

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 8 - 70 Metre Sprint**

Region: R 10.90 1997			
Name	Age	Centre	Heats
Natasha Finlay, Manly Warring			
Heat 1 Heats			
1 Elinor Trevelyan-Jones		Ku-Ring-Gai	11.72Q
2 Brianna Worsfold		Ku-Ring-Gai	12.06Q
3 Kirsten Erni		Hornsby District	12.18Q
4 Zara Larke		Cherrybrook	12.35
5 Matilda Damian		Northern Suburbs	12.53
6 Alexis Aldous		Ryde	12.68
7 Charlotte McDermid		Ku-Ring-Gai	12.83
Heat 2 Heats			
1 Emily Crawford		Cherrybrook	11.41Q
2 Olivia Rose Inkster		Manly Warringah	11.64Q
3 Sienna Bond		Ku-Ring-Gai	11.74Q
4 Samantha Scarr		Manly Warringah	11.93q
5 Eliza McKenzie		Nth Rocks Carlin	12.10q
6 Emily Metcalfe		Ryde	12.22
7 Emma Polikowski		Manly Warringah	12.27
8 Mikayla Kelleher		Ryde	12.44

**Girls U 8 - 70 Metre Sprint**

Region: R 10.90 1997			
Name	Age	Centre	Final
Natasha Finlay, Manly Warring			
Section 1 Final			
1 Olivia Rose Inkster		Manly Warringah	11.56
2 Elinor Trevelyan-Jones		Ku-Ring-Gai	11.69
3 Emily Crawford		Cherrybrook	11.84
4 Brianna Worsfold		Ku-Ring-Gai	12.13
5 Samantha Scarr		Manly Warringah	12.14
6 Sienna Bond		Ku-Ring-Gai	12.19
7 Kirsten Erni		Hornsby District	12.21
8 Eliza McKenzie		Nth Rocks Carlin	12.40

**Girls U 9 - 70 Metre Sprint**

Region: R 10.20 1998			
Name	Age	Centre	Heats
Emily Pollett, Manly Warringa			
Heat 1 Heats			
1 Greta Andrews		Northern Suburbs	11.17Q
2 Georgia Fichardt		Ku-Ring-Gai	11.22Q
3 Emelia Musto		Northern Suburbs	11.52Q
4 Eliza Da Silva		Ryde	11.56
5 Olivia Donoghue		Manly Warringah	11.58
6 Aneeka Sutherland-Robins		Ryde	11.76
7 Imogen Smith		Ku-Ring-Gai	11.84
8 Edie Burke		Manly Warringah	11.92
Heat 2 Heats			
1 Danielle Osifo		Cherrybrook	10.97Q
2 Ruby Mahendran		Ku-Ring-Gai	11.15Q
3 Grace-Lee Weekes		Northern Districts	11.43Q
4 Scarlett O'Kane		Northern Suburbs	11.45q
5 Chiara Lillis		Ryde	11.45q
6 Jazz Gregan		Mosman	11.53
7 Emma Vercoe		Ryde	12.20

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 9 - 70 Metre Sprint**

8 Cate Gyzen Mosman 12.42

**Girls U 9 - 70 Metre Sprint**

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=====
Region: R 10.20 1998 Emily Pollett, Manly Warringa
Name Age Centre Final
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Section 1 Final

1	Danielle Osifo	Cherrybrook	11.03
2	Ruby Mahendran	Ku-Ring-Gai	11.09
3	Greta Andrews	Northern Suburbs	11.18
4	Georgia Fichardt	Ku-Ring-Gai	11.27
5	Chiara Lillis	Ryde	11.44
6	Scarlett O'Kane	Northern Suburbs	11.63
7	Emelia Musto	Northern Suburbs	11.64
8	Grace-Lee Weekes	Northern Districts	11.71

**Girls U 10 - 70 Metre Sprint**

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Region: R 9.80 2000 Alice Wilson, Ku-ring-gai
Name Age Centre Heats
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Heat 1 Heats

1	Jenna Rodgers	Northern Districts	10.77Q
2	Scarlett Prowse	Cherrybrook	10.83Q
3	Jasmin Guthrie	Northern Districts	11.13Q
4	Tarsha Wayne	Nth Rocks Carlin	11.16q
5	Alyssa Lowe	Ryde	11.24
6	Haley Mills	Parramatta	11.45
7	Jade Mewburn	Cherrybrook	11.48
8	Lea Gassmann	Northern Suburbs	11.57

Heat 2 Heats

1	Abby Feurtado	Ku-Ring-Gai	10.90Q
2	Monique Batten	Ku-Ring-Gai	11.06Q
3	Madeleine Kate Wallace	Manly Warringah	11.13Q
4	Aleisha Jeremy	Manly Warringah	11.15q
5	Isabella Guthrie	Northern Districts	11.18
6	Charlotte Brigstocke	Ryde	11.46
7	Jordan Oberg	Cherrybrook	11.50

**Girls U 10 - 70 Metre Sprint**

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Region: R 9.80 2000 Alice Wilson, Ku-ring-gai
Name Age Centre Final
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Section 1 Final

1	Abby Feurtado	Ku-Ring-Gai	10.82
2	Scarlett Prowse	Cherrybrook	10.96
3	Jasmin Guthrie	Northern Districts	11.03
4	Jenna Rodgers	Northern Districts	11.05
5	Monique Batten	Ku-Ring-Gai	11.06
6	Madeleine Kate Wallace	Manly Warringah	11.09
7	Aleisha Jeremy	Manly Warringah	11.11
8	Tarsha Wayne	Nth Rocks Carlin	11.31

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 8 - 100 Metre Sprint**

Region: R 15.20 2005 Lauren Gilbert, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emily Crawford		Cherrybrook	16.62Q
2 Brianna Worsfold		Ku-Ring-Gai	16.63Q
3 Samantha Scarr		Manly Warringah	16.65Q
4 Kirsten Erni		Hornsby District	16.93q
5 Eliza McKenzie		Nth Rocks Carlin	17.27
6 Holly Dwyer		Northern Suburbs	17.49
Heat 2 Heats			
1 Elinor Trevelyan-Jones		Ku-Ring-Gai	16.14Q
2 Olivia Rose Inkster		Manly Warringah	16.57Q
3 Sienna Bond		Ku-Ring-Gai	16.75Q
4 Sophie Kavanagh		Nth Rocks Carlin	17.01q
5 Emily Metcalfe		Ryde	17.31
6 Clare Doherty		Ryde	17.37
7 Mikayla Kelleher		Ryde	17.49
8 Evie Cook		Northern Suburbs	17.55

**Girls U 8 - 100 Metre Sprint**

Region: R 15.20 2005 Lauren Gilbert, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Elinor Trevelyan-Jones		Ku-Ring-Gai	15.92
2 Olivia Rose Inkster		Manly Warringah	16.03
3 Emily Crawford		Cherrybrook	16.18
4 Sienna Bond		Ku-Ring-Gai	16.57
5 Brianna Worsfold		Ku-Ring-Gai	16.67
6 Sophie Kavanagh		Nth Rocks Carlin	16.93
6 Samantha Scarr		Manly Warringah	16.93
8 Kirsten Erni		Hornsby District	16.93

**Girls U 9 - 100 Metre Sprint**

Region: R 14.70 1998 Emily Pollett, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Greta Andrews		Northern Suburbs	15.77Q
2 Chiara Lillis		Ryde	15.90Q
3 Jazz Gregan		Mosman	16.08Q
4 Alice Dixon		Northern Suburbs	16.25
5 Annika Lynch		Northern Suburbs	16.26
6 Aneeka Sutherland-Robins		Ryde	16.37
7 Grace-Lee Weekes		Northern Districts	16.63
8 Scarlett O'Kane		Northern Suburbs	16.65
Heat 2 Heats			
1 Samantha Ramsden		Ku-Ring-Gai	15.55Q
2 Danielle Osifo		Cherrybrook	15.77Q
3 Jessica Maciver		Ku-Ring-Gai	15.92Q
4 Anna McKechnie		Northern Districts	16.04q
5 Ruby Mahendran		Ku-Ring-Gai	16.20q
6 Eliza Da Silva		Ryde	16.36
7 Olivia Donoghue		Manly Warringah	16.51
8 Claudia Valletta		Manly Warringah	16.56

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 9 - 100 Metre Sprint**

Region: R 14.70 1998 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1	Samantha Ramsden	Ku-Ring-Gai	15.69
2	Jessica Maciver	Ku-Ring-Gai	15.75
3	Danielle Osifo	Cherrybrook	15.87
4	Greta Andrews	Northern Suburbs	15.89
5	Chiara Lillis	Ryde	16.19
6	Anna McKechnie	Northern Districts	16.20
7	Jazz Gregan	Mosman	16.33
8	Ruby Mahendran	Ku-Ring-Gai	16.52

**Girls U 10 - 100 Metre Sprint**

Region: R 13.70 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Scarlett Prowse	Cherrybrook	14.71Q
2	Jenna Rodgers	Northern Districts	14.98Q
3	Jessica Fartek	Nth Rocks Carlin	15.59Q
4	Lily Mcknight	Ku-Ring-Gai	15.62q
5	Alyssa Lowe	Ryde	15.64q
6	Madeleine Kate Wallace	Manly Warringah	15.66
7	Emma O'Reilly	Manly Warringah	15.79
8	Charlotte Brigstocke	Ryde	15.85
Heat 2 Heats			
1	Abby Feurtado	Ku-Ring-Gai	15.07Q
2	Aleisha Jeremy	Manly Warringah	15.43Q
3	Jasmin Guthrie	Northern Districts	15.48Q
4	Tarsha Wayne	Nth Rocks Carlin	15.81
5	Olivia Rooney	Northern Suburbs	15.85
6	Lea Gassmann	Northern Suburbs	16.44

**Girls U 10 - 100 Metre Sprint**

Region: R 13.70 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1	Abby Feurtado	Ku-Ring-Gai	15.21
2	Scarlett Prowse	Cherrybrook	15.54
3	Jenna Rodgers	Northern Districts	15.66
4	Jasmin Guthrie	Northern Districts	15.67
5	Aleisha Jeremy	Manly Warringah	15.71
6	Lily Mcknight	Ku-Ring-Gai	15.94
7	Alyssa Lowe	Ryde	16.01
8	Jessica Fartek	Nth Rocks Carlin	16.08

**Girls U 11 - 100 Metre Sprint**

Region: R 13.40 1992 Rossemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Cydelle Kirton-Brady	Manly Warringah	14.35Q
2	Nicolette Donofrio	Northern Suburbs	14.76Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 11 - 100 Metre Sprint**

3 Eleanor Lamperts	Cherrybrook	14.93Q
4 Mackenzie Nicholas	Cherrybrook	15.36
5 Amie Bowrey	Cherrybrook	15.37
6 Lauren West	Northern Districts	15.39
7 Natasha Hartley	Hornsby District	15.40
8 Madeline Finlay	Cherrybrook	15.55

Heat 2 Heats

1 Mia Hemsworth	Ku-Ring-Gai	14.67Q
2 Julia Vignes	Hornsby District	15.00Q
3 Maddie Owen	Manly Warringah	15.15Q
4 Alicia Fartek	Nth Rocks Carlin	15.22q
5 Louisa Scott	Manly Warringah	15.25q
6 Isabel McCarthy	Northern Suburbs	15.84
7 Victoria Cureton	Mosman	15.90

**Girls U 11 - 100 Metre Sprint**

Name	Age	Centre	Final
Region: R 13.40 1992 Rossemary Hayward, Toukley			
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Section 1 Final			
1 Cydelle Kirton-Brady		Manly Warringah	14.08
2 Mia Hemsworth		Ku-Ring-Gai	14.31
3 Nicolette Donofrio		Northern Suburbs	14.57
4 Julia Vignes		Hornsby District	14.75
4 Maddie Owen		Manly Warringah	14.75
6 Eleanor Lamperts		Cherrybrook	14.77
7 Alicia Fartek		Nth Rocks Carlin	14.90
8 Louisa Scott		Manly Warringah	15.15

**Girls U 12 - 100 Metre Sprint**

Name	Age	Centre	Heats
Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g			
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Heat 1 Heats			
1 Helena De Gruchy		Manly Warringah	13.97Q
2 Kandy Lee		Manly Warringah	14.13Q
3 Maravel Conte		Northern Districts	14.31Q
4 Amber Belot		Manly Warringah	14.38q
5 Miranda Laurence		Mosman	14.76q
6 Alanna Fisher		Northern Suburbs	14.80
7 Catie Stewart		Cherrybrook	15.05
8 Charlotte Banks		Hornsby District	15.75
Heat 2 Heats			
1 Taylor-Lee Marconi		Parramatta	13.71Q
2 Jessica Mackenzie		Ku-Ring-Gai	14.64Q
3 Madelyn Fartek		Nth Rocks Carlin	14.73Q
4 Anna Badaoui		Ryde	14.95
5 Amelia Berthold		Ku-Ring-Gai	15.33
6 Ella Hirst		Cherrybrook	15.33

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 12 - 100 Metre Sprint**

Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g			
Name	Age	Centre	Final
Section 1 Final			
1 Taylor-Lee Marconi		Parramatta	13.73
2 Helena De Gruchy		Manly Warringah	14.03
3 Kandy Lee		Manly Warringah	14.06
4 Amber Belot		Manly Warringah	14.49
5 Jessica Mackenzie		Ku-Ring-Gai	14.63
6 Madelyn Fartek		Nth Rocks Carlin	14.66
7 Maravel Conte		Northern Districts	14.70
8 Miranda Laurence		Mosman	15.22

**Girls U 13 - 100 Metre Sprint**

Region: R 12.30 2005 Jordan Lumley, Northern Distri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kristie Edwards		Manly Warringah	13.21Q
2 Lauren Moses		Manly Warringah	13.46Q
3 Sami Perrin		Manly Warringah	13.56Q
4 Katie Devitt		Cherrybrook	13.64q
5 Hannah Thornton		Ku-Ring-Gai	14.31
6 Jessica Brown		Ryde	14.71
7 Amanda Crowe		Northern Suburbs	14.78
Heat 2 Heats			
1 Georgina Davey		Hornsby District	13.46Q
2 Kelsey Cooper-Phillis		Ryde	13.47Q
3 Brooke Matheson		Ryde	13.79Q
4 Amy Court		Ryde	13.87q
5 Jaimee Gates		Ku-Ring-Gai	14.11
6 Kate Milne		Nth Rocks Carlin	14.15
7 Aurora Henke		Cherrybrook	15.00

**Girls U 13 - 100 Metre Sprint**

Region: R 12.30 2005 Jordan Lumley, Northern Distri			
Name	Age	Centre	Final
Section 1 Final			
1 Kristie Edwards		Manly Warringah	13.31
2 Georgina Davey		Hornsby District	13.74
3 Sami Perrin		Manly Warringah	13.79
4 Kelsey Cooper-Phillis		Ryde	13.81
5 Lauren Moses		Manly Warringah	14.02
6 Katie Devitt		Cherrybrook	14.07
7 Brooke Matheson		Ryde	14.15
8 Amy Court		Ryde	14.53

**Girls U 14 - 100 Metre Sprint**

Region: R 12.10 2005 Sarah Thompson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Melissa Fitzsimmons		Ku-Ring-Gai	13.45Q
2 Alice Falconer		Northern Suburbs	13.53Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**  
**Results**

**....Girls U 14 - 100 Metre Sprint**

3 Courtney Cattell	Cherrybrook	13.54Q
4 Venus Parfait	Nth Rocks Carlin	13.66q
5 Samantha Bowden	Ku-Ring-Gai	13.94
6 Hannah Melchiorson	Northern Districts	14.33
7 Kate Spender	Cherrybrook	14.52

Heat 2 Heats

1 Sophie McGovern	Manly Warringah	13.19Q
2 Ava Walker-Charles	Manly Warringah	13.47Q
3 Nicola Bowtell	Ryde	13.50Q
4 Gemma Hollebon	Northern Suburbs	13.88q
5 Elizabeth Scott	Manly Warringah	14.07

**Girls U 14 - 100 Metre Sprint**

=====			
Region:	R 12.10	2005	Sarah Thompson, Cherrybrook
Name		Age Centre	Final
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Section 1 Final

1 Sophie McGovern	Manly Warringah	13.35
2 Ava Walker-Charles	Manly Warringah	13.64
3 Nicola Bowtell	Ryde	13.64
4 Melissa Fitzsimmons	Ku-Ring-Gai	13.71
5 Alice Falconer	Northern Suburbs	13.79
6 Courtney Cattell	Cherrybrook	13.83
7 Venus Parfait	Nth Rocks Carlin	13.90
8 Gemma Hollebon	Northern Suburbs	14.42

**Girls U 15 - 100 Metre Sprint**

=====			
Region:	R 12.10	1991	R Massey, Ryde AA
Name		Age Centre	Heats
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Heat 1 Heats

1 Ruby Ritchie	Manly Warringah	12.94Q
2 Susannah Brennan	Ku-Ring-Gai	13.64Q
3 Jessica Reynolds	Manly Warringah	13.69Q
4 Jasmin Borsovszky	Nth Rocks Carlin	14.54

Heat 2 Heats

1 Rachel Pace	Cherrybrook	13.01Q
2 Carla Takchi	Cherrybrook	13.16Q
3 Emma Frost	Northern Districts	13.51Q
4 Georgina Woods	Mosman	13.75q
5 Laura Welch	Manly Warringah	14.00q

**Girls U 15 - 100 Metre Sprint**

=====			
Region:	R 12.10	1991	R Massey, Ryde AA
Name		Age Centre	Final
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Section 1 Final

1 Ruby Ritchie	Manly Warringah	12.78
2 Rachel Pace	Cherrybrook	13.40
3 Carla Takchi	Cherrybrook	13.44
4 Susannah Brennan	Ku-Ring-Gai	13.94
5 Emma Frost	Northern Districts	14.02
6 Jessica Reynolds	Manly Warringah	14.07
7 Georgina Woods	Mosman	14.23
8 Laura Welch	Manly Warringah	14.43

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 17 - 100 Metre Sprint**

Region: R 12.50 21/02/2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sophie Gee		Ku-Ring-Gai	13.12Q
2 Karina Takchi		Cherrybrook	13.18Q
3 Sara Marshall		Manly Warringah	13.35Q
4 Keily Dober		Manly Warringah	14.07
5 Eilish Moran		Parramatta	14.41
Heat 2 Heats			
1 Sachi Kayama		Ryde	12.82Q
2 Jennifer King		Ku-Ring-Gai	13.34Q
3 Lauren Gilbert		Parramatta	13.42Q
4 Rosanna McConnachie		Ku-Ring-Gai	13.50q
5 Emma Woods		Northern Suburbs	13.57q
6 Brianna Phillips		Cherrybrook	13.62
7 Alexandra Hudson		Northern Suburbs	15.50

**Girls U 17 - 100 Metre Sprint**

Region: R 12.50 21/02/2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Sachi Kayama		Ryde	12.86
2 Karina Takchi		Cherrybrook	12.91
3 Sara Marshall		Manly Warringah	13.35
4 Jennifer King		Ku-Ring-Gai	13.46
5 Sophie Gee		Ku-Ring-Gai	13.51
6 Lauren Gilbert		Parramatta	13.71
7 Rosanna McConnachie		Ku-Ring-Gai	13.91
8 Emma Woods		Northern Suburbs	14.15

**Girls U 8 - 200 Metre Sprint**

Region: R 31.50 1997 Emily Pollett, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cayla Phillips		Manly Warringah	33.73Q
2 Olivia Rose Inkster		Manly Warringah	35.52Q
3 Sophie Kavanagh		Nth Rocks Carlin	35.65Q
4 Charlise Sully		Manly Warringah	36.60
5 Arabella Price		Nth Rocks Carlin	36.83
6 Holly Dwyer		Northern Suburbs	37.45
7 Thea Desmond		Ku-Ring-Gai	38.87
Heat 2 Heats			
1 Emily Crawford		Cherrybrook	34.82Q
1 Elinor Trevelyan-Jones		Ku-Ring-Gai	34.82Q
3 Brianna Worsfold		Ku-Ring-Gai	35.13Q
4 Samantha Scarr		Manly Warringah	35.66q
5 Zara Larke		Cherrybrook	36.44q
6 Emma Lamers		Ryde	37.38
7 Emma Greenup		Northern Suburbs	37.57
8 Holly Wickham		Mosman	39.75



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 8 - 200 Metre Sprint**

Region: R 31.50 1997 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Cayla Phillips		Manly Warringah	33.86
2 Olivia Rose Inkster		Manly Warringah	34.71
3 Brianna Worsfold		Ku-Ring-Gai	35.10
4 Elinor Trevelyan-Jones		Ku-Ring-Gai	35.11
5 Emily Crawford		Cherrybrook	35.20
6 Sophie Kavanagh		Nth Rocks Carlin	35.65
7 Zara Larke		Cherrybrook	36.32
7 Samantha Scarr		Manly Warringah	36.32

**Girls U 9 - 200 Metre Sprint**

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Greta Andrews		Northern Suburbs	33.37Q
2 Jazz Gregan		Mosman	33.64Q
3 Emilia Duncan		Ku-Ring-Gai	34.19Q
4 Emily Gathercole		Nth Rocks Carlin	34.24q
5 Olivia Kearney		Northern Suburbs	34.90
6 Ruby Mahendran		Ku-Ring-Gai	35.47
7 Xanthe Craig		Cherrybrook	36.12
Heat 2 Heats			
1 Jessica Maciver		Ku-Ring-Gai	33.58Q
2 Kahli Johnson		Manly Warringah	33.81Q
3 Anna McKechnie		Northern Districts	33.96Q
4 Eliza Da Silva		Ryde	34.32q
5 Georgia Fichardt		Ku-Ring-Gai	35.35
6 India Horsley		Manly Warringah	36.49

**Girls U 9 - 200 Metre Sprint**

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 Jessica Maciver		Ku-Ring-Gai	32.53
2 Greta Andrews		Northern Suburbs	32.75
3 Emilia Duncan		Ku-Ring-Gai	32.76
4 Kahli Johnson		Manly Warringah	32.81
5 Anna McKechnie		Northern Districts	33.52
6 Jazz Gregan		Mosman	34.00
7 Emily Gathercole		Nth Rocks Carlin	34.34
8 Eliza Da Silva		Ryde	34.41

**Girls U 10 - 200 Metre Sprint**

Region: R 28.40 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Abby Feurtado		Ku-Ring-Gai	31.52Q
2 Jasmin Guthrie		Northern Districts	32.22Q
3 Claudia Perry		Northern Suburbs	32.66Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 10 - 200 Metre Sprint**

4 Gemma Bratton	Northern Suburbs	32.99q
5 Jenna Rodgers	Northern Districts	33.11q
6 Lily Mcknight	Ku-Ring-Gai	33.13
7 Jessica Culhane	Northern Suburbs	33.39
8 Sophie Mills	Nth Rocks Carlin	35.74

Heat 2 Heats

1 Tegan Bush	Ku-Ring-Gai	31.69Q
2 Scarlett Prowse	Cherrybrook	32.15Q
3 Isabella Guthrie	Northern Districts	32.20Q
4 Emma O'Reilly	Manly Warringah	33.34
5 Lara Woollett	Hornsby District	33.56
6 Lea Gassmann	Northern Suburbs	33.95
7 Kelly Chapman	Cherrybrook	34.23
8 Charlotte Brigstocke	Ryde	34.76

**Girls U 10 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 28.40	1991	Rosemary Hayward, Wyong	

Section 1 Final

1 Abby Feurtado	Ku-Ring-Gai	31.47
2 Jasmin Guthrie	Northern Districts	31.78
3 Tegan Bush	Ku-Ring-Gai	31.97
4 Claudia Perry	Northern Suburbs	32.90
5 Scarlett Prowse	Cherrybrook	32.97
5 Isabella Guthrie	Northern Districts	32.97
7 Jenna Rodgers	Northern Districts	33.35
8 Gemma Bratton	Northern Suburbs	34.49

**Girls U 11 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 27.50	1992	Rosemary Hayward, Toukley	

Heat 1 Heats

1 Cydelle Kirton-Brady	Manly Warringah	29.60Q
2 Mia Hemsworth	Ku-Ring-Gai	30.19Q
3 Zoe Warland	Hornsby District	30.45Q
4 Julia Vignes	Hornsby District	30.74q
5 Mackenzie Nicholas	Cherrybrook	30.82q
6 Alicia Fartek	Nth Rocks Carlin	31.24
7 Louisa Scott	Manly Warringah	31.59
8 Jessica Browne	Parramatta	34.75

Heat 2 Heats

1 Amy Polikowski	Manly Warringah	30.51Q
2 Nicolette Donofrio	Northern Suburbs	31.01Q
3 Lauren West	Northern Districts	31.55Q
4 Amy Sayer	Northern Suburbs	31.57
5 Eleanor Lamperts	Cherrybrook	31.83
6 Gabriella Richmond	Northern Suburbs	32.21
7 Olivia Wrightson	Manly Warringah	33.13

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 11 - 200 Metre Sprint**

Region: R 27.50 1992 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1 Mia Hemsworth		Ku-Ring-Gai	30.02
2 Cydelle Kirton-Brady		Manly Warringah	30.19
3 Amy Polikowski		Manly Warringah	30.21
4 Nicolette Donofrio		Northern Suburbs	30.24
5 Julia Vignes		Hornsby District	30.99
6 Mackenzie Nicholas		Cherrybrook	31.10
7 Zoe Warland		Hornsby District	31.12
8 Lauren West		Northern Districts	32.16

**Girls U 12 - 200 Metre Sprint**

Region: R 26.30 2005 Karlie Morton, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Taylor-Lee Marconi		Parramatta	28.05Q
2 Amber Belot		Manly Warringah	28.86Q
3 Maravel Conte		Northern Districts	29.03Q
4 Sophie Hunter		Nth Rocks Carlin	29.44q
5 Ella Hirst		Cherrybrook	30.52
6 Olivia Hunt		Ku-Ring-Gai	31.27
7 Samantha Dale		Nth Rocks Carlin	31.42
8 Lara Nicholson		Hornsby District	31.55
Heat 2 Heats			
1 Helena De Gruchy		Manly Warringah	27.72Q
2 Kandy Lee		Manly Warringah	28.65Q
3 Madelyn Fartek		Nth Rocks Carlin	30.07Q
4 Anna Badaoui		Ryde	30.39q
5 Miranda Laurence		Mosman	30.72
6 Amelia Berthold		Ku-Ring-Gai	31.03
7 Eve Timms		Cherrybrook	31.22

**Girls U 12 - 200 Metre Sprint**

Region: R 26.30 2005 Karlie Morton, Manly Warringa			
Name	Age	Centre	Final
Section 1 Final			
1 Helena De Gruchy		Manly Warringah	27.88
2 Taylor-Lee Marconi		Parramatta	27.88
3 Kandy Lee		Manly Warringah	29.22
4 Amber Belot		Manly Warringah	29.52
5 Sophie Hunter		Nth Rocks Carlin	30.20
6 Maravel Conte		Northern Districts	30.25
7 Anna Badaoui		Ryde	30.84
8 Madelyn Fartek		Nth Rocks Carlin	31.05

**Girls U 13 - 200 Metre Sprint**

Region: R 25.80 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kristie Edwards		Manly Warringah	27.34Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

2	Rowena Craker	Manly Warringah	28.45Q
3	Amy Court	Ryde	28.68Q
4	Amanda Crowe	Northern Suburbs	29.81
5	Eliza Woollett	Hornsby District	29.91
6	Sarah O'Grady	Northern Suburbs	30.97

Heat 2 Heats

1	Lauren Moses	Manly Warringah	28.13Q
2	Kelsey Cooper-Phillis	Ryde	28.30Q
3	Katie Devitt	Cherrybrook	28.37Q
4	Georgina Davey	Hornsby District	28.62q
5	Jaimee Gates	Ku-Ring-Gai	28.73q

**Girls U 13 - 200 Metre Sprint**

Region: R 25.80 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1	Kristie Edwards	Manly Warringah	26.72
2	Kelsey Cooper-Phillis	Ryde	28.11
3	Lauren Moses	Manly Warringah	28.17
4	Rowena Craker	Manly Warringah	28.39
5	Katie Devitt	Cherrybrook	28.54
6	Georgina Davey	Hornsby District	28.68
7	Jaimee Gates	Ku-Ring-Gai	28.90
8	Amy Court	Ryde	29.17

**Girls U 14 - 200 Metre Sprint**

Region: R 24.60 1995 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Ava Walker-Charles	Manly Warringah	27.48Q
2	Nicola Bowtell	Ryde	27.62Q
3	Lia Marti	Manly Warringah	28.53Q
4	Alice Falconer	Northern Suburbs	28.70q
5	Venus Parfait	Nth Rocks Carlin	28.88
6	Chloe Atkinson	Manly Warringah	29.39
Heat 2 Heats			
1	Sophie McGovern	Manly Warringah	26.91Q
2	Rebecca Whitehead	Ku-Ring-Gai	27.66Q
3	Melissa Fitzsimmons	Ku-Ring-Gai	27.73Q
4	Kate Boyle	Manly Warringah	28.47q
5	Georgina Schell	Northern Suburbs	28.90
6	Gemma Hollebon	Northern Suburbs	29.69
7	Isabella Rankin	Northern Suburbs	30.87

