramatta	5:06.42
2 Kirsten Frykberg	Cherrybrook	5:10.97
3 Caitlin Roach	Parramatta	5:11.20
4 Hannah Lovlin	Manly Warringah	5:20.98
5 Justine Wallis	Cherrybrook	5:28.96
6 Sophie Boland	Ryde	5:56.72

**Girls U 13 - 3000 Metre Run**

Region: R 9:58.99 14/02/2015 Abbey Rockliff, Ku-Ring-Gai  
 State: S 9:58.99 15/02/2015 Abbey Rockliff, Ku-Ring-Gai

Name	Age Centre	Final
1 Ingrid Kingsmill	Northern Suburbs	11:22.12
2 Georgia Phillips	Ryde	12:02.32
3 Olivia Gorman	Manly Warringah	12:17.26
4 Sophia Kusano	Mosman	12:25.03
5 Eloise Boys	Northern Suburbs	13:08.98
6 Elysha Pawsey	Ryde	13:18.40
7 Kaitlyn Martin	Ryde	13:46.20
-- Zoe Banks	Northern Suburbs	DNF

**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, Sutherlan

Name	Age Centre	Final
1 Mercy Nathanael	Manly Warringah	11:13.34
2 Jessica Gocher	Mosman	11:24.01
3 Emma Thomas	Parramatta	11:57.71
4 Chelsea Smyth	Manly Warringah	12:35.11
5 Melissa Blume	Parramatta	12:40.97
6 Jesse Hartmann	Ryde	14:56.35

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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
1 Georgia Arcus		Ryde	11:18.64
2 Arabella Price		Nth Rocks Carlin	11:26.96
3 Skye Grosvenor		Nth Rocks Carlin	11:43.87
4 Lilli Krawitz		Mosman	11:47.15

**Girls U 17 - 3000 Metre Run**

Region: R 10:19.10 18/02/2012 Kate Spencer, Ryde			
State: S 9:57.22 15/02/2014 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Mia Hinchliff		Mosman	11:04.51
2 Kirsten Frykberg		Cherrybrook	11:37.45
3 Caitlin Roach		Parramatta	11:48.14

**Girls U 8 - 60 Metre Hurdles (45cm)**

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

## Heat 1 Heats

1 Hannah Lambert		Nth Rocks Carlin	12.57Q
2 Jacqueline Pawsey		Ryde	12.91Q
3 Makenzi Gartner		Cherrybrook	13.07Q
4 Sian Stewart		Cherrybrook	13.41q
5 Annah Bratton		Northern Suburbs	13.42q
6 Zsa Zsa Burke		Manly Warringah	13.58
7 Catherine Halgreen		Ku-Ring-Gai	13.87
8 Zara Drinkwater		Northern Suburbs	14.38

## Heat 2 Heats

1 Cassia McLean		Manly Warringah	11.91Q
2 Gracie Atkins		Ku-Ring-Gai	12.40Q
3 Annika Henry		Ku-Ring-Gai	13.46Q
4 Olivia Barton		Manly Warringah	13.48
5 Elizabeth Fainga'anuku		Mosman	13.49
6 Ella Hazon		Nth Rocks Carlin	13.63
7 Georgia Birch		Ku-Ring-Gai	14.24

**Girls U 8 - 60 Metre Hurdles (45cm)**

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

## Section 1 Final

1 Gracie Atkins		Ku-Ring-Gai	11.97
2 Cassia McLean		Manly Warringah	11.99
3 Hannah Lambert		Nth Rocks Carlin	12.40
4 Makenzi Gartner		Cherrybrook	12.46
5 Jacqueline Pawsey		Ryde	12.57
6 Annah Bratton		Northern Suburbs	13.45
7 Sian Stewart		Cherrybrook	13.89
8 Annika Henry		Ku-Ring-Gai	15.52

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 9 - 60 Metre Hurdles (45cm)**

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

## Heat 1 Heats

1 Lily Hughes		Ku-Ring-Gai	11.28Q
2 Emily Kupceric		Manly Warringah	11.69Q
3 Ruby Kelly		Ryde	11.99Q
4 Evana Butler		Nth Rocks Carlin	12.10q
5 Kate Harden		Ku-Ring-Gai	12.18q
6 Tara Gilkeson		Hornsby	12.59
7 Sophie Polkinghorne		Nth Rocks Carlin	12.98
8 Zoe McGuire		Nth Rocks Carlin	13.53

## Heat 2 Heats

1 Chloe McGregor		Ryde	11.19Q
2 Erin Grimshaw		Manly Warringah	11.41Q
3 Grace McCreery		Manly Warringah	11.46Q
4 Nisini RajapakshaMudiyana		Cherrybrook	12.44
5 Eliza Williams		Manly Warringah	12.49
6 Sarah Clemens		Northern Suburbs	12.79
7 Kate Shepherd		Parramatta	13.95

**Girls U 9 - 60 Metre Hurdles (45cm)**

Name	Age	Centre	Final
Region: R	10.20	1995	A Hamilton, Northern Suburbs
State: S	9.84	21/02/2009	Chyna Tavai-Willams, Bankstow

## Section 1 Final

1 Lily Hughes		Ku-Ring-Gai	10.95
2 Chloe McGregor		Ryde	11.02
3 Erin Grimshaw		Manly Warringah	11.18
4 Grace McCreery		Manly Warringah	11.50
5 Emily Kupceric		Manly Warringah	11.56
6 Kate Harden		Ku-Ring-Gai	12.08
6 Ruby Kelly		Ryde	12.08
6 Evana Butler		Nth Rocks Carlin	12.08

**Girls U 10 - 60 Metre Hurdles (60cm)**

Name	Age	Centre	Heats
Region: R	10.00	27/02/2010	Tiana Jaber, Kings Langley
State: S	9.84	20/03/2010	Chyna Tavai-Willams, Bankstow

## Heat 1 Heats

1 Eden Herring		Hornsby	11.85Q
2 Carys Byrnes		Nth Rocks Carlin	12.18Q
3 Annabelle Twyman		Northern Suburbs	12.31Q
4 Ella Drinkwater		Northern Suburbs	12.39q
5 Charlotte Baum		Manly Warringah	12.63
6 Hine Rikiti		Ryde	12.95
7 Katie Bowrey		Parramatta	13.25
8 Eloise Berkelouw		Mosman	13.31

## Heat 2 Heats

1 Chanel Charles		Ku-Ring-Gai	11.19Q
2 Ava Prentice		Manly Warringah	11.83Q
3 sophia paz		Manly Warringah	12.15Q
4 Matilda Harrison		Ku-Ring-Gai	12.44q
5 Tanna Kotulic		Ryde	12.80
6 Ruby Semaganda		Cherrybrook	13.55



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Girls U 10 - 60 Metre Hurdles (60cm)**

7 Kara Hazon Nth Rocks Carlin 13.58

**Girls U 10 - 60 Metre Hurdles (60cm)**

Region: R 10.00 27/02/2010 Tiana Jaber, Kings Langley  
 State: S 9.84 20/03/2010 Chyna Tavai-Williams, Bankstow

Name Age Centre Final

Section 1 Final

1	Eden Herring	Hornsby	11.45
2	Ava Prentice	Manly Warringah	11.48
3	Matilda Harrison	Ku-Ring-Gai	11.91
4	sophia paz	Manly Warringah	12.02
5	Annabelle Twyman	Northern Suburbs	12.20
6	Chanel Charles	Ku-Ring-Gai	12.33
7	Ella Drinkwater	Northern Suburbs	12.37
8	Carys Byrnes	Nth Rocks Carlin	12.44

**Girls U 11 - 60 Metre Hurdles (60cm)**

Region: R 9.60 1998 A Kerr, Winston Hills  
 State: S 9.34 20/03/2004 Annaliese Gardiner, Ku-Ring-G

Name Age Centre Heats

Heat 1 Heats

1	Sienna Kupceric	Manly Warringah	10.44Q
2	Kirsten Evans	Mosman	11.25Q
3	Charlotte Nagle	Ryde	11.63Q
4	Emelia Nagle	Manly Warringah	12.31q
5	Ella Smallwood	Northern Districts	12.60
6	Annika Boys	Northern Suburbs	12.88
7	Jessie Procter	Ku-Ring-Gai	12.95
8	Talia Coffin	Ryde	12.96

Heat 2 Heats

1	Catherine Mikan	Northern Suburbs	10.09Q
2	Lani Khiroya	Nth Rocks Carlin	11.36Q
3	Chloe Goddard	Northern Suburbs	11.59Q
4	Zara Pawsey	Ryde	11.79q
5	Summer Williamson	Manly Warringah	12.48
6	Amber Jobson	Ku-Ring-Gai	12.59
7	Charlotte Mear	Parramatta	12.86

**Girls U 11 - 60 Metre Hurdles (60cm)**

Region: R 9.60 1998 A Kerr, Winston Hills  
 State: S 9.34 20/03/2004 Annaliese Gardiner, Ku-Ring-G

Name Age Centre Final

Section 1 Final

1	Catherine Mikan	Northern Suburbs	10.17
2	Sienna Kupceric	Manly Warringah	10.34
3	Kirsten Evans	Mosman	11.51
4	Lani Khiroya	Nth Rocks Carlin	11.67
5	Zara Pawsey	Ryde	11.83
6	Charlotte Nagle	Ryde	11.86
7	Chloe Goddard	Northern Suburbs	11.92
8	Emelia Nagle	Manly Warringah	12.29

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 12 - 60 Metre Hurdles (68cm)**

Name	Age	Centre	Heats
Region: R	9.10	2005	Annaliese Gardiner, Ku-ring-g
State: S	9.34	19/03/2005	Annaliese Gardiner, Ku-Ring-G

## Heat 1 Heats

1 Sarah Lovell		Ku-Ring-Gai	10.35Q
2 Noa Davies		Mosman	10.62Q
3 Madison Mitchell		Hornsby	10.82Q
4 Kelly Theodorides		Manly Warringah	10.94q
5 Emilia Massaro		Northern Suburbs	11.19q
6 Hariclia Kolosakas		Nth Rocks Carlin	12.61
7 Elise Murray		Parramatta	14.06
8 Emma Blume		Parramatta	14.29

## Heat 2 Heats

1 Sarah-anne Koot		Cherrybrook	10.16Q
2 Louise Lovell		Ku-Ring-Gai	10.80Q
3 Elise Oliver		Northern Districts	11.91Q
4 Claudia Healey		Mosman	12.33
5 Hannah Sacco		Northern Suburbs	13.04
6 Zoey DeGioia		Ryde	13.98

**Girls U 12 - 60 Metre Hurdles (68cm)**

Name	Age	Centre	Final
Region: R	9.10	2005	Annaliese Gardiner, Ku-ring-g
State: S	9.34	19/03/2005	Annaliese Gardiner, Ku-Ring-G

## Section 1 Final

1 Sarah-anne Koot		Cherrybrook	10.43
2 Sarah Lovell		Ku-Ring-Gai	10.57
3 Noa Davies		Mosman	10.75
4 Louise Lovell		Ku-Ring-Gai	10.99
5 Madison Mitchell		Hornsby	11.05
6 Emilia Massaro		Northern Suburbs	11.26
7 Kelly Theodorides		Manly Warringah	11.36
8 Elise Oliver		Northern Districts	12.56

**Girls U 13 - 80 Metre Hurdles (76cm)**

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

## Heat 1 Heats

1 Phoebe Riley		Ku-Ring-Gai	14.40Q
2 Phoebe Berglund		Manly Warringah	15.05Q
3 Madeleine Gregg		Northern Suburbs	15.15Q
4 Hayley Reynolds		Nth Rocks Carlin	15.19q
5 Siobhan McMahon		Northern Districts	16.72

## Heat 2 Heats

1 Chloe Dunne		Manly Warringah	13.66Q
2 Maya Tedder		Manly Warringah	14.07Q
3 Krishani Coffin		Ryde	15.27Q
4 Lola Dorman		Hornsby	15.31q
5 Hannah Anderson		Northern Suburbs	16.82

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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
=====			
Section 1 Final			
1	Chloe Dunne	Manly Warringah	13.21
2	Maya Tedder	Manly Warringah	13.82
3	Phoebe Riley	Ku-Ring-Gai	14.09
4	Hayley Reynolds	Nth Rocks Carlin	14.78
5	Madeleine Gregg	Northern Suburbs	14.90
6	Lola Dorman	Hornsby	14.97
7	Phoebe Berglund	Manly Warringah	15.05
8	Krishani Coffin	Ryde	15.72

**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			
1	Sienna Bond	Ku-Ring-Gai	13.07
2	Eva Bates	Ku-Ring-Gai	13.22
3	Sophie Ross	Manly Warringah	13.77
4	Mikayla Kelleher	Ryde	13.95
5	Nina vanderReyden	Manly Warringah	13.98
6	Carys GibbonsMaurer	Manly Warringah	14.84
7	Felicity Stewart	Ku-Ring-Gai	17.82
--	Talia Kupceric	Manly Warringah	DQ

**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	Heats
=====			
Heat 1 Heats			
1	Emelia Duncan	Ku-Ring-Gai	13.32Q
2	Lily Tilt	Nth Rocks Carlin	14.94Q
3	Sophie Anderson	Northern Suburbs	15.33Q
4	Caitlin Rodriguez	Parramatta	18.29q
Heat 2 Heats			
1	Georgia Fichardt	Ku-Ring-Gai	14.00Q
2	Emily Smith	Manly Warringah	14.61Q
3	Angela Asikin	Northern Suburbs	16.44Q
4	Emily Gathercole	Nth Rocks Carlin	17.28q
5	Alessandra Primrose	Nth Rocks Carlin	21.58

**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 Final			
1	Emelia Duncan	Ku-Ring-Gai	13.14
2	Georgia Fichardt	Ku-Ring-Gai	13.64
3	Emily Smith	Manly Warringah	14.11
4	Lily Tilt	Nth Rocks Carlin	14.77
5	Sophie Anderson	Northern Suburbs	15.31

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Girls U 15 - 90 Metre Hurdles (76cm)**

6 Angela Asikin	Northern Suburbs	15.61
7 Emily Gathercole	Nth Rocks Carlin	16.90

**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 Jessica Maciver	Ku-Ring-Gai	15.27Q
2 Alyssa Lowe	Ryde	15.45Q
3 Freya Carley	Manly Warringah	17.59Q
4 Celeste Edmunds	Cherrybrook	19.52
5 Victoria Cullen	Cherrybrook	20.79

Heat 2 Heats

1 Annika Lynch	Northern Suburbs	14.92Q
2 Julia Baxter	Hornsby	15.37Q
3 Aleisha Jeremy	Manly Warringah	15.73Q
4 Genevieve McKeown	Nth Rocks Carlin	18.04q
5 Chelsea Smith	Nth Rocks Carlin	18.87q
6 Rebecca Asikin	Northern Suburbs	19.89

**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 Final
=====
    
```

Section 1 Final

1 Annika Lynch	Northern Suburbs	14.60
2 Alyssa Lowe	Ryde	14.72
3 Julia Baxter	Hornsby	14.73
4 Jessica Maciver	Ku-Ring-Gai	14.94
5 Aleisha Jeremy	Manly Warringah	15.34
6 Freya Carley	Manly Warringah	16.61
7 Genevieve McKeown	Nth Rocks Carlin	16.95
8 Chelsea Smith	Nth Rocks Carlin	18.57

**Girls U 13 - 200 Metre Hurdles (68cm)**

```

=====
Region: R 28.00 1991 B Smith, Winston Hills
State: S 28.10 18/03/2017 Tiahna Skelton, Wallsend RSL
Name Age Centre Heats
=====
    
```

Heat 1 Heats

1 Chloe Dunne	Manly Warringah	31.33Q
2 Lola Dorman	Hornsby	33.48Q
3 Chloe Krklinski	Parramatta	33.70Q
4 Brooke Flynn	Manly Warringah	34.07q
5 Mia Marshall	Northern Suburbs	34.29
6 Georgia Phillips	Ryde	36.09

Heat 2 Heats

1 Lucy Scholtens	Manly Warringah	31.68Q
2 Hayley Reynolds	Nth Rocks Carlin	32.30Q
3 Siobhan McMahan	Northern Districts	32.91Q
4 Sarah Passafaro	Northern Districts	33.93q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 13 - 200 Metre Hurdles (68cm)**

=====			
Region:	R 28.00	1991	B Smith, Winston Hills
State:	S 28.10	18/03/2017	Tiahna Skelton, Wallsend RSL
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Chloe Dunne	Manly Warringah	30.97
2	Lucy Scholtens	Manly Warringah	31.74
3	Hayley Reynolds	Nth Rocks Carlin	31.91
4	Lola Dorman	Hornsby	33.06
5	Siobhan McMahon	Northern Districts	33.43
6	Chloe Krklinski	Parramatta	33.76
7	Sarah Passafaro	Northern Districts	33.99
8	Brooke Flynn	Manly Warringah	34.17

**Girls U 14 - 200 Metre Hurdles (76cm)**

=====			
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	Heats
=====			
Heat 1 Heats			
1	Talia Kupcercic	Manly Warringah	30.79Q
2	Brianna Worsfold	Ku-Ring-Gai	32.06Q
3	Mikayla Kelleher	Ryde	32.24Q
4	Kelsey Smit	Manly Warringah	32.82q
5	Emily Uslu	Parramatta	33.31
6	Alexandra Dransfield	Northern Suburbs	35.21
Heat 2 Heats			
1	Eva Bates	Ku-Ring-Gai	30.70Q
2	Sienna Bond	Ku-Ring-Gai	31.27Q
3	Nina vanderReyden	Manly Warringah	31.89Q
4	Sophie Ross	Manly Warringah	32.22q
5	Isabelle Nilon	Nth Rocks Carlin	36.47

**Girls U 14 - 200 Metre Hurdles (76cm)**

=====			
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 Final			
1	Eva Bates	Ku-Ring-Gai	29.17
2	Sienna Bond	Ku-Ring-Gai	29.58
3	Talia Kupcercic	Manly Warringah	30.14
4	Nina vanderReyden	Manly Warringah	31.38
5	Sophie Ross	Manly Warringah	31.71
6	Brianna Worsfold	Ku-Ring-Gai	32.26
7	Kelsey Smit	Manly Warringah	32.29
8	Mikayla Kelleher	Ryde	32.47

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

=====			
Region:	R 45.44	17/02/2018	Isabella Guthrie, Northern Di
State:	S 45.01	18/03/2017	Elene Christian, Illawong
Name	Age	Centre	Final
=====			
Section 1			
1	Emily Smith	Manly Warringah	47.87
2	Lily Tilt	Nth Rocks Carlin	48.43
3	Georgia Fichardt	Ku-Ring-Gai	51.12

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

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

4 Charlotte Hall	Hornsby	51.21
5 Emily Gathercole	Nth Rocks Carlin	53.38
6 Angela Asikin	Northern Suburbs	53.44

**Girls U 17 - 300 Metre Hurdles (76cm)**

=====			
Region:	R 45.69	9/02/2019	Annika Lynch, Northern Suburb
State:	S 44.38	18/03/2017	Scarlett Pye, Inner West
Name		Age Centre	Heats
=====			

Heat 1 Heats

1 Annika Lynch	Northern Suburbs	47.19Q
2 Isabelle Charlier	Manly Warringah	49.95Q
3 Aleisha Jeremy	Manly Warringah	51.28Q
4 Gemma Bratton	Northern Suburbs	54.02q
5 Celeste Edmunds	Cherrybrook	56.35q
6 Aela Morrison	Northern Suburbs	58.37

Heat 2 Heats

1 Julia Baxter	Hornsby	51.27Q
2 Lara Woollett	Hornsby	51.42Q
3 Gabriella Richmond	Northern Suburbs	53.02Q
4 Jessica Smith	Manly Warringah	1:00.63

**Girls U 17 - 300 Metre Hurdles (76cm)**

=====			
Region:	R 45.69	9/02/2019	Annika Lynch, Northern Suburb
State:	S 44.38	18/03/2017	Scarlett Pye, Inner West
Name		Age Centre	Final
=====			

Section 1 Final

1 Annika Lynch	Northern Suburbs	45.69R
2 Julia Baxter	Hornsby	46.83
3 Lara Woollett	Hornsby	47.74
4 Isabelle Charlier	Manly Warringah	48.09
5 Aleisha Jeremy	Manly Warringah	48.16
6 Gemma Bratton	Northern Suburbs	51.87
7 Gabriella Richmond	Northern Suburbs	52.34

**Girls U 11-17 100 Metre Multi Class Run**

=====			
Region:	R 17.58	10/02/2019	Zara Perry T/F 13, Ku-Ring-Ga
Name		Age Centre	Final
=====			

Section 1

1 Zara Perry T/F 13	Ku-Ring-Gai	17.58R
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**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 Manly Warringah		59.52
1) Emily Kupceric 9	2) Sienna Kupceric 11	
3) Kaitlinn Dunne 10	4) Eve Simpson 12	
2 Ryde		1:00.64
1) Chloe McGregor 9	2) Kristina Prizmic 11	
3) Olivia Sidhu 10	4) Jasmine McAndrew 12	
3 Ku-Ring-Gai		1:01.08

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

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

1) Kate Harden 9	2) Chanel Charles 10
3) Olivia Achike 10	4) Samara Bond 12
4 Hornsby	1:02.41
1) Molly Ashton 10	2) Madison Mitchell 12
3) Liesel Walsh 9	4) Michaela Couper 11
5 North Rocks Carlingford	1:02.46
1) Chloe Leivesley 11	2) Kara Hazon 10
3) Evana Butler 9	4) Eliza Matthews 12
6 Parramatta	1:03.29
1) Clara Seyram Fetrie 9	2) Tahlia Butcher 11
3) Jessica Loring 10	4) Sarah Sakr 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 Ku-Ring-Gai			50.55
1) Phoebe Riley 13	2) Brianna Worsfold 14		
3) Georgia Fichardt 15	4) Jessica Maciver 17		
2 Manly Warringah			51.24
1) Chloe Dunne 13	2) Lara Williams 14		
3) Aleisha Jeremy 17	4) Olivia Inkster 14		
3 Cherrybrook			53.58
1) Tara Webb 13	2) Abigail Oimage 14		
3) Milena Visser 15	4) Francesca Sugiaman 17		
4 Hornsby			53.70
1) Charlotte Hall 15	2) Karina Bassett 14		
3) Gemma Mills 13	4) Danielle Osifo 17		
5 Northern Suburbs			54.22
1) Mia Marshall 13	2) XinMin Tan 13		
3) Jasmine Lowe 14	4) Lauren Brown 17		
6 North Rocks Carlingford			54.42
1) Andrea MyaHan 13	2) Hayley Reynolds 13		
3) Lily Tilt 15	4) Lauren Goodacre 17		

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

=====			
Region: R	1.25m	15/02/2014	Cayla Phillips, Manly Warring
State: S	1.39m	24/03/2012	Tomysa Clark, Port Hacking
Name	Age	Centre	Final
=====			
Flight 1			
1 Grace McCreery		Manly Warringah	1.07m
2 Isla Stewart		Ku-Ring-Gai	1.05m
3 Lila McDermott		Northern Suburbs	1.01m
4 Evita Saravanja		Ku-Ring-Gai	0.99m
5 Melevea Mokofisi		Parramatta	0.97m
5 Alyssa Holmes		Northern Distrcits	J0.97m
7 Charlotte Butler		Parramatta	0.90m
7 Chloe McGregor		Ryde	0.90m
7 Stella Marmora		Hornsby	0.90m
7 Sienna Evans		Manly Warringah	J0.90m
7 Alicia Endicott		Ku-Ring-Gai	0.90m
7 Alison Hubbard		Nth Rocks Carlin	J0.90m
7 Erin Dunne		Manly Warringah	J0.90m
7 Belinda Matthews		Manly Warringah	J0.90m
15 Sarah Clemens		Northern Suburbs	0.85m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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 Tomysa Clark, Port Hacking			
Name	Age	Centre	Final
1 Annabelle Twyman		Northern Suburbs	1.17m
2 Paloma Campos		Manly Warringah	1.12m
3 Ruby Semaganda		Cherrybrook	1.10m
4 Ellie Lee		Ku-Ring-Gai	1.05m
4 Carys Byrnes		Nth Rocks Carlin	J1.05m
4 Olivia Sidhu		Ryde	1.05m
4 Ella Drinkwater		Northern Suburbs	J1.05m
4 Anastasia Limbers		Hornsby	J1.05m
9 Isla Honor		Northern Districts	0.95m
9 Mia Stewart		Cherrybrook	0.95m
9 Emily Holdsworth		Ku-Ring-Gai	J0.95m

**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 Tomysa Clark, Port Hacking			
Name	Age	Centre	Final
1 Grace Townsend		Mosman	1.33m
2 Lani Khiroya		Nth Rocks Carlin	1.28m
3 Isabella Longley		Northern Suburbs	1.26m
4 Tamika Cassidy		Mosman	1.24m
5 Annika Boys		Northern Suburbs	1.20m
6 Kristina Prizmic		Ryde	1.15m
7 Felisa Gonzalo		Manly Warringah	J1.15m
8 Ava Black		Manly Warringah	J1.15m
9 Octavia Williams		Manly Warringah	1.10m
10 Summer Williamson		Manly Warringah	J1.10m
11 Grace Bosly		Northern Suburbs	1.05m
12 Estelle O'Regan		Ku-Ring-Gai	J1.05m
12 Chloe Leivesley		Nth Rocks Carlin	J1.05m

**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 Catrine Atherton		Manly Warringah	1.39m
1 Isabella Azizi		Ryde	J1.39m
3 Jessica Johnston		Ryde	1.37m
4 Ruby Perkins		Northern Suburbs	1.35m
5 Olivia Moresi		Cherrybrook	J1.30m
5 April Howison		Ryde	1.30m
5 Louise Lovell		Ku-Ring-Gai	J1.30m
8 Elise Oliver		Northern Districts	1.25m
9 Eliza Matthews		Nth Rocks Carlin	J1.20m
9 Ashlee O'Reilly		Manly Warringah	J1.20m
9 Kiera Yerbury		Ku-Ring-Gai	1.20m
9 Sophia Grubisic		Northern Suburbs	J1.20m
13 Lana Waddingham		Northern Districts	J1.15m
13 Olivia Pugh		Manly Warringah	1.15m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 13 - High Jump (S/H 1.20m)**

=====			
Region: R 1.67m		9/02/2019	Viktorija Calusic, Cherrybrook
State: S 1.80m		22/03/1987	Sonja Wennekes, Sutherland
Name	Age	Centre	Final
=====			
1	Viktorija Calusic	Cherrybrook	1.67mR
2	Shayla Gleeson	Northern Districts	1.52m
3	Nicole McCrostie	Cherrybrook	1.48m
4	Charlotte Watton	Manly Warringah	1.40m
5	Taya Yerbury	Ku-Ring-Gai	J1.40m
6	Claudia Endicott	Ku-Ring-Gai	1.35m
7	Krishani Coffin	Ryde	J1.35m
7	Charlotte Blair	Cherrybrook	J1.35m
7	Mia Marshall	Northern Suburbs	J1.35m
10	Amelia Daniel	Manly Warringah	1.30m
11	Olivia Lee-Jackson	Ku-Ring-Gai	J1.30m
12	Aliana Moala	Ryde	J1.30m

**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	Talia KupcERIC	Manly Warringah	1.50m
2	Melissa Blume	Parramatta	J1.45m
2	Sophie Hanna	Manly Warringah	1.45m
4	Brooke Luksic	Parramatta	1.41m
5	Carys GibbonsMaurer	Manly Warringah	J1.39m
5	Alice MacNamara	Ku-Ring-Gai	1.39m
7	Nicole Pitchfork	Parramatta	1.30m

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

=====			
Region: R 1.75m		16/02/2008	Amy Pejkoivic, Cherrybrook
State: S 1.80m		16/03/2008	Amy Pejkoivic, Cherrybrook
Name	Age	Centre	Final
=====			
1	Sophie Anderson	Northern Suburbs	1.63m
2	Sophie Kavanagh	Nth Rocks Carlin	1.55m
3	Emily Smith	Manly Warringah	1.49m
4	Isobel Elkan	Manly Warringah	1.45m
--	Adria McAndrew	Ryde	NH

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

=====			
Region: R 1.70m		15/02/2015	Karina Brown, Northern Suburb
State: S 1.84m		21/03/2010	Emily Crutcher, Grenfell
Name	Age	Centre	Final
=====			
1	Annika Lynch	Northern Suburbs	1.59m
2	Laura Quinn	Mosman	1.57m
3	Isabelle Charlier	Manly Warringah	1.55m
4	Mikaela Quinlan	Northern Districts	1.53m
4	Aleisha Jeremy	Manly Warringah	J1.53m
6	Olivia Dyer	Ryde	1.45m
7	Anna Cahil	Cherrybrook	1.40m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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	Cassia McLean	Manly Warringah	3.32m
2	Gabriella Omage	Cherrybrook	3.28m
3	Sienna Vassella	Ku-Ring-Gai	3.26m
4	Olivia Loring	Parramatta	3.16m
5	Anna Tye	Hornsby	3.07m
6	Emma Kramer	Manly Warringah	3.04m
7	Jacqueline Pawsey	Ryde	3.01m
8	Holly Tweedale	Mosman	2.95m
9	Annah Bratton	Northern Suburbs	2.88m
10	Zsa Zsa Burke	Manly Warringah	2.86m
11	Anna Moresi	Cherrybrook	2.83m
12	Gemma Dixon	Ku-Ring-Gai	2.74m
13	Ella Hazon	Nth Rocks Carlin	2.73m
14	Cacia Charles	Ku-Ring-Gai	2.60m
15	Sian Stewart	Cherrybrook	2.49m

**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	Clara Seyram Fetrie	Parramatta	3.86m
2	Amalia Bond	Ku-Ring-Gai	3.52m
3	Emily Kupceric	Manly Warringah	3.46m
4	Alyssa Holmes	Northern Districts	3.44m
5	Nisini RajapakshaMudiyan	Cherrybrook	3.32m
6	Kate Harden	Ku-Ring-Gai	3.29m
7	Seren D'Souza	Hornsby	3.24m
8	Georgia Vella	Cherrybrook	3.22m
9	Ruby Kelly	Ryde	3.21m
10	Eve Clark	Hornsby	3.19m
11	Liesel Walsh	Hornsby	3.08m
12	Jessica Pulis	Manly Warringah	3.02m
13	Alicia Endicott	Ku-Ring-Gai	2.99m
14	Abbie Dunstan	Manly Warringah	2.96m
15	Heidi Vercoe	Cherrybrook	2.95m
16	Laila Burkhardt	Cherrybrook	2.90m

**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	Sofia Ehnbon	Manly Warringah	3.92m
2	Olivia Sidhu	Ryde	3.81m
3	Matilda Harrison	Ku-Ring-Gai	3.80m
4	Eden Herring	Hornsby	3.73m
5	Olivia Achike	Ku-Ring-Gai	3.68m
6	Aniela Knight	Northern Districts	3.64m
7	Chanel Charles	Ku-Ring-Gai	3.54m
8	Tayah Rubes	Manly Warringah	3.49m
9	Makayla Ariyan	Hornsby	3.44m
10	Annabelle Twyman	Northern Suburbs	3.36m
11	Jessica Loring	Parramatta	J3.36m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Girls U 10 - Long Jump**

12 Ruby Semaganda	Cherrybrook	3.33m
13 Sophie Durheim	Cherrybrook	3.30m
14 Emilia Webb	Ryde	3.12m
15 Charlotte McWilliam	Mosman	2.86m

**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 Catherine Mikan		Northern Suburbs	4.29m
2 Isabella Longley		Northern Suburbs	3.98m
3 Grace Townsend		Mosman	3.84m
4 Lola Jones		Northern Suburbs	3.73m
5 Aqua Fisher		Northern Suburbs	3.60m
6 Lani Khiroya		Nth Rocks Carlin	3.57m
7 Jojo Pike		Mosman	3.45m
8 Jessica Parker		Mosman	3.37m
9 Michaela Couper		Hornsby	3.25m
9 Ava Black		Manly Warringah	3.25m
11 Laura Bell		Manly Warringah	3.09m
12 Amber Jobson		Ku-Ring-Gai	3.04m
13 Elizabeth Toynbee		Northern Districts	2.92m
14 Ava Mitchell		Northern Districts	2.85m
15 Chloe Leivesley		Nth Rocks Carlin	2.48m

**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 Isabella Azizi		Ryde	4.56m
2 Emelie Coe		Ku-Ring-Gai	4.30m
3 Sarah Lovell		Ku-Ring-Gai	4.24m
4 Eve Rothwell		Northern Suburbs	4.18m
5 Sofia Fedirchuk		Mosman	4.07m
6 Kaia Taikato		Manly Warringah	4.00m
7 Samara Bond		Ku-Ring-Gai	3.89m
8 Claudia Healey		Mosman	J3.89m
9 Madison Mitchell		Hornsby	3.86m
10 Cassidy McArthur		Hornsby	3.80m
11 Anesha Busingye		Nth Rocks Carlin	3.69m
12 Eliza Matthews		Nth Rocks Carlin	3.68m
13 Sophia Fouche		Manly Warringah	3.67m
14 Annika Lee		Northern Suburbs	3.61m
15 Miah O'Shea		Ryde	3.51m

**Girls U 13 - Long Jump**

=====			
Region:	R 5.18m	1991	D Kerr, Winston Hills
State:	S 5.51m	24/03/1991	Leanne Richardson, Dubbo
Name	Age	Centre	Final
=====			
1 Chloe Dunne		Manly Warringah	4.83m
2 Phoebe Riley		Ku-Ring-Gai	4.53m
3 Gemma Mills		Hornsby	4.48m
4 Georgia Phillips		Ryde	4.37m
4 Siobhan McMahon		Northern Districts	J4.37m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 13 - Long Jump**

6	Claudia Endicott	Ku-Ring-Gai	4.22m
7	Hayley Reynolds	Nth Rocks Carlin	4.21m
8	XinMin Tan	Northern Suburbs	4.17m
9	Mia Marshall	Northern Suburbs	4.12m
10	Tara Webb	Cherrybrook	4.10m
11	Natasha Tindale	Northern Districts	3.99m
12	Lola Dorman	Hornsby	3.84m
12	Aliana Moala	Ryde	J3.84m
14	Olivia Lee-Jackson	Ku-Ring-Gai	3.73m
15	Sarah Passafaro	Northern Districts	3.55m
--	Madeleine Gregg	Northern Suburbs	ND

**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	Sienna Bond	Ku-Ring-Gai	5.47mR
2	Abigail Omega	Cherrybrook	4.87m
3	Kelsey Smit	Manly Warringah	4.74m
4	Brianna Worsfold	Ku-Ring-Gai	4.72m
5	Sophie Hanna	Manly Warringah	4.60m
6	Emily Uslu	Parramatta	4.39m
7	Mikayla Kelleher	Ryde	4.38m
8	Shirlene Su	Nth Rocks Carlin	4.22m
9	Jasmine Khiroya	Nth Rocks Carlin	3.97m
10	Katelyn Johnson	Parramatta	3.95m
11	Sarah Hughes-Narborough	Northern Districts	3.94m

**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	Jessica Bryant	Manly Warringah	5.10m
2	Lily Tilt	Nth Rocks Carlin	5.00m
3	Sophie Kavanagh	Nth Rocks Carlin	4.97m
4	Sophie Anderson	Northern Suburbs	4.61m
5	Maya McMullen	Northern Districts	4.57m
6	Adria McAndrew	Ryde	4.42m
7	Isobel Elkan	Manly Warringah	4.37m
8	Sophia Addington	Manly Warringah	4.23m
9	Emily Gathercole	Nth Rocks Carlin	4.12m
10	Casey Griffiths	Northern Districts	4.08m
11	Eliza DaSilva	Ryde	3.97m
12	Alessandra Primrose	Nth Rocks Carlin	3.32m
13	Sofia Gately	Nth Rocks Carlin	3.21m

**Girls U 17 - Long Jump**

Region: R 5.80m 18/02/2018 Samantha Dale, Nth Rocks Carl

State: S 5.84m 22/03/2013 Audrey Kyriacou, Randwick Bot

Name	Age	Centre	Final
1	Jessica Maciver	Ku-Ring-Gai	5.34m
2	Francesca Sugiaman	Cherrybrook	5.23m
3	Jasmine Ellery	Manly Warringah	5.21m
4	Greta Andrews	Northern Suburbs	5.19m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 17 - Long Jump**

5	Lauren Goodacre	Nth Rocks Carlin	5.17m
6	Portia Amy-Wilson	Ryde	5.03m
7	Jessica Tallentire	Manly Warringah	4.83m
8	Genevieve McKeown	Nth Rocks Carlin	4.65m
9	Sarah Brown	Ryde	4.61m
10	Danielle Osifo	Hornsby	4.59m
11	Ashley Hanna	Manly Warringah	4.57m
12	Lara Woollett	Hornsby	4.53m
13	Tahlia Foye	Parramatta	4.39m
14	Laura Quinn	Mosman	4.36m
15	milana kupceric	Manly Warringah	4.08m
--	Alyssa Lowe	Ryde	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	Lani Khiroya	Nth Rocks Carlin	8.68m
2	Laura Bell	Manly Warringah	7.87m
3	Lola Jones	Northern Suburbs	7.80m
4	Charlotte Nagle	Ryde	7.70m
5	Aqua Fisher	Northern Suburbs	7.62m
6	Chloe Goddard	Northern Suburbs	7.47m
7	Talia Coffin	Ryde	7.46m
8	Zara Pawsey	Ryde	7.38m
9	Tahlia Butcher	Parramatta	7.04m
10	Amy Timms	Cherrybrook	6.79m
11	Felisa Gonzalo	Manly Warringah	6.63m
12	Charlotte Toynbee	Northern Districts	6.54m
13	Charlotte Mear	Parramatta	6.08m
14	Chloe Rienits	Northern Districts	5.84m

**Girls U 12 - Triple Jump**

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

State: S 10.94m 20/03/1994 Amy Carpenter, Tuggerah Lake

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

1	Isabella Azizi	Ryde	9.45m
2	Luna Ligertwood	Manly Warringah	9.37m
3	Kaia Taikato	Manly Warringah	8.96m
4	Eliza Matthews	Nth Rocks Carlin	8.91m
5	Ashlee O'Reilly	Manly Warringah	8.80m
6	Teagan Jones	Ku-Ring-Gai	8.75m
7	Sarah-anne Koot	Cherrybrook	8.61m
8	Amelia Watkins	Ku-Ring-Gai	8.52m
9	Ruby Perkins	Northern Suburbs	8.37m
10	Sienna Brett	Ku-Ring-Gai	8.30m
11	Cassidy McArthur	Hornsby	8.20m
12	Annika Lee	Northern Suburbs	7.89m
13	Sienna Gleeson	Northern Districts	7.75m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 13 - Triple Jump**

Name	Age	Centre	Final
Region: R 10.91m 1995 C Morris, Hornsby District			
State: S 11.27m 20/03/2016 Tomysa Clark, Port Hacking			
Name	Age	Centre	Final
1 Chloe Dunne		Manly Warringah	10.43m
2 Tara Webb		Cherrybrook	10.21m
3 Aliana Moala		Ryde	9.62m
4 Georgia Phillips		Ryde	9.60m
5 Mia Marshall		Northern Suburbs	9.30m
6 Hayley Reynolds		Nth Rocks Carlin	9.29m
7 Shayla Gleeson		Northern Districts	9.18m
8 Lola Dorman		Hornsby	8.86m
9 Bella Kachel		Hornsby	8.72m
10 Amelia Daniel		Manly Warringah	8.67m
11 Hannah Anderson		Northern Suburbs	8.50m

**Girls U 14 - Triple Jump**

Name	Age	Centre	Final
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 Sienna Bond		Ku-Ring-Gai	10.74m
2 Sophie Hanna		Manly Warringah	10.52m
3 Kelsey Smit		Manly Warringah	10.31m
4 Abigail Oimage		Cherrybrook	10.07m
5 Talia Kupceric		Manly Warringah	9.93m
6 Emily Uslu		Parramatta	9.87m
7 Nina vanderReyden		Manly Warringah	9.12m
8 Mikayla Kelleher		Ryde	9.04m
9 Shirlene Su		Nth Rocks Carlin	8.81m
10 Katelyn Johnson		Parramatta	8.48m
11 Carys GibbonsMaurer		Manly Warringah	8.28m

**Girls U 15 - Triple Jump**

Name	Age	Centre	Final
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 Jessica Bryant		Manly Warringah	10.83m
2 Lily Tilt		Nth Rocks Carlin	10.43m
3 Emily Gathercole		Nth Rocks Carlin	10.19m
4 Eliza DaSilva		Ryde	9.83m
5 Isobel Elkan		Manly Warringah	9.70m
6 Sophie Anderson		Northern Suburbs	9.63m
7 Adria McAndrew		Ryde	9.11m
8 Alessandra Primrose		Nth Rocks Carlin	7.88m
9 Sofia Gately		Nth Rocks Carlin	7.44m

**Girls U 17 - Triple Jump**

Name	Age	Centre	Final
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
1 Alyssa Lowe		Ryde	11.45m
2 Annika Lynch		Northern Suburbs	11.42m
3 Lauren Goodacre		Nth Rocks Carlin	11.08m
4 Danielle Osifo		Hornsby	10.58m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 17 - Triple Jump**

5	Genevieve McKeown	Nth Rocks Carlin	10.47m
6	Laura Quinn	Mosman	10.43m
7	Jessica Tallentire	Manly Warringah	10.20m
8	Maysa Sakr	Parramatta	10.17m
9	Freya Carley	Manly Warringah	10.10m
10	Sarah Brown	Ryde	9.88m
11	Ashley Hanna	Manly Warringah	9.86m
12	Tahlia Foye	Parramatta	J9.32m
12	Mikaela Bruntsch	Ryde	9.32m
14	Jasmine Bonomi	Manly Warringah	9.12m
15	Lauren Brown	Northern Suburbs	9.10m
16	Jessica Smith	Manly Warringah	8.55m
17	Maxine Mannasz	Ryde	8.47m

**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	Elizabeth Fainga'anuku	Mosman	5.54m
2	Annika Henry	Ku-Ring-Gai	5.40m
3	Sian Stewart	Cherrybrook	5.21m
4	Abigail Damian	Northern Suburbs	5.06m
5	Zara Drinkwater	Northern Suburbs	5.01m
6	Maddison Barratt	Northern Districts	5.00m
7	Emma Kramer	Manly Warringah	4.52m
8	Charlie Collins	Manly Warringah	4.14m
9	Eden McNaughtan	Manly Warringah	3.63m
10	Myah Rimmer	Manly Warringah	3.49m
11	Edan-Grace El-Chaar	Parramatta	3.36m
12	Miranda Burns	Northern Suburbs	3.05m
13	Beatrice Dean	Ku-Ring-Gai	2.52m

**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
1	Millie Buxton	Manly Warringah	6.72m
2	Evana Butler	Nth Rocks Carlin	6.53m
3	Juliette Harvey	Northern Suburbs	6.35m
4	Jessica Pulis	Manly Warringah	5.59m