**Girls U 14 - 200 Metre Sprint**

Region: R 24.60 1995 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1	Sophie McGovern	Manly Warringah	26.53
2	Ava Walker-Charles	Manly Warringah	27.06
3	Nicola Bowtell	Ryde	27.28
4	Rebecca Whitehead	Ku-Ring-Gai	27.73

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 14 - 200 Metre Sprint**

5	Melissa Fitzsimmons	Ku-Ring-Gai	27.79
6	Kate Boyle	Manly Warringah	28.38
7	Lia Marti	Manly Warringah	28.56
8	Alice Falconer	Northern Suburbs	29.29

**Girls U 15 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 25.20 1998 Jana Pittman, Parramatta			

Section 1

1	Ruby Ritchie	Manly Warringah	25.46
2	Rachel Pace	Cherrybrook	26.88
3	Emma Frost	Northern Districts	27.38
4	Carla Takchi	Cherrybrook	27.70
5	Georgina Woods	Mosman	28.36
6	Emma Longworth	Nth Rocks Carlin	30.01
7	Lucy Peck	Northern Suburbs	30.08

**Girls U 17 - 200 Metre Sprint**

Name	Age	Centre	Heats
Region: R 25.50 19/02/2012 Melissa Farrington, Northern			

Heat 1 Heats

1	Nicola Haggerty-Mayers	Northern Suburbs	27.89Q
2	Sara Marshall	Manly Warringah	28.18Q
3	Amber Castleman	Manly Warringah	28.64Q

Heat 2 Heats

1	Sachi Kayama	Ryde	27.24Q
2	Holly Winter	Cherrybrook	27.65Q
3	Karina Takchi	Cherrybrook	27.75Q
4	Megan Lutze	Manly Warringah	28.29q
5	Rosanna McConnachie	Ku-Ring-Gai	28.59q
6	Emma Woods	Northern Suburbs	28.91

**Girls U 17 - 200 Metre Sprint**

Name	Age	Centre	Final
Region: R 25.50 19/02/2012 Melissa Farrington, Northern			

Section 1 Final

1	Sachi Kayama	Ryde	26.43
2	Karina Takchi	Cherrybrook	26.90
3	Holly Winter	Cherrybrook	27.20
4	Sara Marshall	Manly Warringah	27.62
5	Nicola Haggerty-Mayers	Northern Suburbs	27.96
6	Megan Lutze	Manly Warringah	28.35
7	Rosanna McConnachie	Ku-Ring-Gai	28.47
8	Amber Castleman	Manly Warringah	28.53

**Girls U 8 - 400 Metre Sprint**

Name	Age	Centre	Heats
Region: R 1:13.90 2002 Courtney Cross, Hornsby Dis			

Heat 1 Heats

1	Arabella Price	Nth Rocks Carlin	1:20.91Q
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 8 - 400 Metre Sprint**

2 Olivia Rose Inkster	Manly Warringah	1:22.40Q
3 Melissa Blume	Parramatta	1:22.91Q
4 Kristen Cook	Ku-Ring-Gai	1:23.47q
5 Eliza McKenzie	Nth Rocks Carlin	1:23.67
6 Emily Smith	Manly Warringah	1:26.12
7 Caitlin Coroneos	Northern Districts	1:32.47
8 Michaela Haigh	Cherrybrook	1:35.00

Heat 2 Heats

1 Cayla Phillips	Manly Warringah	1:18.64Q
2 Emma Thomas	Parramatta	1:20.28Q
3 Amelia Rae	Manly Warringah	1:21.87Q
4 Georgia Spanswick	Ku-Ring-Gai	1:22.75q
5 Holly Wickham	Mosman	1:23.76
6 Emma Lamers	Ryde	1:23.78
7 Sofia Massaro	Northern Suburbs	1:30.41

**Girls U 8 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 1:13.90 2002 Courtney Cross, Hornsby Dis			
Section 1 Final			
1 Cayla Phillips		Manly Warringah	1:17.52
2 Emma Thomas		Parramatta	1:18.99
3 Olivia Rose Inkster		Manly Warringah	1:19.00
4 Arabella Price		Nth Rocks Carlin	1:19.79
5 Kristen Cook		Ku-Ring-Gai	1:22.47
6 Georgia Spanswick		Ku-Ring-Gai	1:23.31
7 Melissa Blume		Parramatta	1:24.27
8 Amelia Rae		Manly Warringah	1:24.74

**Girls U 9 - 400 Metre Sprint**

Name	Age	Centre	Heats
Region: R 1:10.70 1992 Lisa Antill, Ku-ring-gai			
Heat 1 Heats			
1 Georgia Healy		Northern Suburbs	1:16.41Q
2 Emilia Duncan		Ku-Ring-Gai	1:16.70Q
3 Claudia Valletta		Manly Warringah	1:17.07Q
4 Nicola Hogg		Mosman	1:17.70q
5 Georgia Arcus		Ryde	1:19.68
6 Charlotte Curran		Ku-Ring-Gai	1:20.08
7 Caitlin Rodriguez		Parramatta	1:23.89
8 Elizabeth McMillen		Manly Warringah	1:25.95
Heat 2 Heats			
1 Jessica Bird		Ku-Ring-Gai	1:13.73Q
2 Kahli Johnson		Manly Warringah	1:14.00Q
3 Sophie Lamers		Ryde	1:16.76Q
4 Emma Kirkland		Mosman	1:16.92q
5 Arienna Grebert		Cherrybrook	1:25.43
6 Grace Higginson		Ryde	1:27.42

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 9 - 400 Metre Sprint**

Region: R 1:10.70 1992 Lisa Antill, Ku-ring-gai			
Name	Age	Centre	Final
Section 1 Final			
1		Ku-Ring-Gai	1:12.29
2		Ku-Ring-Gai	1:12.64
3		Manly Warringah	1:12.76
4		Manly Warringah	1:15.10
5		Mosman	1:17.21
6		Mosman	1:17.91
7		Northern Suburbs	1:20.20
8		Ryde	1:21.46

**Girls U 10 - 400 Metre Sprint**

Region: R 1:05.60 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1		Northern Suburbs	1:10.32Q
2		Manly Warringah	1:12.23Q
3		Ku-Ring-Gai	1:12.56Q
4		Manly Warringah	1:16.20q
5		Cherrybrook	1:17.05
6		Manly Warringah	1:17.20
7		Parramatta	1:18.45
8		Manly Warringah	1:20.20
Heat 2 Heats			
1		Northern Suburbs	1:13.23Q
2		Parramatta	1:13.58Q
3		Northern Districts	1:14.93Q
4		Parramatta	1:15.11q
5		Mosman	1:19.22
6		Mosman	1:19.93
7		Ryde	1:20.82
8		Ryde	1:21.20

**Girls U 10 - 400 Metre Sprint**

Region: R 1:05.60 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1		Northern Suburbs	1:09.17
2		Manly Warringah	1:11.24
3		Ku-Ring-Gai	1:11.57
4		Parramatta	1:12.16
5		Parramatta	1:12.75
6		Northern Districts	1:13.05
7		Manly Warringah	1:13.62
8		Northern Suburbs	1:16.41

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 11 - 400 Metre Sprint**

Region: R 1:01.90 17/02/2008 Sara Marshall, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amy Polikowski		Manly Warringah	1:09.31Q
2 Gabriella Richmond		Northern Suburbs	1:11.36Q
3 Jacinta Metcalf		Manly Warringah	1:13.24Q
4 Sally Guthrie		Northern Suburbs	1:13.58q
5 Gemma Zantiotis		Northern Suburbs	1:16.26
6 Sophia Dickinson		Ku-Ring-Gai	1:17.26
7 Victoria Cureton		Mosman	1:23.74
Heat 2 Heats			
1 Zoe Warland		Hornsby District	1:10.02Q
2 Isabella Rudolph		Cherrybrook	1:11.59Q
3 Eleanor Plummer		Ryde	1:12.39Q
4 Erin Cahill		Hornsby District	1:14.99q
5 Olivia Hogg		Mosman	1:15.43
6 Lydia Todoroska		Ryde	1:18.84
7 Alexandra Chen		Ku-Ring-Gai	1:22.59

**Girls U 11 - 400 Metre Sprint**

Region: R 1:01.90 17/02/2008 Sara Marshall, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Amy Polikowski		Manly Warringah	1:06.95
2 Zoe Warland		Hornsby District	1:08.00
3 Isabella Rudolph		Cherrybrook	1:08.85
4 Gabriella Richmond		Northern Suburbs	1:10.30
5 Jacinta Metcalf		Manly Warringah	1:12.51
6 Eleanor Plummer		Ryde	1:13.14
7 Erin Cahill		Hornsby District	1:14.42
8 Sally Guthrie		Northern Suburbs	1:16.39

**Girls U 12 - 400 Metre Sprint**

Region: R 1:01.30 1993 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Edita Grinbergs		Manly Warringah	1:04.58Q
2 Sophie Hunter		Nth Rocks Carlin	1:07.79Q
3 Brienna Mathieson		Manly Warringah	1:08.96Q
4 Alanna Fisher		Northern Suburbs	1:10.01q
5 Amelia Berthold		Ku-Ring-Gai	1:13.30
6 Brooke East		Northern Suburbs	1:13.71
7 Olivia Hunt		Ku-Ring-Gai	1:14.23
Heat 2 Heats			
1 Eliza Harvey		Nth Rocks Carlin	1:06.52Q
2 Bailee Radford		Manly Warringah	1:07.45Q
3 Sascha Gassmann		Northern Suburbs	1:07.46Q
4 Sophie Gocher		Mosman	1:08.02q
5 Eliza De Laine		Northern Suburbs	1:10.80
6 Astrid Kingsmill		Northern Suburbs	1:11.94
7 Hunter Kelleher		Mosman	1:15.21



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 12 - 400 Metre Sprint**

Region: R 1:01.30 1993 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1	Edita Grinbergs	Manly Warringah	1:02.78
2	Eliza Harvey	Nth Rocks Carlin	1:05.36
3	Sophie Hunter	Nth Rocks Carlin	1:05.76
4	Bailee Radford	Manly Warringah	1:06.56
5	Sophie Gocher	Mosman	1:08.99
6	Sascha Gassmann	Northern Suburbs	1:09.09
7	Alanna Fisher	Northern Suburbs	1:09.63
8	Brienna Mathieson	Manly Warringah	1:10.17

**Girls U 13 - 400 Metre Sprint**

Region: R 58.60 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Isabelle Ronksley	Manly Warringah	1:03.52Q
2	Zoe Latham	Ryde	1:04.42Q
3	Hannah Swinton	Ku-Ring-Gai	1:05.70Q
4	Lauryn Walker	Northern Suburbs	1:07.00q
5	Emma Dixon	Northern Suburbs	1:07.46q
6	Bronte Perrin	Manly Warringah	1:07.67
7	Claudia Mee	Mosman	1:10.45
8	Melissa Hoy	Parramatta	1:12.12
Heat 2 Heats			
1	Kelsey Cooper-Phillis	Ryde	1:05.09Q
2	Rowena Craker	Manly Warringah	1:06.33Q
3	Eliza Woollett	Hornsby District	1:06.82Q
4	Amy Court	Ryde	1:07.70
5	Madison Murray	Hornsby District	1:13.10

**Girls U 13 - 400 Metre Sprint**

Region: R 58.60 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1	Zoe Latham	Ryde	1:01.64
2	Isabelle Ronksley	Manly Warringah	1:02.52
3	Kelsey Cooper-Phillis	Ryde	1:02.89
4	Hannah Swinton	Ku-Ring-Gai	1:04.34
5	Eliza Woollett	Hornsby District	1:05.29
6	Lauryn Walker	Northern Suburbs	1:05.53
7	Emma Dixon	Northern Suburbs	1:06.97
8	Rowena Craker	Manly Warringah	1:11.49

**Girls U 14 - 400 Metre Sprint**

Region: R 56.20 1995 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Lilli Smith	Manly Warringah	1:00.82Q
2	Nicola Bowtell	Ryde	1:01.78Q
3	Tessa Constantine	Manly Warringah	1:03.70Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 14 - 400 Metre Sprint**

4 Tara Rigney	Northern Suburbs	1:04.79q
5 Juliet Grundy	Northern Suburbs	1:06.09
Heat 2 Heats		
1 Sophie McGovern	Manly Warringah	1:03.25Q
2 Rebecca Whitehead	Ku-Ring-Gai	1:03.27Q
3 Georgina Schell	Northern Suburbs	1:04.53Q
4 Jaslyn Setiadji	Northern Districts	1:04.58q
5 Claire Higginson	Ryde	1:12.74

**Girls U 14 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 56.20 1995 Rosemary Hayward, Toukley			
Section 1 Final			
1 Lilli Smith		Manly Warringah	1:00.52
2 Nicola Bowtell		Ryde	1:01.26
3 Rebecca Whitehead		Ku-Ring-Gai	1:01.91
4 Tessa Constantine		Manly Warringah	1:02.34
5 Tara Rigney		Northern Suburbs	1:02.63
6 Sophie McGovern		Manly Warringah	1:02.90
7 Jaslyn Setiadji		Northern Districts	1:03.40
8 Georgina Schell		Northern Suburbs	1:05.55

**Girls U 15 - 400 Metre Sprint**

Name	Age	Centre	Heats
Region: R 55.60 1996 Rosemary Hayward, Toukley			
Heat 1 Heats			
1 Ruby Ritchie		Manly Warringah	1:04.96Q
2 Jordan Roughan		Cherrybrook	1:05.16Q
3 Arlia Patterson		Manly Warringah	1:07.77Q
4 Phoebe Carter		Mosman	1:10.23q
Heat 2 Heats			
1 Emma Frost		Northern Districts	1:03.04Q
2 Emily Hopper		Mosman	1:04.86Q
3 Emma Longworth		Nth Rocks Carlin	1:07.12Q
4 Tamara Neil		Parramatta	1:08.85q
5 Jasmin Borsovszky		Nth Rocks Carlin	1:19.52

**Girls U 15 - 400 Metre Sprint**

Name	Age	Centre	Final
Region: R 55.60 1996 Rosemary Hayward, Toukley			
Section 1 Final			
1 Ruby Ritchie		Manly Warringah	58.92
2 Emily Hopper		Mosman	1:00.93
3 Emma Frost		Northern Districts	1:01.99
4 Jordan Roughan		Cherrybrook	1:02.46
5 Emma Longworth		Nth Rocks Carlin	1:07.82
6 Arlia Patterson		Manly Warringah	1:08.09
7 Phoebe Carter		Mosman	1:11.59

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 17 - 400 Metre Sprint**

Region: R 58.47 18/02/2012 Rachel Horwood, Nth Rocks Car  
 Name Age Centre Heats

Heat 1 Heats

1	Nicola Haggerty-Mayers	Northern Suburbs	1:03.59Q
2	Jessica Raupach	Mosman	1:03.61Q
3	Emma Woods	Northern Suburbs	1:05.31Q
4	Emina Hayashida	Ku-Ring-Gai	1:09.77q
5	Sam Marshall	Parramatta	1:16.80

Heat 2 Heats

1	Amber Castleman	Manly Warringah	1:04.97Q
2	Rachel Horwood	Nth Rocks Carlin	1:05.12Q
3	Nicole Noga	Northern Suburbs	1:05.35Q
4	Abigail Crawford	Hornsby District	1:12.71q

**Girls U 17 - 400 Metre Sprint**

Region: R 58.47 18/02/2012 Rachel Horwood, Nth Rocks Car  
 Name Age Centre Final

Section 1 Final

1	Rachel Horwood	Nth Rocks Carlin	1:00.07
2	Jessica Raupach	Mosman	1:01.35
3	Nicola Haggerty-Mayers	Northern Suburbs	1:01.44
4	Amber Castleman	Manly Warringah	1:02.29
5	Emma Woods	Northern Suburbs	1:04.47
6	Nicole Noga	Northern Suburbs	1:04.86
7	Abigail Crawford	Hornsby District	1:10.35
8	Emina Hayashida	Ku-Ring-Gai	1:12.51

**Girls U 9 - 800 Metre Run**

Region: R 2:34.80 20/02/2011 Abbey Rockliff, Ku-ring-gai  
 Name Age Centre Final

Section 1

1	Jessica Bird	Ku-Ring-Gai	2:47.81
2	Nicola Hogg	Mosman	2:48.47
3	Emma Kirkland	Mosman	2:51.80
4	Olivia Kearney	Northern Suburbs	2:58.41
5	Elizabeth McMillen	Manly Warringah	3:00.61
6	Georgia Arcus	Ryde	3:01.40
7	Emily Gathercole	Nth Rocks Carlin	3:01.86
8	Arabella O'Byrne	Ku-Ring-Gai	3:02.21
9	Sophie Lamers	Ryde	3:02.63
10	Charlotte Curran	Ku-Ring-Gai	3:04.90
11	Zara Warland	Hornsby District	3:05.52
12	Ciara Trainor	Northern Suburbs	3:06.28
13	Ruby Quoyale	Northern Suburbs	3:06.67
14	Roisin Dengate	Ku-Ring-Gai	3:25.06

**Girls U 10 - 800 Metre Run**

Region: R 2:27.26 19/02/2012 Abbey Rockliff, Ku-ring-gai  
 Name Age Centre Final

1	Rebecca Terry	Northern Suburbs	2:42.60
2	Ella Koster	Ku-Ring-Gai	2:46.79

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 10 - 800 Metre Run**

3	Olivia Rooney	Northern Suburbs	2:46.86
4	Ciara Sinclair	Manly Warringah	2:48.73
5	Emily Gocher	Mosman	2:49.45
6	Kristina Dang	Parramatta	2:50.94
7	Jessica Forster	Hornsby District	2:56.02
8	Kiara Henry	Parramatta	2:56.72
9	Georgina Hopper	Mosman	3:00.02
10	Gemma Bratton	Northern Suburbs	3:01.47
11	Laura Quinn	Mosman	3:02.05
12	Holly Lay	Manly Warringah	3:04.25
13	Emma Brown	Ryde	3:05.46

**Girls U 11 - 800 Metre Run**

Region: R 2:26.42 19/02/2012 Ashlee Forbes, Tuggerah Lak			
Name	Age	Centre	Final
1	Abbey Rockliff	Ku-Ring-Gai	2:26.06R
2	Georgia Duncan	Ku-Ring-Gai	2:36.82
3	Isabella Rudolph	Cherrybrook	2:39.28
4	Imogen Gardiner	Northern Suburbs	2:43.80
5	Indianna Marshall-Witte	Manly Warringah	2:46.93
6	Jacinta Metcalf	Manly Warringah	2:48.87
7	Olivia Hogg	Mosman	2:49.32
8	Gabriella Richmond	Northern Suburbs	2:52.56
9	Brooke Niccol	Hornsby District	2:54.95
10	Alicia John	Parramatta	2:56.00
11	Alexandra Chen	Ku-Ring-Gai	2:56.41
12	Sophia Dickinson	Ku-Ring-Gai	2:58.97
13	Saskia Newman	Northern Suburbs	3:01.68
14	Lydia Todoroska	Ryde	3:01.88

**Girls U 12 - 800 Metre Run**

Region: R 2:23.80 2005 Janine Liversage, Cherrybro			
Name	Age	Centre	Final
1	Edita Grinbergs	Manly Warringah	2:24.70
2	Eliza Harvey	Nth Rocks Carlin	2:30.12
3	Sophie Gocher	Mosman	2:33.97
4	Sascha Gassmann	Northern Suburbs	2:34.38
5	Gabrielle Damm	Cherrybrook	2:37.53
6	Rachel Lowe	Ku-Ring-Gai	2:38.48
7	Astrid Kingsmill	Northern Suburbs	2:40.26
8	Jessica Weidenhofer	Manly Warringah	2:40.84
9	Imogen Breslin	Ku-Ring-Gai	2:41.47
10	Jemma Gallagher	Northern Districts	2:41.73
11	Breanna Ivankovic	Nth Rocks Carlin	2:44.29
12	Samantha Brown	Hornsby District	2:45.56
13	Eleanor Lidbetter	Hornsby District	2:49.11
14	Hannah Townley	Mosman	2:51.16
15	Bailee Radford	Manly Warringah	2:59.04

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 13 - 800 Metre Run**

Region: R 2:18.40 19/02/2006 Janine Liversage, Hills Dis			
Name	Age	Centre	Final
1 Nell Breslin		Manly Warringah	2:24.71
2 Zoe Latham		Ryde	2:26.48
3 Molly Quoye		Northern Suburbs	2:28.95
4 Leah McDonald		Parramatta	2:31.61
5 Hannah Swinton		Ku-Ring-Gai	2:34.46
6 Isabelle Ronksley		Manly Warringah	2:36.17
7 Antonia Whiting		Ku-Ring-Gai	2:37.30
8 Emma Smith		Ryde	2:37.79
9 Eliza Woollett		Hornsby District	2:38.31
10 Boronia Dixon		Manly Warringah	2:38.63
11 Kara Blackley		Manly Warringah	2:40.48
12 Natalie Norris		Manly Warringah	2:43.88
13 Talicia Beardsmore		Manly Warringah	2:51.74
14 Claudia Mee		Mosman	2:55.72

**Girls U 14 - 800 Metre Run**

Region: R 2:17.20 17/02/2008 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Rebecca Wright		Parramatta	2:24.27
2 Tara Rigney		Northern Suburbs	2:25.91
3 Annabel McDermott		Ku-Ring-Gai	2:26.91
4 Lia Marti		Manly Warringah	2:28.56
5 Juliet Grundy		Northern Suburbs	2:33.07
6 Emma Baptist		Northern Suburbs	2:39.75
7 Jordyn Wollaston		Manly Warringah	2:39.91
8 Julia Cormio		Hornsby District	2:41.43
9 Scarlett Kidman		Ryde	2:42.23
10 Emily Jones		Cherrybrook	2:50.82

**Girls U 15 - 800 Metre Run**

Region: R 2:10.90 22/02/2009 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Emily Hopper		Mosman	2:17.18
2 Sierra Collender		Ryde	2:33.49
3 Arlia Patterson		Manly Warringah	2:35.55
4 Emma Longworth		Nth Rocks Carlin	2:42.81

**Girls U 17 - 800 Metre Run**

Region: R 2:15.00 28/02/2010 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Jessica Raupach		Mosman	2:25.59
2 Georgia Winkcup		Cherrybrook	2:25.89
3 Tayla-Paige Billington		Mosman	2:30.31
4 Megan De Kock		Manly Warringah	2:34.34
5 Amelia Gorman		Manly Warringah	2:34.83
6 Brooke McDonald		Parramatta	2:37.63
7 Katie Driscoll		Cherrybrook	2:39.33
8 Krishni Jayawardana		Nth Rocks Carlin	2:39.37
9 Ariana Delawari		Manly Warringah	2:44.87

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 17 - 800 Metre Run**

10 Ashley Seaman	Northern Suburbs	2:46.96
11 Georgia Herron	Northern Suburbs	2:48.42

**Girls U 10 - 1500 Metre Run**

Name	Age Centre	Final
Region: R 4:56.90 18/02/2012 Abbey Rockliff, Ku-ring-gai		
1 Olivia Rooney	Northern Suburbs	5:37.36
2 Rebecca Terry	Northern Suburbs	5:40.24
3 Emily Gocher	Mosman	5:43.56
4 Haley Mills	Parramatta	5:44.81
5 Ella Koster	Ku-Ring-Gai	5:52.70
6 Alana Kavanagh	Nth Rocks Carlin	5:55.33
7 Georgina Hopper	Mosman	6:00.45
8 Ciara Sinclair	Manly Warringah	6:01.07
9 Portia Amy-Wilson	Ryde	6:10.83
10 Laura Quinn	Mosman	6:11.56
11 Mia Hinchliff	Mosman	6:13.44
12 Sophie Boland	Ryde	6:15.10
13 Jatali Brown	Manly Warringah	6:22.54
14 Roxy Beuzeville	Manly Warringah	6:26.62
15 Ellen Hall	Hornsby District	6:34.83

**Girls U 11 - 1500 Metre Run**

Name	Age Centre	Final
Region: R 4:54.70 2005 Jenny Blundell, Cherrybrook		
1 Abbey Rockliff	Ku-Ring-Gai	4:56.56
2 Ashlie Edwards	Manly Warringah	5:34.47
3 Olivia Hogg	Mosman	5:38.68
4 Imogen Gardiner	Northern Suburbs	5:39.45
5 Bridget Smith	Manly Warringah	5:42.42
6 Amy Bonthorne	Ku-Ring-Gai	5:42.89
7 Alexandra Chen	Ku-Ring-Gai	5:57.41
8 Lucy Feyen	Mosman	6:00.21
9 Isabella Dunkin	Manly Warringah	6:04.25
10 Taya-Jade Radford	Manly Warringah	6:04.55
11 Alicia John	Parramatta	6:11.39
12 Monique Leadbitter	Northern Suburbs	6:16.07
13 Jade Pond	Nth Rocks Carlin	6:22.46
14 Mia Flodin	Ryde	6:34.00
15 Gabriella Bovino	Nth Rocks Carlin	6:36.28

**Girls U 12 - 1500 Metre Run**

Name	Age Centre	Final
Region: R 5:00.10 2005 Janine Liversage, Cherrybrook		
1 Edita Grinbergs	Manly Warringah	5:03.76
2 Gabrielle Damm	Cherrybrook	5:13.02
3 Sophie Gocher	Mosman	5:20.92
4 Samantha Brown	Hornsby District	5:23.82
5 Sascha Gassmann	Northern Suburbs	5:27.73
6 Abbey McMillen	Manly Warringah	5:30.70
7 Breanna Ivankovic	Nth Rocks Carlin	5:31.49
8 Astrid Kingsmill	Northern Suburbs	5:32.66

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 12 - 1500 Metre Run**

9	Jessica Weidenhofer	Manly Warringah	5:41.20
10	Jemma Gallagher	Northern Districts	5:42.93
11	Imogen Breslin	Ku-Ring-Gai	5:47.95
12	Anika Rooney	Northern Suburbs	6:01.55
13	Marica Huxtable	Northern Suburbs	6:14.77

**Girls U 13 - 1500 Metre Run**

Region: R 4:48.90 17/02/2007 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1	Nell Breslin	Manly Warringah	5:06.24
2	Molly Quoye	Northern Suburbs	5:07.90
3	Leah McDonald	Parramatta	5:10.75
4	Kara Blackley	Manly Warringah	5:29.86
5	Natalie Norris	Manly Warringah	5:32.34
6	Mikayla Hopper	Mosman	5:36.24
7	Antonia Whiting	Ku-Ring-Gai	5:41.94
8	Emma Smith	Ryde	5:44.86
9	Amber Foster	Cherrybrook	5:45.63
10	Talicia Beardsmore	Manly Warringah	5:52.23
11	Mia Mylonas	Parramatta	5:57.61
12	Hannah Johns	Northern Suburbs	6:03.06

**Girls U 14 - 1500 Metre Run**

Region: R 4:49.00 1993 E Morris, Manly Warringah			
Name	Age	Centre	Final
1	Annabel McDermott	Ku-Ring-Gai	4:49.22
2	Rebecca Wright	Parramatta	5:14.07
3	Elly Gallagher	Northern Districts	5:17.42
4	Eloise Doherty	Northern Suburbs	5:27.69
5	Jordyn Wollaston	Manly Warringah	5:32.60
6	Juliet Grundy	Northern Suburbs	5:33.36
7	Alison Colgan	Manly Warringah	5:37.52
8	Catalina Martinez	Cherrybrook	5:44.26
9	Natalie Chen	Ku-Ring-Gai	5:45.54
10	Emma Baptist	Northern Suburbs	5:49.06
11	Emily Jones	Cherrybrook	6:07.29

**Girls U 15 - 1500 Metre Run**

Region: R 4:48.90 27/02/2010 Kate Spencer, Ryde			
Name	Age	Centre	Final
1	Emily Hopper	Mosman	4:38.31R
2	Sierra Collender	Ryde	5:21.11
3	Rebecca Smith	Manly Warringah	5:54.59
4	Milly McAndrew	Nth Rocks Carlin	6:38.60

**Girls U 17 - 1500 Metre Run**

Region: R 4:42.90 18/02/2012 Kate Spencer, Ryde			
Name	Age	Centre	Final
1	Georgia Winkcup	Cherrybrook	5:03.62
2	Jessica Raupach	Mosman	5:09.22

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 17 - 1500 Metre Run**

3	Amelia Gorman	Manly Warringah	5:12.57
4	Hannah Taylor	Hornsby District	5:17.51
5	Caitlin McCartney	Northern Suburbs	5:21.45
6	Olivia Dunn	Hornsby District	5:24.04
7	Brooke McDonald	Parramatta	5:32.56
8	Katie Driscoll	Cherrybrook	5:35.34
9	Ariana Delawari	Manly Warringah	5:40.37
10	Sam Marshall	Parramatta	5:51.77
11	Krishni Jayawardana	Nth Rocks Carlin	5:53.67
12	Kristin Jeffery	Nth Rocks Carlin	6:05.06
13	Raluca Bastucescu	Parramatta	7:28.32