5	Tara Gilkeson	Hornsby	5.20m
6	Kate Shepherd	Parramatta	4.87m
7	Chelsea Forte	Ku-Ring-Gai	4.81m
8	Sophie Farrell	Ku-Ring-Gai	4.80m
9	Ava Greig	Ryde	4.59m
10	Alaska Durie	Northern Suburbs	4.56m
11	Nisini RajapakshaMudiyan	Cherrybrook	4.43m
12	Heidi Vercoe	Cherrybrook	4.36m
13	Lila McDermott	Northern Suburbs	4.06m
14	Annalise Boland	Ryde	J4.06m
15	Harriet Anderson	Ku-Ring-Gai	3.92m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Fiorella Collins	Mosman	6.52m
2	Nehara De Mel	Ku-Ring-Gai	6.51m
3	Mikayla Duncombe	Ryde	6.43m
4	Natasha Flahey	Cherrybrook	6.07m
5	Mia Stewart	Cherrybrook	5.80m
5	Ella Drinkwater	Northern Suburbs	J5.80m
7	Portia Rowland-Stefanic	Ku-Ring-Gai	5.70m
8	Hayley Ludgate	Mosman	5.68m
9	Stella White	Parramatta	5.42m
10	Sally Fainga'anuku	Mosman	5.37m
11	Lara Atherton	Manly Warringah	5.33m
12	Eliza Damian	Northern Suburbs	5.00m
13	Eliza Olthof-Hardwick	Northern Districts	4.90m
14	jasmin Berry	Manly Warringah	4.47m

**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	Tayla Moore	Cherrybrook	9.68m
2	Elisabeth Pulis	Manly Warringah	8.97m
3	Octavia Williams	Manly Warringah	8.29m
4	Matilda Lemckert	Northern Districts	7.84m
5	Rithaja Sankaran	Nth Rocks Carlin	7.80m
6	Sienna Rowe	Nth Rocks Carlin	7.56m
7	Maddison Kernaghan	Parramatta	7.41m
8	Emily Govers	Northern Suburbs	7.33m
9	Annabelle Stewart	Ku-Ring-Gai	6.94m
10	Scarlett Duddle	Hornsby	6.60m
11	Zoe Tamsett	Hornsby	6.49m
12	Alice Hancock	Manly Warringah	6.15m
13	Amelia Shepherd	Parramatta	6.00m
14	Aoife Murdock	Nth Rocks Carlin	5.86m
15	Madison Clarke	Cherrybrook	4.20m

**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	Jessica Johnston	Ryde	11.80m
2	Azaniah Afualo	Manly Warringah	11.03m
3	Sienna Brett	Ku-Ring-Gai	10.13m
4	Isabella Barbara	Ryde	9.92m
5	Tianna Bertolissio	Parramatta	9.76m
6	Sarah Lovell	Ku-Ring-Gai	9.34m
7	Eliza Matthews	Nth Rocks Carlin	8.79m
8	Amelia Nagy	Nth Rocks Carlin	8.33m
9	Louise Lovell	Ku-Ring-Gai	8.12m
10	Emma Blume	Parramatta	7.96m
11	Amelia Boccabella	Ryde	7.95m
12	Olivia Pugh	Manly Warringah	7.85m
13	Fenella Burns	Mosman	7.80m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 12 - Shot Put (2.0 Kg)**

14 Jayde Root Manly Warringah 7.44m

**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 Coppolelli		Cherrybrook	9.84m
2 Tahlia O'Brien		Manly Warringah	9.39m
3 Aliana Moala		Ryde	9.34m
4 Shayla Gleeson		Northern Districts	8.72m
5 Phoebe Riley		Ku-Ring-Gai	8.48m
6 Natasha Fairhall		Ryde	8.35m
7 Taya Yerbury		Ku-Ring-Gai	8.00m
8 Maddison Duncombe		Ryde	7.57m
9 Natasha Poschalk		Manly Warringah	6.62m
10 Kate Wheeler		Ryde	6.54m
11 Skye Mahony		Nth Rocks Carlin	6.12m
12 Orlaith Keogh		Ku-Ring-Gai	5.81m

**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 Brianna Worsfold		Ku-Ring-Gai	12.41m
2 Emma Polikowski		Manly Warringah	11.39m
3 Livinia Williams		Manly Warringah	10.69m
4 Elianna Hemakumara		Parramatta	10.37m
5 Caitlin Waldron		Nth Rocks Carlin	10.01m
6 Felicity Stewart		Ku-Ring-Gai	9.94m
7 Monique Brown		Nth Rocks Carlin	9.82m
8 Ella Gibbons		Northern Districts	9.79m
9 Caitlin Dickinson		Manly Warringah	8.39m
10 Thinaya Jayasinghe		Parramatta	7.97m
11 Abbey Le Lievre		Northern Districts	6.88m
12 Elise Couper		Manly Warringah	5.83m

**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 Anna Kely		Cherrybrook	11.71m
2 Emelia Duncan		Ku-Ring-Gai	11.56m
3 Amelia Daunt		Mosman	10.41m
4 Scarlet Brett		Ku-Ring-Gai	10.13m
5 Lily Tilt		Nth Rocks Carlin	9.65m
6 Charlise Sully		Manly Warringah	9.14m
7 Alana Shehadie		Parramatta	9.08m
8 Sofia Gately		Nth Rocks Carlin	7.97m
9 Amelia Milat		Nth Rocks Carlin	6.70m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Amy Polikowski	Manly Warringah	11.99m
2	Jessica Maciver	Ku-Ring-Gai	11.00m
3	Jada Powell	Ku-Ring-Gai	10.92m
4	Bronte Hodson	Northern Suburbs	10.76m
5	Lauren Brown	Northern Suburbs	10.18m
6	Hannah Morgan	Northern Suburbs	9.92m
7	Victoria Cullen	Cherrybrook	9.55m
8	Portia Amy-Wilson	Ryde	9.27m
9	Jasmine Bonomi	Manly Warringah	8.54m
10	Olivia Dyer	Ryde	8.47m
11	Sophie Boland	Ryde	8.15m
12	Jessica Smith	Manly Warringah	7.95m
13	Emily Hatfield	Manly Warringah	7.86m
14	Stella Hall	Ku-Ring-Gai	7.37m

**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	Sienna Vassella	Ku-Ring-Gai	16.71m
2	Sian Stewart	Cherrybrook	14.16m
3	Annika Henry	Ku-Ring-Gai	14.02m
4	Maddison Barratt	Northern Districts	13.55m
5	Jennifer Toynbee	Northern Districts	11.74m
6	Cacia Charles	Ku-Ring-Gai	10.75m
7	Ellana Ross	Ku-Ring-Gai	10.71m
8	Edan-Grace El-Chaar	Parramatta	10.44m
9	Caitlyn Power	Manly Warringah	10.26m
10	Elizabeth Fainga'anuku	Mosman	10.03m
11	Ella Hazon	Nth Rocks Carlin	9.82m
12	Zsa Zsa Burke	Manly Warringah	9.50m
13	Charlie Collins	Manly Warringah	8.98m
13	Zara Drinkwater	Northern Suburbs	J8.98m
15	Miranda Burns	Northern Suburbs	8.88m

**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	Millie Buxton	Manly Warringah	21.28m
2	Nisini RajapakshaMudiyan	Cherrybrook	18.73m
3	Juliette Harvey	Northern Suburbs	15.20m
4	Evita Saravanja	Ku-Ring-Gai	15.11m
5	Sophia Tsaousidis	Hornsby	15.03m
6	Chelsea Forte	Ku-Ring-Gai	14.97m
7	Eve Clark	Hornsby	14.41m
8	Abbie Dunstan	Manly Warringah	12.51m
9	Sophie Farrell	Ku-Ring-Gai	12.26m
10	Evana Butler	Nth Rocks Carlin	12.16m
11	Alaska Durie	Northern Suburbs	11.99m
12	Eliza Williams	Manly Warringah	11.90m
13	Eve Treston	Ku-Ring-Gai	11.38m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 9 - Discus (500 Gram)**

14	Sienna Evans	Manly Warringah	10.73m
15	Star Millott	Parramatta	10.61m
16	Annalise Boland	Ryde	9.60m

**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	Fiorella Collins	Mosman 28.59m
2	Natasha Flahey	Cherrybrook 22.51m
3	Nehara De Mel	Ku-Ring-Gai 21.44m
4	Eden Herring	Hornsby 19.75m
5	Mia Stewart	Cherrybrook 19.45m
6	Mikayla Duncombe	Ryde 17.55m
7	Michaela Dickinson	Manly Warringah 17.20m
8	Rachel Fenson	Nth Rocks Carlin 16.74m
9	Kara Hazon	Nth Rocks Carlin 16.56m
10	Lara Atherton	Manly Warringah 15.51m
11	Brinleigh Grosvenor	Nth Rocks Carlin 14.82m
12	Kyrah McMahon	Northern Districts 11.50m
13	Sally Fainga'anuku	Mosman 11.44m

**Girls U 11 - Discus (500 Gram)**

Region: R 35.18m 18/02/2007 Taylah Sengul, Winston Hills

Name	Age Centre	Final
1	Tayla Moore	Cherrybrook 33.35m
2	Elisabeth Pulis	Manly Warringah 30.41m
3	Isabella Longley	Northern Suburbs 26.27m
4	Emily Govers	Northern Suburbs 24.16m
5	Sienna Rowe	Nth Rocks Carlin 22.54m
6	Jessica Roberts	Hornsby 21.87m
7	Matilda Lemckert	Northern Districts 21.04m
8	Maddison Kernaghan	Parramatta 20.52m
9	Annabelle Stewart	Ku-Ring-Gai 19.12m
10	Jojo Pike	Mosman 18.50m
11	Octavia Williams	Manly Warringah 17.30m
12	Ella Dunstan	Manly Warringah 17.29m
13	Zoe Tamsett	Hornsby 16.88m
14	Amelia Shepherd	Parramatta 14.96m
15	Madison Clarke	Cherrybrook 14.87m
--	Rithaja Sankaran	Nth Rocks Carlin ND

**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	Jessica Johnston	Ryde 28.67m
2	Azaniah Afualo	Manly Warringah 25.92m
3	Sienna Brett	Ku-Ring-Gai 25.02m
4	Maia Madden-Khan	Ku-Ring-Gai 23.93m
5	Olivia Vecchio	Mosman 23.33m
6	Jayde Root	Manly Warringah 21.72m
7	Sarah Lovell	Ku-Ring-Gai 21.16m
8	Isabella Barbara	Ryde 19.57m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 12 - Discus (750 Gram)**

9	Amelia Nagy	Nth Rocks Carlin	19.10m
10	Claudia Barlow	Ryde	18.71m
11	Sienna Beram	Ryde	18.67m
12	Rani Sharma	Cherrybrook	18.12m
13	Summer Sivaraj	Ku-Ring-Gai	17.64m
14	Emma Blume	Parramatta	17.54m
15	Fenella Burns	Mosman	15.48m

**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 Coppolelli	Cherrybrook	35.89m
2	Natasha Fairhall	Ryde	26.24m
3	Maddison Duncombe	Ryde	24.89m
4	Tahlia O'Brien	Manly Warringah	24.71m
5	Kate Wheeler	Ryde	22.28m
6	Shayla Gleeson	Northern Districts	22.13m
7	Jamie Hawker	Manly Warringah	22.10m
8	Charlotte Lafford	Hornsby	21.64m
9	Bella Kachel	Hornsby	20.04m
10	Isabelle Cruickshank	Northern Districts	19.78m
11	Caitlin Burgess	Ku-Ring-Gai	19.16m
12	Cameron Gurry	Northern Suburbs	19.13m
13	Milni Kariyawasam	Ryde	18.78m
14	Amelia Daniel	Manly Warringah	17.67m
15	Amy White	Parramatta	14.90m
16	Eve O'Brien	Mosman	13.72m

**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	Brianna Worsfold	Ku-Ring-Gai	34.12m
2	Caitlin Waldron	Nth Rocks Carlin	30.72m
3	Elianna Hemakumara	Parramatta	30.01m
4	Ella Gibbons	Northern Districts	29.93m
5	Melissa Blume	Parramatta	25.20m
6	Felicity Stewart	Ku-Ring-Gai	24.53m
7	Jasmin Frost	Mosman	20.09m
8	Thinaya Jayasinghe	Parramatta	19.58m
9	Nicole Pitchfork	Parramatta	18.03m
10	Sarah Hughes-Narborough	Northern Districts	16.04m

**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	Scarlet Brett	Ku-Ring-Gai	29.82m
2	Anna Kely	Cherrybrook	28.07m
3	Caitlin Rodriguez	Parramatta	28.05m
4	Amelia Daunt	Mosman	27.24m
5	Charlise Sully	Manly Warringah	26.74m
6	Jessica Manning	Manly Warringah	20.41m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Girls U 15 - Discus (1.0 Kg)**

7	Sofia Gately	Nth Rocks Carlin	16.87m
8	Amelia Milat	Nth Rocks Carlin	15.25m
9	Alessandra Primrose	Nth Rocks Carlin	15.19m

**Girls U 17 - Discus (1.0 Kg)**

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	Kate Peterson	Parramatta	36.31m
2	Amy Polikowski	Manly Warringah	35.42m
3	Jada Powell	Ku-Ring-Gai	34.88m
4	Bronte Hodson	Northern Suburbs	33.07m
5	Hannah Morgan	Northern Suburbs	30.72m
6	Victoria Cullen	Cherrybrook	28.05m
7	Freya Carley	Manly Warringah	27.99m
8	Saskia Scholle	Ku-Ring-Gai	25.60m
9	Emily Hatfield	Manly Warringah	20.93m
10	Chanel El-Chaar	Parramatta	20.23m
11	Sophie Boland	Ryde	16.68m

**Girls U 11 - Javelin (400 Gram)**

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	Annabelle Stewart	Ku-Ring-Gai	17.60m
2	Tayla Moore	Cherrybrook	17.56m
3	Emily Govers	Northern Suburbs	16.12m
4	Adriana Prizmic	Ryde	16.00m
5	Octavia Williams	Manly Warringah	15.72m
6	Elisabeth Pulis	Manly Warringah	14.88m
7	Grace Harkin	Northern Suburbs	13.86m
8	Zoe Tamsett	Hornsby	12.70m
9	Matilda Lemckert	Northern Districts	11.78m
10	Alice Hancock	Manly Warringah	10.54m
11	Sophie Quinnell	Northern Suburbs	9.32m
12	Rithaja Sankaran	Nth Rocks Carlin	9.06m
13	Jessica Pearson	Hornsby	8.22m
14	Amelia Shepherd	Parramatta	8.14m

**Girls U 12 - Javelin (400 Gram)**

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	Jessica Johnston	Ryde	24.46m
2	Amelia Nagy	Nth Rocks Carlin	23.22m
3	Macda Berhane	Parramatta	21.34m
4	Elise Oliver	Northern Districts	21.30m
5	Jayde Root	Manly Warringah	20.26m
6	Amelia Boccabella	Ryde	19.52m
7	Emma Blume	Parramatta	17.92m
8	Sienna Gleeson	Northern Districts	17.42m
9	Sienna Brett	Ku-Ring-Gai	15.72m
10	Ruby Perkins	Northern Suburbs	15.50m
11	Claudia Barlow	Ryde	13.90m

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

12 Heidi Williams	Manly Warringah	J13.90m
13 Lara Boccabella	Ryde	12.90m
14 Sienna Beram	Ryde	12.64m
15 Summer Sivaraj	Ku-Ring-Gai	11.70m
16 Catrine Atherton	Manly Warringah	10.46m
17 April Howison	Ryde	10.24m

**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 Isabelle Cruickshank	Northern Districts	29.26m
2 Isabel Harris	Manly Warringah	28.56m
3 Natasha Fairhall	Ryde	24.72m
4 Amelia Daniel	Manly Warringah	23.18m
5 Jorja Powhiro	Manly Warringah	22.20m
6 Shayla Gleeson	Northern Districts	22.06m
7 Sienna Villacorta	Manly Warringah	19.30m
8 Siobhan McMahon	Northern Districts	16.44m
9 Charlotte Lafford	Hornsby	15.66m
10 Cameron Gurry	Northern Suburbs	13.78m
-- Skye Mahony	Nth Rocks Carlin	FOUL
-- Bella Kachel	Hornsby	FOUL
-- Chloe Krklinski	Parramatta	FOUL

**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 Emma Polikowski	Manly Warringah	33.98m
2 Elianna Hemakumara	Parramatta	32.52m
3 Monique Brown	Nth Rocks Carlin	30.28m
4 Jessica Peterson	Parramatta	26.28m
5 Nicole Pitchfork	Parramatta	25.78m
6 Sarah Hughes-Narborough	Northern Districts	25.64m
7 Isabelle Nilon	Nth Rocks Carlin	25.60m
8 Felicity Stewart	Ku-Ring-Gai	24.86m
9 Caitlin Waldron	Nth Rocks Carlin	22.12m
10 Katelyn Johnson	Parramatta	22.06m
11 Zoe Parlevliet	Nth Rocks Carlin	19.52m
12 Caitlin Dickinson	Manly Warringah	18.86m
13 Jasmine Khiroya	Nth Rocks Carlin	18.22m
14 Tara Laytham	Manly Warringah	17.40m
15 Ella Gibbons	Northern Districts	17.24m

**Girls U 15 - Javelin (500 Gram)**

Region: R 42.06m 14/02/2016 Brooke East, Manly Warringah

State: S 43.00m 19/03/2017 Chole Schwarz, Nepean

Name Age Centre Final

1 Amber Williams	Manly Warringah	32.22m
2 Anna Kely	Cherrybrook	31.77m
3 Edie Burke	Manly Warringah	30.38m
4 Sophie Kavanagh	Nth Rocks Carlin	30.20m
5 Sofia Gately	Nth Rocks Carlin	26.48m

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

6 Arabella Price Nth Rocks Carlin 14.78m

**Girls U 17 - Javelin (500 Gram)**

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

State: S 43.09m 19/03/2016 Madeline Warburton, Leeton

Name	Age	Centre	Final
1 Kate Peterson		Parramatta	39.04m
2 Isabelle Charlier		Manly Warringah	31.28m
3 Bronte Hodson		Northern Suburbs	31.16m
4 Victoria Cullen		Cherrybrook	31.10m
5 Portia Amy-Wilson		Ryde	29.10m
6 Emily Ralph		Ryde	27.98m
7 Lauren Brown		Northern Suburbs	27.26m
8 Jessica Forster		Hornsby	26.48m
9 Saskia Scholle		Ku-Ring-Gai	25.52m
10 Emily Hatfield		Manly Warringah	24.28m
11 Hannah Morgan		Northern Suburbs	23.42m
12 Scarlett Prowse		Cherrybrook	21.76m
13 Jessica Smith		Manly Warringah	20.56m
14 Prudence Silver		Northern Districts	17.94m

**Girls U 11-17 Multi Class Long Jump**

Region: R 3.47m 10/02/2019 Zara Perry T/F 13, Ku-Ring-Ga

Name	Age	Centre	Final
1 Zara Perry T/F 13		Ku-Ring-Gai	3.47mR

**Girls U 11-17 Multi Class Shot Put Para**

Region: R 6.83m 10/02/2019 Zara Perry T/F 13, Ku-Ring-Ga

Name	Age	Centre	Final
1 Zara Perry T/F 13		Ku-Ring-Gai	6.83mR

**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
Section 1			
1 Abby Hunt		Manly Warringah	4:03.72
2 Rory Nordenson		Manly Warringah	4:06.66
3 Ruby Kernaghan		Parramatta	4:07.67
4 Sophie Polkinghorne		Nth Rocks Carlin	4:24.03
5 Belinda Matthews		Manly Warringah	4:28.91
6 Lily Hughes		Ku-Ring-Gai	4:29.67
7 Ruby Penn		Cherrybrook	4:34.43
8 Ashley McGough		Manly Warringah	4:40.93
9 Lily Horne		Ku-Ring-Gai	4:43.48
10 Evita Saravanja		Ku-Ring-Gai	5:00.96
11 Alaska Durie		Northern Suburbs	5:09.40

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Girls U 10 - 1100 Metre Walk**

Name	Age	Centre	Final
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 Natasha Flahey		Cherrybrook	5:59.79
2 Mia Stewart		Cherrybrook	6:32.80
3 Claudia Palmer		Manly Warringah	6:34.88
4 Jessica Loring		Parramatta	7:00.80
5 Imogen Cochrane		Northern Districts	7:03.63
6 Piper Fyffe		Ku-Ring-Gai	7:17.41
7 Abril Blanco		Manly Warringah	7:31.96
8 jasmín Berry		Manly Warringah	7:56.45
9 Charlotte Whitlock		Manly Warringah	7:59.89
10 Eliza Damian		Northern Suburbs	8:02.73
-- Zoe Murphy		Ku-Ring-Gai	DQ

**Girls U 11 - 1100 Metre Walk**

Name	Age	Centre	Final
Region: R 5:23.40 28/02/2010 Jasmyn McDonald, Parramatta			
State: S 5:01.30 20/03/2005 Kini Chapple, Nepean			
Name	Age	Centre	Final
1 Grace Beck		Ku-Ring-Gai	6:07.07
2 Zara Villacorta		Manly Warringah	6:25.72
3 Cayla Smyth		Manly Warringah	6:40.67
4 Sacha Root		Manly Warringah	6:45.75
5 Grace Harkin		Northern Suburbs	6:50.32
6 Annabelle Stewart		Ku-Ring-Gai	7:24.14
7 Amelia Watson		Ku-Ring-Gai	8:44.54
8 Ally Maclaine		Cherrybrook	9:07.05
9 Serena Vanderklauw		Cherrybrook	9:29.78

**Girls U 12 - 1500 Metre Walk**

Name	Age	Centre	Final
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 Chloe Lamb		Manly Warringah	7:46.46
2 April Billington		Manly Warringah	8:10.22
3 Zoe Woods		Ku-Ring-Gai	8:25.32
4 Carissa Smyth		Manly Warringah	8:34.13
5 Ellia Nordenson		Manly Warringah	8:58.00
6 Summer Sivaraj		Ku-Ring-Gai	9:22.67
7 Olivia Sassen		Parramatta	9:27.96
8 Caitlin Gurney		Cherrybrook	9:35.14
9 Charlize Gartner		Cherrybrook	9:42.67
10 Annika Lee		Northern Suburbs	10:12.03
11 Eliana High		Mosman	10:30.40
12 Isabella Primrose		Nth Rocks Carlin	10:33.87
13 Emily Stewart		Ku-Ring-Gai	10:45.65

**Girls U 13 - 1500 Metre Walk**

Name	Age	Centre	Final
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 Krklinski		Parramatta	8:26.73
2 Alejandra Blanco		Manly Warringah	8:32.34



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

3	Shayla Gleeson	Northern Districts	9:17.46
4	Lucy Proszenko	Ryde	9:26.08
5	Amy Wallbank	Northern Suburbs	11:32.78

**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	Emma Thomas	Parramatta	7:17.66
2	Tara Laytham	Manly Warringah	7:25.60
3	Keeley Holmes	Manly Warringah	7:30.59
4	Alannah Hickson	Ku-Ring-Gai	8:20.12
5	Isabelle Nilon	Nth Rocks Carlin	8:43.53
6	Caitlin Waldron	Nth Rocks Carlin	11:27.24

**Girls U 15 - 1500 Metre Walk**

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

Name	Age	Centre	Final
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1	Olivia Thomson	Manly Warringah	8:03.90
2	Courtney Mavin	Ku-Ring-Gai	10:49.67
3	Alessandra Primrose	Nth Rocks Carlin	12:23.73

**Girls U 17 - 1500 Metre Walk**

Region: R 6:52.69 15/02/2015 Jasmyn Mc Donald, Parramatt  
 State: S 6:41.91 23/03/2014 Jasmine Dighton, Lethbridge

Name	Age	Centre	Final
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1	Hannah Parker	Manly Warringah	7:36.64
2	Ainslie Brown	Northern Suburbs	8:29.56
3	Lily Johnston	Ku-Ring-Gai	8:29.87
4	Victoria Cullen	Cherrybrook	9:00.86
5	Olivia Dyer	Ryde	9:22.34
6	Eleanor Plummer	Ryde	9:23.01
7	Sophie Boland	Ryde	9:38.98
8	Prudence Silver	Northern Districts	9:47.56
9	Saskia Scholle	Ku-Ring-Gai	9:56.15

**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
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**Heat 1 Heats**

1	James Mikan	Northern Suburbs	11.38Q
2	Matthew McGregor	Hornsby	11.44Q
3	Thomas Vedris	Hornsby	11.54Q
4	Samuel Carden	Northern Suburbs	11.68q
5	Oscar Rodriguez	Parramatta	12.30

**Heat 2 Heats**

1	Oscar Zylberberg	Ku-Ring-Gai	11.47Q
2	Taten Rogers	Manly Warringah	11.58Q
3	Magnus Myhre Fox	Ku-Ring-Gai	11.81Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Boys U 8 - 70 Metre Sprint**

4 James Atkins	Ku-Ring-Gai	11.91q
5 Charithu Demel	Cherrybrook	11.94
6 Kobe Turkal	Ryde	12.05
7 James Bishop	Nth Rocks Carlin	12.62

**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
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 Section 1 Final

1 Oscar Zylberberg	Ku-Ring-Gai	11.34
2 James Mikan	Northern Suburbs	11.37
3 Thomas Vedris	Hornsby	11.54
3 Taten Rogers	Manly Warringah	11.54
5 Matthew McGregor	Hornsby	11.68
6 Samuel Carden	Northern Suburbs	11.79
7 Magnus Myhre Fox	Ku-Ring-Gai	12.15
8 James Atkins	Ku-Ring-Gai	12.21

**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
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=====  
 Heat 1 Heats

1 Dominic Davis	Manly Warringah	11.01Q
2 Edward Godfrey	Mosman	11.07Q
3 Byron Borchert	Manly Warringah	11.12Q
4 Harry Wigham	Cherrybrook	11.18q
5 Oliver Leivesley	Nth Rocks Carlin	11.50q
6 Cooper Kebblewhite	Northern Suburbs	11.64
7 Kase Willis-Jansen	Ku-Ring-Gai	11.76
8 Dean Mansell	Northern Suburbs	11.98

Heat 2 Heats

1 SevyTom Fenil	Ryde	10.96Q
2 Kaiden Grace	Manly Warringah	11.04Q
3 Adrian Kwan	Ku-Ring-Gai	11.32Q
4 Angus Edwards	Mosman	11.53
5 Henry O'Neil	Nth Rocks Carlin	11.55
6 Alexander Atkinson	Parramatta	12.10

**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 Kaiden Grace	Manly Warringah	11.08
2 SevyTom Fenil	Ryde	11.12

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 9 - 70 Metre Sprint**

3	Dominic Davis	Manly Warringah	11.15
4	Edward Godfrey	Mosman	11.17
5	Harry Wigham	Cherrybrook	11.27
6	Byron Borchert	Manly Warringah	11.48
7	Adrian Kwan	Ku-Ring-Gai	11.80
7	Oliver Leivesley	Nth Rocks Carlin	11.80

**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  
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Name	Age	Centre	Heats
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## Heat 1 Heats

1	Joel Daily	Mosman	10.63Q
2	Hugo Stewart	Mosman	10.80Q
3	Fredrick Chidambaram	Manly Warringah	10.97Q
3	KaiZhe Tan	Northern Suburbs	10.97Q