**Girls U 13 - 3000 Metre Run**

=====			
Region: R 10:30.00 18/02/2012 Gabby Mastroianni, Mosman			
Name	Age	Centre	Final
=====			
1	Catherine Barlin	Northern Suburbs	11:02.11
2	Leah McDonald	Parramatta	11:11.50
3	Natalie Norris	Manly Warringah	12:35.63
4	Hannah Johns	Northern Suburbs	12:46.21
5	Melissa Hoy	Parramatta	12:51.73
6	Chloe Davis	Ryde	12:56.46
7	Talicia Beardsmore	Manly Warringah	12:58.42

**Girls U 14 - 3000 Metre Run**

=====			
Region: R 10:35.60 2001 Bree Crawford, Manly Warri			
Name	Age	Centre	Final
=====			
1	Annabel McDermott	Ku-Ring-Gai	11:07.80
2	Elly Gallagher	Northern Districts	11:16.47
3	Jasmyn McDonald	Parramatta	11:28.93
4	Eloise Doherty	Northern Suburbs	11:35.94
5	Scarlett Kidman	Ryde	11:56.67
6	Emma Baptist	Northern Suburbs	12:04.19
7	Jessica Cunningham	Nth Rocks Carlin	12:10.22
8	Emily Jones	Cherrybrook	12:16.96
9	Lucy Francis	Ku-Ring-Gai	12:24.77
10	Catalina Martinez	Cherrybrook	12:39.08
11	Jordyn Wollaston	Manly Warringah	12:48.09

**Girls U 15 - 3000 Metre Run**

=====			
Region: R 10:31.70 28/02/2010 Kate Spencer, Ryde			
Name	Age	Centre	Final
=====			
1	Sierra Collender	Ryde	11:15.53
2	Ellyanne Slennett	Manly Warringah	11:46.09
3	Natasha Salisbury	Ku-Ring-Gai	13:43.36

**Girls U 17 - 3000 Metre Run**

=====			
Region: R 10:19.10 18/02/2012 Kate Spencer, Ryde			
Name	Age	Centre	Final
=====			
1	Georgia Winkcup	Cherrybrook	10:52.63
2	Amelia Gorman	Manly Warringah	11:18.39



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 17 - 3000 Metre Run**

3 Olivia Dunn	Hornsby District	11:23.18
4 Brooke McDonald	Parramatta	11:49.59
5 Jessica Raupach	Mosman	11:51.71
6 Sam Marshall	Parramatta	13:08.78
7 Kristin Jeffery	Nth Rocks Carlin	13:24.43

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

Name	Age	Centre	Heats
Region: R 10.90	1994	Bree Donnelly, Manly Warringa	

Heat 1 Heats

1 Cayla Phillips	Manly Warringah	11.69Q
2 Emily Crawford	Cherrybrook	11.70Q
3 Eliza McKenzie	Nth Rocks Carlin	12.40Q
4 Susie Coster	Manly Warringah	12.54
5 Mikayla Kelleher	Ryde	12.58
6 Alexis Aldous	Ryde	12.60
7 Lily Tilt	Nth Rocks Carlin	12.84

Heat 2 Heats

1 Charlotte McDermid	Ku-Ring-Gai	11.93Q
2 Sienna Bond	Ku-Ring-Gai	11.98Q
3 Sophie Kavanagh	Nth Rocks Carlin	12.01Q
4 Matilda Damian	Northern Suburbs	12.25q
5 Emily Smith	Manly Warringah	12.47q
6 Isabella Brooker	Ku-Ring-Gai	12.71

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

Name	Age	Centre	Final
Region: R 10.90	1994	Bree Donnelly, Manly Warringa	

Section 1 Final

1 Sienna Bond	Ku-Ring-Gai	11.38
2 Cayla Phillips	Manly Warringah	11.48
3 Emily Crawford	Cherrybrook	11.62
4 Sophie Kavanagh	Nth Rocks Carlin	11.64
5 Charlotte McDermid	Ku-Ring-Gai	11.71
6 Matilda Damian	Northern Suburbs	11.89
7 Eliza McKenzie	Nth Rocks Carlin	12.31
8 Emily Smith	Manly Warringah	12.34

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

Name	Age	Centre	Heats
Region: R 10.20	1995	A Hamilton, Northern Suburbs	

Heat 1 Heats

1 Emily Gathercole	Nth Rocks Carlin	11.04Q
2 Claudia Valletta	Manly Warringah	11.31Q
3 Aajuah Burton	Manly Warringah	11.37Q
4 Olivia Donoghue	Manly Warringah	11.40q
5 Olivia Kearney	Northern Suburbs	11.53
6 Eliza Da Silva	Ryde	11.88
7 Grace-Lee Weekes	Northern Districts	11.90
8 Caitlin Rodriguez	Parramatta	12.31

Heat 2 Heats

1 Lara Stevens	Hornsby District	10.92Q
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**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

2	Samantha Ramsden	Ku-Ring-Gai	11.10Q
3	Danielle Osifo	Cherrybrook	11.46Q
4	Chiara Lillis	Ryde	11.48q
5	Audrey Little	Mosman	11.73
6	Scarlett O'Kane	Northern Suburbs	11.74
7	Annika Lynch	Northern Suburbs	11.77

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

Name	Age	Centre	Final
Region: R 10.20 1995 A Hamilton, Northern Suburbs			

Section 1 Final

1	Samantha Ramsden	Ku-Ring-Gai	10.50
2	Danielle Osifo	Cherrybrook	10.65
3	Emily Gathercole	Nth Rocks Carlin	10.92
4	Claudia Valletta	Manly Warringah	11.03
5	Chiara Lillis	Ryde	11.09
6	Aajuah Burton	Manly Warringah	11.12
7	Olivia Donoghue	Manly Warringah	11.26
8	Lara Stevens	Hornsby District	11.54

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

Name	Age	Centre	Heats
Region: R 10.00 27/02/2010 Tiana Jaber, Kings Langley			

Heat 1 Heats

1	Kristina Dang	Parramatta	11.14Q
2	Madeleine Kate Wallace	Manly Warringah	11.82Q
3	Amy McFadden	Northern Districts	11.94Q
4	Tess Rickard	Northern Suburbs	12.21q
5	Lily Worrall	Northern Suburbs	12.36
6	Isabelle Morgan	Mosman	12.49
7	Emily Lee	Northern Suburbs	12.55

Heat 2 Heats

1	Lara Woollett	Hornsby District	11.63Q
2	Alannah Green	Mosman	11.86Q
3	Jessica Forster	Hornsby District	11.86Q
4	Aleisha Jeremy	Manly Warringah	12.17q
5	Jessica Fartek	Nth Rocks Carlin	12.30
6	Alyssa Lowe	Ryde	12.73
7	Jordan Oberg	Cherrybrook	13.77

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

Name	Age	Centre	Final
Region: R 10.00 27/02/2010 Tiana Jaber, Kings Langley			

Section 1 Final

1	Alannah Green	Mosman	10.99
2	Madeleine Kate Wallace	Manly Warringah	11.40
3	Aleisha Jeremy	Manly Warringah	11.49
4	Lara Woollett	Hornsby District	11.61
5	Jessica Forster	Hornsby District	11.66
6	Amy McFadden	Northern Districts	11.85
7	Tess Rickard	Northern Suburbs	11.91
8	Kristina Dang	Parramatta	15.06

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

Region: R 9.60 1998 A Kerr, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Julia Vignes		Hornsby District	9.90Q
2 Isabel McCarthy		Northern Suburbs	10.57Q
3 Tamsyn Martin		Manly Warringah	10.72Q
4 Olivia Wrightson		Manly Warringah	10.76q
5 Alicia Fartek		Nth Rocks Carlin	11.34
6 Brooke Niccol		Hornsby District	11.57
7 Lucy Feyen		Mosman	12.31
Heat 2 Heats			
1 Mia Hemsworth		Ku-Ring-Gai	9.87Q
2 Amie Bowrey		Cherrybrook	10.21Q
3 Nicolette Donofrio		Northern Suburbs	10.24Q
4 Gabriella Richmond		Northern Suburbs	10.36q
5 Jasmine Healy		Northern Suburbs	10.95
6 Nicola Markley		Manly Warringah	11.38
7 Madeline Finlay		Cherrybrook	11.52

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

Region: R 9.60 1998 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Julia Vignes		Hornsby District	9.78
2 Mia Hemsworth		Ku-Ring-Gai	9.79
3 Amie Bowrey		Cherrybrook	10.16
4 Gabriella Richmond		Northern Suburbs	10.42
4 Nicolette Donofrio		Northern Suburbs	10.42
6 Isabel McCarthy		Northern Suburbs	10.48
7 Olivia Wrightson		Manly Warringah	10.71
8 Tamsyn Martin		Manly Warringah	10.76

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

Region: R 9.10 2005 Annaliese Gardiner, Ku-ring-g			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Madelyn Fartek		Nth Rocks Carlin	10.39Q
2 Sofia Metaxouli		Cherrybrook	10.51Q
3 Brooke East		Northern Suburbs	10.67Q
4 Eliza De Laine		Northern Suburbs	10.81q
5 Sophia Cleary		Manly Warringah	10.91
6 Emily Britton		Ku-Ring-Gai	11.14
7 Jaz Holland		Manly Warringah	11.82
8 Payton Metzmacher		Hornsby District	12.73
Heat 2 Heats			
1 Helena De Gruchy		Manly Warringah	10.46Q
2 Kate Collett		Cherrybrook	10.74Q
3 Georgie Jaques		Manly Warringah	10.86Q
4 Katrina Lyon		Ryde	10.87q
5 Skye Cselko		Mosman	11.79
6 Breanna Ivankovic		Nth Rocks Carlin	11.95

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

Region: R 9.10 2005 Annaliese Gardiner, Ku-ring-g			
Name	Age	Centre	Final
Section 1 Final			
1 Helena De Gruchy		Manly Warringah	10.09
2 Madelyn Fartek		Nth Rocks Carlin	10.28
3 Sofia Metaxouli		Cherrybrook	10.30
4 Brooke East		Northern Suburbs	10.53
5 Kate Collett		Cherrybrook	10.56
6 Eliza De Laine		Northern Suburbs	10.62
7 Georgie Jaques		Manly Warringah	10.80
8 Katrina Lyon		Ryde	10.91

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

Region: R 12.60 19/02/2006 Annaliese Gardiner, Ku-ring-g			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lauren Moses		Manly Warringah	13.59Q
2 Shannyn Bissett		Hornsby District	13.77Q
3 Deni Ross		Parramatta	13.97Q
4 Lauryn Walker		Northern Suburbs	14.00q
5 Sami Perrin		Manly Warringah	14.77
6 Amanda Crowe		Northern Suburbs	16.44
7 Jenni Casey		Nth Rocks Carlin	19.57
Heat 2 Heats			
1 Charlotte Patterson		Northern Suburbs	13.46Q
2 Mallory Bassett		Hornsby District	13.57Q
3 Brooke Matheson		Ryde	14.08Q
4 Zoe Carley		Manly Warringah	14.45q
5 Jaimee Gates		Ku-Ring-Gai	14.93
6 Georgia McFarland		Manly Warringah	15.64
7 Emily Brownlow		Nth Rocks Carlin	18.59

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

Region: R 12.60 19/02/2006 Annaliese Gardiner, Ku-ring-g			
Name	Age	Centre	Final
Section 1 Final			
1 Lauren Moses		Manly Warringah	13.32
2 Charlotte Patterson		Northern Suburbs	13.36
3 Mallory Bassett		Hornsby District	13.53
4 Deni Ross		Parramatta	13.59
5 Lauryn Walker		Northern Suburbs	13.81
6 Shannyn Bissett		Hornsby District	13.92
7 Brooke Matheson		Ryde	14.07
8 Zoe Carley		Manly Warringah	14.46

**Girls U 14 - 80 Metre Hurdles (76 cm)**

Region: R 12.20 2002 Marissa Ward, Northern Suburb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bridget Martin		Northern Districts	13.28Q
2 Samantha Bowden		Ku-Ring-Gai	13.73Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 14 - 80 Metre Hurdles (76 cm)**

3	Giselle Collins	Northern Suburbs	14.30Q
4	Elizabeth Scott	Manly Warringah	14.41q
5	Emily Jones	Cherrybrook	15.61q

Heat 2 Heats

1	Jaslyn Setiadji	Northern Districts	13.57Q
2	Courtney Cattell	Cherrybrook	13.79Q
3	Madeleine Vaz	Northern Suburbs	14.96Q
4	Katherine Du	Ryde	15.74
5	Madeleine Nicita	Hornsby District	15.84

**Girls U 14 - 80 Metre Hurdles (76 cm)**

Name	Region: R 12.20	Age 2002	Centre	Final
Marissa Ward, Northern Suburb				

Section 1 Final

1	Bridget Martin	Northern Districts	12.97
2	Jaslyn Setiadji	Northern Districts	13.12
3	Courtney Cattell	Cherrybrook	13.63
4	Samantha Bowden	Ku-Ring-Gai	13.64
5	Giselle Collins	Northern Suburbs	14.07
6	Elizabeth Scott	Manly Warringah	14.52
7	Madeleine Vaz	Northern Suburbs	15.06
8	Emily Jones	Cherrybrook	15.62

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

Name	Region: R 12.90	Age 28/02/2010	Centre	Final
Melissa Farrington, Northern				

Section 1

1	Rachel Pace	Cherrybrook	13.56
2	Carla Takchi	Cherrybrook	13.57
3	Karina Brown	Northern Suburbs	14.29
4	Hope Fewtrell	Ku-Ring-Gai	15.21
5	Susannah Brennan	Ku-Ring-Gai	15.70
6	Jessica Reynolds	Manly Warringah	16.21
7	Tamara Neil	Parramatta	16.49
8	Jasmin Borsovszky	Nth Rocks Carlin	16.63

**Girls U 17 - 100 Metre Hurdles (76 cm)**

Name	Region: R 14.00	Age 19/02/2012	Centre	Final
Melissa Farrington, Northern				

1	Natalie Setiadji	Northern Districts	15.28
2	Holly Winter	Cherrybrook	15.42
3	Jennifer King	Ku-Ring-Gai	15.91
4	Kathryn Ramsay	Nth Rocks Carlin	16.59
5	Rosanna McConnachie	Ku-Ring-Gai	17.07
6	Lauren Dennis	Nth Rocks Carlin	18.55
7	Amelia Basheer	Northern Suburbs	18.97

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

Region: R 28.00 1991 B Smith, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Mallory Bassett		Hornsby District	30.33Q
2 Sami Perrin		Manly Warringah	30.78Q
3 Deni Ross		Parramatta	31.04Q
4 Charlotte Patterson		Northern Suburbs	31.25q
5 Amy Court		Ryde	31.38q
6 Lauryn Walker		Northern Suburbs	31.93
7 Millie Henry		Northern Districts	33.04
Heat 2 Heats			
1 Lauren Moses		Manly Warringah	31.19Q
2 Jaimee Gates		Ku-Ring-Gai	31.32Q
3 Zoe Carley		Manly Warringah	31.72Q
4 Katie Devitt		Cherrybrook	31.93
5 Brooke Matheson		Ryde	33.34
6 Shannyn Bissett		Hornsby District	35.30

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

Region: R 28.00 1991 B Smith, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Lauren Moses		Manly Warringah	29.59
2 Sami Perrin		Manly Warringah	30.15
3 Jaimee Gates		Ku-Ring-Gai	30.69
4 Deni Ross		Parramatta	30.73
5 Mallory Bassett		Hornsby District	30.83
6 Amy Court		Ryde	31.10
7 Zoe Carley		Manly Warringah	31.17
8 Charlotte Patterson		Northern Suburbs	31.62

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

Region: R 27.60 1997 Jana Pittman, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Courtney Cattell		Cherrybrook	30.45Q
2 Bridget Martin		Northern Districts	30.68Q
3 Tessa Constantine		Manly Warringah	31.51Q
4 Samantha Bowden		Ku-Ring-Gai	31.52q
5 Giselle Collins		Northern Suburbs	33.38q
6 Claire Higginson		Ryde	35.45
Heat 2 Heats			
1 Ava Walker-Charles		Manly Warringah	31.30Q
2 Elizabeth Scott		Manly Warringah	31.68Q
3 Jaslyn Setiadji		Northern Districts	32.32Q
4 Emily Jones		Cherrybrook	35.86

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

Region: R 27.60 1997 Jana Pittman, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Courtney Cattell		Cherrybrook	29.92
2 Ava Walker-Charles		Manly Warringah	30.28
3 Bridget Martin		Northern Districts	30.38
4 Samantha Bowden		Ku-Ring-Gai	30.70
5 Tessa Constantine		Manly Warringah	30.71
6 Jaslyn Setiadji		Northern Districts	31.54
7 Elizabeth Scott		Manly Warringah	31.94
8 Giselle Collins		Northern Suburbs	33.51

**Girls U 15 - 200 Metre Hurdles (76 cm)**

Region: R 27.20 1998 Jana Pittman, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Rachel Pace		Cherrybrook	29.36Q
2 Tara Kissick		Northern Districts	31.23Q
3 Emma Longworth		Nth Rocks Carlin	32.59Q
4 Phoebe Carter		Mosman	33.01q
5 Jasmin Borsovszky		Nth Rocks Carlin	33.80
Heat 2 Heats			
1 Karina Brown		Northern Suburbs	31.00Q
2 Carla Takchi		Cherrybrook	31.07Q
3 Lauren Bassett		Hornsby District	32.27Q
4 Arlia Patterson		Manly Warringah	32.82q

**Girls U 15 - 200 Metre Hurdles (76 cm)**

Region: R 27.20 1998 Jana Pittman, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Rachel Pace		Cherrybrook	28.09
2 Carla Takchi		Cherrybrook	29.20
3 Karina Brown		Northern Suburbs	30.32
4 Tara Kissick		Northern Districts	31.27
5 Arlia Patterson		Manly Warringah	32.41
6 Emma Longworth		Nth Rocks Carlin	32.53
7 Phoebe Carter		Mosman	32.74
8 Lauren Bassett		Hornsby District	32.90

**Girls U 17 - 200 Metre Hurdles (76 cm)**

Region: R 27.40 18/02/2012 Melissa Farrington, Noerthern			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Holly Winter		Cherrybrook	30.44Q
2 Kathryn Ramsay		Nth Rocks Carlin	30.94Q
3 Jennifer King		Ku-Ring-Gai	31.43Q
4 Kristina Adzic		Hornsby District	32.44q
Heat 2 Heats			
1 Natalie Setiadji		Northern Districts	30.37Q
2 Rosanna McConnachie		Ku-Ring-Gai	30.90Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 17 - 200 Metre Hurdles (76 cm)**

3	Amelia Basheer	Northern Suburbs	31.33Q
4	Lauren Dennis	Nth Rocks Carlin	32.67q
5	Emina Hayashida	Ku-Ring-Gai	34.40

**Girls U 17 - 200 Metre Hurdles (76 cm)**

Name	Age	Centre	Final
Region: R 27.40 18/02/2012 Melissa Farrington, Noerthern			

Section 1 Final

1	Holly Winter	Cherrybrook	29.11
2	Rosanna McConnachie	Ku-Ring-Gai	29.96
3	Kathryn Ramsay	Nth Rocks Carlin	30.35
4	Jennifer King	Ku-Ring-Gai	30.36
5	Natalie Setiadji	Northern Districts	30.42
6	Amelia Basheer	Northern Suburbs	30.55
7	Lauren Dennis	Nth Rocks Carlin	32.61

**Girls U 8 - 700 Metre Multi Class Run**

Name	Age	Centre	Final
Region: R 2:20.20 28/02/2010 Abbey Rockliff, Ku-ring-gai			

Section 1

1	Emma Thomas	Parramatta	2:31.21
2	Emily Smith	Manly Warringah	2:35.15
3	Melissa Blume	Parramatta	2:37.12
4	Kristen Cook	Ku-Ring-Gai	2:37.14
5	Amelia Rae	Manly Warringah	2:41.18
6	Clare Doherty	Ryde	2:42.43
7	Sofia Massaro	Northern Suburbs	2:44.34
8	Nea Shingler	Northern Suburbs	2:45.37
9	Sally Priest	Manly Warringah	2:46.07
10	Arabella Price	Nth Rocks Carlin	2:47.67
11	Emma Lamers	Ryde	2:47.91
12	Emma Greenup	Northern Suburbs	2:48.24
13	Holly Wickham	Mosman	2:50.20
14	Sofia Polson	Parramatta	2:51.10
15	Samantha Jones	Northern Districts	2:54.05
16	Olivia Quin	Ryde	2:58.98

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

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

1	Manly Warringah	57.61
	1) Kahli Johnson 9	2) Cydelle Kirton-Brady 11
	3) Aleisha Jeremy 10	4) Kandy Lee 12
2	Ku-Ring-Gai	58.10
	1) Jessica Maciver 9	2) Lily Mcknight 10
	3) Mia Hemsworth 11	4) Jessica Mackenzie 12
3	Northern Suburbs	58.32
	1) Claudia Perry 10	2) Nicolette Donofrio 11
	3) Alanna Fisher 12	4) Greta Andrews 9
4	Ryde	59.56
	1) Chiara Lillis 9	2) Charlotte Brigstocke 10



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

3) Eleanor Plummer 11	4) Katrina Lyon 12	
5 Nth Rocks Carlingford		1:00.42
1) Emily Gathercole 9	2) Alicia Fartek 11	
3) Jessica Fartek 10	4) Madelyn Fartek 12	
6 Mosman		1:01.77
1) Alannah Green 10	2) Jazz Gregan 9	
3) Victoria Cureton 10	4) Annabelle Carr 12	

**Girls U 13-17 4x100 Metre Relay (Snr)**

=====  
 Region: R 50.50 19/02/2012 Northern Suburbs, Northern Su  
 G Schell, C Wang, K Hunt, M Farrington

Centre Final  
 =====

1 Manly Warringah		50.11R
1) Kristie Edwards 13	2) Sophie McGovern 14	
3) Megan Lutze 17	4) Ruby Ritchie 15	
2 Cherrybrook		51.34
1) Katie Devitt 13	2) Courtney Cattell 14	
3) Rachel Pace 15	4) Karina Takchi 17	
3 Ku-Ring-Gai		53.33
1) Hannah Swinton 13	2) Melissa Fitzsimmons 14	
3) Hope Fewtrell 15	4) Rosanna McConnachie 17	
4 Northern Suburbs		53.46
1) Amanda Crowe 13	2) Nicola Haggerty-Mayers 17	
3) Alice Falconer 14	4) Lucy Peck 15	
5 Northern Districts		54.45
1) Jemima Moffat 14	2) Jaslyn Setiadji 14	
3) Gabriella Chan 13	4) Natalie Setiadji 17	
6 Nth Rocks Carlingford		54.67
1) Kathryn Ramsay 17	2) Jasmin Borsovszky 15	
3) Kate Milne 13	4) Venus Parfait 14	

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

=====  
 Region: R 1.22m 1997 S Martin, Manly Warringah

Name Age Centre Final  
 =====

Flight 1		
1 Georgia Healy	Northern Suburbs	1.10m
2 Alice Dixon	Northern Suburbs	1.04m
3 Ariel Belger	Manly Warringah	1.04m
4 Annika Lynch	Northern Suburbs	1.00m
5 Sara (Abby) Harborne	Hornsby District	1.00m
6 Emma Kirkland	Mosman	1.00m
7 Sophie Conn	Cherrybrook	0.95m
8 Emma Vercoe	Ryde	0.90m
9 Imogen Smith	Ku-Ring-Gai	0.90m
9 Chloe Yap	Parramatta	0.90m
11 Arabella O'Byrne	Ku-Ring-Gai	0.85m
12 Grace-Lee Weekes	Northern Districts	0.85m
-- Jud Hijazi	Cherrybrook	NH

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

Region: R 1.36m 2002 F Sombroek, Northern Suburbs			
Name	Age	Centre	Final
1 Georgia O'Connor		Cherrybrook	1.23m
2 Lily Worrall		Northern Suburbs	1.21m
3 Alannah Green		Mosman	1.19m
4 Hannah Maxwell		Ku-Ring-Gai	1.19m
5 Portia Amy-Wilson		Ryde	1.15m
6 Tahlia Foye		Parramatta	1.15m
7 Ella Koster		Ku-Ring-Gai	1.10m
8 Chloe Coxon		Cherrybrook	1.10m
9 Cara Simms		Northern Districts	1.05m
10 Sophie Borsovsky		Nth Rocks Carlin	1.05m
11 Juliet Buchanan		Ku-Ring-Gai	1.00m

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

Region: R 1.48m 1995 S Lingard, Ku-ring-gai			
Name	Age	Centre	Final
1 Tayanita Robertson		Manly Warringah	1.38m
2 Isabella Rudolph		Cherrybrook	1.36m
3 Mikaela Quinlan		Northern Districts	1.34m
4 Amy Sayer		Northern Suburbs	1.32m
5 Tamsyn Martin		Manly Warringah	1.30m
6 Sally Guthrie		Northern Suburbs	1.30m
7 Eleanor Plummer		Ryde	1.25m
8 Georgia Duncan		Ku-Ring-Gai	1.20m
9 Bronte Corke		Hornsby District	1.20m
10 Rachel Whiddett		Manly Warringah	1.15m

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

Region: R 1.58m 2002 T Thompson, Toukley			
Name	Age	Centre	Final
1 Jessica Weidenhofer		Manly Warringah	1.47m
2 Nicole Freestone		Cherrybrook	1.45m
3 Imogen Breslin		Ku-Ring-Gai	1.37m
4 Anneliese Buddee		Ku-Ring-Gai	1.37m
5 Sofia Metaxouli		Cherrybrook	1.37m
6 Georgina Terry		Northern Suburbs	1.30m
7 Junyi Fang		Ryde	1.30m
8 Hannah Mackay		Northern Suburbs	1.30m
9 Annabelle Carr		Mosman	1.25m
10 Helena De Gruchy		Manly Warringah	1.25m
11 Sophia Cleary		Manly Warringah	1.20m
12 Katrina Lyon		Ryde	1.20m

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

Region: R 1.63m 1995 A Carpenter, Tuggerah Lakes			
Name	Age	Centre	Final
1 Hannah Swinton		Ku-Ring-Gai	1.48m
2 Zoe Latham		Ryde	1.46m
3 Sarah Blahuta		Manly Warringah	1.40m
4 Rowena Craker		Manly Warringah	1.35m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

5 Amy Reid	Cherrybrook	1.35m
6 Talicia Beardsmore	Manly Warringah	1.35m
7 Sarah Brown	Nth Rocks Carlin	1.35m
8 Jessica Brown	Ryde	1.35m
9 Emma Dixon	Northern Suburbs	1.35m
10 Natalie Norris	Manly Warringah	1.30m
11 Sarah McDermott	Ku-Ring-Gai	1.30m
12 Isabelle Ronksley	Manly Warringah	1.30m
13 Lucy Lake	Ku-Ring-Gai	1.30m
14 Charlotte Lerpiniere	Manly Warringah	1.25m
15 Sarah Leatherbarrow	Northern Suburbs	1.20m

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

Region: R 1.71m 1991 M Harris, Hornsby District			
Name	Age	Centre	Final
1 Bridget Martin		Northern Districts	1.64m
2 Elisa Molen-Grigull		Manly Warringah	1.62m
3 Lilli Smith		Manly Warringah	1.54m
4 Melissa Fitzsimmons		Ku-Ring-Gai	1.46m
5 Jaslyn Setiadji		Northern Districts	1.40m
6 Brianna Gibson		Northern Suburbs	1.40m
7 Ingrid Cain		Ku-Ring-Gai	1.35m
8 Anna Woodcock		Northern Suburbs	1.35m
9 Isabella Rankin		Northern Suburbs	1.30m
9 Madeleine Vaz		Northern Suburbs	1.30m
11 Madeleine Nicita		Hornsby District	1.30m

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

Region: R 1.75m 16/02/2008 Amy Pejkoovic, Cherrybrook			
Name	Age	Centre	Final
1 Karina Brown		Northern Suburbs	1.56m
2 Veronika Jukic		Ryde	1.51m
3 Laura Welch		Manly Warringah	1.49m
3 Lara Newey		Cherrybrook	1.49m
5 Emma Welch		Manly Warringah	1.45m
6 Ashleigh Carter		Manly Warringah	1.40m
7 Hope Fewtrell		Ku-Ring-Gai	1.40m
8 Georgina Woods		Mosman	1.35m

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

Region: R 1.61m 19/02/2012 Daisy Ding, Northern Suburbs			
Name	Age	Centre	Final
1 Katia Molen Grigull		Manly Warringah	1.60m
2 Keily Dober		Manly Warringah	1.60m
3 Emma Woods		Northern Suburbs	1.48m
4 Sophie Lau		Northern Suburbs	1.40m
5 Eilish Moran		Parramatta	1.35m
6 Judith Harvey		Ku-Ring-Gai	1.35m
7 Georgia Herron		Northern Suburbs	1.30m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 8 - Long Jump**

Region: R 3.65m 1995		A Kerr, Winston Hills	
Name	Age	Centre	Final
1	Sienna Bond	Ku-Ring-Gai	3.32m
2	Charlotte McDermid	Ku-Ring-Gai	3.29m
3	Samantha Scarr	Manly Warringah	3.24m
4	Emma Polikowski	Manly Warringah	3.04m
5	Matilda Damian	Northern Suburbs	3.01m
6	Sophie Kavanagh	Nth Rocks Carlin	2.99m
7	Alexis Aldous	Ryde	2.99m
8	Lily Tilt	Nth Rocks Carlin	2.97m
9	Michaela Haigh	Cherrybrook	2.86m
10	Emily Smith	Manly Warringah	2.85m
11	Elinor Trevelyan-Jones	Ku-Ring-Gai	2.85m
12	Holly Dwyer	Northern Suburbs	2.82m
13	Isabella Brooker	Ku-Ring-Gai	2.78m
14	Lucy Corke	Hornsby District	2.74m
15	Hannah Dale	Nth Rocks Carlin	2.67m

**Girls U 9 - Long Jump**

Region: R 4.20m 1998		Emily Pollett, Manly Warringah	
Name	Age	Centre	Final
1	Georgia Healy	Northern Suburbs	3.78m
2	Jessica Maciver	Ku-Ring-Gai	3.71m
3	Annika Lynch	Northern Suburbs	3.71m
4	Ruby Mahendran	Ku-Ring-Gai	3.70m
5	Emilia Duncan	Ku-Ring-Gai	3.66m
6	Chiara Lillis	Ryde	3.51m
7	Danielle Osifo	Cherrybrook	3.48m
8	Olivia Kearney	Northern Suburbs	3.48m
9	Emily Gathercole	Nth Rocks Carlin	3.33m
10	Anna McKechnie	Northern Districts	3.17m
11	Alice Dixon	Northern Suburbs	3.11m
12	Summer Enasio	Northern Districts	3.11m
13	Lara Stevens	Hornsby District	2.98m
14	Nicola Hogg	Mosman	2.94m
15	Olivia Vercoe	Ryde	2.81m

**Girls U 10 - Long Jump**

Region: R 4.54m 21/02/2004		Courtney Cross, Hornsby Distr	
Name	Age	Centre	Final
1	Alannah Green	Mosman	3.86m
2	Alyssa Lowe	Ryde	3.83m
3	Georgia O'Connor	Cherrybrook	3.81m
4	Amy McFadden	Northern Districts	3.78m
5	Jade Mewburn	Cherrybrook	3.74m
6	Jessica Forster	Hornsby District	3.65m
7	Ella Koster	Ku-Ring-Gai	3.65m
8	Isabella Guthrie	Northern Districts	3.63m
9	Tarsha Wayne	Nth Rocks Carlin	3.63m
10	Tahlia Foye	Parramatta	3.53m
11	Abby Feurtado	Ku-Ring-Gai	3.47m
12	Tegan Bush	Ku-Ring-Gai	3.39m
13	Madison Sloane	Nth Rocks Carlin	3.33m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

14 Kristina Dang	Parramatta	3.27m
15 Emily Rowell	Manly Warringah	3.23m

**Girls U 11 - Long Jump**

Region: R 4.76m 1998		A Kerr, Winston Hills	
Name	Age	Centre	Final
1 Amie Bowrey		Cherrybrook	4.42m
2 Cydelle Kirton-Brady		Manly Warringah	4.31m
3 Amy Sayer		Northern Suburbs	4.25m
4 Mia Hemsworth		Ku-Ring-Gai	4.25m
5 Zoe Warland		Hornsby District	4.19m
6 Abbey Waterworth		Manly Warringah	4.12m
7 Georgia Duncan		Ku-Ring-Gai	4.10m
8 Natasha Hartley		Hornsby District	4.04m
9 Isabel McCarthy		Northern Suburbs	4.03m
10 Tamsyn Martin		Manly Warringah	3.89m
11 Lara Halmarick		Ryde	3.73m
12 Lauren West		Northern Districts	3.72m
13 Jasmine Bonomi		Manly Warringah	3.70m
14 Madeline Finlay		Cherrybrook	3.70m
15 Zoe Fajemisin		Nth Rocks Carlin	3.56m
16 Eleanor Lamperts		Cherrybrook	3.53m

**Girls U 12 - Long Jump**

Region: R 5.02m 1994		D Kearney, Winston Hills	
Name	Age	Centre	Final
1 Veronica Hardman		Ku-Ring-Gai	4.52m
2 Katrina Lyon		Ryde	4.45m
3 Taylor-Lee Marconi		Parramatta	4.32m
4 Georgie Jaques		Manly Warringah	4.29m
5 Imogen Breslin		Ku-Ring-Gai	4.26m
6 Sydney Kania		Manly Warringah	4.22m
7 Junyi Fang		Ryde	4.19m
8 Brooke East		Northern Suburbs	4.15m
9 Jessica Mackenzie		Ku-Ring-Gai	4.14m
10 Anna Badaoui		Ryde	4.06m
11 Skye Cselko		Mosman	4.04m
12 Ella Hirst		Cherrybrook	4.03m
13 Anneliese Buddee		Ku-Ring-Gai	4.02m
14 Kandy Lee		Manly Warringah	3.96m
15 Charlotte Banks		Hornsby District	3.82m
16 Sara Kely		Nth Rocks Carlin	3.32m

**Girls U 13 - Long Jump**

Region: R 5.18m 1991		D Kerr, Winston Hills	
Name	Age	Centre	Final
1 Lauren Moses		Manly Warringah	4.55m
2 Hannah Swinton		Ku-Ring-Gai	4.44m
3 Chloe Davis		Ryde	4.27m
4 Sarah Leatherbarrow		Northern Suburbs	4.27m
5 Amanda Crowe		Northern Suburbs	4.26m
6 Hannah Thornton		Ku-Ring-Gai	4.24m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 13 - Long Jump**

7 Amy Reid	Cherrybrook	4.22m
8 Rowena Craker	Manly Warringah	4.13m
9 Jessica Brown	Ryde	3.93m
10 Amy Court	Ryde	3.91m
11 Deni Ross	Parramatta	3.88m
12 Gabriella Chan	Northern Districts	3.82m
13 Jaimee Gates	Ku-Ring-Gai	3.68m
14 Claire Busse	Manly Warringah	3.59m
15 Kate Milne	Nth Rocks Carlin	3.49m

**Girls U 14 - Long Jump**

Name	Age	Centre	Final
Region: R 5.42m 1991 B Scott, Northern Suburbs			
1 Melissa Fitzsimmons		Ku-Ring-Gai	5.09m
2 Bridget Martin		Northern Districts	5.05m
3 Courtney Cattell		Cherrybrook	4.74m
4 Maya Leverett		Nth Rocks Carlin	4.53m
5 Nicola Bowtell		Ryde	4.42m
6 Elizabeth Scott		Manly Warringah	4.33m
7 Elisa Molen-Grigull		Manly Warringah	4.21m
8 Ava Walker-Charles		Manly Warringah	4.21m
9 Tessa Constantine		Manly Warringah	4.17m
10 Lilli Smith		Manly Warringah	4.15m
11 Jadine Zajic		Ryde	4.11m
12 Katherine Du		Ryde	3.89m
13 Tiana Hazlewood		Northern Districts	3.86m
14 Giselle Collins		Northern Suburbs	3.73m
15 Olivia Grivas		Northern Suburbs	3.69m

**Girls U 15 - Long Jump**

Name	Age	Centre	Final
Region: R 5.88m 19/02/2012 Katrina Hunt, Northern Suburb			
1 Carla Takchi		Cherrybrook	4.93m
2 Rachel Pace		Cherrybrook	4.77m
3 Susannah Brennan		Ku-Ring-Gai	4.77m
4 Lucy Peck		Northern Suburbs	4.55m
5 Georgina Woods		Mosman	4.46m
6 Karina Brown		Northern Suburbs	4.43m
7 Lara Newey		Cherrybrook	4.42m
8 Hope Fewtrell		Ku-Ring-Gai	4.35m
9 Ashleigh Carter		Manly Warringah	4.14m
10 Tamara Neil		Parramatta	4.06m
11 Jessica Reynolds		Manly Warringah	3.97m
12 Catherine Bell		Ku-Ring-Gai	3.92m
13 Jasmin Borsovszky		Nth Rocks Carlin	3.78m

**Girls U 17 - Long Jump**

Name	Age	Centre	Final
Region: R 5.64m 19/02/2012 Melissa Farrington, Northern			
1 Sachi Kayama		Ryde	5.37m
2 Keily Dober		Manly Warringah	4.91m
3 Kathryn Ramsay		Nth Rocks Carlin	4.85m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 17 - Long Jump**

4 Holly Winter	Cherrybrook	4.82m
5 Amelia Basheer	Northern Suburbs	4.81m
6 Megan Lutze	Manly Warringah	4.76m
7 Judith Harvey	Ku-Ring-Gai	4.65m
8 Brianna Phillips	Cherrybrook	4.52m
9 Samantha Elliott	Mosman	4.52m
10 Sophie Lau	Northern Suburbs	4.23m
11 Eilish Moran	Parramatta	3.98m
12 Brenna Roberts	Northern Districts	3.96m
13 Jacqui Bird	Northern Districts	3.59m

**Girls U 11 - Triple Jump**

Region: R 10.18m 19/02/2011 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
1 Abbey Waterworth		Manly Warringah	9.51m
2 Tamsyn Martin		Manly Warringah	9.29m
3 Isabella Rudolph		Cherrybrook	9.03m
4 Olivia Wrightson		Manly Warringah	8.94m
5 Eleanor Plummer		Ryde	8.80m
6 Nicolette Donofrio		Northern Suburbs	8.77m
7 Nicola Markley		Manly Warringah	8.76m
8 Zoe Fajemisin		Nth Rocks Carlin	8.71m
9 Lillian O'Rourke		Northern Districts	8.24m
10 Alexandra Gagg		Nth Rocks Carlin	8.15m
11 Mikaela Quinlan		Northern Districts	8.00m
12 Lauren Erni		Hornsby District	7.75m
13 Ava Vosper		Nth Rocks Carlin	7.64m
14 Melissa Unat		Nth Rocks Carlin	7.55m
15 Natasha Hartley		Hornsby District	7.30m
16 Jessica Browne		Parramatta	7.21m
17 Zoe Madigan		Ryde	7.16m

**Girls U 12 - Triple Jump**

Region: R 10.48m 1995 Lisa Antill, Ku-ring-gai			
Name	Age	Centre	Final
1 Katrina Lyon		Ryde	9.52m
2 Georgie Jaques		Manly Warringah	9.44m
3 Sofia Metaxouli		Cherrybrook	9.27m
4 Sydney Kania		Manly Warringah	8.96m
5 Sophie Gocher		Mosman	8.94m
6 Sophie Hunter		Nth Rocks Carlin	8.87m
7 Brienna Mathieson		Manly Warringah	8.83m
8 Samantha Dale		Nth Rocks Carlin	8.52m
9 Hannah Townley		Mosman	8.25m
10 Charlotte Kearney		Northern Suburbs	7.69m
11 Payton Metzmacher		Hornsby District	7.57m
12 Rachel Simms		Northern Districts	7.39m

**Girls U 13 - Triple Jump**

Region: R 10.91m 1995 C Morris, Hornsby District			
Name	Age	Centre	Final
1 Zoe Latham		Ryde	9.94m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 13 - Triple Jump**

2	Emma Dixon	Northern Suburbs	9.40m
3	Amy Reid	Cherrybrook	9.27m
4	Jessica Brown	Ryde	8.95m
5	Amy Court	Ryde	8.95m
6	Kate Milne	Nth Rocks Carlin	8.87m
7	Gabriella Chan	Northern Districts	8.83m
8	Chloe Davis	Ryde	8.57m
9	Lucy Lake	Ku-Ring-Gai	8.24m
10	Jenni Casey	Nth Rocks Carlin	8.18m
11	Jade Hackett	Manly Warringah	7.82m
12	Debbie Mercer	Manly Warringah	7.71m
13	Georgina Lemckert	Northern Districts	6.97m

**Girls U 14 - Triple Jump**

Region: R 11.63m 20/02/2011 Mercy Agbeze, Gosford			
Name	Age	Centre	Final
1	Bridget Martin	Northern Districts	10.45m
2	Maya Leverett	Nth Rocks Carlin	10.25m
3	Courtney Cattell	Cherrybrook	10.12m
4	Elisa Molen-Grigull	Manly Warringah	9.83m
5	Elizabeth Scott	Manly Warringah	9.78m
6	Giselle Collins	Northern Suburbs	9.78m
7	Brianna Gibson	Northern Suburbs	9.62m
8	Melissa Fitzsimmons	Ku-Ring-Gai	9.35m
9	Kate Spender	Cherrybrook	8.85m
10	Katherine Du	Ryde	8.68m
11	Emily Jones	Cherrybrook	8.55m
12	Jemima Moffat	Northern Districts	8.39m
13	Erica Castleman	Manly Warringah	8.16m
14	Madeleine Nicita	Hornsby District	8.15m

**Girls U 15 - Triple Jump**

Region: R 11.58m 1998 Lisa Antill, Ku-ring-gai			
Name	Age	Centre	Final
1	Emma Welch	Manly Warringah	10.03m
2	Karina Brown	Northern Suburbs	10.02m
3	Laura Welch	Manly Warringah	9.78m
4	Ashleigh Carter	Manly Warringah	9.70m
5	Tamara Neil	Parramatta	9.36m
6	Georgia McPherson	Parramatta	9.28m
7	Jasmin Borsovszky	Nth Rocks Carlin	8.95m
8	Hope Fewtrell	Ku-Ring-Gai	8.94m
9	Georgina Woods	Mosman	8.76m

**Girls U 17 - Triple Jump**

Region: R 11.79m 18/02/2012 Daisy Ding, Northern Suburbs			
Name	Age	Centre	Final
1	Sachi Kayama	Ryde	10.76m
2	Kathryn Ramsay	Nth Rocks Carlin	10.30m
3	Amelia Basheer	Northern Suburbs	10.06m
4	Keily Dober	Manly Warringah	10.05m
5	Judith Harvey	Ku-Ring-Gai	9.98m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 17 - Triple Jump**

6	Katia Molen Grigull	Manly Warringah	9.49m
7	Eilish Moran	Parramatta	9.21m
8	Rosanna McConnachie	Ku-Ring-Gai	9.17m
9	Emily Dennis	Nth Rocks Carlin	8.81m
10	Brenna Roberts	Northern Districts	8.22m

**Girls U 8 - Shot Put (1.5 Kg)**

Region: R 7.85m 22/02/2004 Taylah Sengul, WInston Hills			
Name	Age	Centre	Final
1	Emma Polikowski	Manly Warringah	7.21m
2	Monique Brown	Nth Rocks Carlin	5.36m
3	Hana Marosa	Manly Warringah	4.95m
4	Georgia Spanswick	Ku-Ring-Gai	4.94m
5	Lucy Walsh	Ku-Ring-Gai	4.86m
6	Emma Greenup	Northern Suburbs	4.75m
7	Krystal Weekes	Northern Districts	4.73m
8	Zara Halliday	Manly Warringah	4.63m
9	Tahlee Bell	Hornsby District	4.31m
10	Thinaya Jayasinghe	Parramatta	4.27m
11	Stephanie Ogle	Parramatta	4.17m
12	Lucy Corke	Hornsby District	4.13m
13	Madison Williams	Ku-Ring-Gai	4.04m
14	Annabel Hutcheson	Northern Suburbs	4.00m
15	Melissa Blume	Parramatta	3.73m

**Girls U 9 - Shot Put (2.0 Kg)**

Region: R 8.16m 1993 Leilani Burnes, Manly Warring			
Name	Age	Centre	Final
1	Jessica Maciver	Ku-Ring-Gai	7.52m
2	Zara Warland	Hornsby District	6.49m
3	Caitlin Fletcher	Ku-Ring-Gai	6.06m
4	Bronte Hodson	Northern Suburbs	5.81m
5	Monique Hore	Northern Suburbs	5.71m
6	Ella Tavner	Cherrybrook	5.26m
7	Tamiah Henry	Parramatta	5.02m
8	Annabel Lee	Northern Suburbs	5.00m
9	Georgia Arcus	Ryde	4.61m
10	Madeleine Taudien	Manly Warringah	4.57m
11	Charlotte Hartmann	Northern Districts	4.50m
12	Kayla Kimball	Manly Warringah	4.49m
13	Aajuah Burton	Manly Warringah	4.40m
14	Summer Enasio	Northern Districts	4.37m
15	Gabrielle Ohmer	Parramatta	4.26m
16	Bridget Daley	Northern Suburbs	4.19m

**Girls U 10 - Shot Put (2.0 Kg)**

Region: R 10.90m 19/02/2006 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1	Jessica Layton	Parramatta	7.85m
2	Astreia Denby	Hornsby District	7.78m
3	Jada Powell	Ku-Ring-Gai	7.28m
4	Kate Peterson	Parramatta	7.21m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 10 - Shot Put (2.0 Kg)**

5	Imogen Harrigan	Parramatta	7.00m
6	Hannah Morgan	Northern Suburbs	6.79m
7	Evelyn McKay	Northern Suburbs	6.54m
8	Taälili Feaunati	Ku-Ring-Gai	6.35m
9	Tahlia Foye	Parramatta	5.96m
10	Madison Sloane	Nth Rocks Carlin	5.74m
11	Sophie Tanner	Mosman	5.56m
12	Gabrielle Panetta	Manly Warringah	5.46m
13	Juliet Buchanan	Ku-Ring-Gai	5.45m
14	Sophie Borsovszky	Nth Rocks Carlin	4.76m
15	Brooke Smith	Manly Warringah	4.63m

**Girls U 11 - Shot Put (2.0 Kg)**

Region: R 12.71m 17/02/2007 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1	Amy Polikowski	Manly Warringah	9.69m
2	Zoe Warland	Hornsby District	9.42m
3	Caitlin Von Behr	Ku-Ring-Gai	8.07m
4	Abbey Waterworth	Manly Warringah	7.85m
5	Amelia Glascott	Northern Suburbs	7.36m
6	Khiala Holmes	Manly Warringah	7.28m
7	Taleah Gladen	Northern Districts	7.28m
8	Sophie Bourges	Northern Suburbs	7.01m
9	Ashlie Edwards	Manly Warringah	6.79m
10	Sabina Nilsson	Hornsby District	6.44m
11	Isabel McCarthy	Northern Suburbs	6.29m
12	Tamsyn Brown	Nth Rocks Carlin	6.19m
13	Grace Preston	Northern Suburbs	6.06m
14	Saskia Newman	Northern Suburbs	5.72m

**Girls U 12 - Shot Put (2.0 Kg)**

Region: R 16.12m 17/02/2008 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1	Kate Collett	Cherrybrook	11.39m
2	Rebekah Meafou	Parramatta	11.09m
3	Lisa Catzel	Ku-Ring-Gai	9.57m
4	Georgie Jaques	Manly Warringah	9.47m
5	Jessica Mackenzie	Ku-Ring-Gai	9.28m
6	Claire Eaton	Cherrybrook	9.25m
7	Eleanor Lidbetter	Hornsby District	9.03m
8	Ashleigh O'Keefe	Nth Rocks Carlin	8.57m
9	Julia Kelland	Ryde	8.54m
10	Ursula Phillips	Ku-Ring-Gai	8.06m
11	Tegan Reed	Northern Districts	7.70m
12	Anneliese Buddee	Ku-Ring-Gai	7.49m
13	Junyi Fang	Ryde	7.49m
14	Novini Jayasinghe	Parramatta	7.16m
15	Claire Hutchison	Northern Districts	6.96m
16	Scarlett Green	Mosman	6.33m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 13 - Shot Put (3.0 Kg)**

Region: R 14.23m 22/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Kristina Moore		Cherrybrook	12.21m
2 Mallory Bassett		Hornsby District	10.20m
3 Josephine Ritchie		Manly Warringah	10.11m
4 Lauren Clark		Cherrybrook	9.82m
5 Sarah Brown		Nth Rocks Carlin	9.15m
6 Sarah McDermott		Ku-Ring-Gai	8.50m
7 Jenni Casey		Nth Rocks Carlin	7.63m
8 Brooke Matheson		Ryde	7.45m
9 Gabrielle Slevin		Northern Districts	6.43m
10 Georgina Lemckert		Northern Districts	6.43m
11 Kate Milne		Nth Rocks Carlin	6.19m
12 Gemma Crowe		Mosman	6.03m
13 Monique Fallico		Parramatta	5.96m
14 Olivia Tzakos		Ryde	4.11m

**Girls U 14 - Shot Put (3.0 Kg)**

Region: R 14.67m 27/02/2010 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Brianna Gibson		Northern Suburbs	10.69m
2 Kate Spender		Cherrybrook	9.90m
3 Annabel McDermott		Ku-Ring-Gai	9.84m
4 Ava Walker-Charles		Manly Warringah	9.69m
5 Tiana Hazlewood		Northern Districts	9.38m
6 Jennifer Lambert		Manly Warringah	8.85m
7 Chloe Singleton		Parramatta	8.30m
8 Nicola Bowtell		Ryde	8.22m
9 Karissa Kuka		Nth Rocks Carlin	7.95m
10 Jemima Moffat		Northern Districts	7.79m
11 Sophia Jaques		Manly Warringah	7.46m
12 Katherine Du		Ryde	7.21m
13 Madeleine Vaz		Northern Suburbs	7.02m
14 Maddie Vincent		Northern Suburbs	6.70m

**Girls U 15 - Shot Put (3.0 Kg)**

Region: R 14.00m 2000 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Lauren Bassett		Hornsby District	9.85m
2 Georgia Swinton		Ku-Ring-Gai	9.85m
3 Ximena Gellen		Parramatta	9.72m
4 Phoebe Carter		Mosman	9.34m
5 Ashleigh Carter		Manly Warringah	9.01m
6 Nicola Fiore		Parramatta	8.91m
7 Jessica Reynolds		Manly Warringah	8.55m
8 Celeste Cosma		Manly Warringah	8.52m
9 Sarah Kelland		Ryde	7.96m
10 Isabelle Gorton		Parramatta	7.42m
11 Isabel De Laine		Northern Suburbs	7.39m
12 Susan Siddiqui		Parramatta	6.64m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Girls U 17 - Shot Put (3.0 Kg)**

Region: R 12.95m 19/02/2012 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Maddy Bergfield		Ryde	12.14m
2 Kara Talty		Ryde	9.84m
3 Kathryn Ramsay		Nth Rocks Carlin	9.69m
4 Holly Winter		Cherrybrook	9.04m
5 Emma Woods		Northern Suburbs	9.02m
6 Siobhan Kelly		Cherrybrook	8.59m
7 Lauren Briggs		Nth Rocks Carlin	8.36m
8 Alexandra Hudson		Northern Suburbs	7.93m
9 Jacqui Bird		Northern Districts	7.66m
10 Abigail Crawford		Hornsby District	7.22m
11 Amber Castleman		Manly Warringah	7.12m
12 Emma Austin		Manly Warringah	6.20m
13 Katia Molen Grigull		Manly Warringah	6.11m
14 Bailey Gibbons		Manly Warringah	5.96m
15 Olivia Jones		Hornsby District	5.94m
16 Mikaela Mercer		Manly Warringah	5.67m

**Girls U 8 - Discus (500 Gram)**

Region: R 24.09m 21/02/2004 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Emma Polikowski		Manly Warringah	19.65m
2 Ella Bales		Parramatta	14.45m
3 Elina McKay		Northern Suburbs	14.05m
4 Olivia Fernie		Manly Warringah	13.94m
5 Amelia Sim		Manly Warringah	12.26m
6 Krystal Weekes		Northern Districts	12.18m
7 Kirsten Erni		Hornsby District	11.74m
8 Olivia Deane		Ku-Ring-Gai	11.07m
9 Annabel Hutcheson		Northern Suburbs	10.91m
10 Matilda Damian		Northern Suburbs	10.40m
11 Georgia Spanswick		Ku-Ring-Gai	10.17m
12 Giuliana Panozzo		Northern Suburbs	9.62m
13 Monique Brown		Nth Rocks Carlin	9.52m

**Girls U 9 - Discus (500 Gram)**

Region: R 27.23m 15/02/2005 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Zara Warland		Hornsby District	22.07m
2 Emilia Duncan		Ku-Ring-Gai	21.14m
3 Lara Stevens		Hornsby District	20.79m
4 Roisin Dengate		Ku-Ring-Gai	18.91m
5 Gabrielle Ohmer		Parramatta	18.05m
6 Caitlin Fletcher		Ku-Ring-Gai	17.94m
7 Anna Kely		Nth Rocks Carlin	16.16m
8 Imogen Sayer		Manly Warringah	14.92m
9 Ella Tavner		Cherrybrook	14.84m
10 Tamiah Henry		Parramatta	13.37m
11 Madeleine Taudien		Manly Warringah	13.08m
12 Scarlett O'Kane		Northern Suburbs	13.05m
13 Aneeka Sutherland-Robins		Ryde	12.45m
14 Sarah Gow		Manly Warringah	12.13m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 9 - Discus (500 Gram)**

-- Bridget Daley	Northern Suburbs	FOUL
-- Monique Hore	Northern Suburbs	FOUL

**Girls U 10 - Discus (500 Gram)**

Region: R 34.57m 18/02/2006 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Jessica Layton		Parramatta	25.41m
2 Kate Peterson		Parramatta	24.37m
3 Evelyn McKay		Northern Suburbs	24.13m
4 Jada Powell		Ku-Ring-Gai	23.90m
5 Hannah Morgan		Northern Suburbs	22.97m
6 Georgia O'Connor		Cherrybrook	20.22m
7 Astreia Denby		Hornsby District	18.65m
8 Freya Carley		Manly Warringah	18.39m
9 Imogen Harrigan		Parramatta	18.26m
10 Lara Woollett		Hornsby District	17.16m
11 Taälili Feaunati		Ku-Ring-Gai	16.99m
12 Portia Lachlan		Manly Warringah	16.75m
13 Rachel Fairhall		Ryde	16.68m
14 Madison Sloane		Nth Rocks Carlin	15.96m
15 Kayla McCormack		Hornsby District	15.63m
16 Hannah Maxwell		Ku-Ring-Gai	14.38m
17 Jessica Culhane		Northern Suburbs	13.73m

**Girls U 11 - Discus (750 Gram)**

Region: R 35.18m 18/02/2007 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Georgia Duncan		Ku-Ring-Gai	27.18m
2 Amy Polikowski		Manly Warringah	27.09m
3 Amie Bowrey		Cherrybrook	25.40m
4 Alyssa Logan		Manly Warringah	20.09m
5 Samantha Davis		Northern Suburbs	18.77m
6 Mikaela Quinlan		Northern Districts	18.38m
7 Brooke Niccol		Hornsby District	18.30m
8 Caitlin Von Behr		Ku-Ring-Gai	18.24m
9 Sabina Nilsson		Hornsby District	15.44m
10 Jasmine Bonomi		Manly Warringah	15.29m
11 Nicola Markley		Manly Warringah	15.17m
12 Olivia O'Donnell		Mosman	15.16m
13 Monique Leadbitter		Northern Suburbs	13.49m
14 Alexandra Gagg		Nth Rocks Carlin	13.46m
15 Tamsyn Brown		Nth Rocks Carlin	12.52m
16 Catherine Elgood		Ryde	11.28m
17 Jade Claire Johnston		Ryde	9.67m

**Girls U 12 - Discus (750 Gram)**

Region: R 43.10m 16/02/2008 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Claire Eaton		Cherrybrook	32.53m
2 Kate Collett		Cherrybrook	30.55m
3 Lisa Catzel		Ku-Ring-Gai	28.81m
4 Edita Grinbergs		Manly Warringah	27.80m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 12 - Discus (750 Gram)**

5	Eleanor Lidbetter	Hornsby District	25.48m
6	Jessica Mackenzie	Ku-Ring-Gai	23.73m
7	Ursula Phillips	Ku-Ring-Gai	21.54m
8	Brooke East	Northern Suburbs	20.68m
9	Julia Kelland	Ryde	19.53m
10	Rebekah Meafou	Parramatta	19.52m
11	Lucy Woodcock	Northern Suburbs	18.95m
12	Anneliese Buddee	Ku-Ring-Gai	18.48m
13	Sachi Lauchlan	Manly Warringah	16.62m
14	Hannah Pearson	Parramatta	15.40m