5	Zak Evans	Northern Suburbs	11.18q
6	Alex Savage	Mosman	11.22
7	Joshua Reynolds	Nth Rocks Carlin	12.27
8	Siddhant Kulkarni	Parramatta	13.87

## Heat 2 Heats

1	Jimmy Thebridge	Ku-Ring-Gai	10.76Q
2	Daniel Cox	Ryde	11.03Q
3	Jake Fourie	Ku-Ring-Gai	11.06Q
4	Patrick Bruckshaw	Parramatta	11.74
5	Toby Cochrane	Northern Suburbs	11.82
6	Lucas Nagy	Nth Rocks Carlin	13.07

**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	Jimmy Thebridge	Ku-Ring-Gai	10.52
2	Joel Daily	Mosman	10.66
3	Hugo Stewart	Mosman	10.89
4	Zak Evans	Northern Suburbs	11.00
5	Daniel Cox	Ryde	11.09
6	Jake Fourie	Ku-Ring-Gai	11.19
7	Fredrick Chidambaram	Manly Warringah	11.28
8	KaiZhe Tan	Northern Suburbs	11.32

**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	Magnus Myhre Fox	Ku-Ring-Gai	16.53Q
2	James Mikan	Northern Suburbs	16.57Q
3	Taten Rogers	Manly Warringah	16.70Q
4	Matthew McGregor	Hornsby	16.72q
5	William Scodellaro	Northern Districts	16.81q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Boys U 8 - 100 Metre Sprint**

6 Marco Sassen	Parramatta	17.26
7 Kyan Seale	Northern Suburbs	17.60
8 Michael Cullen	Parramatta	18.83

Heat 2 Heats

1 Oscar Zylberberg	Ku-Ring-Gai	16.24Q
2 Thomas Vedris	Hornsby	16.78Q
3 Callum Gilchrist	Ku-Ring-Gai	16.86Q
4 Charithu Demel	Cherrybrook	16.95
5 Samuel Carden	Northern Suburbs	17.10
6 Harry McClellan	Northern Suburbs	17.97

**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
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Section 1 Final

1 Oscar Zylberberg	Ku-Ring-Gai	15.65
2 James Mikan	Northern Suburbs	15.92
2 Taten Rogers	Manly Warringah	15.92
4 Magnus Myhre Fox	Ku-Ring-Gai	15.99
5 Thomas Vedris	Hornsby	16.19
6 Matthew McGregor	Hornsby	16.29
7 Callum Gilchrist	Ku-Ring-Gai	16.36

**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
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Heat 1 Heats

1 SevyTom Fenil	Ryde	15.78Q
2 Harry Wigham	Cherrybrook	15.98Q
3 Angus Edwards	Mosman	16.04Q
4 Kaiden Grace	Manly Warringah	16.16q
5 Benjamin Govers	Northern Suburbs	16.52
6 Kase Willis-Jansen	Ku-Ring-Gai	16.68
7 Billy Radford	Nth Rocks Carlin	16.81

Heat 2 Heats

1 Ewan Keep	Manly Warringah	15.43Q
2 Finn Bailey	Manly Warringah	15.65Q
3 Andrew Wright	Parramatta	15.79Q
4 Nicholas Klamer	Nth Rocks Carlin	16.15q
5 Adrian Kwan	Ku-Ring-Gai	16.29
6 Oliver Leivesley	Nth Rocks Carlin	16.31

**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
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Section 1 Final

1 Ewan Keep	Manly Warringah	14.81
2 Finn Bailey	Manly Warringah	15.19
3 Harry Wigham	Cherrybrook	15.23
4 SevyTom Fenil	Ryde	15.26
5 Andrew Wright	Parramatta	15.50

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 9 - 100 Metre Sprint**

5	Kaiden Grace	Manly Warringah	15.50
7	Angus Edwards	Mosman	15.80
8	Nicholas Klamer	Nth Rocks Carlin	15.81

**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	Joel Daily	Mosman	14.77Q
2	Samuel Wheeler	Ryde	15.49Q
3	Daniel Cox	Ryde	15.64Q
4	Alex Savage	Mosman	15.65q
5	KaiZhe Tan	Northern Suburbs	15.81
6	Jude Lumley	Northern Suburbs	15.95
7	Jack Proctor	Ku-Ring-Gai	16.06
8	Toby Cochrane	Northern Suburbs	16.35

## Heat 2 Heats

1	Jimmy Thebridge	Ku-Ring-Gai	14.68Q
2	Hugo Stewart	Mosman	15.33Q
3	Lachlan Booth	Cherrybrook	15.44Q
4	Jake Fourie	Ku-Ring-Gai	15.52q
5	Oskar Berglund	Manly Warringah	15.66
6	Cooper Shanahan	Parramatta	16.65

**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	Jimmy Thebridge	Ku-Ring-Gai	14.35
2	Joel Daily	Mosman	14.48
3	Hugo Stewart	Mosman	14.71
4	Daniel Cox	Ryde	15.26
5	Jake Fourie	Ku-Ring-Gai	15.28
6	Lachlan Booth	Cherrybrook	15.33
7	Samuel Wheeler	Ryde	15.50
8	Alex Savage	Mosman	15.72

**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	Ethan Grimshaw	Manly Warringah	14.20Q
2	Christopher Moala	Ryde	14.71Q
3	Wol Albino	Hornsby	15.02Q
3	Andres Hampel	Northern Suburbs	15.02Q
5	Ethan Temelkovski	Northern Suburbs	15.19
6	Finn Pereira	Mosman	15.33
7	Lewis Wong	Nth Rocks Carlin	15.62

## Heat 2 Heats

1	Leo Robinson	Manly Warringah	14.19Q
2	Brodie Shearer	Ku-Ring-Gai	14.41Q

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

3	Fergus Cheng	Cherrybrook	14.68Q
4	Samuel Kay	Ku-Ring-Gai	14.74q
5	Luke Davie	Manly Warringah	15.24
6	Rhys George	Parramatta	15.44

**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	Final
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**Section 1 Final**

1	Ethan Grimshaw	Manly Warringah	13.65
2	Leo Robinson	Manly Warringah	13.80
3	Brodie Shearer	Ku-Ring-Gai	14.00
4	Fergus Cheng	Cherrybrook	14.17
5	Wol Albino	Hornsby	14.37
6	Andres Hampel	Northern Suburbs	14.64
7	Christopher Moala	Ryde	14.66

**Boys U 12 - 100 Metre Sprint**

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

Name	Age	Centre	Heats
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**Heat 1 Heats**

1	Dylan Hall	Ku-Ring-Gai	12.81Q
2	Boston Penfold	Ku-Ring-Gai	13.63Q
2	Oliver Dawson	Manly Warringah	13.63Q
4	Oliver Nicol	Manly Warringah	14.23q
5	Jaykay Rauqe	Ryde	14.36q
6	Oliver Edwards	Northern Suburbs	14.45
7	Bronsen Brown	Cherrybrook	15.18

**Heat 2 Heats**

1	Cooper Elkins	Manly Warringah	13.39Q
2	Brody Folkes	Mosman	13.78Q
3	Lars Ackland	Ku-Ring-Gai	13.83Q
4	Oliver McNicol	Nth Rocks Carlin	14.62
5	Marco Boccaletti	Cherrybrook	14.98
6	Cristian Kastelan	Nth Rocks Carlin	16.05

**Boys U 12 - 100 Metre Sprint**

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

Name	Age	Centre	Final
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**Section 1 Final**

1	Dylan Hall	Ku-Ring-Gai	12.56
2	Cooper Elkins	Manly Warringah	13.14
3	Boston Penfold	Ku-Ring-Gai	13.25
4	Oliver Dawson	Manly Warringah	13.38
5	Brody Folkes	Mosman	13.67
6	Lars Ackland	Ku-Ring-Gai	13.74
7	Oliver Nicol	Manly Warringah	13.79
8	Jaykay Rauqe	Ryde	14.06

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Jacob Taylor	Nth Rocks Carlin	12.85Q
2	Daniel Nemeth	Mosman	13.67Q
3	Charlie Moriarty	Mosman	13.72Q
4	Will Matheson	Mosman	14.15q
5	Angelo Mihos	Ryde	14.32
6	Nicholas Bradshaw	Cherrybrook	14.62

## Heat 2 Heats

1	Wario Duba	Parramatta	12.96Q
2	Jett Sully	Manly Warringah	13.74Q
3	Lynden Wiesenhaan	Northern Districts	13.89Q
4	Daniel White	Northern Suburbs	14.00q
5	Marcus Warner	Mosman	14.33
6	Julian Mendria	Cherrybrook	14.79
7	Lachlan Lee	Cherrybrook	16.51

**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	Wario Duba	Parramatta	12.39
2	Jacob Taylor	Nth Rocks Carlin	12.42
3	Jett Sully	Manly Warringah	13.24
4	Daniel Nemeth	Mosman	13.28
5	Lynden Wiesenhaan	Northern Districts	13.43
6	Charlie Moriarty	Mosman	13.47
7	Daniel White	Northern Suburbs	14.45

**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	Aidan Jones	Ku-Ring-Gai	12.75Q
2	Zachary Flynn	Manly Warringah	12.80Q
3	Benjamin Stevens	Ryde	13.76Q
4	Timothy Forster	Hornsby	13.89
5	Thimuthu Weerasekara	Cherrybrook	13.98
6	Zac Cleary	Manly Warringah	14.00

## Heat 2 Heats

1	Davide Rossetto	Parramatta	12.49Q
2	Cormac Morrison	Northern Suburbs	12.90Q
3	Henry Roberts	Mosman	13.47Q
4	Joshua Tse	Nth Rocks Carlin	13.48q
5	Nicholas Layton	Parramatta	13.75q
6	Arav Sathyan	Northern Suburbs	14.98

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Davide Rossetto	Parramatta	12.18
2	Aidan Jones	Ku-Ring-Gai	12.23
3	Zachary Flynn	Manly Warringah	12.29
4	Cormac Morrison	Northern Suburbs	12.44
5	Henry Roberts	Mosman	13.00
6	Joshua Tse	Nth Rocks Carlin	13.21
7	Nicholas Layton	Parramatta	13.41
8	Benjamin Stevens	Ryde	13.43

**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	Archie Saunders	Manly Warringah	12.29Q
2	Robbie Cullen	Cherrybrook	12.54Q
3	Sebastian Doney	Ku-Ring-Gai	12.66Q
4	Domenico DeStradis	Hornsby	12.72q
5	Lachlan Farquhar	Manly Warringah	13.56
6	Sam Bates	Ku-Ring-Gai	13.69

## Heat 2 Heats

1	Donovan Bradshaw	Cherrybrook	11.78Q
2	Joseph Ayoade	Northern Suburbs	12.20Q
3	Fynn George	Manly Warringah	12.54Q
4	Savi Moala	Ryde	13.08q
5	Ajaiy Mohanraja	Cherrybrook	13.70
6	Tomas Dennett	Ku-Ring-Gai	14.39

**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	Donovan Bradshaw	Cherrybrook	11.53
2	Joseph Ayoade	Northern Suburbs	11.65
3	Archie Saunders	Manly Warringah	11.72
4	Sebastian Doney	Ku-Ring-Gai	11.99
5	Fynn George	Manly Warringah	12.15
6	Robbie Cullen	Cherrybrook	12.26
7	Domenico DeStradis	Hornsby	12.44
8	Savi Moala	Ryde	12.72

**Boys U 17 - 100 Metre Sprint**

Name	Age	Centre	Heats
Region: R	11.06	9/02/2019	Connor Bond, Ku-Ring-Gai
State: S	10.81	18/03/2017	Joshua Azzopardi, Camden

## Heat 1 Heats

1	Connor Bond	Ku-Ring-Gai	11.90Q
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 17 - 100 Metre Sprint**

2	Jason Ho	Northern Suburbs	12.18Q
3	Jett Tall	Ryde	12.34Q
4	Cameron Ross-Egarr	Northern Districts	12.57q
5	Jonathan Reid	Cherrybrook	12.75
6	Eden Russell	Manly Warringah	12.82
7	Benjamin McNamara	Northern Districts	13.05
8	Yianni Fotias	Hornsby	13.20
Heat 2 Heats			
1	Noah Liu	Cherrybrook	11.96Q
2	Thomas Hunt	Northern Suburbs	12.03Q
3	ryan crane	Manly Warringah	12.22Q
4	Jarrood(Weiya) Li	Cherrybrook	12.27q
5	Devan Senasinghe	Cherrybrook	12.66
6	Billy Bakker	Manly Warringah	13.00
7	Hugh Ritchie	Mosman	13.23

**Boys U 17 - 100 Metre Sprint**

Region: R 11.06 9/02/2019 Connor Bond, Ku-Ring-Gai  
 State: S 10.81 18/03/2017 Joshua Azzopardi, Camden

Name	Age	Centre	Final
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## Section 1 Final

1	Connor Bond	Ku-Ring-Gai	11.06R
2	Jason Ho	Northern Suburbs	11.30
3	Noah Liu	Cherrybrook	11.33
4	Jett Tall	Ryde	11.51
5	Thomas Hunt	Northern Suburbs	11.54
6	ryan crane	Manly Warringah	11.63
7	Cameron Ross-Egarr	Northern Districts	11.77

**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
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## Heat 1 Heats

1	Liam Martin	Ryde	34.39Q
2	Thomas Vedris	Hornsby	35.03Q
3	Jacoby Neal	Ku-Ring-Gai	35.75Q
4	Jake Wood	Manly Warringah	36.77
5	Alexander Song	Nth Rocks Carlin	37.49
6	Oscar Rodriguez	Parramatta	38.76
7	Harry McClellan	Northern Suburbs	39.63

## Heat 2 Heats

1	Matthew McGregor	Hornsby	34.39Q
2	Xavier Mitchell	Ryde	35.19Q
3	Charithu Demel	Cherrybrook	35.33Q
4	Marco Sassen	Parramatta	35.67q
5	Magnus Myhre Fox	Ku-Ring-Gai	35.84q
6	Callum Gilchrist	Ku-Ring-Gai	36.13
7	Kobe Turkal	Ryde	36.29
8	Jake Mears	Mosman	36.85

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****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	Matthew McGregor	Hornsby	34.54
2	Thomas Vedris	Hornsby	34.80
3	Liam Martin	Ryde	35.26
4	Charithu Demel	Cherrybrook	35.52
5	Magnus Myhre Fox	Ku-Ring-Gai	35.76
6	Marco Sassen	Parramatta	35.83
7	Xavier Mitchell	Ryde	35.89
8	Jacoby Neal	Ku-Ring-Gai	36.25

**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	Ewan Keep	Manly Warringah	32.34Q
2	Oliver Leivesley	Nth Rocks Carlin	34.12Q
3	Kai Gibbons	Northern Districts	35.07Q
4	Thomas Davis	Mosman	35.75
5	Alexander Atkinson	Parramatta	35.96
6	Kase Willis-Jansen	Ku-Ring-Gai	36.60
Heat 2 Heats			
1	Finn Bailey	Manly Warringah	32.54Q
2	Harry Wigham	Cherrybrook	33.32Q
3	SevyTom Fenil	Ryde	33.90Q
4	Adrian Kwan	Ku-Ring-Gai	34.26q
5	Roi Costis	Northern Suburbs	35.53q
6	Dean Mansell	Northern Suburbs	36.00
7	Billy Radford	Nth Rocks Carlin	36.05

**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	Finn Bailey	Manly Warringah	32.03
2	Ewan Keep	Manly Warringah	32.47
3	Harry Wigham	Cherrybrook	32.88
4	Adrian Kwan	Ku-Ring-Gai	33.63
5	Oliver Leivesley	Nth Rocks Carlin	35.09
6	SevyTom Fenil	Ryde	35.18
7	Roi Costis	Northern Suburbs	35.65
8	Kai Gibbons	Northern Districts	36.45

**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	Jimmy Thebridge	Ku-Ring-Gai	32.14Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 10 - 200 Metre Sprint**

2	Riley Grant	Mosman	32.17Q
3	Samuel Collett	Ku-Ring-Gai	33.30Q
4	Benjamin Kinner	Manly Warringah	33.43
5	Harper Whiteley	Manly Warringah	33.71
6	Benjamin Prosenko	Ryde	34.08
7	Toby Cochrane	Northern Suburbs	34.94

## Heat 2 Heats

1	Jake Fourie	Ku-Ring-Gai	32.07Q
2	Rian Conners	Ku-Ring-Gai	32.28Q
3	Alex Savage	Mosman	32.70Q
4	Joshua Tilt	Nth Rocks Carlin	32.77q
5	Samuel Wheeler	Ryde	32.85q
6	Ned Attrill	Northern Suburbs	34.26
7	Joshua Leggatt	Parramatta	36.06
8	Christopher Nilon	Nth Rocks Carlin	38.62

**Boys U 10 - 200 Metre Sprint**

Region: R 27.50 2001 Justin Hayward, Manly Warringah  
 State: S 26.94 11/03/1978 Chris Newman, Queanbeyan

Name	Age	Centre	Final
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## Section 1 Final

1	Jimmy Thebridge	Ku-Ring-Gai	31.26
2	Jake Fourie	Ku-Ring-Gai	31.88
3	Riley Grant	Mosman	32.11
4	Rian Conners	Ku-Ring-Gai	32.17
5	Alex Savage	Mosman	32.97
6	Joshua Tilt	Nth Rocks Carlin	32.98
7	Samuel Collett	Ku-Ring-Gai	33.10
8	Samuel Wheeler	Ryde	33.20

**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
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## Heat 1 Heats

1	Samuel Kay	Ku-Ring-Gai	29.70Q
2	Oliver Stokeld	Mosman	30.39Q
3	Wol Albino	Hornsby	30.43Q
4	James Lubrano	Cherrybrook	31.73
5	Landon Mansell	Northern Suburbs	31.82
6	Eddie Hallett	Ku-Ring-Gai	32.23
7	Evan Holman	Parramatta	32.64

## Heat 2 Heats

1	Ethan Grimshaw	Manly Warringah	28.04Q
2	Leo Robinson	Manly Warringah	28.80Q
3	Brodie Shearer	Ku-Ring-Gai	29.41Q
4	Ryan Parkes	Manly Warringah	30.18q
5	Fergus Cheng	Cherrybrook	30.55q
6	Joshua Smith	Ryde	31.10
7	Andres Hampel	Northern Suburbs	31.70

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 11 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramat			
State: S 25.84 11/03/1978 Robert Stanford, Nepean			
Section 1 Final			
1 Ethan Grimshaw		Manly Warringah	28.69
2 Leo Robinson		Manly Warringah	29.27
3 Brodie Shearer		Ku-Ring-Gai	29.71
4 Samuel Kay		Ku-Ring-Gai	30.09
5 Ryan Parkes		Manly Warringah	30.96
6 Wol Albino		Hornsby	31.00
7 Fergus Cheng		Cherrybrook	31.29
8 Oliver Stokeld		Mosman	31.46

**Boys U 12 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 25.80 2005 Kane Thompson, Manly Warringah			
State: S 24.59 24/03/2013 James Roach, Randwick Botany			
Heat 1 Heats			
1 Cooper Elkins		Manly Warringah	27.63Q
2 Oliver Dawson		Manly Warringah	28.06Q
3 Boston Penfold		Ku-Ring-Gai	28.24Q
4 Lars Ackland		Ku-Ring-Gai	28.97q
5 Angus Hunt		Northern Suburbs	30.98
6 Xavier Hennessey		Cherrybrook	31.85
7 David McGuire		Nth Rocks Carlin	32.43
Heat 2 Heats			
1 Dylan Hall		Ku-Ring-Gai	26.77Q
2 Brody Folkes		Mosman	28.32Q
3 Thomas Hartman		Mosman	29.36Q
4 Llewyn Morrison		Northern Suburbs	30.51q
5 Cristian Kastelan		Nth Rocks Carlin	34.75

**Boys U 12 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 25.80 2005 Kane Thompson, Manly Warringah			
State: S 24.59 24/03/2013 James Roach, Randwick Botany			
Section 1 Final			
1 Dylan Hall		Ku-Ring-Gai	26.39
2 Cooper Elkins		Manly Warringah	27.54
3 Boston Penfold		Ku-Ring-Gai	27.95
3 Oliver Dawson		Manly Warringah	27.95
5 Brody Folkes		Mosman	28.19
6 Lars Ackland		Ku-Ring-Gai	29.09
7 Thomas Hartman		Mosman	29.11
8 Llewyn Morrison		Northern Suburbs	30.74

**Boys U 13 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 24.00 18/02/2007 Nicholas Hough, Hills Distric			
State: S 23.34 18/03/2007 Nicholas Hough, Hills Distric			
Heat 1 Heats			
1 Jacob Taylor		Nth Rocks Carlin	26.08Q
2 Jett Sully		Manly Warringah	28.04Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Boys U 13 - 200 Metre Sprint**

3	Joshua Riddle	Ku-Ring-Gai	28.99Q
4	Charlie Moriarty	Mosman	29.34q
5	Julian Mendria	Cherrybrook	29.89
6	Dylan vanGrootel	Manly Warringah	30.21

Heat 2 Heats

1	Lachlan Herbert	Ku-Ring-Gai	27.03Q
2	Lynden Wiesenhaan	Northern Districts	28.29Q
3	Marcus Warner	Mosman	29.17Q
4	Matthew Hunt	Northern Suburbs	29.71q
5	Charlie Roughan	Northern Suburbs	31.42

**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 Final

Section 1 Final

1	Jacob Taylor	Nth Rocks Carlin	26.01
2	Lachlan Herbert	Ku-Ring-Gai	26.39
3	Lynden Wiesenhaan	Northern Districts	27.80
4	Jett Sully	Manly Warringah	27.88
5	Matthew Hunt	Northern Suburbs	28.18
6	Joshua Riddle	Ku-Ring-Gai	28.50
7	Marcus Warner	Mosman	29.10
8	Charlie Moriarty	Mosman	29.30

**Boys U 14 - 200 Metre Sprint**

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

Heat 1 Heats

1	Zachary Flynn	Manly Warringah	25.72Q
2	Davide Rossetto	Parramatta	25.91Q
3	Cormac Morrison	Northern Suburbs	27.23Q
4	Joshua Tse	Nth Rocks Carlin	28.18q
5	Ethan James	Manly Warringah	29.04
6	Benjamin Stevens	Ryde	29.54
7	Zac Cleary	Manly Warringah	29.76

Heat 2 Heats

1	Henry Roberts	Mosman	26.55Q
1	Aidan Jones	Ku-Ring-Gai	26.55Q
3	Julian Lee	Northern Suburbs	27.88Q
4	Lachlan Binnekamp	Manly Warringah	28.32q
5	Thimuthu Weerasekara	Cherrybrook	28.85

**Boys U 14 - 200 Metre Sprint**

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

Section 1 Final

1	Davide Rossetto	Parramatta	25.33
2	Zachary Flynn	Manly Warringah	25.41
3	Aidan Jones	Ku-Ring-Gai	25.87
4	Cormac Morrison	Northern Suburbs	26.13
5	Henry Roberts	Mosman	27.20

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 14 - 200 Metre Sprint**

6	Joshua Tse	Nth Rocks Carlin	27.68
7	Julian Lee	Northern Suburbs	27.99
8	Lachlan Binnekamp	Manly Warringah	28.45

**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	Heats
=====			

## Heat 1 Heats

1	Joseph Ayoade	Northern Suburbs	24.59Q
2	Archie Saunders	Manly Warringah	24.98Q
3	Fynn George	Manly Warringah	25.71Q
4	Jack Baker	Ryde	26.14q
5	Savi Moala	Ryde	27.98
6	Tomas Dennett	Ku-Ring-Gai	29.22
7	Samiuela Moala	Ryde	29.67

## Heat 2 Heats

1	Donovan Bradshaw	Cherrybrook	24.10Q
2	Dylan Charlier	Manly Warringah	24.45Q
3	Sebastian Doney	Ku-Ring-Gai	25.49Q
4	Rajan Ravintran	Nth Rocks Carlin	26.58q
5	Lachlan Farquhar	Manly Warringah	27.61
6	Sam Bates	Ku-Ring-Gai	27.76
7	Byron Bakker	Manly Warringah	27.81

**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
=====			

## Section 1 Final

1	Donovan Bradshaw	Cherrybrook	23.88
2	Joseph Ayoade	Northern Suburbs	23.90
3	Dylan Charlier	Manly Warringah	24.11
4	Archie Saunders	Manly Warringah	24.44
5	Fynn George	Manly Warringah	25.46
6	Sebastian Doney	Ku-Ring-Gai	25.56
7	Rajan Ravintran	Nth Rocks Carlin	25.63
8	Jack Baker	Ryde	26.09

**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	Thomas Hunt	Northern Suburbs	24.59Q
2	Noah Liu	Cherrybrook	24.91Q
3	Jett Tall	Ryde	24.97Q
4	ryan crane	Manly Warringah	25.55q
5	Yianni Fotias	Hornsby	26.67
6	Hugh Ritchie	Mosman	27.15

## Heat 2 Heats

1	Jack McFadden	Ku-Ring-Gai	24.39Q
2	Jason Ho	Northern Suburbs	24.75Q
3	Nathan Debs	Nth Rocks Carlin	24.88Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 17 - 200 Metre Sprint**

4	Eden Russell	Manly Warringah	25.57q
5	Hugo Blackley	Mosman	25.72

**Boys U 17 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 22.64 17/02/2013 Joshua Swan, MOSMAN			
State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports			
Section 1 Final			
1	Jack McFadden	Ku-Ring-Gai	23.42
2	Thomas Hunt	Northern Suburbs	23.72
3	Noah Liu	Cherrybrook	24.24
4	Jett Tall	Ryde	24.27
5	Jason Ho	Northern Suburbs	24.38
6	Nathan Debs	Nth Rocks Carlin	25.13

**Boys U 8 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 1:09.70 2001 Alexander Pettigrew, Hornsb			
State: S 1:07.94 23/03/1975 David Misson, Randwick Bota			
Section 1			
1	Ludvig Persson	Manly Warringah	1:16.39
2	Max McIntosh	Ku-Ring-Gai	1:16.85
3	Jake Wood	Manly Warringah	1:18.46
4	Liam Martin	Ryde	1:19.44
5	Lucas Ajaka	Parramatta	1:20.05
6	Zac Yates	Mosman	1:23.66
7	Joel Ramsay	Hornsby	1:25.59
Section 2			
1	Orlando Stewart	Mosman	1:21.20
2	Xavier Mitchell	Ryde	1:21.33
3	Rohan Sharma	Cherrybrook	1:24.06
4	Charlie Kelly	Ku-Ring-Gai	1:26.40
5	Harry McClellan	Northern Suburbs	1:26.54
6	Callum Gilchrist	Ku-Ring-Gai	1:27.09
7	Noah Collier	Nth Rocks Carlin	1:32.16

**Boys U 9 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 1:05.30 2002 Alexander Pettigrew, Hornsb			
State: S 1:04.40 23/03/1975 Glen Murgatroyd, Campbellto			
Section 1			
1	Remy Camus	Mosman	1:20.95
2	Alexander Atkinson	Parramatta	1:22.92
3	Toby Ward	Mosman	1:26.65
4	Neo Parlevliet	Nth Rocks Carlin	1:26.66