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

Region: R 46.71m 21/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1	Kristina Moore	Cherrybrook	36.81m
2	Mallory Bassett	Hornsby District	35.26m
3	Georgina Lemckert	Northern Districts	27.71m
4	Lauren Clark	Cherrybrook	27.01m
5	Maddison Heyes	Northern Suburbs	26.51m
6	Josephine Ritchie	Manly Warringah	25.71m
7	Brooke Matheson	Ryde	25.59m
8	Gabriella Chan	Northern Districts	24.42m
9	Emily Smelt	Northern Suburbs	24.21m
10	Sarah McDermott	Ku-Ring-Gai	23.16m
11	Sarah Brown	Nth Rocks Carlin	22.37m
12	Briony Black	Northern Suburbs	17.79m
13	Jenni Casey	Nth Rocks Carlin	17.55m
14	Emily Brownlow	Nth Rocks Carlin	15.04m
15	Debbie Mercer	Manly Warringah	13.19m

**Girls U 14 - Discus (1.0 Kg)**

Region: R 42.86m 27/02/2010 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1	Tiana Hazlewood	Northern Districts	35.59m
2	Brianna Gibson	Northern Suburbs	30.08m
3	Nicola Bowtell	Ryde	28.79m
4	Chloe Singleton	Parramatta	26.02m
5	Samantha Bowden	Ku-Ring-Gai	25.92m
6	Erin McKinnon	Mosman	23.15m
7	Olivia Grivas	Northern Suburbs	21.81m
8	Sophia Jaques	Manly Warringah	21.51m
9	Jemima Moffat	Northern Districts	19.89m
10	Julia Cormio	Hornsby District	19.52m
11	Donna Cook	Manly Warringah	19.34m
12	Kate Spender	Cherrybrook	19.14m
13	Madeleine Vaz	Northern Suburbs	19.03m
14	Gemma Hollebon	Northern Suburbs	17.39m
15	Claudia Kucharzews	Hornsby District	16.63m
16	Abigael Ryan	Nth Rocks Carlin	16.26m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Girls U 15 - Discus (1.0 Kg)**

Region: R 44.32m 1995 V LLOYD, Tiger Wests			
Name	Age	Centre	Final
1 Phoebe Carter		Mosman	27.28m
2 Sarah Kelland		Ryde	27.20m
3 Lauren Bassett		Hornsby District	27.10m
4 Nicola Fiore		Parramatta	27.07m
5 Georgia Swinton		Ku-Ring-Gai	26.73m
6 Celeste Cosma		Manly Warringah	24.47m
7 Sami Ward		Manly Warringah	23.93m
8 Isabel De Laine		Northern Suburbs	23.91m
9 Ashleigh Carter		Manly Warringah	20.25m
10 Susan Siddiqui		Parramatta	15.58m

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

Region: R 39.16m 18/02/2012 Eliza Cepak, Northern Suburb			
Name	Age	Centre	Final
1 Maddy Bergfield		Ryde	39.36mR
2 Alexandra Hudson		Northern Suburbs	28.80m
3 Rochelle Sharpe		Northern Suburbs	25.83m
4 Zoe Baptist		Northern Suburbs	25.77m
5 Kathryn Ramsay		Nth Rocks Carlin	24.61m
6 Catherine Doherty		Northern Suburbs	23.32m
7 Katia Molen Grigull		Manly Warringah	21.60m
8 Lauren Briggs		Nth Rocks Carlin	21.27m
9 Lauren Gilbert		Parramatta	20.60m
10 Olivia Jones		Hornsby District	17.87m
11 Brenna Roberts		Northern Districts	17.55m
12 Mikaela Mercer		Manly Warringah	13.16m

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

Region: R 28.40m 18/02/2012 Charlotte Patterson, Norther			
Name	Age	Centre	Final
1 Julia Kelland		Ryde	23.92m
2 Kate Collett		Cherrybrook	21.53m
3 Claire Eaton		Cherrybrook	19.14m
4 Sofia Metaxouli		Cherrybrook	18.60m
5 Charlotte Banks		Hornsby District	17.35m
6 Novini Jayasinghe		Parramatta	16.99m
7 Eleanor Lidbetter		Hornsby District	16.56m
8 Madelyn Fartek		Nth Rocks Carlin	15.96m
9 Sarah Zeng		Nth Rocks Carlin	13.93m
10 Nikkita Clark		Cherrybrook	9.25m

**Girls U 13 - Javelin (400 Gram)**

Region: R 44.37m 21/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Charlotte Patterson		Northern Suburbs	31.07m
2 Mallory Bassett		Hornsby District	30.00m
3 Kristina Moore		Cherrybrook	29.76m
4 Chloe Davis		Ryde	28.99m
5 Hannah Swinton		Ku-Ring-Gai	24.97m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Girls U 13 - Javelin (400 Gram)**

6 Sarah Brown	Nth Rocks Carlin	24.01m
7 Georgina Lemckert	Northern Districts	22.32m
8 Natalie Norris	Manly Warringah	20.87m
9 Lucy Lake	Ku-Ring-Gai	17.95m
10 Briony Black	Northern Suburbs	17.41m
11 Kate Milne	Nth Rocks Carlin	15.08m
12 Charlotte Lerpiniere	Manly Warringah	14.93m
13 Emily Brownlow	Nth Rocks Carlin	12.55m
14 Sophie Crichton	Ku-Ring-Gai	8.95m

**Girls U 14 - Javelin (400 Gram)**

Region: R 33.96m 18/02/2012 Emma Ralphs, Hills District

Name	Age Centre	Final
1 Brianna Gibson	Northern Suburbs	30.99m
2 Tiana Hazlewood	Northern Districts	29.95m
3 Karissa Kuka	Nth Rocks Carlin	29.01m
4 Hannah Melchiorson	Northern Districts	27.81m
5 Elisa Molen-Grigull	Manly Warringah	23.08m
6 Donna Cook	Manly Warringah	21.18m
7 Katherine Du	Ryde	20.78m
8 Julia Cormio	Hornsby District	19.95m
9 Madeleine Vaz	Northern Suburbs	19.37m
10 Jadine Zajic	Ryde	19.01m
11 Sophia Jaques	Manly Warringah	18.75m
12 Chloe Singleton	Parramatta	17.25m
13 Kate Spender	Cherrybrook	17.06m
14 Jennifer Lambert	Manly Warringah	13.45m

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

Region: R 41.89m 19/02/2012 Alysha Burnett, Northern Dis

Name	Age Centre	Final
1 Georgia Swinton	Ku-Ring-Gai	30.66m
2 Sarah Kelland	Ryde	30.27m
3 Nicola Fiore	Parramatta	27.60m
4 Lauren Bassett	Hornsby District	27.25m
5 Phoebe Carter	Mosman	26.44m
6 Catherine Bell	Ku-Ring-Gai	25.38m
7 Ximena Gellen	Parramatta	25.10m
8 Sami Ward	Manly Warringah	23.47m
9 Ashleigh Carter	Manly Warringah	22.04m
10 Isabelle Gorton	Parramatta	18.61m
11 Pippa James	Northern Suburbs	15.80m
-- Celeste Cosma	Manly Warringah	FOUL

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

Region: R 36.73m 18/02/2012 Casey Judge, Tuggerah Lakes

Name	Age Centre	Final
1 Natalie Setiadji	Northern Districts	32.66m
2 Rochelle Sharpe	Northern Suburbs	32.24m
3 Maddy Bergfield	Ryde	32.06m
4 Zoe Baptist	Northern Suburbs	29.31m
5 Rose Oldfield	Northern Suburbs	28.43m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

6 Judith Harvey	Ku-Ring-Gai	17.07m
7 Jennifer King	Ku-Ring-Gai	10.89m

**Girls U 9 - 700 Metre Walk**

Region: R 3:27.40 22/02/2004 Amy Bettiol, Manly Warringah  
 Name Age Centre Final

Section 1

1 Jessica Bird	Ku-Ring-Gai	3:34.37
2 Charlotte Curran	Ku-Ring-Gai	3:49.28
3 Georgia Arcus	Ryde	3:54.42
4 Elizabeth McMillen	Manly Warringah	4:01.20
5 Astrid Osborn	Manly Warringah	4:18.62
6 Monique Hore	Northern Suburbs	4:22.74
7 Joyce Eleanor	Ku-Ring-Gai	4:23.61
8 Aajuah Burton	Manly Warringah	4:35.32
9 Kayla Kimball	Manly Warringah	4:42.20
10 Alana Shehadie	Parramatta	4:43.17
-- Sophie Lamers	Ryde	DQ
-- Roisin Dengate	Ku-Ring-Gai	DQ

**Girls U 10 - 1100 Metre Walk**

Region: R 5:42.80 18/02/2007 Tayla-Paige Billington, Manly  
 Name Age Centre Final

1 Haley Mills	Parramatta	5:43.09
2 Alana Kavanagh	Nth Rocks Carlin	6:03.41
3 Hannah Parker	Manly Warringah	6:11.16
4 Lucie Oliver	Parramatta	6:15.10
5 Jatali Brown	Manly Warringah	6:57.55
6 Annabelle Browne	Parramatta	7:02.02
7 Gabrielle Panetta	Manly Warringah	7:03.05
8 Georgina Seymour	Ku-Ring-Gai	7:14.61
9 Sophie Chamberlain	Ku-Ring-Gai	7:16.52
10 Rachel Fairhall	Ryde	7:34.74
11 Olivia Dyer	Ryde	7:34.79
12 Jessica Layton	Parramatta	7:44.80
13 Imogen Harrigan	Parramatta	8:00.55
14 Amy Graham	Ku-Ring-Gai	8:08.87
-- Holly Lay	Manly Warringah	DQ
-- Jasmine Sims	Ku-Ring-Gai	DQ

**Girls U 11 - 1100 Metre Walk**

Region: R 5:23.40 28/02/2010 Jasmyn McDonald, Parramatta  
 Name Age Centre Final

1 Abbey Waterworth	Manly Warringah	6:02.81
2 Taya-Jade Radford	Manly Warringah	6:13.87
3 Flynn Ross	Parramatta	6:19.56
4 Emily Crichton	Ku-Ring-Gai	6:49.13
5 Rosie McDonnell	Ku-Ring-Gai	6:49.47
6 Jasmine Bonomi	Manly Warringah	7:07.12
7 Jessica Browne	Parramatta	7:15.97
8 Ainslie Brown	Northern Suburbs	7:23.74
9 Annabelle Walker	Northern Suburbs	8:20.73



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Girls U 17 - 1500 Metre Walk**

2 Rebecca Clark	Hornsby District	8:19.27
3 Raluca Bastucescu	Parramatta	8:50.18
4 Rose Oldfield	Northern Suburbs	9:03.25

**Boys U 8 - 70 Metre Sprint**

Name	Age	Centre	Heats
Region: R 10.60 19/02/2006 Jordan shelley, Hills Distric			

Heat 1 Heats

1 Brody Paterson	Northern Suburbs	11.60Q
2 Harry Anderson	Ku-Ring-Gai	11.69Q
3 Thomas Malone	Northern Suburbs	11.71Q
4 Thomas Klem	Manly Warringah	11.77q
5 Ryan Frykberg	Cherrybrook	11.99
6 Justin George	Manly Warringah	12.02
7 Henry Ryan	Northern Suburbs	12.21

Heat 2 Heats

1 Finnian Duggan	Ku-Ring-Gai	11.60Q
2 Luke Jubb	Ryde	11.68Q
3 Tama Simpkins	Northern Districts	11.73Q
4 Joshua Gedz	Mosman	11.77q
5 Joel Austin	Ku-Ring-Gai	12.33
6 Alex Metaxoulis	Cherrybrook	12.85
7 Ethan Harrigan	Parramatta	12.92

**Boys U 8 - 70 Metre Sprint**

Name	Age	Centre	Final
Region: R 10.60 19/02/2006 Jordan shelley, Hills Distric			

Section 1 Final

1 Thomas Malone	Northern Suburbs	11.35
2 Harry Anderson	Ku-Ring-Gai	11.58
3 Brody Paterson	Northern Suburbs	11.61
4 Luke Jubb	Ryde	11.63
5 Tama Simpkins	Northern Districts	11.66
6 Finnian Duggan	Ku-Ring-Gai	11.69
7 Thomas Klem	Manly Warringah	11.88
8 Joshua Gedz	Mosman	11.94

**Boys U 9 - 70 Metre Sprint**

Name	Age	Centre	Heats
Region: R 10.00 2000 Michael Oldfield, Manly Warri			

Heat 1 Heats

1 Zachery Gardner	Manly Warringah	10.56Q
2 Marcus Panetta	Northern Districts	10.84Q
3 Alex Sherlock	Ku-Ring-Gai	11.03Q
4 Sam Bates	Ku-Ring-Gai	11.03q
5 Samuel Valderama	Northern Districts	11.18q
6 Harrison Wild	Northern Suburbs	11.39
7 Samuel Bennett	Northern Suburbs	12.02
8 Sebastian Terry	Cherrybrook	12.17

Heat 2 Heats

1 Daniel Bertolissio	Parramatta	10.88Q
2 Alistair Weston	Hornsby District	11.30Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 9 - 70 Metre Sprint**

3	Liam McKenzie	Cherrybrook	11.40Q
4	Oliver Judge	Northern Suburbs	11.59
5	Harry Davis	Mosman	11.66
6	Thomas Goddard	Ryde	11.99

**Boys U 9 - 70 Metre Sprint**

Region: R 10.00 2000 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1	Zachery Gardner	Manly Warringah	10.60
2	Daniel Bertolissio	Parramatta	10.72
3	Marcus Panetta	Northern Districts	10.93
4	Alex Sherlock	Ku-Ring-Gai	11.06
5	Sam Bates	Ku-Ring-Gai	11.18
6	Alistair Weston	Hornsby District	11.19
7	Samuel Valderama	Northern Districts	11.26
8	Liam McKenzie	Cherrybrook	11.32

**Boys U 10 - 70 Metre Sprint**

Region: R 9.50 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Tyler Sully	Manly Warringah	10.31Q
2	Max Holmes	Northern Suburbs	10.39Q
3	Joshua Arcus	Ryde	10.60Q
4	Henry O'Donnell	Mosman	10.64q
5	Nicholas Costigan	Ryde	10.96
6	Tom Williams	Manly Warringah	11.08
7	Jacob Rodriguez	Parramatta	11.09
Heat 2 Heats			
1	Jordan Metcalfe	Ryde	10.19Q
2	Max Hirst	Cherrybrook	10.39Q
3	Connor Bond	Ku-Ring-Gai	10.75Q
4	Callum Brown	Mosman	10.89q
5	Oliver Conn	Hornsby District	10.97
6	William Bowden	Cherrybrook	11.14
7	Gus Miller	Northern Suburbs	11.19

**Boys U 10 - 70 Metre Sprint**

Region: R 9.50 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1	Jordan Metcalfe	Ryde	10.33
2	Tyler Sully	Manly Warringah	10.44
3	Max Hirst	Cherrybrook	10.52
4	Max Holmes	Northern Suburbs	10.56
5	Joshua Arcus	Ryde	10.72
6	Henry O'Donnell	Mosman	10.85
7	Connor Bond	Ku-Ring-Gai	10.85
8	Callum Brown	Mosman	11.22

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 8 - 100 Metre Sprint**

Region: R 13.90 1995 J DeSilva, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Thomas Malone		Northern Suburbs	16.13Q
2 Harry Anderson		Ku-Ring-Gai	16.23Q
3 Thomas Klem		Manly Warringah	16.43Q
4 Ethan Clarke		Mosman	16.92
5 Ashton Gleeson		Ryde	16.98
6 Joseph Hutton		Northern Suburbs	17.58
7 Marcus Chan		Nth Rocks Carlin	20.78

Heat 2 Heats			
1 Brody Paterson		Northern Suburbs	16.09Q
2 Finnian Duggan		Ku-Ring-Gai	16.10Q
3 Tama Simpkins		Northern Districts	16.19Q
4 Daniel Davis		Ku-Ring-Gai	16.36q
5 Joshua Gedz		Mosman	16.59q
6 Archie Richards		Manly Warringah	16.71
7 Joshua Foley		Northern Suburbs	17.76
8 Benjamin D'Agostino		Northern Suburbs	18.02

**Boys U 8 - 100 Metre Sprint**

Region: R 13.90 1995 J DeSilva, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Finnian Duggan		Ku-Ring-Gai	16.25
2 Brody Paterson		Northern Suburbs	16.29
3 Thomas Malone		Northern Suburbs	16.35
4 Harry Anderson		Ku-Ring-Gai	16.48
5 Tama Simpkins		Northern Districts	16.53
6 Daniel Davis		Ku-Ring-Gai	16.83
7 Joshua Gedz		Mosman	16.87
8 Thomas Klem		Manly Warringah	16.95

**Boys U 9 - 100 Metre Sprint**

Region: R 13.90 2000 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zachery Gardner		Manly Warringah	14.58Q
2 Sehan Samaragunaratna		Parramatta	14.80Q
3 Alistair Weston		Hornsby District	15.55Q
4 Liam McKenzie		Cherrybrook	15.64
5 Antonio Taufa		Manly Warringah	16.05
6 Ethan Jeffrey		Northern Suburbs	16.15
7 Cameron Kemmis		Hornsby District	16.45
Heat 2 Heats			
1 Daniel Bertolissio		Parramatta	14.82Q
2 Austin Little		Northern Suburbs	15.20Q
3 Jonathan Reid		Cherrybrook	15.23Q
4 Sam Bates		Ku-Ring-Gai	15.28q
5 Alex Sherlock		Ku-Ring-Gai	15.37q
6 Riley Hemsworth		Ku-Ring-Gai	15.67
7 Jack Bowen		Mosman	16.01
8 Max Purcell		Northern Suburbs	16.17

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 9 - 100 Metre Sprint**

Region: R 13.90 2000 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Zachery Gardner		Manly Warringah	14.65
2 Daniel Bertolissio		Parramatta	14.81
3 Sehan Samaragunaratna		Parramatta	14.90
4 Sam Bates		Ku-Ring-Gai	15.32
5 Jonathan Reid		Cherrybrook	15.38
6 Austin Little		Northern Suburbs	15.44
7 Alex Sherlock		Ku-Ring-Gai	15.48
8 Alistair Weston		Hornsby District	15.67

**Boys U 10 - 100 Metre Sprint**

Region: R 13.30 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jordan Metcalfe		Ryde	14.26Q
2 Tyler Sully		Manly Warringah	14.60Q
3 Henry Palmer		Ku-Ring-Gai	14.91Q
4 Luke Blahuta		Manly Warringah	15.02q
5 William Bowden		Cherrybrook	15.49
6 Connor Bond		Ku-Ring-Gai	15.53
7 Shaun Hughes		Northern Suburbs	15.54
8 Zed Duffield		Manly Warringah	15.57
Heat 2 Heats			
1 Max Holmes		Northern Suburbs	14.50Q
2 Henry O'Donnell		Mosman	15.10Q
3 Sam Parry		Northern Districts	15.34Q
4 Jett Tall		Ryde	15.38q
5 Jack Gibbons		Northern Districts	15.42
6 Nicholas Costigan		Ryde	15.55
7 Ollie Bayliss		Northern Suburbs	15.71

**Boys U 10 - 100 Metre Sprint**

Region: R 13.30 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Jordan Metcalfe		Ryde	14.13
2 Max Holmes		Northern Suburbs	14.32
3 Tyler Sully		Manly Warringah	14.67
4 Henry Palmer		Ku-Ring-Gai	14.89
5 Luke Blahuta		Manly Warringah	14.99
6 Henry O'Donnell		Mosman	15.06
7 Jett Tall		Ryde	15.15

**Boys U 11 - 100 Metre Sprint**

Region: R 13.10 2005 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kaeo Weekes		Northern Districts	14.38Q
2 Riley Marosa		Manly Warringah	14.67Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 11 - 100 Metre Sprint**

3	Thomas Hunt	Northern Suburbs	14.78Q
4	Ronan Leayr	Northern Suburbs	14.86q
5	Matthew Davey	Ku-Ring-Gai	15.14
6	Matthew Rose	Cherrybrook	15.24
7	Oscar Davis	Mosman	15.51
8	Gabriel Binion	Ryde	15.70

Heat 2 Heats

1	Zane Camroux	Ryde	14.48Q
2	Miles Gugger	Mosman	14.57Q
3	James Bragg	Ryde	14.80Q
4	Ben Simpson	Manly Warringah	14.84q
5	Lachlan Khun	Mosman	14.87
6	Tyrese Vidal	Ku-Ring-Gai	15.04
7	Marcus Dosanjh	Cherrybrook	15.10

**Boys U 11 - 100 Metre Sprint**

Name	Age	Centre	Final
Region: R	13.10	2005	Nicholas Hough, Hills Distric

Section 1 Final

1	Kaeo Weekes	Northern Districts	14.00
2	Zane Camroux	Ryde	14.00
3	Riley Marosa	Manly Warringah	14.11
4	Miles Gugger	Mosman	14.27
5	Ronan Leayr	Northern Suburbs	14.44
6	Ben Simpson	Manly Warringah	14.63
7	Thomas Hunt	Northern Suburbs	14.64
8	James Bragg	Ryde	14.87

**Boys U 12 - 100 Metre Sprint**

Name	Age	Centre	Heats
Region: R	12.30	2005	Kane Thompson, Manly Warringa

Heat 1 Heats

1	Daniel Bowtell	Ryde	13.91Q
2	Vaughan Hudy	Manly Warringah	13.94Q
3	Ben Tavner	Cherrybrook	14.06Q
4	Joshua Hanlon	Manly Warringah	14.49q
5	Jaxsyn Davies	Parramatta	14.74q
6	Tom Taylor	Nth Rocks Carlin	14.83
7	Alex Morton	Mosman	14.93
8	Alex Tsoa-Lee	Ku-Ring-Gai	15.04

Heat 2 Heats

1	Ben Kinasch	Cherrybrook	13.98Q
2	Harrison Muller	Ku-Ring-Gai	14.26Q
3	Lachlan Don	Manly Warringah	14.48Q
4	Marko Prizmic	Ryde	14.99
5	Joshua Grinter-Cummins	Northern Suburbs	15.00
6	Timothy Gillies	Northern Districts	15.32

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 12 - 100 Metre Sprint**

Region: R 12.30 2005 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Ben Kinasch		Cherrybrook	13.55
2 Vaughan Hudy		Manly Warringah	13.58
3 Daniel Bowtell		Ryde	13.59
4 Ben Tavner		Cherrybrook	13.78
5 Harrison Muller		Ku-Ring-Gai	13.96
6 Joshua Hanlon		Manly Warringah	14.24
7 Lachlan Don		Manly Warringah	14.26

**Boys U 13 - 100 Metre Sprint**

Region: R 11.70 17/02/2007 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Moises Miguel De Asis		Manly Warringah	12.39Q
2 Tony Huang		Ryde	12.46Q
3 Mitchell Baker		Hornsby District	12.76Q
4 Donald Ohmer		Parramatta	13.48q
5 Angus Treeby		Manly Warringah	13.75
6 Jacob Winston		Manly Warringah	14.63
7 Ronin Cutter		Mosman	14.84
Heat 2 Heats			
1 John Economides		Manly Warringah	12.62Q
2 Lewis Clabburn		Cherrybrook	12.74Q
3 Jamie Basheer		Northern Suburbs	13.04Q
4 Dominic Gibson		Parramatta	13.38q
5 Nicholas Ramakrishnan		Parramatta	13.50
6 Matthew Mcvey		Parramatta	13.64
7 Benjamin Collins		Northern Districts	13.92

**Boys U 13 - 100 Metre Sprint**

Region: R 11.70 17/02/2007 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
Section 1 Final			
1 Tony Huang		Ryde	12.75
2 Moises Miguel De Asis		Manly Warringah	12.82
3 John Economides		Manly Warringah	13.03
4 Lewis Clabburn		Cherrybrook	13.20
5 Mitchell Baker		Hornsby District	13.55
6 Jamie Basheer		Northern Suburbs	13.86
7 Dominic Gibson		Parramatta	13.89
8 Donald Ohmer		Parramatta	13.95

**Boys U 14 - 100 Metre Sprint**

Region: R 11.20 1995 Scott Fraser, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 William Lloyd		Northern Suburbs	12.29Q
2 Morgan Sorenson		Manly Warringah	12.48Q
3 Gus Bailey		Manly Warringah	12.59Q



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 14 - 100 Metre Sprint**

4	Thomas Bostelman	Northern Districts	12.80q
5	Aiden Cox	Mosman	13.30q
6	Caelen Shaw	Ku-Ring-Gai	13.37

Heat 2 Heats

1	Sachin Shah	Northern Suburbs	12.64Q
2	Chuan Jiang	Ryde	13.00Q
3	Mathew Kim	Parramatta	13.27Q
4	Raymond Ahsan	Ryde	13.30q
5	Joshua Wiggins	Hornsby District	13.41
6	Koray Kirk	Northern Suburbs	13.53

**Boys U 14 - 100 Metre Sprint**

=====			
Region:	R 11.20	1995	Scott Fraser, Manly Warringah
Name		Age Centre	Final
=====			

Section 1 Final

1	William Lloyd	Northern Suburbs	12.62
2	Gus Bailey	Manly Warringah	12.88
3	Morgan Sorenson	Manly Warringah	12.91
4	Sachin Shah	Northern Suburbs	13.05
5	Thomas Bostelman	Northern Districts	13.34
6	Chuan Jiang	Ryde	13.69
7	Mathew Kim	Parramatta	13.83

**Boys U 15 - 100 Metre Sprint**

=====			
Region:	R 10.70	21/02/2009	Nicholas Hough, Hills Distric
Name		Age Centre	Heats
=====			

Heat 1 Heats

1	Joshua Zucchiatti	Mosman	11.65Q
2	Max Le Ban	Manly Warringah	11.75Q
3	Dominic Vinson	Northern Suburbs	11.84Q
4	Adnan Hameed	Northern Suburbs	11.98q
5	Yvan Tan	Parramatta	12.14q

Heat 2 Heats

1	Jordan Shelley	Cherrybrook	11.58Q
2	Saleh Sayer	Parramatta	11.89Q
3	Haydn Houssenloge	Ryde	12.17Q
4	Matthew Theseira	Manly Warringah	12.34
5	Charles Shepherd	Northern Districts	12.86

**Boys U 15 - 100 Metre Sprint**

=====			
Region:	R 10.70	21/02/2009	Nicholas Hough, Hills Distric
Name		Age Centre	Final
=====			

Section 1 Final

1	Jordan Shelley	Cherrybrook	11.78
2	Joshua Zucchiatti	Mosman	12.24
3	Dominic Vinson	Northern Suburbs	12.35
4	Max Le Ban	Manly Warringah	12.37
5	Saleh Sayer	Parramatta	12.50
6	Adnan Hameed	Northern Suburbs	12.55
7	Haydn Houssenloge	Ryde	12.66
8	Yvan Tan	Parramatta	12.88

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 17 - 100 Metre Sprint**

Region: R 11.10 27/02/2010 Ben Jaworski, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Patrick Frith		Manly Warringah	11.51Q
2 Emmanuel Fakiye		Nth Rocks Carlin	11.61Q
3 Ben Thornton		Ku-Ring-Gai	11.65Q
4 Bryce Collins		Northern Suburbs	11.73q
5 Anthony Wood		Ku-Ring-Gai	11.92
Heat 2 Heats			
1 Joshua Swan		Mosman	R 11.07Q
2 Simon Cox		Mosman	11.63Q
3 Owen Mitchell		Manly Warringah	11.82Q
4 Denzel Singleton		Parramatta	11.83q
5 Antonio Galati		Ryde	11.85
6 Liam Magee		Cherrybrook	12.57

**Boys U 17 - 100 Metre Sprint**

Region: R 11.10 27/02/2010 Ben Jaworski, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Joshua Swan		Mosman	11.38
2 Patrick Frith		Manly Warringah	11.76
3 Emmanuel Fakiye		Nth Rocks Carlin	11.82
4 Simon Cox		Mosman	11.89
5 Bryce Collins		Northern Suburbs	12.04
5 Ben Thornton		Ku-Ring-Gai	12.04
7 Owen Mitchell		Manly Warringah	12.22
8 Antonio Galati		Ryde	12.25

**Boys U 8 - 200 Metre Sprint**

Region: R 31.00 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Brody Paterson		Northern Suburbs	34.49Q
2 Luke Jubb		Ryde	35.00Q
3 Tama Simpkins		Northern Districts	35.62Q
4 Maxim Moloney		Manly Warringah	36.03q
5 Xavier Bryce		Manly Warringah	36.06
6 Liam Pledger		Parramatta	37.14
7 Henry Ryan		Northern Suburbs	37.47
Heat 2 Heats			
1 Thomas Klem		Manly Warringah	34.02Q
2 Daniel Davis		Ku-Ring-Gai	34.73Q
3 Joshua Gedz		Mosman	34.94Q
4 Dylan Searle		Cherrybrook	35.99q
5 Ryan Frykberg		Cherrybrook	36.56
6 Lachlan Georgoulas		Ku-Ring-Gai	37.05
7 Jacob Bennett		Northern Suburbs	42.71