5	Kaelan Jones	Northern Districts	1:29.94
Section 2			
1	Finn Bailey	Manly Warringah	1:10.40
2	Samuel Newsham	Manly Warringah	1:11.06
3	Ewan Keep	Manly Warringah	1:12.16
4	Angus Seve	Manly Warringah	1:15.78
5	William Durer	Ku-Ring-Gai	1:17.27
6	Hudson Keeping	Nth Rocks Carlin	1:17.41
7	Archie Hetherington	Ku-Ring-Gai	1:19.08

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 10 - 400 Metre Sprint**

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

## Section 1

1 Luke Moscos		Ryde	1:08.88
2 Samuel Collett		Ku-Ring-Gai	1:12.26
3 Joshua Tilt		Nth Rocks Carlin	1:12.98
4 Harper Whiteley		Manly Warringah	1:14.26
5 Jacob Kimball		Manly Warringah	1:14.60
6 Benjamin Prosenko		Ryde	1:17.16
7 Dylan Mortimer		Manly Warringah	1:18.26
8 Manning Johnson		Hornsby	1:18.49

## Section 2

1 Joel Moresi		Cherrybrook	1:10.26
2 Hugo Stewart		Mosman	1:10.81
3 Rian Connors		Ku-Ring-Gai	1:11.10
4 William Kisby		Manly Warringah	1:11.14
5 Matteo Shipman		Northern Suburbs	1:11.88
6 Riley Grant		Mosman	1:12.10
7 Samuel Price		Nth Rocks Carlin	1:15.95

**Boys U 11 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 1:00.50 22/02/2004 Alexander Pettigrew, Parramatta			
State: S 57.64 23/03/1979 Chris Newman, Queanbeyan			

## Section 1

1 Ethan Temelkovski		Northern Suburbs	1:11.61
2 Oliver Sanbrook		Manly Warringah	1:11.95
3 Finn Pereira		Mosman	1:13.12
4 Max Dennett		Ku-Ring-Gai	1:15.00
5 Nicholas Kachel		Hornsby	1:19.30
6 Tyler Boyd		Nth Rocks Carlin	1:21.99

## Section 2

1 Benjamin Woodhouse		Nth Rocks Carlin	1:06.27
2 Samuel Kay		Ku-Ring-Gai	1:07.47
3 Oliver Stokeld		Mosman	1:08.14
4 Liam Keep		Manly Warringah	1:09.70
5 William Seve		Manly Warringah	1:10.56
6 William Carter		Manly Warringah	1:10.67
7 Lachlan Blackwell		Hornsby	1:17.38

**Boys U 12 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 58.60 18/02/2006 Adam Harding, Hills District			
State: S 56.88 18/03/2016 Donovan Bradshaw, Cherrybrook			

## Section 1

1 Finn Parlevliet		Nth Rocks Carlin	1:07.14
2 Max Byrnes		Nth Rocks Carlin	1:11.10
3 Nathan Pereira		Hornsby	1:12.21
4 Kieren Patel		Northern Suburbs	1:13.97
5 David McGuire		Nth Rocks Carlin	1:14.77
6 Pdraig Teo		Ryde	1:14.80
7 James Amoils		Ku-Ring-Gai	1:14.81
8 Oliver Dawson		Manly Warringah	1:18.21

## Section 2



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Boys U 12 - 400 Metre Sprint**

1	Jasper Scamps-Magro	Manly Warringah	1:02.78
2	Hunter Stark	Manly Warringah	1:05.14
3	Will Soden	Ku-Ring-Gai	1:05.72
4	Peter Moorcroft	Northern Suburbs	1:06.13
5	Leo Brown	Manly Warringah	1:09.97
6	Chester Swaffer	Ku-Ring-Gai	1:10.23
7	Idris Burkhardt	Cherrybrook	1:11.36

**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
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Section 1

1	Oliver Smith	Ryde	1:09.37
2	Nicholas Kimball	Manly Warringah	1:12.14
3	Zachary Neal	Ku-Ring-Gai	1:12.23
4	Dane Grosvenor	Nth Rocks Carlin	1:20.35

Section 2

1	Lachlan Herbert	Ku-Ring-Gai	58.85
2	James Harden	Ku-Ring-Gai	1:01.73
3	Matthew Hunt	Northern Suburbs	1:02.81
4	Colt Paterson	Manly Warringah	1:05.25
5	Marcus Warner	Mosman	1:06.50
6	Jensen Wiesenhaan	Northern Districts	1:08.48
7	Charlie Roughan	Northern Suburbs	1:10.34
8	Nicholas Woodhouse	Nth Rocks Carlin	1:10.66

**Boys U 14 - 400 Metre Sprint**

Region: R 52.37 11/02/2017 Ewan Burns, Manly Warringah  
 State: S 50.97 23/03/2012 Jarrod Cullen, Canterbury

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

Section 1

1	Zachary Flynn	Manly Warringah	55.86
2	Zac Roome	Mosman	57.69
3	Lachlan Roberts	Parramatta	1:01.23
4	Alex Mills	Cherrybrook	1:02.66
5	Lachlan Binnekamp	Manly Warringah	1:03.97
6	Daniel Hatch	Northern Districts	1:08.46

Section 2

1	Christopher Mansfield	Ryde	1:03.05
2	Adam Rope	Manly Warringah	1:04.14
3	Thimuthu Weerasekara	Cherrybrook	1:10.89

**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	Dylan Charlier	Manly Warringah	52.77
2	Fynn George	Manly Warringah	54.77
3	Isaac Cheng	Cherrybrook	55.02
4	Jack Baker	Ryde	57.67
5	Marco de Paulis	Northern Districts	59.47
6	Dale Mapstone	Manly Warringah	1:04.97

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 15 - 400 Metre Sprint**

## Section 2

1 Joseph Ayoade	Northern Suburbs	55.02
2 Byron Bakker	Manly Warringah	1:00.55
3 Lachlan Farquhar	Manly Warringah	1:00.68

**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 McFadden	Ku-Ring-Gai	50.34
2 Thomas Hunt	Northern Suburbs	50.38
3 Dominic Panozzo	Northern Suburbs	52.22
4 Felix Scott	Mosman	52.29
5 Hugo Blackley	Mosman	53.99
6 Andrew Land	Manly Warringah	55.12
7 Liam Oliver	Northern Districts	58.68

## Section 2

1 Nathan Debs	Nth Rocks Carlin	56.81
2 Yianni Fotias	Hornsby	57.60
3 Lucas Brown	Manly Warringah	57.84
4 ryan crane	Manly Warringah	58.91
5 Jacob Rodriguez	Parramatta	59.34
6 Max Blackley	Mosman	59.44
7 Conor Smith	Nth Rocks Carlin	59.48

**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 Max McIntosh	Ku-Ring-Gai	2:29.83
1 Ludvig Persson	Manly Warringah	2:29.83
3 Liam Martin	Ryde	2:33.65
4 Lucas Ajaka	Parramatta	2:37.53
5 Benjamin Bowrey	Parramatta	2:39.39
6 Jake Wood	Manly Warringah	2:41.76
7 Jacoby Neal	Ku-Ring-Gai	2:42.44
8 Zac Soden	Ku-Ring-Gai	2:43.80
9 Rhys Kirby	Manly Warringah	2:45.95
10 Max Bealby	Northern Suburbs	2:49.71
11 Nicholas Watkins	Ku-Ring-Gai	2:52.53
12 Harry McClellan	Northern Suburbs	2:53.98
13 Isaac Wegener	Cherrybrook	2:55.09
13 James Bishop	Nth Rocks Carlin	2:55.09

**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 Samuel Newsham	Manly Warringah	2:39.50
2 Cooper Gray	Manly Warringah	2:46.62
3 Andrew Guerin	Manly Warringah	2:49.12
4 Archie Hetherington	Ku-Ring-Gai	2:49.73
5 Angus Seve	Manly Warringah	2:52.01

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 9 - 800 Metre Run**

6	Felix Stephens	Mosman	2:55.64
7	William Durer	Ku-Ring-Gai	3:00.52
8	Samuel Vecchio	Mosman	3:04.79
9	Rhys Chandler	Ryde	3:06.85
10	Dean Mansell	Northern Suburbs	3:07.06
11	Nicholas Klamer	Nth Rocks Carlin	3:09.54
12	Jamie Kastelan	Nth Rocks Carlin	3:10.72
13	Toby Ward	Mosman	3:10.87
14	Yohann Pereira	Ku-Ring-Gai	3:12.40
15	Ryan Carli	Ryde	3:12.78
16	William Harkin	Northern Suburbs	3:12.95

**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	Joel Moresi	Cherrybrook	2:34.10
2	Luke Moscos	Ryde	2:35.85
3	William Kisby	Manly Warringah	2:37.43
4	Jacob Kimball	Manly Warringah	2:41.42
5	Samuel Price	Nth Rocks Carlin	2:42.31
6	Matteo Shipman	Northern Suburbs	2:42.45
7	Hugo Stewart	Mosman	2:43.08
8	Riley Grant	Mosman	2:45.17
9	Matthew Lipman	Northern Districts	2:48.93
10	Harrison Cullen	Nth Rocks Carlin	2:49.48
11	Dylan Mortimer	Manly Warringah	2:50.85
12	Saxon Lund	Manly Warringah	2:52.01
13	Benjamin Proszenko	Ryde	2:52.31
14	Daniel Couper	Hornsby	2:54.09
15	Oscar Brivulis	Ryde	2:56.42
16	Lachlan Norquay	Northern Suburbs	3:00.97

**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	Benjamin Woodhouse	Nth Rocks Carlin	2:29.18
2	William Seve	Manly Warringah	2:34.49
3	Archie Hendry	Manly Warringah	2:38.11
4	Axel Bruntsch	Ryde	2:42.90
5	William Carter	Manly Warringah	2:45.15
6	Ryan Sinclair	Manly Warringah	2:46.24
7	Landon Mansell	Northern Suburbs	2:46.82
8	Jude Bealby	Northern Suburbs	2:49.53
9	Max Dennett	Ku-Ring-Gai	2:50.21
10	Harry Jordan	Ryde	2:51.30
11	Evan Holman	Parramatta	2:52.72
12	Logan Ting	Ku-Ring-Gai	2:53.83
13	Dylan Allabush	Ku-Ring-Gai	2:53.97

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 12 - 800 Metre Run**

=====			
Region:	R 2:16.20	2005	Alexander Pettigrew, Parram
State:	S 2:13.20	20/03/2005	James Connor, Campbelltown
Name	Age	Centre	Final
=====			
1 Jasper Scamps-Magro		Manly Warringah	2:17.67
2 Oliver White		Manly Warringah	2:20.93
3 Christian Camus		Mosman	2:23.63
4 Idris Burkhardt		Cherrybrook	2:30.32
5 Chester Swaffer		Ku-Ring-Gai	2:32.19
6 Bronsen Brown		Cherrybrook	2:34.02
7 Rohan Nairn		Ku-Ring-Gai	2:36.04
8 Cody Burton		Nth Rocks Carlin	2:37.56
9 Kaden Rintel		Manly Warringah	2:39.04
10 Levi Williams		Mosman	2:41.04
11 Peter Moorcroft		Northern Suburbs	2:41.97
12 Brandon Cunningham		Mosman	2:45.99
13 Maxwell Mayhew		Ryde	2:48.40
14 Lucas Lund		Manly Warringah	2:49.66
15 Rocco Bragg		Parramatta	2:50.41
16 Jaykob McKinnon		Hornsby	2:50.55

**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 Sean Williams		Ku-Ring-Gai	2:23.12
2 Oliver Smith		Ryde	2:23.39
3 Nicholas Woodhouse		Nth Rocks Carlin	2:26.03
4 Isaac Brooks		Mosman	2:26.19
5 Jacob Magner		Northern Suburbs	2:26.67
6 Isaac Lanham		Manly Warringah	2:27.25
7 Thomas Whalan		Hornsby	2:30.02
8 Charlie Bradford		Manly Warringah	2:34.35
9 Jensen Wiesenhaan		Northern Districts	2:35.06
10 Corban Ross		Hornsby	2:38.11
11 Saad Mahmud		Cherrybrook	2:44.03
12 Nicholas Kimball		Manly Warringah	2:44.21
13 Jack Thompson		Ryde	2:52.48
14 Isaac Louttit		Ryde	2:59.01

**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 Zac Roome		Mosman	2:14.23
2 Lachlan Roberts		Parramatta	2:19.82
3 Daniel Bradford		Manly Warringah	2:21.73
4 Alex Mills		Cherrybrook	2:24.28
5 Corey Dewar		Cherrybrook	2:24.91
6 Ryan Frykberg		Cherrybrook	2:26.23
7 Joel Solomon		Manly Warringah	2:27.74
8 Christopher Mansfield		Ryde	2:29.63
9 Nicholas Layton		Parramatta	2:29.83
10 Samuel Walter		Ku-Ring-Gai	2:31.07
11 Finn Walsh		Hornsby	2:47.87

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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	Jacob	Leon	Ryde 2:08.80
2	Rafi	Gordon	Manly Warringah 2:09.05
3	Adam	Bruntsch	Ryde 2:09.66
4	Isaac	Cheng	Cherrybrook 2:10.46
5	Marco	de Paulis	Northern Districts 2:16.30
6	Simon	Magner	Northern Suburbs 2:19.54
7	Joseph	Boyd	Nth Rocks Carlin 2:22.26
8	Jack	Baker	Ryde 2:22.59
9	Nicholas	Hyde	Mosman 2:23.03
10	Ashton	Hanna	Ryde 2:26.53

**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	Thomas	Hunt	Northern Suburbs 2:01.80
2	Felix	Scott	Mosman 2:02.32
3	Dominic	Panozzo	Northern Suburbs 2:05.57
4	Cameron	Laytham	Manly Warringah 2:08.76
5	Conor	Smith	Nth Rocks Carlin 2:13.85
6	Matthew	Leung	Northern Suburbs 2:14.63
7	Jacob	Uslu	Parramatta 2:17.62
8	Liam	Oliver	Northern Districts 2:19.84
9	Dylan	Owen	Nth Rocks Carlin 2:25.69

**Boys U 11 - 1500 Metre Run**

=====			
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	Benjamin	Woodhouse	Nth Rocks Carlin 5:10.54
2	Archie	Hendry	Manly Warringah 5:20.49
3	William	Seve	Manly Warringah 5:26.15
4	Axel	Bruntsch	Ryde 5:31.81
5	Ryan	Sinclair	Manly Warringah 5:38.00
6	Dylan	Allabush	Ku-Ring-Gai 5:38.44
7	James	Lubrano	Cherrybrook 5:42.05
8	Julian	Smith	Ryde 5:43.75
9	Max	Dennett	Ku-Ring-Gai 5:47.33
10	Thom	Bragg	Ryde 5:52.98
11	Harrison	Lowe	Northern Suburbs 6:03.61
12	Tyler	Boyd	Nth Rocks Carlin 6:05.51
13	Logan	Ting	Ku-Ring-Gai 6:08.31
14	Dexter	Staley	Mosman 6:25.22
15	Bailey	Noyen	Manly Warringah 6:36.32

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 12 - 1500 Metre Run**

=====			
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	Christian Camus	Mosman	5:01.80
2	Idris Burkhardt	Cherrybrook	5:04.31
3	Chester Swaffer	Ku-Ring-Gai	5:15.84
4	Rohan Nairn	Ku-Ring-Gai	5:18.15
5	Levi Williams	Mosman	5:19.21
6	Cody Burton	Nth Rocks Carlin	5:20.46
7	Lucas Lund	Manly Warringah	5:29.27
8	Kaden Rintel	Manly Warringah	5:31.35
9	Mackenzie Bennett	Northern Suburbs	5:31.97
10	Maxwell Mayhew	Ryde	5:37.43
11	James Amoils	Ku-Ring-Gai	5:40.88
12	Paddy Bright	Manly Warringah	5:44.67
13	Rocco Bragg	Parramatta	5:45.33
14	William Stanger	Nth Rocks Carlin	5:45.91
15	Matthew Walter	Ku-Ring-Gai	5:57.48
16	Jaykob McKinnon	Hornsby	6:02.54

**Boys U 13 - 1500 Metre Run**

=====			
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	Nicholas Woodhouse	Nth Rocks Carlin	4:51.61
2	Sean Williams	Ku-Ring-Gai	4:51.83
3	Oliver Smith	Ryde	4:52.42
4	Jacob Magner	Northern Suburbs	4:54.75
5	Isaac Lanham	Manly Warringah	4:59.35
6	Isaac Brooks	Mosman	5:10.63
7	Charlie Bradford	Manly Warringah	5:12.08
8	Alejandro Briones	Manly Warringah	5:32.77
9	Ewan Allabush	Ku-Ring-Gai	5:39.36
10	Lachlan Lee	Cherrybrook	5:47.81
11	Jack Thompson	Ryde	6:15.64
12	Liam Leggatt	Parramatta	6:35.35

**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	Daniel Bradford	Manly Warringah	4:50.92
2	Ryan Frykberg	Cherrybrook	4:54.98
3	Lachlan Roberts	Parramatta	4:56.61
4	Joel Solomon	Manly Warringah	4:58.56
5	Ethan McKenzie	Northern Suburbs	4:59.68
6	Corey Dewar	Cherrybrook	5:05.73
7	Hamish Douglas	Manly Warringah	5:08.20
8	Thomas Blewman	Manly Warringah	5:08.57

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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	Jacob	Leon	Ryde 4:29.43
2	Rafi	Gordon	Manly Warringah 4:32.24
3	Adam	Bruntsch	Ryde 4:32.93
4	Cameron	Gorman	Manly Warringah 4:34.52
5	Simon	Magner	Northern Suburbs 4:41.69
6	Marco	de Paulis	Northern Districts 4:50.93
7	Joseph	Boyd	Nth Rocks Carlin 4:53.02
8	Declan	Garufi	Cherrybrook 4:58.16
9	Ashton	Hanna	Ryde 5:06.10
10	Andrew	Phillips	Ryde 5:14.24

**Boys U 17 - 1500 Metre Run**

=====			
Region: R 4:14.24		16/02/2013	Taylor John, Ku-Ring-Gai
State: S 4:02.95		19/03/2016	Harrison Wade, Ryde
Name	Age	Centre	Final
=====			
1	Kieran	Gorman	Manly Warringah 4:23.25
2	Martin	Leerberg	Northern Suburbs 4:27.23
3	Matthew	Leung	Northern Suburbs 4:32.79
4	Cameron	Laytham	Manly Warringah 4:36.68
5	Kalan	McEvoy	Mosman 4:39.04
6	Jacob	Uslu	Parramatta 4:52.93
7	William	Colman	Northern Suburbs 4:53.09
8	Conor	Smith	Nth Rocks Carlin 5:01.75
9	Dylan	Owen	Nth Rocks Carlin 5:06.09
10	Samuel	Hennessey	Cherrybrook 5:29.28

**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	Sean	Williams	Ku-Ring-Gai 10:34.21
2	Oliver	Smith	Ryde 10:36.04
3	Jacob	Magner	Northern Suburbs 10:55.95
4	Charlie	Bradford	Manly Warringah 10:56.45
5	Isaac	Lanham	Manly Warringah 10:58.18
6	Alejandro	Briones	Manly Warringah 11:48.54
7	Lachlan	Lee	Cherrybrook 11:51.07
8	Henry	Rooney	Northern Suburbs 11:53.43
9	Tom	Parkes	Manly Warringah 11:54.45
10	Liam	Coroneos	Northern Districts 12:22.90
11	Ewan	Allabush	Ku-Ring-Gai 12:29.00
12	Thomas	Shannon	Cherrybrook 17:12.81

**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	Daniel	Bradford	Manly Warringah 10:48.62
2	Joel	Solomon	Manly Warringah 11:00.48
3	Ethan	McKenzie	Northern Suburbs 11:12.56

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 14 - 3000 Metre Run**

4 Rory Wilson	Nth Rocks Carlin	12:45.51
5 Damon Strappazzon	Hornsby	13:21.25

**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
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1 Jacob Leon	Ryde	9:35.46
2 Cameron Gorman	Manly Warringah	9:58.51
3 Simon Magner	Northern Suburbs	10:23.75
4 Ashton Hanna	Ryde	10:47.82
5 Nicholas Hyde	Mosman	11:21.98
6 William Collinson	Manly Warringah	11:32.47

**Boys U 17 - 3000 Metre Run**

Region: R 9:20.76 16/02/2013 David Gardiner, Northern Su

State: S 8:55.90 18/03/2016 Connor Whiteley, Orange

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

1 Kieran Gorman	Manly Warringah	9:25.64
2 Martin Leerberg	Northern Suburbs	9:56.15
3 William Colman	Northern Suburbs	11:03.25
4 Benjamin Maestri	Parramatta	11:11.90

**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
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**Heat 1 Heats**

1 Taten Rogers	Manly Warringah	11.85Q
2 Zachary Morgan	Manly Warringah	11.91Q
3 James Mikan	Northern Suburbs	11.99Q
4 Kobe Turkal	Ryde	12.14q
5 Joel Ramsay	Hornsby	12.36
6 Beau Atkinson	Manly Warringah	12.38
7 Benjamin Bowrey	Parramatta	12.93
8 Daniel Kearsley	Parramatta	13.17

**Heat 2 Heats**

1 Kyan Seale	Northern Suburbs	11.81Q
2 Alexander Song	Nth Rocks Carlin	12.01Q
3 Matthew McGregor	Hornsby	12.10Q
4 Jake Mears	Mosman	12.27q
5 Callum Laurie	Ryde	12.31
6 Michael Cullen	Parramatta	13.66
7 James Atkins	Ku-Ring-Gai	14.80

**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	Final
------	------------	-------

**Section 1 Final**

1 Taten Rogers	Manly Warringah	11.58
2 Kyan Seale	Northern Suburbs	11.60



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

3	Alexander Song	Nth Rocks Carlin	11.85
4	James Mikan	Northern Suburbs	11.87
5	Zachary Morgan	Manly Warringah	12.08
6	Matthew McGregor	Hornsby	12.09
7	Jake Mears	Mosman	12.34

**Boys U 9 - 60 Metre Hurdles (45cm)**

=====  
 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

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

## Heat 1 Heats

1	Cooper Kebblewhite	Northern Suburbs	11.07Q
2	Riley Eves	Manly Warringah	11.41Q
3	Liam Wise	Mosman	11.66Q
4	Theodore Kretzas	Manly Warringah	11.80
5	William Durer	Ku-Ring-Gai	11.98
6	Hamish Collins	Hornsby	12.02

## Heat 2 Heats

1	Ethan McErlane	Manly Warringah	10.90Q
2	Dominic Davis	Manly Warringah	11.25Q
3	Hudson Keeping	Nth Rocks Carlin	11.34Q
4	Billy Gurtner	Ryde	11.35q
5	Marcus Wong	Nth Rocks Carlin	11.42q
6	Benjamin Howarth	Northern Suburbs	11.66
7	Freddie Dunn	Mosman	12.05

**Boys U 9 - 60 Metre Hurdles (45cm)**

=====  
 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

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

## Section 1 Final

1	Ethan McErlane	Manly Warringah	10.75
2	Dominic Davis	Manly Warringah	11.13
3	Cooper Kebblewhite	Northern Suburbs	11.25
4	Riley Eves	Manly Warringah	11.31
5	Hudson Keeping	Nth Rocks Carlin	11.44
6	Billy Gurtner	Ryde	11.58
7	Marcus Wong	Nth Rocks Carlin	11.71
--	Liam Wise	Mosman	DNF

**Boys U 10 - 60 Metre Hurdles (60cm)**

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

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

## Heat 1 Heats

1	Zak Evans	Northern Suburbs	11.24Q
2	Jake Fourie	Ku-Ring-Gai	11.30Q
3	Jude Lumley	Northern Suburbs	11.73Q
4	Fredrick Chidambaram	Manly Warringah	11.77q
5	Jack Proctor	Ku-Ring-Gai	11.90q
6	Marco Naidoo	Ku-Ring-Gai	12.43
7	Noah Smith	Cherrybrook	12.44

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

Heat 2 Heats

1	Samuel Price	Nth Rocks Carlin	11.12Q
2	Luke Moscos	Ryde	11.54Q
3	Jeffrey Benoliel	Mosman	11.97Q
4	Joshua Tilt	Nth Rocks Carlin	12.12
5	Riyon Mudannayake	Nth Rocks Carlin	12.45
6	Daniel Benoliel	Mosman	12.68
7	Lucas Hudy	Manly Warringah	12.74

**Boys U 10 - 60 Metre Hurdles (60cm)**

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

Name Age Centre Final

Section 1 Final

1	Jake Fourie	Ku-Ring-Gai	10.79
2	Samuel Price	Nth Rocks Carlin	10.80
3	Zak Evans	Northern Suburbs	11.03
4	Luke Moscos	Ryde	11.40
5	Jude Lumley	Northern Suburbs	11.69
6	Jeffrey Benoliel	Mosman	11.83
7	Jack Proctor	Ku-Ring-Gai	11.96
8	Fredrick Chidambaram	Manly Warringah	12.93

**Boys U 11 - 60 Metre Hurdles (60cm)**

Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri  
 State: S 9.24 19/02/2000 William Mataka, Revesby Worke

Name Age Centre Heats

Heat 1 Heats

1	Archie Hendry	Manly Warringah	10.70Q
2	Jack Stockley	Manly Warringah	11.06Q
3	Dominic Lee	Northern Suburbs	11.18Q
4	Julian Emmerson	Ryde	11.57q
5	Joshua Smith	Ryde	11.69
6	Harper Enasio	Northern Districts	11.78
7	Rhys George	Parramatta	12.13

Heat 2 Heats

1	Jackson Twells	Manly Warringah	10.55Q
2	Chase Burrows	Mosman	11.06Q
3	Ashton Hattingh	Manly Warringah	11.08Q
4	Lewis Wong	Nth Rocks Carlin	11.60q
5	Julian Bognar	Parramatta	11.65
6	Simon Forsyth	Parramatta	12.11
7	Maksimir Saravanja	Ku-Ring-Gai	12.22

**Boys U 11 - 60 Metre Hurdles (60cm)**

Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri  
 State: S 9.24 19/02/2000 William Mataka, Revesby Worke

Name Age Centre Final

Section 1 Final

1	Jackson Twells	Manly Warringah	10.81
2	Jack Stockley	Manly Warringah	11.10
3	Archie Hendry	Manly Warringah	11.11
4	Chase Burrows	Mosman	11.30
5	Dominic Lee	Northern Suburbs	11.44

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**

**Results**

**....Boys U 11 - 60 Metre Hurdles (60cm)**

6 Ashton Hattingh	Manly Warringah	11.61
7 Julian Emmerson	Ryde	11.79
8 Lewis Wong	Nth Rocks Carlin	12.05

**Boys U 12 - 60 Metre Hurdles (68cm)**

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=====
Region: R 8.90 2005 Kane Thompson, Manly Warringa
State: S 9.14 19/02/2005 Kane Thompson, Manly Warringa
Name Age Centre Heats
=====
    
```