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 8 - 200 Metre Sprint**

Region: R 31.00 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Daniel Davis		Ku-Ring-Gai	33.61
2 Thomas Klem		Manly Warringah	33.63
3 Brody Paterson		Northern Suburbs	33.96
4 Joshua Gedz		Mosman	34.52
5 Luke Jubb		Ryde	34.70
6 Tama Simpkins		Northern Districts	35.31
7 Dylan Searle		Cherrybrook	35.60
8 Maxim Moloney		Manly Warringah	35.66

**Boys U 9 - 200 Metre Sprint**

Region: R 29.10 2002 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zachery Gardner		Manly Warringah	30.82Q
2 Sehan Samaragunarathna		Parramatta	31.57Q
3 Marcus Panetta		Northern Districts	31.76Q
4 Sam Bates		Ku-Ring-Gai	32.11q
5 Liam McKenzie		Cherrybrook	32.74
6 Max Kelly		Manly Warringah	33.09
7 Adam Bruntsch		Ryde	33.52
8 Sebastian Terry		Cherrybrook	36.02
Heat 2 Heats			
1 Riley Hemsworth		Ku-Ring-Gai	31.26Q
2 Jonathan Reid		Cherrybrook	31.72Q
3 Cameron Kemmis		Hornsby District	31.96Q
4 Daniel Bertolissio		Parramatta	32.22q
5 Jarrah Short		Hornsby District	33.51
6 Harrison Wild		Northern Suburbs	34.12

**Boys U 9 - 200 Metre Sprint**

Region: R 29.10 2002 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Zachery Gardner		Manly Warringah	30.96
2 Riley Hemsworth		Ku-Ring-Gai	31.28
3 Jonathan Reid		Cherrybrook	31.55
4 Daniel Bertolissio		Parramatta	31.60
5 Cameron Kemmis		Hornsby District	32.13
6 Sam Bates		Ku-Ring-Gai	32.44
7 Sehan Samaragunarathna		Parramatta	32.46
8 Marcus Panetta		Northern Districts	32.87

**Boys U 10 - 200 Metre Sprint**

Region: R 27.50 2001 Justin Hayward, Manly Warring			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Max Hirst		Cherrybrook	30.53Q
2 Henry Palmer		Ku-Ring-Gai	30.99Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 10 - 200 Metre Sprint**

3 Luke Blahuta	Manly Warringah	31.61Q
4 Dominic Panozzo	Northern Suburbs	31.61
5 Samuel Rockliff	Ku-Ring-Gai	32.42
6 Jacob Rodriguez	Parramatta	33.18
7 Nicholas Costigan	Ryde	33.18
8 William Bowden	Cherrybrook	33.31

Heat 2 Heats

1 Jordan Metcalfe	Ryde	29.46Q
2 James Constable	Ku-Ring-Gai	30.12Q
3 Max Holmes	Northern Suburbs	30.14Q
4 Jai Lagois	Manly Warringah	31.17q
5 Jack McAllister	Cherrybrook	31.29q
6 Jackson Archibald	Mosman	32.85
7 Callum Brown	Mosman	33.61

**Boys U 10 - 200 Metre Sprint**

=====			
Region:	R 27.50	2001	Justin Hayward, Manly Warringah
Name		Age Centre	Final
=====			

Section 1 Final

1 Jordan Metcalfe	Ryde	29.47
2 Max Hirst	Cherrybrook	29.66
3 James Constable	Ku-Ring-Gai	29.74
4 Max Holmes	Northern Suburbs	29.82
5 Luke Blahuta	Manly Warringah	30.20
6 Jai Lagois	Manly Warringah	30.56
7 Henry Palmer	Ku-Ring-Gai	31.17
8 Jack McAllister	Cherrybrook	31.28

**Boys U 11 - 200 Metre Sprint**

=====			
Region:	R 27.10	22/02/2004	Alexander Pettigrew, Parramat
Name		Age Centre	Heats
=====			

Heat 1 Heats

1 Lachlan Khun	Mosman	29.71Q
2 Riley Marosa	Manly Warringah	29.92Q
3 Christian Cirino	Ryde	29.97Q
4 Ronan Leayr	Northern Suburbs	30.12q
5 Tyrese Vidal	Ku-Ring-Gai	30.14q
6 Thomas Hunt	Northern Suburbs	30.19
7 Ben Simpson	Manly Warringah	31.11
8 Samuel Drull	Ku-Ring-Gai	31.67

Heat 2 Heats

1 Riley Leverett	Nth Rocks Carlin	28.99Q
2 James Bragg	Ryde	30.42Q
3 Naason Hill	Hornsby District	30.68Q
4 Matthew Davey	Ku-Ring-Gai	30.73
5 Marcus Dosanjh	Cherrybrook	30.99
6 Oscar Browne	Parramatta	31.30
7 Luke Van Ratingen	Manly Warringah	31.73
8 Pierce Roseby	Northern Suburbs	33.11

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 11 - 200 Metre Sprint**

Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramat			
Name	Age	Centre	Final
Section 1 Final			
1 Riley Leverett		Nth Rocks Carlin	29.07
2 Lachlan Khun		Mosman	29.45
3 Riley Marosa		Manly Warringah	29.70
4 Ronan Leayr		Northern Suburbs	30.00
5 Tyrese Vidal		Ku-Ring-Gai	30.24
6 Christian Cirino		Ryde	30.35
7 Naason Hill		Hornsby District	30.50
8 James Bragg		Ryde	31.20

**Boys U 12 - 200 Metre Sprint**

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Daniel Bowtell		Ryde	27.93Q
2 Ben Tavner		Cherrybrook	28.92Q
3 Harrison Muller		Ku-Ring-Gai	29.02Q
4 Alex Morton		Mosman	29.66q
5 Luke Sully		Manly Warringah	30.06q
6 Charlie Farrington		Cherrybrook	31.21
7 Jake Woolnough		Nth Rocks Carlin	31.36
Heat 2 Heats			
1 Vaughan Hudy		Manly Warringah	27.88Q
2 Tom Hawkins		Hornsby District	29.30Q
3 Ben Bishop		Cherrybrook	29.84Q
4 Charlie Lovegrove		Northern Suburbs	30.14
5 Samuel Plummer		Ryde	30.18
6 Alex Tsoa-Lee		Ku-Ring-Gai	31.80

**Boys U 12 - 200 Metre Sprint**

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Final
Section 1 Final			
1 Vaughan Hudy		Manly Warringah	27.72
2 Daniel Bowtell		Ryde	28.27
3 Ben Tavner		Cherrybrook	28.30
4 Alex Morton		Mosman	28.87
5 Ben Bishop		Cherrybrook	28.89
6 Tom Hawkins		Hornsby District	29.20
7 Luke Sully		Manly Warringah	29.31
8 Harrison Muller		Ku-Ring-Gai	29.44

**Boys U 13 - 200 Metre Sprint**

Region: R 24.00 18/02/2007 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Moises Miguel De Asis		Manly Warringah	25.93Q
2 Lewis Clabburn		Cherrybrook	27.20Q
3 Lawrence Vosper		Nth Rocks Carlin	27.69Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

4 Angus Treeby	Manly Warringah	28.15
Heat 2 Heats		
1 John Economides	Manly Warringah	25.65Q
2 Oliver Jacquot	Cherrybrook	26.16Q
3 Mitchell Baker	Hornsby District	27.31Q
4 Donald Ohmer	Parramatta	27.63q
5 Benjamin Collins	Northern Districts	28.05q
6 James Tucker	Ku-Ring-Gai	28.48
6 Dominic Gibson	Parramatta	28.48

**Boys U 13 - 200 Metre Sprint**

=====			
Region:	R 24.00	18/02/2007	Nicholas Hough, Hills Distric
Name		Age Centre	Final
=====			

Section 1 Final

1 Oliver Jacquot	Cherrybrook	24.76
2 Moises Miguel De Asis	Manly Warringah	25.19
3 John Economides	Manly Warringah	25.73
4 Lewis Clabburn	Cherrybrook	26.01
5 Donald Ohmer	Parramatta	26.98
6 Lawrence Vosper	Nth Rocks Carlin	27.11
7 Mitchell Baker	Hornsby District	27.29
8 Benjamin Collins	Northern Districts	28.38

**Boys U 14 - 200 Metre Sprint**

=====			
Region:	R 22.90	17/02/2008	Nicholas Hough, Hills Distric
Name		Age Centre	Final
=====			

Section 1

1 William Lloyd	Northern Suburbs	25.51
2 Gus Bailey	Manly Warringah	25.59
3 Morgan Sorenson	Manly Warringah	25.63
4 Sachin Shah	Northern Suburbs	26.00
5 Stephen Todd	Nth Rocks Carlin	26.64
6 Luke Skrivanic	Northern Suburbs	26.77
7 Brad West	Manly Warringah	27.40
8 Aiden Cox	Mosman	27.69

**Boys U 15 - 200 Metre Sprint**

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

Heat 1 Heats

1 Joshua Zucchiatti	Mosman	23.93Q
2 Max Le Ban	Manly Warringah	24.25Q
3 Adnan Hameed	Northern Suburbs	24.34Q
4 Ben Mackay	Northern Suburbs	24.36q
5 Keishon Lynch	Manly Warringah	25.79q
6 Charles Shepherd	Northern Districts	26.48
7 Ryan Boot	Ku-Ring-Gai	27.14

Heat 2 Heats

1 Jordan Shelley	Cherrybrook	24.28Q
2 Saleh Sayer	Parramatta	25.09Q
3 Haydn Houssenloge	Ryde	25.58Q
4 Nicolas Bernar	Parramatta	27.44

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 15 - 200 Metre Sprint**

Region: R 21.50 22/02/2009 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
Section 1 Final			
1	Jordan Shelley	Cherrybrook	23.75
2	Joshua Zucchiatti	Mosman	24.36
3	Max Le Ban	Manly Warringah	24.55
4	Ben Mackay	Northern Suburbs	24.63
5	Adnan Hameed	Northern Suburbs	24.92
6	Saleh Sayer	Parramatta	25.22
7	Haydn Houssenloge	Ryde	25.62
8	Keishon Lynch	Manly Warringah	25.92

**Boys U 17 - 200 Metre Sprint**

Region: R 22.80 19/02/2012 Max McKenzie, Nth Rocks Carli			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Joshua Swan	Mosman	R 22.64Q
2	Simon Cox	Mosman	23.64Q
3	Anthony Wood	Ku-Ring-Gai	23.89Q
4	Owen Mitchell	Manly Warringah	24.36q
5	Antonio Galati	Ryde	25.06q
Heat 2 Heats			
1	Ben Treeby	Manly Warringah	23.40Q
2	Alex Moore	Cherrybrook	23.81Q
3	Thomas Lowe	Hornsby District	24.11Q
--	Denzel Singleton	Parramatta	DNF

**Boys U 17 - 200 Metre Sprint**

Region: R 22.80 19/02/2012 Max McKenzie, Nth Rocks Carli			
Name	Age	Centre	Final
Section 1 Final			
1	Joshua Swan	Mosman	22.76R
2	Ben Treeby	Manly Warringah	23.38
3	Alex Moore	Cherrybrook	23.51
4	Simon Cox	Mosman	23.66
5	Anthony Wood	Ku-Ring-Gai	23.74
6	Thomas Lowe	Hornsby District	23.77
7	Antonio Galati	Ryde	24.86

**Boys U 8 - 400 Metre Sprint**

Region: R 1:09.70 2001 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Maxim Moloney	Manly Warringah	1:17.62Q
2	Daniel Davis	Ku-Ring-Gai	1:19.78Q
3	Harry O'Neill	Ku-Ring-Gai	1:22.11Q
4	Jeremy Plummer	Ryde	1:23.03q
5	Lachlan Georgoulas	Ku-Ring-Gai	1:24.90
6	Ashton Gleeson	Ryde	1:29.18
Heat 2 Heats			
1	Ethan Oliver	Northern Districts	1:19.36Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 8 - 400 Metre Sprint**

2 Ryan Frykberg	Cherrybrook	1:20.44Q
3 Dylan Searle	Cherrybrook	1:22.16Q
4 Maxwell Marsters	Manly Warringah	1:24.30q
5 Jenson McIntosh	Ku-Ring-Gai	1:30.58

**Boys U 8 - 400 Metre Sprint**

Region: R 1:09.70 2001 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1 Final			
1 Ethan Oliver		Northern Districts	1:14.25
2 Maxim Moloney		Manly Warringah	1:15.37
3 Dylan Searle		Cherrybrook	1:17.61
4 Daniel Davis		Ku-Ring-Gai	1:17.92
5 Ryan Frykberg		Cherrybrook	1:20.44
6 Maxwell Marsters		Manly Warringah	1:21.16
7 Harry O'Neill		Ku-Ring-Gai	1:23.64
8 Jeremy Plummer		Ryde	1:25.36

**Boys U 9 - 400 Metre Sprint**

Region: R 1:05.30 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 William Constable		Ku-Ring-Gai	1:13.70Q
2 Coby Walton		Northern Districts	1:17.10Q
3 Owen Marschner		Northern Suburbs	1:17.59Q
4 Henry Worrell		Ryde	1:19.03
5 Matthew Walkerden		Cherrybrook	1:19.55
6 Myles Lever		Mosman	1:19.77
7 Jamie Cox		Cherrybrook	1:24.74
Heat 2 Heats			
1 Joseph Rooney		Northern Suburbs	1:14.23Q
2 James Farrington		Cherrybrook	1:15.31Q
3 Sam Bates		Ku-Ring-Gai	1:15.43Q
4 Cameron Kemmis		Hornsby District	1:15.62q
5 Jonty Rudolph		Cherrybrook	1:17.66q
6 Andrew Verschoor		Manly Warringah	1:19.63
7 Jack Bowen		Mosman	1:21.66
8 Cameron Bragg		Ryde	1:24.72

**Boys U 9 - 400 Metre Sprint**

Region: R 1:05.30 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1 Final			
1 William Constable		Ku-Ring-Gai	1:11.37
2 Joseph Rooney		Northern Suburbs	1:11.54
3 Cameron Kemmis		Hornsby District	1:11.58
4 Coby Walton		Northern Districts	1:13.12
5 Sam Bates		Ku-Ring-Gai	1:13.25
6 Owen Marschner		Northern Suburbs	1:14.19
7 James Farrington		Cherrybrook	1:14.53
8 Jonty Rudolph		Cherrybrook	1:19.67



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 10 - 400 Metre Sprint**

Region: R 1:02.50 27/02/2010 Tyler Gunn, Gosford  
 Name Age Centre Heats

Heat 1 Heats

1	James Constable	Ku-Ring-Gai	1:08.51Q
2	Dominic Panozzo	Northern Suburbs	1:10.70Q
3	Harry Farrington	Cherrybrook	1:10.96Q
4	Daniel Rowe	Manly Warringah	1:11.91q
5	Oliver Robinson	Cherrybrook	1:12.69
6	Robert Attard	Parramatta	1:14.91
7	Ethan Reiss	Cherrybrook	1:17.29

Heat 2 Heats

1	Jonathan Friend	Hornsby District	1:07.31Q
2	Sam Parry	Northern Districts	1:09.24Q
3	Ben Morton	Mosman	1:10.62Q
4	Christopher Hope	Manly Warringah	1:12.02q
5	Jordan Lancaster	Mosman	1:12.13
6	Jaden Georgoulas	Ku-Ring-Gai	1:14.20

**Boys U 10 - 400 Metre Sprint**

Region: R 1:02.50 27/02/2010 Tyler Gunn, Gosford  
 Name Age Centre Final

Section 1 Final

1	James Constable	Ku-Ring-Gai	1:03.93
2	Jonathan Friend	Hornsby District	1:06.04
3	Sam Parry	Northern Districts	1:07.18
4	Dominic Panozzo	Northern Suburbs	1:07.30
5	Harry Farrington	Cherrybrook	1:10.68
6	Christopher Hope	Manly Warringah	1:10.74
7	Daniel Rowe	Manly Warringah	1:11.12

**Boys U 11 - 400 Metre Sprint**

Region: R 1:00.50 22/02/2004 Alexander Pettigrew, Parram  
 Name Age Centre Heats

Heat 1 Heats

1	Jack McFadden	Ku-Ring-Gai	1:07.17Q
2	James Bragg	Ryde	1:08.19Q
3	Oscar Browne	Parramatta	1:08.29Q
4	Hugo Blackley	Manly Warringah	1:09.59q
5	Curtis Kingsmill	Northern Suburbs	1:11.78
6	Felix Scott	Mosman	1:16.05
7	Joshua Patteson	Northern Districts	1:19.10

Heat 2 Heats

1	Christian Cirino	Ryde	1:04.08Q
2	Hamish Murray	Hornsby District	1:06.48Q
3	James Wilson	Manly Warringah	1:08.55Q
4	Thomas Hunt	Northern Suburbs	1:09.19q
5	Mitchell Haigh	Cherrybrook	1:10.93
6	Lawrence Cuevas	Cherrybrook	1:12.23
7	Christopher Attard	Parramatta	1:12.27
8	Kalani Lenehan	Ku-Ring-Gai	1:13.80

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 11 - 400 Metre Sprint**

Region: R 1:00.50 22/02/2004 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
Section 1 Final			
1	Hamish Murray	Hornsby District	1:04.02
2	Thomas Hunt	Northern Suburbs	1:04.16
3	Christian Cirino	Ryde	1:04.44
4	Jack McFadden	Ku-Ring-Gai	1:05.79
5	James Wilson	Manly Warringah	1:08.00
6	Oscar Browne	Parramatta	1:08.28
7	Hugo Blackley	Manly Warringah	1:10.49
8	James Bragg	Ryde	1:15.32

**Boys U 12 - 400 Metre Sprint**

Region: R 58.60 18/02/2006 Adam Harding, Hills District			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Alex Morton	Mosman	1:03.23Q
2	Nicholas Dang	Parramatta	1:04.58Q
3	Patrick Hore	Manly Warringah	1:06.83Q
4	Erik Frykberg	Cherrybrook	1:09.00q
5	Thomas Davies	Mosman	1:09.69
Heat 2 Heats			
1	Ben Bishop	Cherrybrook	1:06.27Q
2	Bryn Lynch	Manly Warringah	1:07.01Q
3	Jacob Leavy	Ku-Ring-Gai	1:07.76Q
4	Chris Maguire	Ryde	1:09.39q
5	Charlie Farrington	Cherrybrook	1:10.54
6	Joe Dyson	Northern Suburbs	1:11.91

**Boys U 12 - 400 Metre Sprint**

Region: R 58.60 18/02/2006 Adam Harding, Hills District			
Name	Age	Centre	Final
Section 1 Final			
1	Alex Morton	Mosman	1:01.83
2	Ben Bishop	Cherrybrook	1:02.11
3	Nicholas Dang	Parramatta	1:03.07
4	Patrick Hore	Manly Warringah	1:03.67
5	Bryn Lynch	Manly Warringah	1:03.91
6	Jacob Leavy	Ku-Ring-Gai	1:06.99
7	Erik Frykberg	Cherrybrook	1:07.10
8	Chris Maguire	Ryde	1:07.98

**Boys U 13 - 400 Metre Sprint**

Region: R 55.70 27/02/2010 Stephen Eaton, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Mitchell Baker	Hornsby District	1:02.7hQ
2	Ben Carter	Manly Warringah	1:03.9hQ
3	Lawrence Vosper	Nth Rocks Carlin	1:04.4hQ
4	Ronin Cutter	Mosman	1:11.3hq
5	Cody Fisher-Peel	Manly Warringah	1:14.3h

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 13 - 400 Metre Sprint**

Heat 2 Heats

1	Oliver Jacquot	Cherrybrook	1:03.2hQ
2	Thomas Glascott	Northern Suburbs	1:04.5hQ
3	Thomas Corel	Mosman	1:04.8hQ
4	Jay Butler	Ryde	1:08.5hq
5	Dante Vivanco	Northern Suburbs	1:12.5h

**Boys U 13 - 400 Metre Sprint**

Region: R 55.70 27/02/2010 Stephen Eaton, Cherrybrook

Name	Age	Centre	Final
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Section 1 Final

1	Oliver Jacquot	Cherrybrook	56.81
2	Thomas Glascott	Northern Suburbs	1:00.00
3	Mitchell Baker	Hornsby District	1:02.58
4	Ben Carter	Manly Warringah	1:03.85
5	Thomas Corel	Mosman	1:04.93
6	Lawrence Vosper	Nth Rocks Carlin	1:05.94
7	Jay Butler	Ryde	1:09.43
8	Ronin Cutter	Mosman	1:10.85

**Boys U 14 - 400 Metre Sprint**

Region: R 53.50 2002 Rhys Thumbadoo, Manly Warring

Name	Age	Centre	Heats
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Heat 1 Heats

1	Matthew Eaton	Cherrybrook	55.39Q
2	Sam Richardson	Northern Suburbs	57.77Q
3	Gus Bailey	Manly Warringah	59.07Q
4	Oliver Smeallie	Mosman	59.71q
5	Liam Frankish	Ku-Ring-Gai	1:00.03q
6	Oliver Lidbetter	Hornsby District	1:03.85q
7	Joshua Wiggins	Hornsby District	1:04.20q
8	Dylan Rodgers	Ryde	1:05.57q

**Boys U 14 - 400 Metre Sprint**

Region: R 53.50 2002 Rhys Thumbadoo, Manly Warring

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

Section 1 Final

1	Matthew Eaton	Cherrybrook	55.39
2	Sam Richardson	Northern Suburbs	57.77
3	Gus Bailey	Manly Warringah	59.07
4	Oliver Smeallie	Mosman	59.71
5	Liam Frankish	Ku-Ring-Gai	1:00.03
6	Oliver Lidbetter	Hornsby District	1:03.85
7	Joshua Wiggins	Hornsby District	1:04.20
8	Dylan Rodgers	Ryde	1:05.57

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 15 - 400 Metre Sprint**

Region: R 50.90 1991 James Robinson, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ben Mackay		Northern Suburbs	53.8hQ
2 Joshua Zucchiatti		Mosman	54.1hQ
3 Ryan Boot		Ku-Ring-Gai	58.2hQ
4 Yvan Tan		Parramatta	1:00.5hq
5 Alexander Gardiner		Northern Suburbs	1:01.6h
Heat 2 Heats			
1 Tom Carter		Manly Warringah	58.1hQ
2 Johnathon Dobb		Hornsby District	58.9hQ
3 James McFadden		Ku-Ring-Gai	59.1hQ
4 Nicholas Purcell		Ryde	59.4hq
5 Nicolas Bernar		Parramatta	1:02.3h

**Boys U 15 - 400 Metre Sprint**

Region: R 50.90 1991 James Robinson, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Ben Mackay		Northern Suburbs	52.53
2 Joshua Zucchiatti		Mosman	55.00
3 Johnathon Dobb		Hornsby District	55.66
4 Tom Carter		Manly Warringah	56.90
5 James McFadden		Ku-Ring-Gai	57.65
6 Ryan Boot		Ku-Ring-Gai	58.11
7 Nicholas Purcell		Ryde	58.83

**Boys U 17 - 400 Metre Sprint**

Region: R 50.50 27/02/2010 Craig Cameron, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bryce Collins		Northern Suburbs	R 49.75Q
2 Patrick Frith		Manly Warringah	50.76Q
3 Simon Cox		Mosman	51.69Q
4 Alex Moore		Cherrybrook	51.90q
5 Matthew Crowe		Northern Suburbs	51.90q
6 Drew Fisher-Peel		Manly Warringah	53.76q
7 Matthew Perrson		Parramatta	56.94q

**Boys U 17 - 400 Metre Sprint**

Region: R 50.50 27/02/2010 Craig Cameron, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Bryce Collins		Northern Suburbs	49.75R
2 Patrick Frith		Manly Warringah	50.76
3 Simon Cox		Mosman	51.69
4 Alex Moore		Cherrybrook	51.90
5 Matthew Crowe		Northern Suburbs	51.90
6 Drew Fisher-Peel		Manly Warringah	53.76
7 Matthew Perrson		Parramatta	56.94

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 9 - 800 Metre Run**

Region: R 2:27.80 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1			
1 William Constable		Ku-Ring-Gai	2:43.80
2 James Farrington		Cherrybrook	2:44.79
3 Thomas Davey		Hornsby District	2:47.25
4 Joseph Rooney		Northern Suburbs	2:49.31
5 Jonty Rudolph		Cherrybrook	2:49.43
6 Marcus Murace		Manly Warringah	2:51.70
7 Adam Bruntsch		Ryde	2:51.88
8 Jonah Edwards		Northern Suburbs	2:53.64
9 Cameron Laytham		Manly Warringah	2:54.12
10 Andrew Verschoor		Manly Warringah	2:55.23
11 Coby Walton		Northern Districts	2:55.56
12 Hunter Hosking		Nth Rocks Carlin	2:56.62
13 Owen Marschner		Northern Suburbs	2:59.17
14 Matthew Walkerden		Cherrybrook	3:00.29
15 Andrew Hill		Hornsby District	3:03.98
16 Christian Webster		Northern Districts	3:12.68

**Boys U 10 - 800 Metre Run**

Region: R 2:27.30 16/02/2003 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 James Constable		Ku-Ring-Gai	2:27.94
2 Samuel Rockliff		Ku-Ring-Gai	2:30.57
3 Ben Morton		Mosman	2:33.19
4 Harry Farrington		Cherrybrook	2:34.56
5 Sam Parry		Northern Districts	2:35.85
6 Jonathan Friend		Hornsby District	2:36.92
7 Charlie East		Northern Suburbs	2:38.74
8 Christopher Hope		Manly Warringah	2:42.28
9 Jack Stokeld		Mosman	2:43.06
10 Daniel Rowe		Manly Warringah	2:43.85
11 Matthew Macey		Cherrybrook	2:44.55
12 Robert Attard		Parramatta	2:45.72
13 Ehode Arimoto		Parramatta	2:47.11
14 Jason McCoy		Ku-Ring-Gai	2:47.42

**Boys U 11 - 800 Metre Run**

Region: R 2:21.80 22/02/2004 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 Harry Stevenson		Ryde	2:24.56
2 Daniel Cooper		Manly Warringah	2:30.96
3 Mitchell Haigh		Cherrybrook	2:32.61
4 Riley Leverett		Nth Rocks Carlin	2:33.63
5 Hamish Murray		Hornsby District	2:34.01
6 Christian Cirino		Ryde	2:34.14
7 Kieran Gorman		Manly Warringah	2:34.19
8 James Wilson		Manly Warringah	2:37.83
9 Hugo Blackley		Manly Warringah	2:40.86
10 Thomas Kirkland		Mosman	2:41.43
11 Hashem Hijazi		Cherrybrook	2:44.89
12 Ben Graham		Hornsby District	2:45.59

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 11 - 800 Metre Run**

13 William Magarey	Northern Suburbs	2:54.48
14 Christopher Attard	Parramatta	2:59.02

**Boys U 12 - 800 Metre Run**

Region: R 2:16.20 2005 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 Ben Bishop		Cherrybrook	2:21.94
2 Hayden Fleming		Northern Suburbs	2:23.57
3 Bryn Lynch		Manly Warringah	2:26.25
4 Nicholas Dang		Parramatta	2:30.58
5 Thomas Davies		Mosman	2:32.19
6 Thomas Constable		Ku-Ring-Gai	2:34.05
7 Erik Frykberg		Cherrybrook	2:37.05
8 Dan Rasmussen		Manly Warringah	2:37.08
9 Harrison Mavin		Ku-Ring-Gai	2:37.20
10 Timothy Walter		Ku-Ring-Gai	2:37.78
11 Luke Gosper		Parramatta	2:38.06
12 Ryan Jones		Cherrybrook	2:38.50
13 Thomas Benson		Ku-Ring-Gai	2:43.28

**Boys U 13 - 800 Metre Run**

Region: R 2:11.20 2005 Michael Todd, Ryde			
Name	Age	Centre	Final
1 Harrison Wade		Ryde	2:14.53
2 Jack Mills		Manly Warringah	2:16.66
3 Fergus Whelan		Northern Suburbs	2:18.12
4 Thomas Glascott		Northern Suburbs	2:18.87
5 Cameron Fleming		Northern Suburbs	2:21.32
6 Eddie Frankish		Ku-Ring-Gai	2:23.17
7 Liam Gorman		Manly Warringah	2:25.62
8 Nicholas Corel		Mosman	2:27.08
9 Charlie Dorman		Hornsby District	2:33.12
10 Jay Butler		Ryde	2:35.34
11 Ben Brownie		Mosman	2:37.99
12 Thomas Corel		Mosman	2:41.89

**Boys U 14 - 800 Metre Run**

Region: R 2:07.40 2002 P Cummings, Gosford			
Name	Age	Centre	Final
1 Matthew Eaton		Cherrybrook	2:08.57
2 Joshua Phillips		Ku-Ring-Gai	2:10.68
3 Michael Nicholas		Ku-Ring-Gai	2:14.41
4 Bradley Wright		Parramatta	2:16.27
5 Harry Armstrong		Manly Warringah	2:17.78
6 Oliver Lidbetter		Hornsby District	2:19.32
7 Liam Frankish		Ku-Ring-Gai	2:22.33
8 Oliver Clark		Cherrybrook	2:22.96
9 Fraser McKinlay		Manly Warringah	2:26.07
10 Nicholas Thomas		Parramatta	2:32.22
11 Dylan Rodgers		Ryde	2:43.45

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 15 - 800 Metre Run**

Region: R 1:58.88 19/02/2012 Jack Collett, Gosford			
Name	Age	Centre	Final
1 Luke Gorman		Manly Warringah	2:04.26
2 Ben Mackay		Northern Suburbs	2:06.74
3 Adam Halmy		Northern Districts	2:08.74
4 Clayton Anstee		Cherrybrook	2:11.03
5 James McFadden		Ku-Ring-Gai	2:17.61
6 Nicholas Purcell		Ryde	2:21.22
7 Alexander Gardiner		Northern Suburbs	2:21.73
8 Aaron Lawrence		Cherrybrook	2:27.77

**Boys U 17 - 800 Metre Run**

Region: R 1:58.90 28/02/2010 Craig Cameron, Gosford			
Name	Age	Centre	Final
1 Ed Penrose		Ryde	1:59.37
2 Taylor John		Ku-Ring-Gai	2:01.48
3 Kevin Park		Parramatta	2:04.12
4 Drew Fisher-Peel		Manly Warringah	2:09.41
5 Matthew Perrson		Parramatta	2:17.27
6 Gus Wong		Manly Warringah	2:19.27
7 Samuel Harris		Nth Rocks Carlin	2:20.88

**Boys U 10 - 1500 Metre Run**

Region: R 4:58.80 15/02/2003 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 Samuel Rockliff		Ku-Ring-Gai	5:07.01
2 Ben Morton		Mosman	5:16.15
3 Harry Farrington		Cherrybrook	5:20.05
4 Matthew Macey		Cherrybrook	5:35.16
5 Charlie East		Northern Suburbs	5:36.87
6 Jason McCoy		Ku-Ring-Gai	5:38.15
7 Christopher Hope		Manly Warringah	5:43.37
8 Jordan Lancaster		Mosman	5:52.76
9 Matthew Conway		Hornsby District	5:53.05
10 Martin Leerberg		Ryde	6:03.76
11 Aaron Kerr		Ku-Ring-Gai	6:05.08
12 Trent Dalton		Cherrybrook	6:13.29
13 Ozan Akarsu		Parramatta	6:13.89
14 Caleb Harris		Nth Rocks Carlin	6:26.94

**Boys U 11 - 1500 Metre Run**

Region: R 4:47.70 19/02/2011 Elliot Metcalf, Manly Warri			
Name	Age	Centre	Final
1 Harry Stevenson		Ryde	4:56.85
2 Daniel Cooper		Manly Warringah	5:22.04
3 Mitchell Haigh		Cherrybrook	5:23.64
4 Kieran Gorman		Manly Warringah	5:28.38
5 Thomas Kirkland		Mosman	5:34.10
6 Jack Clipperton		Northern Districts	5:37.56
7 Lawrence Cuevas		Cherrybrook	5:37.84
8 Ben Graham		Hornsby District	5:42.41

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 11 - 1500 Metre Run**

9	Ralph Hudson	Northern Suburbs	5:46.93
10	Hayden Blaskett	Manly Warringah	5:52.75
11	Charlie Workman	Ryde	5:53.43
12	Benjamin Wilson	Manly Warringah	5:56.28
13	Hashem Hijazi	Cherrybrook	5:59.30
--	William Magarey	Northern Suburbs	DNF
--	Logan Kaye	Ku-Ring-Gai	DQ

**Boys U 12 - 1500 Metre Run**

Region: R 4:43.00 2005 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1	Hayden Fleming	Northern Suburbs	4:46.14
2	Ben Bishop	Cherrybrook	4:47.49
3	Thomas Davies	Mosman	5:05.27
4	Thomas Constable	Ku-Ring-Gai	5:06.64
5	Ryan Jones	Cherrybrook	5:11.80
6	Luke Gosper	Parramatta	5:11.99
7	Harrison Mavin	Ku-Ring-Gai	5:12.13
8	Thomas Benson	Ku-Ring-Gai	5:15.15
9	Charlie Farrington	Cherrybrook	5:16.00
10	Timothy Walter	Ku-Ring-Gai	5:21.16
11	Nathan Cowell	Cherrybrook	5:26.77
12	Joshua Silver	Northern Districts	5:53.00

**Boys U 13 - 1500 Metre Run**

Region: R 4:33.00 21/02/2004 Cameron Page, Gosford			
Name	Age	Centre	Final
1	Harrison Wade	Ryde	4:33.73
2	Jack Mills	Manly Warringah	4:40.24
3	Cameron Fleming	Northern Suburbs	4:41.92
4	Fergus Whelan	Northern Suburbs	4:49.73
5	Liam Gorman	Manly Warringah	4:57.17
6	Hugo Whelan	Northern Suburbs	4:59.91
7	Nicholas Corel	Mosman	5:02.00
8	Charlie Dorman	Hornsby District	5:13.89
9	Dante Vivanco	Northern Suburbs	5:36.32
10	William Crawford	Hornsby District	5:44.41
11	Lucas Chan	Nth Rocks Carlin	6:05.82
12	Ryan Blaskett	Manly Warringah	6:05.99
--	Will Law	Manly Warringah	DNF

**Boys U 14 - 1500 Metre Run**

Region: R 4:24.00 18/02/2012 Benjamin Thomson, Hills Dis			
Name	Age	Centre	Final
1	Joshua Phillips	Ku-Ring-Gai	4:25.43
2	Jack Brown	Ku-Ring-Gai	4:33.47
3	Michael Nicholas	Ku-Ring-Gai	4:37.74
4	Bradley Wright	Parramatta	4:39.74
5	Oliver Lidbetter	Hornsby District	4:44.41
6	Charlie Doherty	Northern Suburbs	4:44.74
7	Harry Armstrong	Manly Warringah	4:50.65
8	Fraser McKinlay	Manly Warringah	4:56.95



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 14 - 1500 Metre Run**

9	Oliver Clark	Cherrybrook	4:58.95
10	Nicholas Thomas	Parramatta	5:00.12
11	Cooper Thompson	Hornsby District	5:17.49
--	Lachlan Cooper	Manly Warringah	DNF

**Boys U 15 - 1500 Metre Run**

Region: R 4:10.70 2005 James Kaan, Hills District			
Name	Age	Centre	Final
1	Luke Gorman	Manly Warringah	4:24.00
2	Adam Halmy	Northern Districts	4:27.56
3	Owen Guichelaar	Cherrybrook	4:35.14
4	Nathan Brown	Hornsby District	4:52.40

**Boys U 17 - 1500 Metre Run**

Region: R 4:17.70 27/02/2010 Craig Cameron, Gosford			
Name	Age	Centre	Final
1	Taylor John	Ku-Ring-Gai	4:14.24R
2	David Gardiner	Northern Suburbs	4:18.62
3	Kevin Park	Parramatta	4:30.58
4	Gus Wong	Manly Warringah	4:36.96
5	Matt Salisbury	Ku-Ring-Gai	4:46.62
6	Joshua Leverett	Nth Rocks Carlin	5:18.81
7	Mitchell Trenaman	Hornsby District	5:32.89
8	Xavier Calder	Ryde	6:27.73

**Boys U 13 - 3000 Metre Run**

Region: R 9:47.60 21/02/2004 Cameron Page, Gosford			
Name	Age	Centre	Final
1	Harrison Wade	Ryde	9:56.08
2	Elliot Metcalf	Manly Warringah	9:56.88
3	Hugo Whelan	Northern Suburbs	10:31.68
4	Liam Gorman	Manly Warringah	10:54.28
5	Luke Bray	Cherrybrook	12:44.95

**Boys U 14 - 3000 Metre Run**

Region: R 9:19.00 2005 Cameron Page, Gosford			
Name	Age	Centre	Final
1	Joshua Phillips	Ku-Ring-Gai	9:39.32
2	Bradley Wright	Parramatta	9:41.30
3	Jack Brown	Ku-Ring-Gai	9:48.85
4	Charlie Doherty	Northern Suburbs	10:12.36
5	Harry Armstrong	Manly Warringah	10:17.27
6	Oliver Lidbetter	Hornsby District	10:29.55
7	Jack Armson	Ryde	10:47.44
8	Nicholas Thomas	Parramatta	10:48.42
9	Fraser McKinlay	Manly Warringah	10:55.36
10	Dylan Rodgers	Ryde	12:32.34

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 15 - 3000 Metre Run**

Region: R 9:12.70 18/02/2006 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Adam Halmy		Northern Districts	9:34.14
2 Luke Gorman		Manly Warringah	9:52.16
3 Owen Guichelaar		Cherrybrook	10:09.24
4 Nathan Brown		Hornsby District	10:18.15

**Boys U 17 - 3000 Metre Run**

Region: R 9:35.80 28/02/2010 Daniel Terranova, Parramatt			
Name	Age	Centre	Final
1 David Gardiner		Northern Suburbs	9:20.76R
2 Erol Sertbas		Manly Warringah	9:55.89
3 Gus Wong		Manly Warringah	10:11.84
4 Matt Salisbury		Ku-Ring-Gai	10:17.55
5 Brenton Mooney		Ryde	10:32.83
6 Matthew Perrson		Parramatta	11:06.11
7 Mitchell Trenaman		Hornsby District	11:45.63

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

Region: R 10.50 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Justin George		Manly Warringah	11.56Q
2 Cameron Leverton		Northern Districts	11.61Q
3 Alexander Penn		Hornsby District	11.65Q
4 Xavier Bryce		Manly Warringah	11.86q
5 Jeremy Plummer		Ryde	12.27
6 Benjamin D'Agostino		Northern Suburbs	12.31
7 Tama Simpkins		Northern Districts	12.37
8 Alex Metaxoulis		Cherrybrook	12.39
Heat 2 Heats			
1 Brody Paterson		Northern Suburbs	11.47Q
2 George Chapman		Ku-Ring-Gai	11.50Q
3 Joshua Gedz		Mosman	11.72Q
4 Ashton Gleeson		Ryde	11.79q
5 Ethan Clarke		Mosman	12.02
6 Dylan Searle		Cherrybrook	12.04
7 Joseph Hutton		Northern Suburbs	12.51
8 Joshua Foley		Northern Suburbs	12.96

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

Region: R 10.50 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Cameron Leverton		Northern Districts	10.98
2 Brody Paterson		Northern Suburbs	10.99
3 Alexander Penn		Hornsby District	11.27
3 Ashton Gleeson		Ryde	11.27
5 Xavier Bryce		Manly Warringah	11.43
6 Joshua Gedz		Mosman	11.54
7 Justin George		Manly Warringah	12.17

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 8 - 60 Metre Hurdles (45 cm)**

8 George Chapman	Ku-Ring-Gai	13.45
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**Boys U 9 - 60 Metre Hurdles (45 cm)**

Name	Age	Centre	Heats
Region: R	9.30	1999	Joshua Mulligan, Gosford

Heat 1 Heats

1 Austin Little	Northern Suburbs	10.77Q
2 Jonathan Reid	Cherrybrook	11.08Q
3 Alex Sherlock	Ku-Ring-Gai	11.60Q
4 Alex Palmer	Manly Warringah	11.61
5 Alistair Weston	Hornsby District	11.82
6 Jonah Edwards	Northern Suburbs	11.83

Heat 2 Heats

1 Riley Hemsworth	Ku-Ring-Gai	10.34Q
2 Thomas Hillebrand	Manly Warringah	10.80Q
3 Tomika Hawkins	Parramatta	11.37Q
4 Adam Bruntsch	Ryde	11.44q
5 Thomas Davey	Hornsby District	11.60q
6 Tom Stone	Ryde	11.60q
7 Harrison Wild	Northern Suburbs	12.12
8 Max Purcell	Northern Suburbs	14.32

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

Name	Age	Centre	Final
Region: R	9.30	1999	Joshua Mulligan, Gosford

Section 1 Final

1 Riley Hemsworth	Ku-Ring-Gai	10.14
2 Austin Little	Northern Suburbs	10.21
3 Thomas Hillebrand	Manly Warringah	10.26
4 Jonathan Reid	Cherrybrook	10.89
5 Adam Bruntsch	Ryde	11.15
6 Thomas Davey	Hornsby District	11.22
7 Tomika Hawkins	Parramatta	11.54
8 Alex Sherlock	Ku-Ring-Gai	11.60
9 Tom Stone	Ryde	14.22

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

Name	Age	Centre	Heats
Region: R	9.70	2005	Sam Mete, Ku-ring-gai

Heat 1 Heats

1 Max Hirst	Cherrybrook	10.62Q
2 Tyler Sully	Manly Warringah	11.20Q
3 Jack Gibbons	Northern Districts	11.30Q
4 Connor Bond	Ku-Ring-Gai	11.31q
5 Jai Lagois	Manly Warringah	11.44
6 Joshua Arcus	Ryde	11.63
7 Oliver Leverton	Northern Districts	11.70
8 Nicholas Costigan	Ryde	12.28

Heat 2 Heats

1 Jordan Metcalfe	Ryde	10.29Q
2 Henry O'Donnell	Mosman	10.45Q
3 Charlie East	Northern Suburbs	10.47Q

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

4 Aymeric Moloney	Manly Warringah	11.36q
5 Nicholas Slevin	Northern Districts	11.53
6 Daniel Menin	Parramatta	11.76
7 William Bowden	Cherrybrook	13.03

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

Name	Age	Centre	Final
Region: R 9.70 2005 Sam Mete, Ku-ring-gai			

Section 1 Final

1 Jordan Metcalfe	Ryde	10.16
2 Charlie East	Northern Suburbs	10.34
3 Henry O'Donnell	Mosman	10.36
4 Max Hirst	Cherrybrook	10.41
5 Jack Gibbons	Northern Districts	10.74
6 Aymeric Moloney	Manly Warringah	10.90
7 Tyler Sully	Manly Warringah	11.47
8 Connor Bond	Ku-Ring-Gai	13.70

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

Name	Age	Centre	Heats
Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri			

Heat 1 Heats

1 Harry McCarthy	Manly Warringah	9.90Q
2 Lachlan Dalton	Northern Suburbs	10.24Q
3 James Wilson	Manly Warringah	10.29Q
4 Matthew Rose	Cherrybrook	10.63q
5 Felix Scott	Mosman	10.91
6 Harry Roberts	Mosman	11.03
7 Curtis Kingsmill	Northern Suburbs	11.58
8 Ronald Ryan	Ryde	12.05

Heat 2 Heats

1 Nick Colley	Hornsby District	10.09Q
2 Jack McFadden	Ku-Ring-Gai	10.20Q
3 Archie Woodhill	Northern Suburbs	10.45Q
4 Cooper Barr	Northern Suburbs	10.81q
5 Matthew Davey	Ku-Ring-Gai	10.82
6 James Bragg	Ryde	11.42
7 Raven Daniel	Ryde	12.47

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

Name	Age	Centre	Final
Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri			

Section 1 Final

1 Nick Colley	Hornsby District	9.88
2 James Wilson	Manly Warringah	9.99
3 Jack McFadden	Ku-Ring-Gai	10.01
4 Lachlan Dalton	Northern Suburbs	10.17
5 Matthew Rose	Cherrybrook	10.44
6 Archie Woodhill	Northern Suburbs	10.62
7 Cooper Barr	Northern Suburbs	10.88
8 Harry McCarthy	Manly Warringah	11.86

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

Region: R 8.90 2005 Kane Thompson, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alex Willett		Manly Warringah	9.92Q
2 Nicholas Dang		Parramatta	10.04Q
3 Angus Cutbill		Manly Warringah	10.61Q
4 Harry Gleeson		Ku-Ring-Gai	11.01
5 Jonathan Bell		Ku-Ring-Gai	11.11
6 Konrad Cuevas		Cherrybrook	11.35
7 Rory Lewis		Northern Suburbs	11.58
8 Joshua Grinter-Cummins		Northern Suburbs	11.66
Heat 2 Heats			
1 Jeremy Vaz		Northern Suburbs	9.82Q
2 Tom Hawkins		Hornsby District	10.00Q
3 Michael Matheson		Ryde	10.68Q
4 Ben Kinasch		Cherrybrook	10.76q
5 Lachlan Kenny		Northern Suburbs	10.94q
6 Otto Prowse		Manly Warringah	11.21
7 Nathan Taylor		Ku-Ring-Gai	11.45
8 Luke Sully		Manly Warringah	11.52

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

Region: R 8.90 2005 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Alex Willett		Manly Warringah	9.72
2 Nicholas Dang		Parramatta	9.95
3 Tom Hawkins		Hornsby District	10.21
4 Angus Cutbill		Manly Warringah	10.36
5 Michael Matheson		Ryde	10.43
6 Lachlan Kenny		Northern Suburbs	10.79
7 Ben Kinasch		Cherrybrook	10.98
8 Jeremy Vaz		Northern Suburbs	15.76

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

Region: R 12.00 5/02/2006 Kane Thompson, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Nicholas Frost		Parramatta	13.83Q
2 Jacob Winston		Manly Warringah	13.89Q
3 Jamie Basheer		Northern Suburbs	14.02Q
4 Adam Ayad		Hornsby District	14.75q
5 Justin Sunderland		Ryde	14.83q
6 Lucas Chan		Nth Rocks Carlin	15.57
7 Nandu Ramesh		Cherrybrook	16.29
Heat 2 Heats			
1 Ben Carter		Manly Warringah	13.19Q
2 Charlie Dorman		Hornsby District	13.67Q
3 Lachlan Wood		Ku-Ring-Gai	14.55Q
4 Anthony Sutton		Northern Suburbs	15.01
5 Daniel D'Elmaine		Manly Warringah	16.83

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

Region: R 12.00 5/02/2006 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Ben Carter		Manly Warringah	13.13
2 Jamie Basheer		Northern Suburbs	13.28
3 Nicholas Frost		Parramatta	13.59
4 Charlie Dorman		Hornsby District	13.64
5 Jacob Winston		Manly Warringah	13.69
6 Adam Ayad		Hornsby District	14.24
7 Justin Sunderland		Ryde	15.03
8 Lachlan Wood		Ku-Ring-Gai	15.15

**Boys U 14 - 90 Metre Hurdles (76 cm)**

Region: R 11.90 17/02/2008 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
Section 1			
1 Luke Skrivanic		Northern Suburbs	13.62
2 Sam Richardson		Northern Suburbs	14.01
3 Stuart Duve		Cherrybrook	14.01
4 Caelen Shaw		Ku-Ring-Gai	14.34
5 Angus Rankin		Northern Suburbs	14.35
6 Nicholas Thomson		Hornsby District	14.36
7 Cooper Thompson		Hornsby District	15.96
8 Ruben Heyse		Manly Warringah	16.51
9 Chris Davies		Manly Warringah	18.89

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

Region: R 12.70 22/02/2009 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
1 Tom Carter		Manly Warringah	15.51
2 Yvan Tan		Parramatta	15.55
3 Dustin Auld		Northern Suburbs	15.74
4 Zane Fardy-Maroney		Parramatta	15.75
5 Ryan Boot		Ku-Ring-Gai	17.69

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

Region: R 14.50 19/02/2012 Juhan Leroux, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bryce Collins		Northern Suburbs	14.53Q
2 James Ellis		Northern Suburbs	15.03Q
3 Dan Hurwood		Hornsby District	15.16Q
4 Denzel Singleton		Parramatta	15.39q
5 Matthew Fisher		Ku-Ring-Gai	15.66q
6 Antonio Galati		Ryde	16.59
Heat 2 Heats			
1 Patrick Frith		Manly Warringah	15.37Q
2 Simon Cox		Mosman	15.96Q
2 Matthew Sutcliffe		Nth Rocks Carlin	15.96Q
4 Anthony Wood		Ku-Ring-Gai	15.97

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

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

Region: R 14.50 19/02/2012 Juhan Leroux, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Bryce Collins		Northern Suburbs	14.38R
2 Dan Hurwood		Hornsby District	14.83
3 James Ellis		Northern Suburbs	14.87
4 Denzel Singleton		Parramatta	15.37
5 Matthew Sutcliffe		Nth Rocks Carlin	15.39
6 Matthew Fisher		Ku-Ring-Gai	15.41
7 Anthony Wood		Ku-Ring-Gai	15.58
8 Simon Cox		Mosman	15.84

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

Region: R 26.40 18/02/2006 Kane Thompson, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 John Economides		Manly Warringah	28.38Q
2 Nicholas Frost		Parramatta	30.63Q
3 Benjamin Collins		Northern Districts	30.98Q
4 Dante Vivanco		Northern Suburbs	31.11q
5 Kobe Millard		Ku-Ring-Gai	31.96q
6 Alexander Galati		Ryde	32.68
Heat 2 Heats			
1 Ben Carter		Manly Warringah	30.30Q
2 Jacob Winston		Manly Warringah	30.87Q
3 Nathan Culhane		Northern Suburbs	32.59Q

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

Region: R 26.40 18/02/2006 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 John Economides		Manly Warringah	28.39
2 Ben Carter		Manly Warringah	29.39
3 Nicholas Frost		Parramatta	30.37
4 Jacob Winston		Manly Warringah	30.37
5 Benjamin Collins		Northern Districts	30.67
6 Kobe Millard		Ku-Ring-Gai	31.53
7 Dante Vivanco		Northern Suburbs	32.07
8 Nathan Culhane		Northern Suburbs	32.74

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

Region: R 24.60 16/02/2008 Nicholas Hough, Hills District			
Name	Age	Centre	Final
Section 1			
1 Luke Skrivanic		Northern Suburbs	27.77
2 William Lloyd		Northern Suburbs	28.16
3 Sam Richardson		Northern Suburbs	28.17
4 Caelen Shaw		Ku-Ring-Gai	28.97
5 Nicholas Thomson		Hornsby District	29.14
6 Angus Rankin		Northern Suburbs	29.23
7 Chuan Jiang		Ryde	30.29

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

8 Brendan Seshadri Northern Districts 31.81

**Boys U 15 - 200 Metre Hurdles (76 cm)**

=====			
Region: R 24.40		1991	D Connell, Manly Warringah
Name	Age	Centre	Final
=====			
1 Yvan Tan		Parramatta	27.54
2 Tom Carter		Manly Warringah	27.70
3 Ellington Steanes		Northern Suburbs	28.56
4 Zane Fardy-Maroney		Parramatta	28.82
5 Ryan Boot		Ku-Ring-Gai	29.36

**Boys U 17 - 200 Metre Hurdles (76 cm)**

=====			
Region: R 24.70		27/02/2010	Justin Tarabine, Parramatta
Name	Age	Centre	Final
=====			
1 Bryce Collins		Northern Suburbs	24.55R
2 Dan Hurwood		Hornsby District	25.35
3 Denzel Singleton		Parramatta	25.94
4 Simon Cox		Mosman	26.14
5 Matthew Crowe		Northern Suburbs	26.44
6 James Ellis		Northern Suburbs	26.71
7 Matthew Fisher		Ku-Ring-Gai	26.71

**Boys U 8 - 700 Metre Multi Class Run**

=====			
Region: R 2:17.40		2001	Alexander Pettigrew, Hornsb
Name	Age	Centre	Final
=====			
1 Ethan Oliver		Northern Districts	2:24.29
2 Jenson McIntosh		Ku-Ring-Gai	2:25.39
3 Harry O'Neill		Ku-Ring-Gai	2:29.58
4 Maxim Moloney		Manly Warringah	2:31.87
5 Ryan Frykberg		Cherrybrook	2:34.02
6 Dylan Searle		Cherrybrook	2:36.41
7 Jeremy Plummer		Ryde	2:39.27
8 Isaac Hartshorne		Hornsby District	2:43.76
9 Daniel Hopper		Mosman	2:45.17
10 Luke de Lisle		Northern Suburbs	2:46.26
11 Thomas Ralph		Ryde	2:49.55

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

=====			
Region: R 55.20		2001	Gosford
Centre	Age	Centre	Final
=====			
1 Manly Warringah			56.05
1) Zachery Gardner 9		2) Alex Willett 12	
3) Tyler Sully 10		4) Riley Marosa 11	
2 Ryde			56.40
1) Adam Bruntsch 9		2) Jordan Metcalfe 10	
3) Zane Camroux 11		4) Daniel Bowtell 12	
3 Northern Suburbs			56.94
1) Austin Little 9		2) Thomas Hunt 11	
3) Max Holmes 10		4) Charlie Lovegrove 12	
4 Cherrybrook			57.00



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

1) Jonathan Reid 9	2) Max Hirst 10	
3) Matthew Rose 11	4) Ben Kinasch 12	
5 Northern Districts		57.48
1) Marcus Panetta 9	2) Timothy Gillies 12	
3) Samuel Park 10	4) Kaeo Weekes 11	
6 Ku-Ring-Gai		58.95
1) Henry Palmer 10	2) Riley Hemsworth 9	
3) Jack McFadden 11	4) Harry Hunter 12	

**Boys U 13-17 4x100 Metre Relay (Snr)**

=====			
Region:	R 46.45	19/02/2012	Mosman, Mosman
			O Smeallie, J Zucchiatti, J Swan, S Cox
Centre			Final
=====			
1 Manly Warringah			46.57
1) Gus Bailey 14	2) Ben Treeby 17		
3) John Economides 13	4) Max Le Ban 15		
2 Northern Suburbs			46.67
1) Jamie Basheer 13	2) Bryce Collins 17		
3) Dominic Vinson 15	4) William Lloyd 14		
3 Cherrybrook			47.71
1) Lewis Clabburn 13	2) Matthew Eaton 14		
3) Jordan Shelley 15	4) Alex Moore 17		
4 Ku-Ring-Gai			49.38
1) Eddie Frankish 13	2) Caelen Shaw 14		
3) Ryan Boot 15	4) Anthony Wood 17		
5 Parramatta			50.64
1) Mathew Kim 14	2) Matthew Perrson 17		
3) Donald Ohmer 13	4) Saleh Sayer 15		

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

=====			
Region:	R 1.31m	21/02/2004	Joel Edwards, Winston Hills
Name	Age	Centre	Final
=====			
Flight 1			
1 Michael Gardiner		Northern Suburbs	1.16m
2 Tom Stone		Ryde	1.14m
3 Liam McKenzie		Cherrybrook	1.12m
4 Alistair Weston		Hornsby District	1.10m
5 Darcy Holmes		Northern Suburbs	1.10m
6 Ethan Jeffrey		Northern Suburbs	1.05m
6 Thomas Hillebrand		Manly Warringah	1.05m
8 Jonah Edwards		Northern Suburbs	1.05m
9 David Barnsley		Nth Rocks Carlin	1.05m
10 Griffin Hutchins		Ku-Ring-Gai	1.00m
11 Antonio Taufa		Manly Warringah	1.00m
12 Xander Mercer		Ku-Ring-Gai	1.00m

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

=====			
Region:	R 1.42m	17/02/2008	Lachlan Behagg, Manly Warring
Name	Age	Centre	Final
=====			
1 Samuel Park		Northern Districts	1.37m
2 Carl Watson		Manly Warringah	1.29m
3 Ben Newson		Manly Warringah	1.20m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

4	Luke Blahuta	Manly Warringah	1.20m
5	Samuel Galati	Ryde	1.20m
6	Jack Stone	Ryde	1.20m
7	Aymeric Moloney	Manly Warringah	1.20m
8	Joshua Arcus	Ryde	1.20m
9	Jonathan Woodcock	Northern Suburbs	1.20m
10	Jason McCoy	Ku-Ring-Gai	1.15m
11	Kyle Fisher	Northern Suburbs	1.15m
11	Jordan Smith	Northern Districts	1.15m
13	Luke Giacometti	Ku-Ring-Gai	1.10m
14	George Davis	Ryde	1.00m

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

Name	Age	Centre	Final
Region: R 1.59m 16/02/2008 Thomas Cheel, Ku-ring-gai			
1	Gabriel Binion	Ryde	1.45m
2	Lachlan Dalton	Northern Suburbs	1.43m
3	Zak Power	Manly Warringah	1.37m
4	Jack Wrightson	Manly Warringah	1.37m
5	Noah Hain	Ryde	1.30m
6	Harry Stevenson	Ryde	1.30m
7	Michael Newbrun	Ku-Ring-Gai	1.30m
8	Ethan Burgess	Ku-Ring-Gai	1.30m
9	Archie Woodhill	Northern Suburbs	1.25m
10	Matthew Rose	Cherrybrook	1.20m
10	Charles Barnum	Northern Suburbs	1.20m
12	Samuel Drull	Ku-Ring-Gai	1.15m
13	Jacob Morris	Northern Suburbs	1.15m
--	William Daley	Mosman	NH