Heat 1 Heats

1 Llewyn Morrison	Northern Suburbs	10.57Q
2 Will Soden	Ku-Ring-Gai	10.61Q
3 Leo Brown	Manly Warringah	10.70Q
4 Mikel Martin	Manly Warringah	11.26q
5 Bronsen Brown	Cherrybrook	11.40
6 Kalan Harding	Northern Districts	11.48
7 Isaac Wong	Nth Rocks Carlin	12.05
8 Cristian Kastelan	Nth Rocks Carlin	12.98

Heat 2 Heats

1 Angus Hunt	Northern Suburbs	10.14Q
2 Freddie Benson Sparkes	Manly Warringah	10.48Q
3 Cruz Cookson	Manly Warringah	10.99Q
4 Max Byrnes	Nth Rocks Carlin	11.06q
5 Jaykob McKinnon	Hornsby	11.31
6 Kai Ashley	Ku-Ring-Gai	12.71

**Boys U 12 - 60 Metre Hurdles (68cm)**

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=====
Region: R 8.90 2005 Kane Thompson, Manly Warringa
State: S 9.14 19/02/2005 Kane Thompson, Manly Warringa
Name Age Centre Final
=====
    
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Section 1 Final

1 Angus Hunt	Northern Suburbs	10.25
2 Llewyn Morrison	Northern Suburbs	10.53
3 Freddie Benson Sparkes	Manly Warringah	10.55
4 Leo Brown	Manly Warringah	10.72
4 Will Soden	Ku-Ring-Gai	10.72
6 Max Byrnes	Nth Rocks Carlin	10.92
7 Mikel Martin	Manly Warringah	11.36
8 Cruz Cookson	Manly Warringah	11.43

**Boys U 13 - 80 Metre Hurdles (76cm)**

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=====
Region: R 12.00 5/02/2006 Kane Thompson, Manly Warringa
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 Matthew Hunt	Northern Suburbs	13.97Q
2 William Tye	Hornsby	14.26Q
3 Charlie Roughan	Northern Suburbs	14.76Q
4 Joshua Riddle	Ku-Ring-Gai	14.86q
5 Nicholas Bradshaw	Cherrybrook	14.96

Heat 2 Heats

1 William Austin	Cherrybrook	13.64Q
2 Billy Peek	Manly Warringah	14.09Q
3 Evan Venning	Northern Suburbs	14.25Q

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

4 Mitchell Hatfield	Manly Warringah	14.93q
5 Charlie Kanu	Manly Warringah	15.93

**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 Matthew Hunt	Northern Suburbs	13.14
2 William Austin	Cherrybrook	13.24
3 Evan Venning	Northern Suburbs	13.85
4 William Tye	Hornsby	13.93
5 Charlie Roughan	Northern Suburbs	14.53
6 Billy Peek	Manly Warringah	19.35

**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
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**Section 1**

1 Max Milani	Northern Suburbs	13.63
2 Timothy Forster	Hornsby	14.11
3 Julian Lee	Northern Suburbs	14.34
4 Gauthier Sanchez	Manly Warringah	14.69
5 Finn Bellerby	Manly Warringah	16.74
6 Lance Haffenden	Cherrybrook	16.78
7 Zac Cleary	Manly Warringah	16.89
8 Thomas Ralph	Ryde	17.02

**Boys U 15 - 100 Metre Hurdles (76cm)**

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

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

1 Joel Neasmith	Manly Warringah	14.23
2 Robbie Cullen	Cherrybrook	15.24
3 Luke Fisher	Northern Suburbs	15.80
4 Sam Bates	Ku-Ring-Gai	16.10
5 Kale Burton	Nth Rocks Carlin	17.26

**Boys U 17 - 110 Metre Hurdles (76cm)**

Region: R 14.38 17/02/2013 Bryce Collins, Northern Subur  
 State: S 13.64 24/03/2013 Ivor Metcalf, Randwick Botany

Name	Age Centre	Final
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1 Thomas Hunt	Northern Suburbs	14.67
2 Jonathan Reid	Cherrybrook	15.10
3 Benjamin Crimp	Northern Suburbs	15.21
4 Samuel Galati	Ryde	15.90
5 Lachlan Krklinski	Parramatta	16.88
6 Stephen Gilbert	Manly Warringah	17.00

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 13 - 200 Metre Hurdles (68cm)**

=====			
Region:	R 26.40	18/02/2006	Kane Thompson, Manly Warringah
State:	S 26.21	19/03/2011	Jarrold Cullen, Canterbury
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Evan Venning	Northern Suburbs	29.86Q
2	Billy Peek	Manly Warringah	31.24Q
3	James Harden	Ku-Ring-Gai	31.57Q
4	Lachlan Tilt	Nth Rocks Carlin	33.89q
5	Charlie Roughan	Northern Suburbs	34.25q
Heat 2 Heats			
1	Matthew Hunt	Northern Suburbs	30.95Q
2	Nicholas Bradshaw	Cherrybrook	33.08Q
3	Gabriel Bertozzi	Manly Warringah	33.79Q
4	Lukas Muller	Manly Warringah	37.03
5	Mitchell Hatfield	Manly Warringah	44.85

**Boys U 13 - 200 Metre Hurdles (68cm)**

=====			
Region:	R 26.40	18/02/2006	Kane Thompson, Manly Warringah
State:	S 26.21	19/03/2011	Jarrold Cullen, Canterbury
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Matthew Hunt	Northern Suburbs	29.33
2	Evan Venning	Northern Suburbs	30.00
3	James Harden	Ku-Ring-Gai	30.74
4	Nicholas Bradshaw	Cherrybrook	30.79
5	Lachlan Tilt	Nth Rocks Carlin	32.71
6	Charlie Roughan	Northern Suburbs	35.76

**Boys U 14 - 200 Metre Hurdles (76cm)**

=====			
Region:	R 24.60	16/02/2008	Nicholas Hough, Hills Distric
State:	S 24.64	15/03/2008	Nicholas Hough, Hills Distric
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Zachary Flynn	Manly Warringah	29.21Q
2	Alex Mills	Cherrybrook	30.13Q
3	Lachlan Roberts	Parramatta	30.71Q
4	Gauthier Sanchez	Manly Warringah	31.56q
5	Nicholas Layton	Parramatta	31.90
6	Riley Turkal	Ryde	33.22
7	Zac Cleary	Manly Warringah	33.60
Heat 2 Heats			
1	Max Milani	Northern Suburbs	28.95Q
2	Julian Lee	Northern Suburbs	30.57Q
3	Daniel Hatch	Northern Districts	31.01Q
4	Finn Bellerby	Manly Warringah	31.33q
5	Malakye Enasio	Northern Districts	32.25
6	Thomas Ralph	Ryde	33.28

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 14 - 200 Metre Hurdles (76cm)**

=====			
Region:	R 24.60	16/02/2008	Nicholas Hough, Hills Distric
State:	S 24.64	15/03/2008	Nicholas Hough, Hills Distric
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Max Milani	Northern Suburbs	28.59
2	Julian Lee	Northern Suburbs	28.85
3	Zachary Flynn	Manly Warringah	29.07
4	Lachlan Roberts	Parramatta	29.76
5	Alex Mills	Cherrybrook	30.32
6	Daniel Hatch	Northern Districts	30.98
7	Finn Bellerby	Manly Warringah	31.62
8	Gauthier Sanchez	Manly Warringah	32.14

**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	Dylan Charlier	Manly Warringah	41.29
2	Kale Burton	Nth Rocks Carlin	45.01
3	Tate Mahony	Nth Rocks Carlin	45.39
4	Luke Fisher	Northern Suburbs	48.92

**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	Heats
=====			
Heat 1 Heats			
1	Dominic Panozzo	Northern Suburbs	42.73Q
2	Jack McFadden	Ku-Ring-Gai	44.50Q
3	Samuel Galati	Ryde	45.66Q
4	Stephen Gilbert	Manly Warringah	47.12q
5	Liam Oliver	Northern Districts	48.13
Heat 2 Heats			
1	Thomas Hunt	Northern Suburbs	43.52Q
2	James Hunt	Northern Suburbs	44.93Q
3	Benjamin Crimp	Northern Suburbs	45.71Q
4	Lachlan Krklinski	Parramatta	46.18q
5	Michael Foote	Parramatta	48.64

**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 Final			
1	Thomas Hunt	Northern Suburbs	38.34R
2	Jack McFadden	Ku-Ring-Gai	40.10
3	Dominic Panozzo	Northern Suburbs	41.37
4	Samuel Galati	Ryde	42.58
5	Benjamin Crimp	Northern Suburbs	42.71
6	James Hunt	Northern Suburbs	43.39
7	Lachlan Krklinski	Parramatta	46.15
8	Stephen Gilbert	Manly Warringah	48.13

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 11-17 100 Metre Multi Class Run**

Region: R 14.72 10/02/2019 Ryan Conroy T37, Parramatta			
Name	Age	Centre	Final
Section 1			
1 Ryan Conroy T37		Parramatta	14.72R
2 Cameron Murrroy T/F 37		Parramatta	15.19
3 Nathan Barbara T/F 61		Ryde	J25.00
4 Brendan John T/F 36		Parramatta	J20.70

**Boys U 11-17 200 Metre Multi Class Run**

Region: R 30.14 10/02/2019 Ryan Conroy T37, Parramatta			
Name	Age	Centre	Final
1 Ryan Conroy T37		Parramatta	30.14R
2 Cameron Murrroy T/F 37		Parramatta	30.73

**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 Ku-Ring-Gai			56.23
1) Kase Willis-Jansen 9	2) Brodie Shearer 11		
3) Jimmy Thebridge 10	4) Dylan Hall 12		
2 Manly Warringah			56.32
1) Kaiden Grace 9	2) Ethan Grimshaw 11		
3) Zac Gedz 10	4) Cooper Elkins 12		
3 North Rocks Carlingford			57.60
1) Oliver Leivesley 9	2) Samuel Price 10		
3) Benjamin Woodhouse 11	4) Finn Parlevliet 12		
4 Mosman			58.75
1) Edward Godfrey 9	2) Brody Folkes 12		
3) Joel Daily 10	4) Oliver Stokeld 11		
5 Cherrybrook			58.97
1) Harry Wigham 9	2) Fergus Cheng 11		
3) Joel Moresi 10	4) Marco Boccaletti 12		
6 Northern Suburbs			59.16
1) Benjamin Govers 9	2) Dominic Lee 11		
3) Matteo Shipman 10	4) Llewyn Morrison 12		

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

Region: R 46.46 15/02/2015 Manly Warringah, Manly Warrin R Marosa, B Carter, L Don, M Le Ban			
State: S 45.63 21/03/2010 Cherrybrook			
Centre			Final
1 Ku-Ring-Gai			47.45
1) Lachlan Herbert 13	2) Aidan Jones 14		
3) Sebastian Doney 15	4) Jack McFadden 17		
2 Manly Warringah			47.96
1) Jett Sully 13	2) Zachary Flynn 14		
3) Eden Russell 17	4) Archie Saunders 15		
3 Cherrybrook			48.70
1) James Hanlon 13	2) Donovan Bradshaw 15		
3) Thimuthu Weerasekara 14	4) Noah Liu 17		

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

4 Northern Suburbs		48.99
1) Matthew Hunt 13	2) Jason Ho 17	
3) Cormac Morrison 14	4) Joseph Ayoade 15	
5 North Rocks Carlingford		49.76
1) Nathan Debs 17	2) Joshua Tse 14	
3) Jacob Taylor 13	4) Rajan Ravinthran 15	
6 Mosman		52.33
1) Marcus Warner 13	2) Hugh Ritchie 17	
3) Charlie Moriarty 13	4) Henry Roberts 14	

**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
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**Flight 1**

1 Kaiden Grace	Manly Warringah	J1.11m
1 Aiden Freestone	Manly Warringah	1.11m
3 Dominic Davis	Manly Warringah	1.09m
4 Toby Ward	Mosman	1.07m
5 Ned Alexander	Mosman	J1.00m
5 Benjamin Howarth	Northern Suburbs	J1.00m
5 Hugo Bragg	Mosman	J1.00m
5 Oliver Leivesley	Nth Rocks Carlin	J1.00m
5 Archie Hetherington	Ku-Ring-Gai	J1.00m
5 Marcus Wong	Nth Rocks Carlin	1.00m
11 Kieran Lander	Ku-Ring-Gai	J0.95m
11 Billy Gurtner	Ryde	0.95m
-- Oliver Fisher	Ku-Ring-Gai	NH

**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 Marco Naidoo	Ku-Ring-Gai	1.23m
2 Lachlan Booth	Cherrybrook	1.21m
3 Zac Gedz	Manly Warringah	J1.19m
3 Joel Moresi	Cherrybrook	1.19m
5 Ned Attrill	Northern Suburbs	1.17m
5 Lucca Holbert	Ku-Ring-Gai	J1.17m
7 Samuel Collett	Ku-Ring-Gai	1.10m
8 Riyon Mudannayake	Nth Rocks Carlin	J1.05m
8 Patrick Bruckshaw	Parramatta	1.05m
8 Alex Savage	Mosman	J1.05m
11 Fredrick Chidambaram	Manly Warringah	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
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1 Cadell Holmes	Northern Suburbs	1.48m
2 Archie Hendry	Manly Warringah	1.41m
3 Maksimir Saravanja	Ku-Ring-Gai	1.39m
4 Dexter Staley	Mosman	1.35m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 11 - High Jump (S/H 1.10m)**

5	Julian Emmerson	Ryde	1.25m
6	Edward Hampton	Cherrybrook	J1.20m
6	Ethan Temelkovski	Northern Suburbs	1.20m
6	Cameron Tizzard	Manly Warringah	1.20m
6	Patrick Duke	Hornsby	J1.20m
10	Jackson Twells	Manly Warringah	1.15m
10	Ethan Fajemisin	Nth Rocks Carlin	1.15m
12	Jude Bealby	Northern Suburbs	1.10m

**Boys U 12 - High Jump (S/H 1.20m)**

Region: R 1.59m 16/02/2005 Kane Thompson, Manly Warringah  
 State: S 1.72m 21/03/2009 Thibaut Potin, Illawong

Name	Age	Centre	Final
1	Will Morahan	Northern Suburbs	1.45m
2	James Archer	Northern Suburbs	1.37m
2	Angus Hunt	Northern Suburbs	J1.37m
4	Mitchell Healy	Northern Suburbs	1.35m
5	Peter Moorcroft	Northern Suburbs	J1.30m
5	Thomas Hartman	Mosman	1.30m
5	Jaykay Raue	Ryde	J1.30m
8	Oliver McNicol	Nth Rocks Carlin	J1.25m
8	Owen Chandler	Ryde	J1.25m
8	Leo Brown	Manly Warringah	J1.25m
8	Sam Hildebrandt	Manly Warringah	1.25m
8	Jaykob McKinnon	Hornsby	J1.25m
8	Finn Parlevliet	Nth Rocks Carlin	J1.25m
14	William Drury	Manly Warringah	J1.20m
14	Marco Boccaletti	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	Wario Duba	Parramatta	1.63m
2	Ivan Prizmic	Ryde	1.57m
3	Mitchell Hatfield	Manly Warringah	1.55m
4	Billy Peek	Manly Warringah	1.51m
5	Evan Venning	Northern Suburbs	1.49m
6	Angelo Mihos	Ryde	1.47m
7	Charlie Moriarty	Mosman	1.40m
7	Daniel Nemeth	Mosman	J1.40m
7	Samuel Langridge	Ku-Ring-Gai	1.40m
10	Dylan vanGrootel	Manly Warringah	J1.35m
10	Brandon Bakker	Manly Warringah	J1.35m
10	Julian Mendria	Cherrybrook	1.35m
13	William Austin	Cherrybrook	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	Evan Neal	Manly Warringah	1.58m
2	Owen Douglas	Ryde	1.56m
3	Nicholas Layton	Parramatta	1.54m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 14 - High Jump (S/H 1.30m)**

4	Lance Haffenden	Cherrybrook	1.52m
5	Charlie Bowtell	Manly Warringah	J1.52m
6	Jeremy Plummer	Ryde	1.50m
7	Lachlan Roberts	Parramatta	1.45m
8	Arav Sathyan	Northern Suburbs	1.40m
9	Finn Bellerby	Manly Warringah	1.35m
10	Rory Wilson	Nth Rocks Carlin	1.30m

**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	Darcy Holmes	Northern Suburbs	1.91mR
2	Robbie Cullen	Cherrybrook	1.74m
3	Michael Gardiner	Northern Suburbs	1.68m
4	Dylan Charlier	Manly Warringah	1.66m
5	Savi Moala	Ryde	1.54m
6	Dale Mapstone	Manly Warringah	1.44m

**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	Campbell Johnson	Cherrybrook	1.89m
2	Ryan Marshall	Manly Warringah	1.87m
3	Felix Scott	Mosman	1.75m
4	Kyle Fisher	Northern Suburbs	1.71m
5	Michael Foote	Parramatta	1.65m
6	Billy Bakker	Manly Warringah	1.55m
6	Stephen Gilbert	Manly Warringah	1.55m
8	George Davis	Ryde	1.50m
9	ryan crane	Manly Warringah	J1.50m
10	Samuel Galati	Ryde	J1.50m
11	Owen Mickan	Ryde	1.45m
12	Liam Oliver	Northern Districts	1.40m

**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	James Mikan	Northern Suburbs	3.53m
2	Alexander Song	Nth Rocks Carlin	3.48m
3	Ludvig Persson	Manly Warringah	J3.48m
4	Liam Martin	Ryde	3.35m
5	Oscar Zylberberg	Ku-Ring-Gai	3.33m
6	Rohan Sharma	Cherrybrook	3.21m
7	Kyan Seale	Northern Suburbs	3.18m
8	Magnus Myhre Fox	Ku-Ring-Gai	3.14m
9	Rhys Kirby	Manly Warringah	3.06m
10	James Atkins	Ku-Ring-Gai	3.04m
11	William Scodellaro	Northern Districts	3.00m
12	Joel Ramsay	Hornsby	2.98m
13	Oscar Girard	Ku-Ring-Gai	2.96m
14	William King	Manly Warringah	2.73m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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	Byron Borchert	Manly Warringah	3.83m
2	Kaiden Grace	Manly Warringah	3.68m
3	Nicholas Klamer	Nth Rocks Carlin	3.59m
4	Angus Edwards	Mosman	3.54m
5	Cooper Kebblewhite	Northern Suburbs	3.49m
6	Roi Costis	Northern Suburbs	3.43m
7	Kurt Sanbrook	Manly Warringah	3.42m
8	Marcus Wong	Nth Rocks Carlin	3.41m
9	Adrian Kwan	Ku-Ring-Gai	3.29m
10	Ned Alexander	Mosman	3.27m
11	Archie Hetherington	Ku-Ring-Gai	3.25m
12	Aiden Freestone	Manly Warringah	3.21m
13	Kase Willis-Jansen	Ku-Ring-Gai	3.17m
14	Kai Gibbons	Northern Districts	3.08m
15	Jack Johnson	Nth Rocks Carlin	2.58m

**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	Jimmy Thebridge	Ku-Ring-Gai	4.38m
2	Joel Daily	Mosman	4.28m
3	Joel Moresi	Cherrybrook	4.11m
4	Fredrick Chidambaram	Manly Warringah	4.07m
4	Lachlan Booth	Cherrybrook	J4.07m
6	Matteo Shipman	Northern Suburbs	4.06m
7	Zac Gedz	Manly Warringah	4.04m
8	Daniel Benoliel	Mosman	4.00m
9	Jeffrey Benoliel	Mosman	3.87m
10	Jude Lumley	Northern Suburbs	3.84m
11	Thomas Scodellaro	Northern Districts	3.80m
12	Samuel Wheeler	Ryde	3.66m
13	Joshua Tilt	Nth Rocks Carlin	3.65m
14	Jack Proctor	Ku-Ring-Gai	3.57m
15	KaiZhe Tan	Northern Suburbs	3.52m

**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	Leo Robinson	Manly Warringah	4.58m
2	Ryan Parkes	Manly Warringah	4.31m
3	Cadel Holmes	Northern Suburbs	4.20m
4	Wilber Kingma	Manly Warringah	4.11m
5	Christopher Moala	Ryde	4.09m
5	Julian Emmerson	Ryde	J4.09m
7	Dominic D'Souza	Hornsby	3.98m
8	Jackson Twells	Manly Warringah	3.96m
9	Eddie Hallett	Ku-Ring-Gai	3.80m
10	Evan Holman	Parramatta	3.75m
11	Finn Pereira	Mosman	3.69m
12	Andres Hampel	Northern Suburbs	3.61m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 11 - Long Jump**

13 Harper Enasio Northern Districts 3.08m

**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
1 Dylan Hall	Ku-Ring-Gai	5.34m
2 Brody Folkes	Mosman	4.90m
3 Boston Penfold	Ku-Ring-Gai	4.76m
4 Hunter Stark	Manly Warringah	4.52m
5 Lucas Kwan	Ku-Ring-Gai	4.45m
6 James Archer	Northern Suburbs	4.42m
7 Finn Parlevliet	Nth Rocks Carlin	4.39m
8 Llewyn Morrison	Northern Suburbs	4.29m
9 Mitchell Healy	Northern Suburbs	4.28m
10 Owen Chandler	Ryde	4.10m
11 Marco Boccaletti	Cherrybrook	4.01m
12 Will Morahan	Northern Suburbs	3.76m
13 Joshua Smith	Manly Warringah	J3.76m
-- Caleb Ashton	Ku-Ring-Gai	FOUL

**Boys U 13 - Long Jump**

Region: R 5.75m 1995 D Geddes, Manly Warringah

State: S 6.11m 19/03/2006 Kurt Jenner, Mt Pritchard

Name	Age Centre	Final
1 Jacob Taylor	Nth Rocks Carlin	5.07m
2 Lachlan Herbert	Ku-Ring-Gai	5.02m
3 Evan Venning	Northern Suburbs	4.96m
4 James Harden	Ku-Ring-Gai	4.90m
5 Jett Sully	Manly Warringah	4.69m
6 Joshua Riddle	Ku-Ring-Gai	4.63m
7 Angelo Mihos	Ryde	4.56m
8 William Tye	Hornsby	4.52m
9 Brodie Waldock	Ku-Ring-Gai	4.46m
10 Corban Ross	Hornsby	4.41m
11 Lukas Muller	Manly Warringah	4.39m
12 William Austin	Cherrybrook	4.18m
13 Lachlan Tilt	Nth Rocks Carlin	4.05m

**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 Davide Rossetto	Parramatta	5.66m
2 Cormac Morrison	Northern Suburbs	5.39m
3 Evan Neal	Manly Warringah	5.28m
4 Zachary Flynn	Manly Warringah	5.14m
5 Nicholas Layton	Parramatta	4.92m
6 Jeremy Plummer	Ryde	4.74m
7 Justin George	Manly Warringah	4.72m
8 Alex Mills	Cherrybrook	4.55m
9 Lachlan Binnekamp	Manly Warringah	4.53m
10 Ethan James	Manly Warringah	4.52m
11 Charlie Bowtell	Manly Warringah	4.51m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 14 - Long Jump**

12 Timothy Forster	Hornsby	4.46m
13 Benjamin Stevens	Ryde	4.42m
14 Joshua Tse	Nth Rocks Carlin	4.33m
15 Lance Haffenden	Cherrybrook	4.30m

**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 Joel Neasmith	Manly Warringah	5.62m
2 Tate Mahony	Nth Rocks Carlin	5.58m
3 Rajan Ravinthran	Nth Rocks Carlin	5.54m
4 Joseph Ayoade	Northern Suburbs	5.52m
5 Savi Moala	Ryde	4.99m
6 Fynn George	Manly Warringah	4.95m
7 Ajaiy Mohanraja	Cherrybrook	4.85m
8 Dale Mapstone	Manly Warringah	4.83m
9 Anthony Feng	Ryde	4.43m
10 Samiuela Moala	Ryde	4.31m
-- Tomas Dennett	Ku-Ring-Gai	FOUL

**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 Ryan Marshall	Manly Warringah	6.53m
2 Jonathan Reid	Cherrybrook	6.40m
3 Connor Bond	Ku-Ring-Gai	6.20m
4 Joshua Coppolelli	Cherrybrook	6.03m
5 Jett Tall	Ryde	5.92m
6 Billy Bakker	Manly Warringah	5.58m
7 Kyle Fisher	Northern Suburbs	5.55m
8 David Wingham	Manly Warringah	5.42m
9 Samuel Galati	Ryde	5.35m
9 Devan Senasinghe	Cherrybrook	J5.35m
11 Alexander Mina	Parramatta	5.34m
12 Stephen Gilbert	Manly Warringah	5.29m
13 Cameron Ross-Egarr	Northern Districts	5.21m
14 Liam Oliver	Northern Districts	5.05m

**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 Leo Robinson	Manly Warringah	10.24m
2 Wilber Kingma	Manly Warringah	9.54m
3 Cadel Holmes	Northern Suburbs	8.98m
4 Oliver Sanbrook	Manly Warringah	8.85m
5 Lewis Wong	Nth Rocks Carlin	8.58m
6 Jackson Twells	Manly Warringah	8.32m
7 Lachlan Blackwell	Hornsby	8.16m
8 Tyson Neal	Ku-Ring-Gai	8.01m
9 Kai Herbert	Ku-Ring-Gai	7.74m
9 Lachlan Waldron	Parramatta	7.74m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 11 - Triple Jump**

11 Ben Jones	Mosman	7.67m
12 Ryan Pan	Cherrybrook	7.33m
13 Nicholas Kachel	Hornsby	7.26m

**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 Brody Folkes	Mosman	10.01m
2 Owen Chandler	Ryde	9.31m
3 Nathanael Ramsay	Hornsby	9.27m
4 Finn Parlevliet	Nth Rocks Carlin	9.26m
4 Lucas Kwan	Ku-Ring-Gai	J9.26m
6 Mitchell Healy	Northern Suburbs	9.17m
7 Will Soden	Ku-Ring-Gai	9.03m
8 James Archer	Northern Suburbs	8.99m
9 Leo Brown	Manly Warringah	8.73m
10 Zac Herbert	Ku-Ring-Gai	8.72m
11 Mikel Martin	Manly Warringah	8.68m
12 Llewyn Morrison	Northern Suburbs	8.60m
13 Cruz Cookson	Manly Warringah	8.45m
14 Zach Rowland	Manly Warringah	8.41m
15 Jake Hardwick	Nth Rocks Carlin	8.38m
16 Benjamin Heytman	Northern Suburbs	8.26m

**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 Evan Venning	Northern Suburbs	10.20m
2 Daniel White	Northern Suburbs	9.96m
3 James Harden	Ku-Ring-Gai	9.87m
4 William Tye	Hornsby	9.75m
5 Billy Peek	Manly Warringah	9.65m
6 Kisho Carlino-Mizuno	Northern Districts	9.58m
7 Lukas Muller	Manly Warringah	9.46m
8 Dylan vanGrootel	Manly Warringah	9.35m
9 Ivan Prizmic	Ryde	9.24m
10 Finnlay Bartlett	Mosman	8.76m
11 Lachlan Tilt	Nth Rocks Carlin	8.49m
12 William Austin	Cherrybrook	8.16m
13 Alejandro Briones	Manly Warringah	8.13m

**Boys U 14 - Triple Jump**

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

Name	Age Centre	Final
1 Davide Rossetto	Parramatta	12.18m
2 Oliver Roberts	Mosman	11.42m
3 Charlie Bowtell	Manly Warringah	10.72m
4 Max Milani	Northern Suburbs	10.69m
5 Evan Neal	Manly Warringah	10.58m
6 Justin George	Manly Warringah	10.46m
7 Lance Haffenden	Cherrybrook	10.25m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 14 - Triple Jump**

8 Timothy Forster	Hornsby	10.19m
9 Julian Lee	Northern Suburbs	9.53m
10 Lachlan Binnekamp	Manly Warringah	9.48m

**Boys U 15 - Triple Jump**

=====			
Region:	R 13.54m	12/02/2017	Ryan Marshall, Manly Warring
State:	S 14.35m	21/03/1999	Fabrice Lapierre, Blacktown
Name	Age	Centre	Final
=====			
1 Joel Neasmith		Manly Warringah	12.16m
2 Rajan Ravinthran		Nth Rocks Carlin	11.73m
3 Tate Mahony		Nth Rocks Carlin	11.43m
4 Savi Moala		Ryde	11.10m
5 Dale Mapstone		Manly Warringah	11.07m
6 Anthony Feng		Ryde	10.84m
7 Kale Burton		Nth Rocks Carlin	10.26m
8 Ajaiy Mohanraja		Cherrybrook	10.24m
9 Nicholas Hyde		Mosman	9.54m
10 Samiuela Moala		Ryde	8.50m
-- Byron Bakker		Manly Warringah	ND

**Boys U 17 - Triple Jump**

=====			
Region:	R 14.75m	10/02/2019	Ryan Marshall, Manly Warring
State:	S 14.80m	24/03/2013	Emmanuel Fakiye, Nth Rocks C
Name	Age	Centre	Final
=====			
1 Ryan Marshall		Manly Warringah	14.75mR
2 Jonathan Reid		Cherrybrook	13.17m
3 Joshua Coppolelli		Cherrybrook	12.81m
4 Kyle Fisher		Northern Suburbs	12.62m
5 Jett Tall		Ryde	12.30m
6 Samuel Galati		Ryde	12.03m
7 Billy Bakker		Manly Warringah	11.36m
8 Stephen Gilbert		Manly Warringah	11.30m
9 Ruben Samer		Northern Districts	10.73m
10 David Wingham		Manly Warringah	10.50m

**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 Lucas Ajaka		Parramatta	8.27m
2 Ludvig Persson		Manly Warringah	7.63m
3 Daniel Sims		Hornsby	6.43m
4 Jacoby Neal		Ku-Ring-Gai	6.21m
5 Owen Holbert		Ku-Ring-Gai	5.86m
6 Rahul Maheswaran		Hornsby	5.76m
7 Tawa-Inka Campos		Manly Warringah	5.61m
8 Gustav Burger		Ku-Ring-Gai	5.36m
9 Jett Cuza		Cherrybrook	5.18m
10 Archibald Darby		Cherrybrook	4.94m
11 Joel Ramsay		Hornsby	4.83m
12 Samuel Carden		Northern Suburbs	4.42m
13 William King		Manly Warringah	4.24m
14 Noah Collier		Nth Rocks Carlin	3.88m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 9 - Shot Put (2.0 Kg)**

Region: R 9.82m 18/02/2012 Daniel Menin, Parramatta			
State: S 11.33m 20/03/1999 Jamal Idris, Bankstown Sport			
Name	Age	Centre	Final
1 Benjamin Govers		Northern Suburbs	6.64m
2 Vinuka Kankanige		Parramatta	6.49m
3 Finn Bailey		Manly Warringah	6.33m
4 Matthew Lawrence		Nth Rocks Carlin	6.32m
5 Angus Seve		Manly Warringah	5.96m
6 Byron Borchert		Manly Warringah	5.90m
7 Ewan Keep		Manly Warringah	5.75m
8 Oliver Fisher		Ku-Ring-Gai	5.57m
9 Hamish Collins		Hornsby	5.48m
10 Hugo Bragg		Mosman	5.43m
11 Lachlan Quinnell		Northern Suburbs	5.42m
12 Ben Finnane		Ryde	5.14m
13 Isaac Lai		Cherrybrook	4.88m

**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 Gerhardus Burger		Ku-Ring-Gai	8.74m
2 Samuel Price		Nth Rocks Carlin	8.01m
3 Edward Darby		Cherrybrook	7.33m
4 Rian Connors		Ku-Ring-Gai	7.20m
5 Zac Gedz		Manly Warringah	6.84m
6 Lucas Breckon		Northern Suburbs	6.74m
7 Joshua Reynolds		Nth Rocks Carlin	6.34m
8 Benjamin Lawrence		Nth Rocks Carlin	6.00m
9 Zakar Balian		Ryde	5.89m
10 Prescott Williams		Manly Warringah	5.78m
11 Lucas Bishop		Nth Rocks Carlin	5.02m

**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 Ethan Hemakumara		Parramatta	10.24m
2 Lachlan Waldron		Parramatta	9.71m
3 Terry Koinusis		Parramatta	8.82m
4 Ethan Grimshaw		Manly Warringah	8.76m
5 Toby Hall		Manly Warringah	8.45m
6 Dominic Lee		Northern Suburbs	8.42m
7 Harry Jordan		Ryde	7.83m
8 Harper Enasio		Northern Districts	7.75m
9 Philip Milton		Hornsby	7.44m
10 Tyson Neal		Ku-Ring-Gai	7.42m
11 Thomas Schneider		Nth Rocks Carlin	7.41m
12 Hamish Barnes		Mosman	7.18m
13 Finn Pereira		Mosman	6.91m
14 William Seve		Manly Warringah	6.79m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 12 - Shot Put (2.0 Kg)**

Region: R 14.75m 10/02/2019 Michael Ajaka, Parramatta			
Name	Age	Centre	Final
1 Michael Ajaka		Parramatta	14.75mR
2 Ryan Croan		Parramatta	12.09m
3 Freddie Benson Sparkes		Manly Warringah	11.36m
4 Andrew Kalos		Ryde	11.14m
5 Jaykay Rauqe		Ryde	10.67m
6 Benjamin Heytman		Northern Suburbs	9.99m
7 Kalan Harding		Northern Districts	9.85m
8 William Finnane		Ryde	9.83m
9 William Drury		Manly Warringah	9.64m
10 Samuel Condon		Cherrybrook	9.54m
11 Paddy Bright		Manly Warringah	8.75m
12 Ruann Eksteen		Manly Warringah	8.63m
13 Daniel Powrie		Ku-Ring-Gai	8.27m
14 Griffin Hemsworth		Ku-Ring-Gai	8.01m
15 Hugo Matthews		Nth Rocks Carlin	7.03m

**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 Joseph Harkin		Northern Suburbs	12.08m
2 Daniel White		Northern Suburbs	10.98m
3 William Austin		Cherrybrook	10.86m
4 Finnlay Bartlett		Mosman	10.50m
5 Brodie Waldock		Ku-Ring-Gai	9.98m
6 Gabriel Bertozzi		Manly Warringah	9.55m
7 Samuel Langridge		Ku-Ring-Gai	9.31m
8 Marcus Adam El-Chaar		Parramatta	8.98m
9 Daniel Nemeth		Mosman	8.70m
10 Brandon Bakker		Manly Warringah	7.62m
11 Lachlan Tilt		Nth Rocks Carlin	7.30m
12 Lucas Sassen		Parramatta	7.14m
-- Oliver Ludgate		Mosman	FOUL

**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 Benjamin Stevens		Ryde	15.71m
2 Julian Ajaka		Parramatta	15.08m
3 Max Milani		Northern Suburbs	12.57m
4 George Shahla		Nth Rocks Carlin	12.04m
5 Bensen Liu		Northern Suburbs	10.28m
6 Malakye Enasio		Northern Districts	10.26m
7 Gauthier Sanchez		Manly Warringah	9.68m
8 Kai Schofield		Nth Rocks Carlin	9.41m
9 Joshua Tse		Nth Rocks Carlin	8.98m
10 Aiden Collins		Hornsby	8.95m
11 Nicholas Koinusis		Parramatta	8.28m
12 Noah Pereira		Mosman	6.34m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****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 Alex Shahla		Nth Rocks Carlin	16.81m
2 Maxi Zihlmann		Northern Suburbs	13.59m
3 Lachlan Schneider		Nth Rocks Carlin	12.99m
4 Raff DeStradis		Hornsby	11.29m
5 Archie Saunders		Manly Warringah	10.87m
6 Domenico DeStradis		Hornsby	10.79m
7 Byron Bakker		Manly Warringah	9.73m
8 Lachlan Farquhar		Manly Warringah	9.35m
9 Fredrik Hancock		Manly Warringah	8.77m
10 Tate Mahony		Nth Rocks Carlin	8.06m

**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 Jack McFadden		Ku-Ring-Gai	13.50m
2 Anthony Shahla		Nth Rocks Carlin	13.03m
3 Jett Tall		Ryde	12.00m
4 Alexander Norris		Manly Warringah	10.63m
5 Stuart Downie		Northern Suburbs	10.45m
6 Benjamin McNamara		Northern Districts	8.15m
7 Charlie Hamill		Manly Warringah	7.10m

**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 Lucas Ajaka		Parramatta	22.25m
2 Rahul Maheswaran		Hornsby	21.99m
3 Gustav Burger		Ku-Ring-Gai	16.52m
4 Bodhi Kaines		Manly Warringah	16.40m
5 Jacoby Neal		Ku-Ring-Gai	15.34m
6 Kyan Seale		Northern Suburbs	15.21m
7 Owen Holbert		Ku-Ring-Gai	14.43m
8 William Lowe		Manly Warringah	13.16m
9 Oliver McPherson		Hornsby	12.77m
10 Archibald Darby		Cherrybrook	11.97m
11 Chase Villacorta		Manly Warringah	11.85m
12 Callum Laurie		Ryde	10.21m
13 Aston Maclaine		Cherrybrook	8.75m
14 Noah Collier		Nth Rocks Carlin	7.74m

**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 Benjamin Govers		Northern Suburbs	20.30m
2 Aiden Freestone		Manly Warringah	19.95m
3 Isaac Lai		Cherrybrook	17.97m
4 Samuel Vecchio		Mosman	17.94m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 9 - Discus (500 Gram)**

5	Samuel Batory	Northern Suburbs	17.07m
6	Tyler Stead	Ku-Ring-Gai	16.35m
7	Hamish Collins	Hornsby	15.85m
8	Angus Seve	Manly Warringah	15.78m
9	Cooper Kebblewhite	Northern Suburbs	15.22m
10	Vinuka Kankanige	Parramatta	14.06m
11	Nicholas Klamer	Nth Rocks Carlin	13.86m
12	Luke Butcher	Parramatta	13.15m
13	Neo Parlevliet	Nth Rocks Carlin	4.06m

**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	Zak Evans	Northern Suburbs	29.81m
2	Matteo Shipman	Northern Suburbs	28.94m
3	Lachlan Booth	Cherrybrook	27.01m
4	Rian Connors	Ku-Ring-Gai	23.28m
5	Benjamin Lawrence	Nth Rocks Carlin	21.73m
6	Campbell Whalan	Hornsby	21.71m
7	Hugh Taylor	Mosman	20.13m
8	Lucca Holbert	Ku-Ring-Gai	20.05m
9	Joshua Reynolds	Nth Rocks Carlin	19.65m
10	Harvey Matheson	Mosman	19.14m
11	Luke Moscos	Ryde	18.31m
12	Thomas Greenaway	Manly Warringah	18.00m
13	Lachlan Dawson	Manly Warringah	17.72m
14	Finnlay Daly	Manly Warringah	15.60m
15	William Kisby	Manly Warringah	13.56m

**Boys U 11 - Discus (500 Gram)**

Region: R 37.09m 20/02/2011 Nicholas Frost, Northern Dis

Name	Age	Centre	Final
1	Ethan Hemakumara	Parramatta	36.05m
2	Lachlan Waldron	Parramatta	35.64m
3	Dominic Lee	Northern Suburbs	29.53m
4	Harry Jordan	Ryde	25.88m
5	Hayden McLellan	Manly Warringah	24.95m
6	Tyson Neal	Ku-Ring-Gai	24.91m
7	Lennox Cleary	Manly Warringah	24.75m
8	Terry Koinusis	Parramatta	24.56m
9	Carl Wiberg	Cherrybrook	23.63m
10	Toby Hall	Manly Warringah	22.50m
11	Harper Enasio	Northern Districts	22.04m
12	Simon Forsyth	Parramatta	21.99m
13	Julian Emmerson	Ryde	21.86m
14	Joshua Fowell	Hornsby	20.30m
15	Samuel Leon	Ryde	16.09m

**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	Michael Ajaka	Parramatta	38.55m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 12 - Discus (750 Gram)**

2 Mitchell Healy	Northern Suburbs	31.73m
3 Benjamin Heytman	Northern Suburbs	30.30m
4 Kalan Harding	Northern Districts	30.00m
5 Tom Haslam	Ku-Ring-Gai	28.95m
6 James Archer	Northern Suburbs	27.75m
7 Freddie Benson Sparkes	Manly Warringah	27.27m
8 Samuel Condon	Cherrybrook	24.10m
9 Orlando Grinbergs	Manly Warringah	23.58m
10 Jaykay Rauge	Ryde	23.03m
11 Ruann Eksteen	Manly Warringah	20.83m
12 Lucas Saxby	Manly Warringah	19.46m
13 Will Morahan	Northern Suburbs	19.42m
-- Ryan Croan	Parramatta	FOUL

**Boys U 13 - Discus (750 Gram)**

Region: R 48.10m 1994		S Novkovic, Winston Hills	
Name	Age Centre	Final	
1 Joseph Harkin	Northern Suburbs	40.72m	
2 William Austin	Cherrybrook	40.35m	
3 Felix Scholle	Ku-Ring-Gai	33.29m	
4 Samuel Langridge	Ku-Ring-Gai	32.39m	
5 Will Matheson	Mosman	30.86m	
6 Kyan McDougall	Manly Warringah	29.43m	
7 Oliver Ludgate	Mosman	26.39m	
8 Daniel White	Northern Suburbs	25.38m	
9 Marcus Adam El-Chaar	Parramatta	24.05m	
10 Charlie Roughan	Northern Suburbs	23.60m	
11 Lukas Muller	Manly Warringah	22.31m	
12 Brandon Bakker	Manly Warringah	21.42m	
13 Mitchell Hatfield	Manly Warringah	19.43m	
14 Ewan Allabush	Ku-Ring-Gai	18.79m	

**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 Benjamin Stevens	Ryde	44.37m	
2 Julian Ajaka	Parramatta	39.35m	
3 Bensen Liu	Northern Suburbs	34.72m	
4 George Shahla	Nth Rocks Carlin	31.38m	
5 Kai Schofield	Nth Rocks Carlin	28.36m	
6 Justin George	Manly Warringah	27.68m	
7 Malakye Enasio	Northern Districts	27.34m	
8 Cormac Morrison	Northern Suburbs	24.49m	
9 Gauthier Sanchez	Manly Warringah	22.60m	
10 Nicholas Koinusis	Parramatta	21.90m	
11 Noah Pereira	Mosman	16.79m	

**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 Alex Shahla	Nth Rocks Carlin	44.30m	
2 Maxi Zihlmann	Northern Suburbs	43.43m	

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 15 - Discus (1.0 Kg)**

3	Robbie Cullen	Cherrybrook	41.91m
4	Domenico DeStradis	Hornsby	38.93m
5	Lachlan Schneider	Nth Rocks Carlin	35.98m
6	Lachlan Farquhar	Manly Warringah	26.82m
7	Byron Bakker	Manly Warringah	26.67m
8	Fredrik Hancock	Manly Warringah	26.60m
9	Savi Moala	Ryde	26.44m
10	Anthony Feng	Ryde	25.95m
11	Raff DeStradis	Hornsby	25.73m
12	Tate Mahony	Nth Rocks Carlin	24.13m
13	Samiuela Moala	Ryde	23.69m

**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
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1	Anthony Shahla	Nth Rocks Carlin	45.89m
2	Jack McFadden	Ku-Ring-Gai	42.50m
3	Stuart Downie	Northern Suburbs	40.68m
4	Jett Tall	Ryde	31.38m
5	Alexander Norris	Manly Warringah	29.31m

**Boys U 11-17 Multi Class Discus**

Region: R 24.18m 10/02/2019 Cameron Murrurray T/F 37, Parr  
 Name Age Centre Final

1	Brendan John T/F 36	Parramatta	J14.01m
2	Cameron Murrurray T/F 37	Parramatta	J24.18mR
3	Nathan Barbara T/F 61	Ryde	13.71m

**Boys U 11 - Javelin (400 Gram)**

Region: R 32.74m 14/02/2016 Ethan Oliver, Northern Distr  
 State: S 34.27m 19/03/2016 Baxter Kitteringham, Port Ha

Name	Age	Centre	Final
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1	Lachlan Waldron	Parramatta	31.28m
2	Ethan Hemakumara	Parramatta	23.16m
3	Amos Mashiah	Hornsby	23.08m
4	Cadel Holmes	Northern Suburbs	22.84m
5	Toby Hall	Manly Warringah	20.50m
6	Simon Forsyth	Parramatta	17.78m
7	Nicholas Kachel	Hornsby	17.54m
8	Josh Arundel	Manly Warringah	16.60m
9	Patrick Duke	Hornsby	13.76m
10	William Carter	Manly Warringah	12.78m
11	Carl Wiberg	Cherrybrook	6.72m
--	Justin Billingsley	Cherrybrook	ND
--	Thomas Schneider	Nth Rocks Carlin	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
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1	Nathanael Ramsay	Hornsby	33.68m
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 12 - Javelin (400 Gram)**

2	Andrew Kalos	Ryde	32.78m
3	Freddie Benson Sparkes	Manly Warringah	30.36m
4	Michael Ajaka	Parramatta	30.10m
5	Ruann Eksteen	Manly Warringah	29.82m
6	William Drury	Manly Warringah	27.40m
7	Xavier Hennessey	Cherrybrook	24.14m
8	Hugo Matthews	Nth Rocks Carlin	23.68m
9	Daniel Powrie	Ku-Ring-Gai	17.42m
10	Will Morahan	Northern Suburbs	16.56m
11	Ryan Croan	Parramatta	16.44m

**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
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1	Felix Scholle	Ku-Ring-Gai	27.66m
2	Oliver Ludgate	Mosman	24.56m
3	Samuel Langridge	Ku-Ring-Gai	23.22m
4	Gabriel Bertozzi	Manly Warringah	22.84m
5	Ivan Prizmic	Ryde	22.32m
6	Marcus Adam El-Chaar	Parramatta	21.78m
7	Charlie Roughan	Northern Suburbs	20.60m
8	Brendan Markey	Manly Warringah	20.02m
9	Mitchell Hatfield	Manly Warringah	18.30m
10	Finnlay Bartlett	Mosman	17.72m
11	Lachlan Tilt	Nth Rocks Carlin	16.56m

**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
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1	Julian Ajaka	Parramatta	40.78m
2	Evan Neal	Manly Warringah	30.86m
3	Benjamin Stevens	Ryde	29.24m
4	Kai Schofield	Nth Rocks Carlin	28.34m
5	Justin George	Manly Warringah	26.22m
6	Jeremy Plummer	Ryde	25.60m
7	Thomas Ralph	Ryde	24.68m
8	Bensen Liu	Northern Suburbs	24.64m
9	Noah Pereira	Mosman	18.08m

**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
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1	Robbie Cullen	Cherrybrook	43.02m
2	Joel Neasmith	Manly Warringah	40.12m
3	Lachlan Schneider	Nth Rocks Carlin	34.80m
4	Tate Mahony	Nth Rocks Carlin	34.14m
5	Domenico DeStradis	Hornsby	32.12m
6	Alex Shahla	Nth Rocks Carlin	29.14m
7	Maxi Zihlmann	Northern Suburbs	28.22m
8	Lachlan Farquhar	Manly Warringah	26.14m
9	Darcy Holmes	Northern Suburbs	22.08m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 15 - Javelin (700 Gram)**

10 Fredrik Hancock	Manly Warringah	20.20m
11 Farjad Mahmud	Cherrybrook	16.34m

**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	47.26m
2 Daniel Menin	Parramatta	46.60m
3 Jack McFadden	Ku-Ring-Gai	43.00m
4 Stuart Downie	Northern Suburbs	41.80m
5 George Davis	Ryde	39.10m
6 Lachlan Krklinski	Parramatta	38.56m
7 Liam Oliver	Northern Districts	37.36m
8 Alexander Norris	Manly Warringah	36.54m
9 Elie Shehadie	Parramatta	30.72m
10 Samuel Galati	Ryde	27.90m

**Boys U 11-17 Multi Class Long Jump**

Region: R 3.54m 10/02/2019 Cameron Murrroy T/F 37, Parra

Name	Age Centre	Final
1 Cameron Murrroy T/F 37	Parramatta	3.54mR
2 Nathan Barbara T/F 61	Ryde	1.68m
3 Brendan John T/F 36	Parramatta	0.89m

**Boys U 11-17 Multi Class Shot Put Para**

Region: R 6.63m 10/02/2019 Cameron Murrroy T/F 37, Parra

Name	Age Centre	Final
1 Cameron Murrroy T/F 37	Parramatta	6.63mR
2 Nathan Barbara T/F 61	Ryde	5.39m
3 Brendan John T/F 36	Parramatta	3.45m

**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 Matthew Lawrence	Nth Rocks Carlin	4:08.62
2 Rhys Chandler	Ryde	4:10.90
3 Byron Borchert	Manly Warringah	4:16.60
4 Andrew Guerin	Manly Warringah	4:19.99
5 Cooper McNaught	Ku-Ring-Gai	5:07.58
6 Fergus Keogh	Ku-Ring-Gai	5:24.05

**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 Dylan Mortimer	Manly Warringah	6:17.26
2 Christopher Nilon	Nth Rocks Carlin	6:20.48

**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****....Boys U 10 - 1100 Metre Walk**

3 Noah Cabrol	Manly Warringah	6:40.96
4 Harper Whiteley	Manly Warringah	6:58.23
5 Cameron Gartner	Cherrybrook	7:03.41
6 Benjamin Proszenko	Ryde	7:13.01

**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
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1 Jethro Penn	Cherrybrook	6:02.94
2 Jordan Turkal	Ryde	6:17.86
3 Jack Prestwich	Ku-Ring-Gai	6:18.01
4 Charles Hetherington	Ku-Ring-Gai	7:04.53
5 Sanderson Keyser	Parramatta	7:06.91
6 Eduardo Briones	Manly Warringah	7:07.07
-- Dylan Allabush	Ku-Ring-Gai	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
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1 Matthew Walter	Ku-Ring-Gai	8:12.65
2 Maxwell Mayhew	Ryde	8:13.04
3 Issac Tate	Manly Warringah	8:31.09
4 Sean Douglas	Ryde	9:24.58
5 Owen Chandler	Ryde	10:16.06
6 Cristian Kastelan	Nth Rocks Carlin	10:27.64
7 Hugo Matthews	Nth Rocks Carlin	10:55.92
-- Orlando Grinbergs	Manly Warringah	DQ

**Boys U 13 - 1500 Metre Walk**

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
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1 Alejandro Briones	Manly Warringah	8:55.58
2 Alexander Ingham	Ryde	9:10.31
3 Thomas Shannon	Cherrybrook	9:16.44
4 Nicholas Kimball	Manly Warringah	9:23.85
5 Lachlan McIntosh	Ku-Ring-Gai	10:09.86
6 Liam Price	Nth Rocks Carlin	10:14.95

**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
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1 Samuel Walter	Ku-Ring-Gai	9:50.25
2 Jeremy Plummer	Ryde	10:15.22



**REGION 5 TRACK & FIELD CHAMPIONSHIPS****Results****Boys U 15 - 1500 Metre Walk**

=====			
Name	Age	Centre	Final
Region: R	6:35.20	1995	Andrew Nappin, Manly Warrin
State: S	5:48.10	22/03/1998	Douglas Connolly, Mt Druitt
=====			
1 Dale Mapstone		Manly Warringah	8:48.39
2 Byron Bakker		Manly Warringah	9:37.64

**Boys U 17 - 1500 Metre Walk**

=====			
Name	Age	Centre	Final
Region: R	6:15.10	28/02/2010	Jordan Mulhearn, Parramatta
State: S	5:56.11	23/03/2014	Tyler Jones, Wyong
=====			
1 Hayden Blaskett		Manly Warringah	7:04.00
2 Martin Leerberg		Northern Suburbs	7:22.79
3 George Davis		Ryde	7:45.25
4 William Mills		Cherrybrook	7:49.39
5 Charlie Hamill		Manly Warringah	12:07.06