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

Name	Age	Centre	Final
Region: R 1.59m 16/02/2005 Kane Thompson, Manly Warringah			
1	Alex Willett	Manly Warringah	1.46m
2	Benjamin Nogajski	Ryde	1.46m
3	Bryn Lynch	Manly Warringah	1.44m
4	Harry Menin	Parramatta	1.40m
5	Charlie Lovegrove	Northern Suburbs	1.35m
6	Tom Hawkins	Hornsby District	1.35m
7	Konrad Cuevas	Cherrybrook	1.35m
8	Oscar Sims	Ku-Ring-Gai	1.35m
9	Ben Cobb	Manly Warringah	1.25m
10	Seth Chen	Northern Suburbs	1.25m
11	Zachary Jamieson	Northern Districts	1.20m
--	Scott Chapman	Cherrybrook	NH

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

Name	Age	Centre	Final
Region: R 1.71m 19/02/2006 Tom Evans, Tuggerah Lakes			
1	Michael Gibson	Parramatta	1.65m
2	Matthew Mcvey	Parramatta	1.54m
3	Roubanan Kruger	Manly Warringah	1.52m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

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

4 Mitchell Baker	Hornsby District	1.50m
5 Jack Dempsey	Northern Districts	1.50m
6 Jacob Winston	Manly Warringah	1.50m
7 Jackson Tuynman	Northern Districts	1.45m
8 Benjamin Morrissey	Northern Suburbs	1.45m
9 Rigby Campbell	Northern Suburbs	1.45m
10 John Economides	Manly Warringah	1.45m
11 Lawrence Vosper	Nth Rocks Carlin	1.45m
12 Adam Ayad	Hornsby District	1.45m
13 Dominic Gibson	Parramatta	1.35m
14 Angus Treeby	Manly Warringah	1.35m

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

Region: R 1.85m 1999			
J Watson, Manly Warringah			
Name	Age	Centre	Final
1 Jayden Burgess		Ku-Ring-Gai	1.64m
2 Sam Richardson		Northern Suburbs	1.60m
3 Adam Kinasch		Cherrybrook	1.54m
4 Angus Rankin		Northern Suburbs	1.54m
5 George Gardiner		Northern Suburbs	1.54m
6 Stephen Todd		Nth Rocks Carlin	1.54m
7 Nicholas Thomson		Hornsby District	1.45m
8 Chuan Jiang		Ryde	1.45m
9 Dylan Rodgers		Ryde	1.35m
10 Mark Torney		Parramatta	1.35m

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

Region: R 1.88m 1997			
R Murphy, Manly Warringah			
Name	Age	Centre	Final
1 Declan Pluim		Cherrybrook	1.90mR
2 Max Le Ban		Manly Warringah	1.88mR
3 Johnathon Dobb		Hornsby District	1.82m
4 Tom Carter		Manly Warringah	1.70m
5 Saleh Sayer		Parramatta	1.60m
6 Zane Fardy-Maroney		Parramatta	1.55m
7 Dustin Auld		Northern Suburbs	1.55m
8 Charlie Seppelt		Northern Suburbs	1.55m
9 Haydn Housenloge		Ryde	1.50m
10 Timothy Sharp		Northern Districts	1.45m
11 Keishon Lynch		Manly Warringah	1.45m

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

Region: R 2.05m 27/02/2010			
Brendan Starc, Parramatta			
Name	Age	Centre	Final
1 Matthew Sutcliffe		Nth Rocks Carlin	1.81m
2 Matthew Crowe		Northern Suburbs	1.71m
3 Llewellyn Phillips		Ku-Ring-Gai	1.65m
4 Edward Dennison		Manly Warringah	1.65m
5 Thomas Lowe		Hornsby District	1.65m
6 Jack Rodgers		Ryde	1.60m
7 Matthew Tilley		Manly Warringah	1.60m
8 Samuel Harris		Nth Rocks Carlin	1.55m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 8 - Long Jump**

Region: R 4.01m 1999		Michael Oldfield, Manly Warri	
Name	Age	Centre	Final
1	George Chapman	Ku-Ring-Gai	3.61m
2	Ethan Clarke	Mosman	3.58m
3	Justin George	Manly Warringah	3.56m
4	Ethan Oliver	Northern Districts	3.46m
5	Finnian Duggan	Ku-Ring-Gai	3.43m
6	Maxwell Marsters	Manly Warringah	3.36m
7	Thomas Malone	Northern Suburbs	3.33m
8	Jeremy Plummer	Ryde	3.32m
9	Anthony Bayley	Northern Districts	3.26m
10	Cameron Leverton	Northern Districts	3.20m
11	Joseph Hutton	Northern Suburbs	3.18m
12	Thomas Klem	Manly Warringah	3.09m
13	Max Milani	Northern Suburbs	3.06m
14	Ashton Gleeson	Ryde	3.03m
15	Benjamin D'Agostino	Northern Suburbs	2.87m

**Boys U 9 - Long Jump**

Region: R 4.48m 2000		Michael Oldfield, Manly Warri	
Name	Age	Centre	Final
1	Jonathan Reid	Cherrybrook	4.19m
2	Thomas Hillebrand	Manly Warringah	4.12m
3	Tom Stone	Ryde	3.94m
4	Sehan Samaragunarathna	Parramatta	3.83m
5	Griffin Hutchins	Ku-Ring-Gai	3.76m
6	Samuel Valderama	Northern Districts	3.74m
7	Myles Lever	Mosman	3.39m
8	Thomas Jackson	Parramatta	3.38m
9	Jonah Edwards	Northern Suburbs	3.35m
10	Marcus Panetta	Northern Districts	3.24m
11	Hunter Hosking	Nth Rocks Carlin	3.10m
12	Kaylan Clark	Cherrybrook	3.09m
13	Matthew Niccol	Hornsby District	3.06m
14	Sebastian Terry	Cherrybrook	3.05m
--	Benjamin Gee	Hornsby District	FOUL

**Boys U 10 - Long Jump**

Region: R 4.81m 1997		A Fitzgerald, Manly Warringah	
Name	Age	Centre	Final
1	Joshua Arcus	Ryde	4.51m
2	Max Hirst	Cherrybrook	4.39m
3	Tyler Sully	Manly Warringah	4.31m
4	Jett Tall	Ryde	4.21m
5	Connor Bond	Ku-Ring-Gai	4.17m
6	Dominic Panozzo	Northern Suburbs	4.11m
7	Henry O'Donnell	Mosman	3.94m
8	Jordan Porter	Manly Warringah	3.90m
9	Jai Lagois	Manly Warringah	3.85m
10	Jack Gibbons	Northern Districts	3.84m
11	Oliver Leverton	Northern Districts	3.79m
12	Luke Blahuta	Manly Warringah	3.65m
13	Andrew Craig	Cherrybrook	3.59m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 10 - Long Jump**

14 Samuel Galati	Ryde	3.46m
15 Jacob Rodriguez	Parramatta	3.36m

**Boys U 11 - Long Jump**

Region: R 5.14m 22/02/2002 Alexander Pettigrew, Parramat		
Name	Age Centre	Final
1 Miles Gugger	Mosman	4.66m
2 Nick Colley	Hornsby District	4.65m
3 Zane Camroux	Ryde	4.57m
4 Riley Leverett	Nth Rocks Carlin	4.42m
5 Samuel Drull	Ku-Ring-Gai	4.34m
6 Riley Marosa	Manly Warringah	4.33m
7 Noah Hain	Ryde	4.30m
8 Matthew Rose	Cherrybrook	4.20m
9 Pierce Roseby	Northern Suburbs	4.04m
10 Zak Power	Manly Warringah	4.01m
11 Lachlan Khun	Mosman	3.99m
12 Ethan Burgess	Ku-Ring-Gai	3.85m
13 Curtis Kingsmill	Northern Suburbs	3.68m
-- Kalani Lenehan	Ku-Ring-Gai	FOUL

**Boys U 12 - Long Jump**

Region: R 5.66m 21/02/2004 Martin Stonis, Northern Subur		
Name	Age Centre	Final
1 Alex Willett	Manly Warringah	5.21m
2 Jaxsyn Davies	Parramatta	4.66m
3 Benjamin Nogański	Ryde	4.62m
4 Jeremy Vaz	Northern Suburbs	4.57m
5 Harrison Muller	Ku-Ring-Gai	4.54m
6 Marko Prizmic	Ryde	4.45m
7 Timothy Gillies	Northern Districts	4.37m
8 Jonathan Bell	Ku-Ring-Gai	4.36m
9 Rory Lewis	Northern Suburbs	4.32m
10 Ben Tavner	Cherrybrook	4.23m
11 Max Gregan	Mosman	4.23m
12 Joe Dyson	Northern Suburbs	4.22m
13 Charlie Lovegrove	Northern Suburbs	4.18m
14 Joshua Hanlon	Manly Warringah	4.14m
15 Seth Chen	Northern Suburbs	4.02m
16 Ben Kinasc	Cherrybrook	3.74m

**Boys U 13 - Long Jump**

Region: R 5.75m 1995 D Geddes, Manly Warringah		
Name	Age Centre	Final
1 Oliver Jacquot	Cherrybrook	5.07m
2 Ben Carter	Manly Warringah	5.05m
3 John Economides	Manly Warringah	4.93m
4 Jamie Basheer	Northern Suburbs	4.80m
5 Adam Ayad	Hornsby District	4.74m
6 Jacob Winston	Manly Warringah	4.74m
7 Tony Huang	Ryde	4.66m
8 Matthew Mcvey	Parramatta	4.66m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

## Results

**....Boys U 13 - Long Jump**

9	Lewis Clabburn	Cherrybrook	4.64m
10	Jackson Tuynman	Northern Districts	4.33m
11	Justin Sunderland	Ryde	4.26m
12	Donald Ohmer	Parramatta	4.22m
13	Angus Treeby	Manly Warringah	4.14m
--	Mitchell Baker	Hornsby District	FOUL

**Boys U 14 - Long Jump**

Region: R 6.13m 1997		A Abou-Mahmoud, Hills Distric	
Name	Age	Centre	Final
1	Jayden Burgess	Ku-Ring-Gai	5.24m
2	Angus Richardson	Ku-Ring-Gai	5.09m
3	George Gardiner	Northern Suburbs	5.00m
4	Nicholas Thomson	Hornsby District	4.98m
5	Raymond Ahsan	Ryde	4.91m
6	Mathew Kim	Parramatta	4.78m
7	Willson Lowe	Manly Warringah	4.72m
8	Koray Kirk	Northern Suburbs	4.51m
9	Luke Skrivanic	Northern Suburbs	4.36m
10	Aiden Cox	Mosman	4.19m
11	Lance Cheney	Ryde	4.09m

**Boys U 15 - Long Jump**

Region: R 6.47m 1991		J Robinson, Parramatta	
Name	Age	Centre	Final
1	Alex Nguyen-Ha	Cherrybrook	5.95m
2	Johnathon Dobb	Hornsby District	5.65m
3	Saleh Sayer	Parramatta	5.57m
4	Matthew Theseira	Manly Warringah	5.50m
5	Haydn Houssenloge	Ryde	5.44m
6	Dominic Vinson	Northern Suburbs	5.39m
7	Tom Carter	Manly Warringah	5.36m
8	Dustin Auld	Northern Suburbs	5.26m
9	Keishon Lynch	Manly Warringah	5.11m
10	Charles Shepherd	Northern Districts	4.53m
11	Alec Morgan	Mosman	4.09m

**Boys U 17 - Long Jump**

Region: R 6.60m 19/02/2011		Benjamin Cox, Ryde	
Name	Age	Centre	Final
1	Dan Hurwood	Hornsby District	6.37m
2	Joshua Swan	Mosman	6.37m
3	Emmanuel Fakiye	Nth Rocks Carlin	6.34m
4	Ben Treeby	Manly Warringah	6.12m
5	Matthew Crowe	Northern Suburbs	5.84m
6	Matthew Sutcliffe	Nth Rocks Carlin	5.80m
7	Antonio Galati	Ryde	5.63m
8	Llewellyn Phillips	Ku-Ring-Gai	5.49m
9	Alexander Moore	Cherrybrook	5.44m
9	Jack Rodgers	Ryde	5.44m
11	Dillon Ceravolo	Manly Warringah	5.27m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 11 - Triple Jump**

Region: R 10.29m 1993 D Geddes, Manly Warringah			
Name	Age	Centre	Final
1	Lachlan Dalton	Northern Suburbs	9.66m
2	Riley Leverett	Nth Rocks Carlin	9.34m
3	Gabriel Binion	Ryde	9.20m
4	Lachlan Khun	Mosman	9.18m
5	Miles Gugger	Mosman	9.17m
6	Kaeo Weekes	Northern Districts	9.15m
7	Noah Hain	Ryde	9.07m
8	Jack Wrightson	Manly Warringah	9.04m
9	Mitchell Haigh	Cherrybrook	8.63m
10	Nick Colley	Hornsby District	8.58m
11	Jackson Boehm	Manly Warringah	8.54m
12	Cooper Barr	Northern Suburbs	8.49m
13	Pierce Roseby	Northern Suburbs	8.29m
14	Nicholas Burgers	Manly Warringah	8.17m
15	Cameron McMahon	Nth Rocks Carlin	8.10m
16	Benjamin Wilson	Manly Warringah	8.00m

**Boys U 12 - Triple Jump**

Region: R 11.54m 22/02/2004 Martin Stonis, Northern Subu			
Name	Age	Centre	Final
1	Bryn Lynch	Manly Warringah	9.86m
2	Jaxsyn Davies	Parramatta	9.24m
3	Marko Prizmic	Ryde	8.94m
4	Miguel Ribas	Hornsby District	8.90m
5	Joshua Hanlon	Manly Warringah	8.82m
6	Daniel Bowtell	Ryde	8.68m
7	Jonathan Bell	Ku-Ring-Gai	8.63m
8	Lachlan Kenny	Northern Suburbs	8.40m
9	Samuel Plummer	Ryde	8.37m
10	Ryan Jones	Cherrybrook	8.11m
11	Thomas Davies	Mosman	8.07m
12	Callum Watson	Ku-Ring-Gai	7.97m
13	Joshua Silver	Northern Districts	7.91m
14	Jake Woolnough	Nth Rocks Carlin	7.89m
--	Ben Kinasch	Cherrybrook	FOUL

**Boys U 13 - Triple Jump**

Region: R 12.03m 17/02/2007 Nicholas Hough, Hills Distri			
Name	Age	Centre	Final
1	Ben Carter	Manly Warringah	10.73m
2	Adam Ayad	Hornsby District	10.44m
3	Jacob Winston	Manly Warringah	10.09m
4	Justin Sunderland	Ryde	9.91m
5	Damien Lai	Nth Rocks Carlin	9.73m
6	Michael Gibson	Parramatta	9.34m
7	Lawrence Vosper	Nth Rocks Carlin	9.14m
8	Tas Browning	Ku-Ring-Gai	8.68m
9	Angus Fewtrell	Ku-Ring-Gai	8.35m
10	Tom Walsh	Manly Warringah	7.98m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 14 - Triple Jump**

Region: R 13.27m 1996 D Geddes, Manly Warringah			
Name	Age	Centre	Final
1 Adam Kinasch		Cherrybrook	11.77m
2 George Gardiner		Northern Suburbs	10.88m
3 Angus Richardson		Ku-Ring-Gai	10.86m
4 Jayden Burgess		Ku-Ring-Gai	10.85m
5 Oliver Clark		Cherrybrook	10.55m
6 Raymond Ahsan		Ryde	10.52m
7 Stephen Todd		Nth Rocks Carlin	10.37m
8 Luke Skrivanic		Northern Suburbs	10.26m
9 Willson Lowe		Manly Warringah	9.75m
10 Chuan Jiang		Ryde	9.56m
11 Nicholas Thomson		Hornsby District	9.54m
12 Mark Torney		Parramatta	9.15m
13 Adam Loader		Manly Warringah	9.11m
14 Lance Cheney		Ryde	9.10m

**Boys U 15 - Triple Jump**

Region: R 13.44m 20/02/2011 Cameron Pappas, Ryde			
Name	Age	Centre	Final
1 Johnathon Dobb		Hornsby District	12.89m
2 Alex Nguyen-Ha		Cherrybrook	12.37m
3 Tom Carter		Manly Warringah	11.62m
4 Alexander Gardiner		Northern Suburbs	10.80m
5 Yvan Tan		Parramatta	10.73m
6 Matthew Theseira		Manly Warringah	10.68m
7 Saleh Sayer		Parramatta	10.52m
8 Keishon Lynch		Manly Warringah	9.79m

**Boys U 17 - Triple Jump**

Region: R 14.13m 20/02/2011 Benjamin Cox, Ryde			
Name	Age	Centre	Final
1 Emmanuel Fakiye		Nth Rocks Carlin	14.30mR
2 Dan Hurwood		Hornsby District	13.18m
3 Alec Diamond		Northern Suburbs	13.00m
4 Ben Treeby		Manly Warringah	12.50m
5 Llewellyn Phillips		Ku-Ring-Gai	12.40m
6 Bryce Collins		Northern Suburbs	12.03m
7 Ian Astalosh		Nth Rocks Carlin	11.25m
8 Ben Webster		Hornsby District	11.21m
9 Xavier Calder		Ryde	8.74m

**Boys U 8 - Shot Put (1.5 Kg)**

Region: R 9.58m 19/02/2011 Daniel Manin, Parramatta			
Name	Age	Centre	Final
1 George Chapman		Ku-Ring-Gai	8.06m
2 Jacob Morige		Ryde	7.19m
3 Alex Metaxoulis		Cherrybrook	7.01m
4 Ethan Oliver		Northern Districts	6.84m
5 Cameron Levertton		Northern Districts	6.39m
6 James Steel		Ku-Ring-Gai	6.34m



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 8 - Shot Put (1.5 Kg)**

7	Ethan Harrigan	Parramatta	6.26m
8	Max Milani	Northern Suburbs	6.02m
9	Archie Richards	Manly Warringah	5.78m
10	Finnian Duggan	Ku-Ring-Gai	5.65m
11	Julian Ajaka	Parramatta	5.51m
12	Alex Bonomi	Manly Warringah	5.00m
13	Max Duffield	Manly Warringah	4.51m
14	Marcus Chan	Nth Rocks Carlin	3.44m

**Boys U 9 - Shot Put (2.0 Kg)**

Region: R 9.82m 18/02/2012 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1	Nosa Obaseki	Northern Districts	8.19m
2	Thomas Hillebrand	Manly Warringah	7.06m
3	Ryan Johnson	Ku-Ring-Gai	6.61m
4	Max Purcell	Northern Suburbs	6.50m
5	Maxi Zihlmann	Northern Suburbs	6.09m
6	Antonio Taufau	Manly Warringah	5.83m
7	Benjamin Gee	Hornsby District	5.76m
8	Xander Mercer	Ku-Ring-Gai	5.67m
9	Thomas Goddard	Ryde	5.63m
10	Harry Gresham	Ku-Ring-Gai	5.61m
11	Adrian Cirino	Ryde	5.15m
12	Kaylan Clark	Cherrybrook	5.13m
13	Alex Shahla	Nth Rocks Carlin	5.11m
14	Anthony Feng	Parramatta	3.77m
--	George Rawlinson	Ku-Ring-Gai	FOUL

**Boys U 10 - Shot Put (2.0 Kg)**

Region: R 11.68m 28/02/2010 Nicholas Frost, Northern SUB			
Name	Age	Centre	Final
1	Daniel Menin	Parramatta	11.70mR
2	Jack Gibbons	Northern Districts	10.03m
3	Jordan Porter	Manly Warringah	9.56m
4	Jett Tall	Ryde	8.76m
5	Thomas Shannon	Ku-Ring-Gai	8.52m
6	Matthew Butler	Northern Suburbs	8.39m
7	Ben Newson	Manly Warringah	8.07m
8	Thomas Hatzidis	Mosman	7.93m
9	Michael Weijun Zhang	Northern Suburbs	7.44m
10	Kai Pearson	Parramatta	7.08m
11	Aymeric Moloney	Manly Warringah	6.97m
12	Dylan Walton	Northern Districts	6.83m
13	Charles Cole	Northern Suburbs	6.71m
14	Jonathan Friend	Hornsby District	6.62m
15	Ben McKinlay	Manly Warringah	6.57m

**Boys U 11 - Shot Put (2.0 Kg)**

Region: R 12.82m 2002 A Luzi, Winston Hills			
Name	Age	Centre	Final
1	Jack McFadden	Ku-Ring-Gai	10.50m
2	Tyrese Vidal	Ku-Ring-Gai	10.13m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 11 - Shot Put (2.0 Kg)**

3	Zak Power	Manly Warringah	9.62m
4	Adam Eglesz	Manly Warringah	9.50m
5	Archie Woodhill	Northern Suburbs	9.26m
6	Kaeo Weekes	Northern Districts	9.10m
7	Zane Camroux	Ryde	8.76m
8	Leon Gellen	Parramatta	8.62m
9	Nathan Bell	Hornsby District	8.43m
10	Jack Wrightson	Manly Warringah	8.29m
11	Henry O'Kane	Northern Suburbs	7.08m
12	Lakshmanan Sockalingam	Parramatta	6.51m

**Boys U 12 - Shot Put (3.0 Kg)**

Region: R 13.30m 16/02/2003 A Luzi, Winston Hills

Name	Age	Centre	Final
1	Kevin Yang	Ku-Ring-Gai	11.93m
2	Jack Menin	Parramatta	9.79m
3	Harry Menin	Parramatta	9.65m
4	Benjamin Nogajski	Ryde	9.15m
5	Matthew Steel	Ku-Ring-Gai	9.01m
6	Daniel Hall	Mosman	8.78m
7	Jasper Melchiorsen	Northern Districts	8.68m
8	Scott Chapman	Cherrybrook	8.37m
9	Joshua Bowd	Ku-Ring-Gai	8.25m
10	Zachary Jamieson	Northern Districts	8.01m
11	Oliver Welch	Ku-Ring-Gai	7.92m
12	Lachlan Don	Manly Warringah	7.49m
13	Otto Prowse	Manly Warringah	7.36m
14	Ben Zucchiatti	Mosman	7.10m
15	Matthew McAlpine	Northern Suburbs	7.06m
16	Seth Chen	Northern Suburbs	6.96m
17	Timothy Greig	Parramatta	6.86m

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

Region: R 15.66m 1994 S Novkovic, Winston Hills

Name	Age	Centre	Final
1	Donald Ohmer	Parramatta	14.30m
2	Kieren Briggs	Parramatta	13.17m
3	Benjamin Collins	Northern Districts	12.95m
4	Alexander Kolesnikoff	Parramatta	12.85m
5	Nicholas Frost	Parramatta	12.59m
6	Matthew Mcvey	Parramatta	12.44m
7	Thomas Hunt	Parramatta	11.30m
8	Zachary Dinter	Manly Warringah	10.68m
9	Jaden Clark	Northern Suburbs	10.59m
10	Paul Boller	Manly Warringah	9.59m
11	Finlay Dennison	Manly Warringah	9.57m
12	James Tucker	Ku-Ring-Gai	9.29m
13	Angus Fewtrell	Ku-Ring-Gai	8.05m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 14 - Shot Put (3.0 Kg)**

Region: R 14.03m 19/02/2012 Aaron Kang, Nth Rocks Carlin			
Name	Age	Centre	Final
1 Cameron McEntyre		Ku-Ring-Gai	14.30mR
2 Caelen Shaw		Ku-Ring-Gai	13.59m
3 Tyler Monaghan		Northern Suburbs	13.06m
4 Angus Rankin		Northern Suburbs	12.14m
5 Matthew Eaton		Cherrybrook	11.82m
6 Mathew Kim		Parramatta	11.80m
7 Gus Bailey		Manly Warringah	10.92m
8 Nick Chatters		Ku-Ring-Gai	10.69m
9 Sam Cole		Northern Suburbs	10.52m
10 Morgan Sorenson		Manly Warringah	9.53m
11 Chris Davies		Manly Warringah	8.50m

**Boys U 15 - Shot Put (4.0 Kg)**

Region: R 17.44m 1995 P Elvy, Manly Warringah			
Name	Age	Centre	Final
1 Haydn Houssenloge		Ryde	12.93m
2 Charlie Seppelt		Northern Suburbs	12.41m
3 Ben Mackay		Northern Suburbs	11.59m
4 Clayton Anstee		Cherrybrook	11.52m
5 Charles Shepherd		Northern Districts	11.31m
6 Ben Woollett		Hornsby District	11.15m
7 Ellington Steanes		Northern Suburbs	11.12m
8 Shah Garcia		Ku-Ring-Gai	10.99m
9 Wade Buhler		Parramatta	10.86m
10 Sebastian Fitzsimons		Northern Suburbs	10.72m
11 Campbell Lemckert		Northern Districts	10.37m
12 Nicolas Bernar		Parramatta	9.67m
13 James McFadden		Ku-Ring-Gai	9.57m

**Boys U 17 - Shot Put (5.0 Kg)**

Region: R 15.15m 18/02/2012 MJ Meafou, Parramatta			
Name	Age	Centre	Final
1 Tyson Davis		Manly Warringah	16.18mR
2 Mattai Meafou		Parramatta	14.77m
3 Nicholas Kelland		Ryde	12.98m
4 Alec Diamond		Northern Suburbs	12.19m
5 Oliver Parry		Northern Districts	11.54m
6 Anthony Wood		Ku-Ring-Gai	11.46m
7 Alexander Moore		Cherrybrook	11.10m
8 William Brown		Manly Warringah	10.89m
9 Matthew Sutcliffe		Nth Rocks Carlin	10.45m
10 Liam Magee		Cherrybrook	8.62m
11 Xavier Calder		Ryde	5.54m
12 Tom Casey		Nth Rocks Carlin	5.28m

**Boys U 8 - Discus (500 Gram)**

Region: R 31.36m 1992 Gareth Care, North Rocks Car			
Name	Age	Centre	Final
1 George Chapman		Ku-Ring-Gai	19.48m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 8 - Discus (500 Gram)**

2	Harry Anderson	Ku-Ring-Gai	18.44m
3	James Steel	Ku-Ring-Gai	17.66m
4	Alex Metaxoulis	Cherrybrook	17.38m
5	Thomas Malone	Northern Suburbs	15.92m
6	Luke Jubb	Ryde	15.47m
7	Benjamin D'Agostino	Northern Suburbs	15.05m
8	Dionte Vidal	Ku-Ring-Gai	15.03m
9	Justin George	Manly Warringah	14.98m
10	Ethan Harrigan	Parramatta	14.72m
11	Julian Ajaka	Parramatta	14.05m
12	Anthony Bayley	Northern Districts	13.15m
13	Ethan Clarke	Mosman	12.10m
14	Rohan Graham	Ryde	9.94m

**Boys U 9 - Discus (500 Gram)**

Region: R 32.96m 1998		Christopher Bassett, Hornsby	
Name	Age	Centre	Final
1	Sehan Samaragunaratna	Parramatta	23.79m
2	Thomas Jackson	Parramatta	23.41m
3	Nosa Obaseki	Northern Districts	22.14m
4	Alex Shahla	Nth Rocks Carlin	19.98m
5	Jackson Stiel	Mosman	19.75m
6	Jack Bidwell	Hornsby District	19.62m
7	Griffin Hutchins	Ku-Ring-Gai	19.49m
8	Thomas Davey	Hornsby District	19.28m
9	William Klem	Manly Warringah	17.70m
10	Maxi Zihlmann	Northern Suburbs	17.02m
11	Xander Mercer	Ku-Ring-Gai	16.07m
12	William Tanner	Mosman	15.93m
13	Michael Gardiner	Northern Suburbs	14.82m
14	Owen Mickan	Ryde	12.28m
15	Evan O'Rourke	Northern Districts	11.00m

**Boys U 10 - Discus (500 Gram)**

Region: R 39.76m 1999		Christopher Bassett, Hornsby	
Name	Age	Centre	Final
1	Daniel Menin	Parramatta	39.16m
2	Jordan Porter	Manly Warringah	29.98m
3	Jonathan Woodcock	Northern Suburbs	29.82m
4	Samuel Park	Northern Districts	26.74m
5	Jason McCoy	Ku-Ring-Gai	25.99m
6	Carl Watson	Manly Warringah	25.49m
7	Aidan Lidbetter	Hornsby District	24.09m
8	Michael Weijun Zhang	Northern Suburbs	23.64m
9	Jai Lagois	Manly Warringah	23.22m
10	Riveen Jayasinghe	Parramatta	22.70m
11	Thomas Hatzidis	Mosman	21.99m
12	Kai Pearson	Parramatta	21.20m
13	Adam Morris	Ryde	19.93m
14	Jett Tall	Ryde	19.80m
15	Liam Oliver	Northern Districts	18.89m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**Boys U 11 - Discus (750 Gram)**

Region: R 37.09m 20/02/2011 Nicholas Frost, Northern Dis			
Name	Age	Centre	Final
1 Jack McFadden		Ku-Ring-Gai	35.07m
2 Tyrese Vidal		Ku-Ring-Gai	28.98m
3 John Hunter		Ku-Ring-Gai	27.96m
4 Adam Eglesz		Manly Warringah	26.65m
5 Zak Power		Manly Warringah	25.93m
6 Jack Wrightson		Manly Warringah	22.76m
7 Joshua Kolesnikoff		Parramatta	20.66m
8 Archie Woodhill		Northern Suburbs	20.05m
9 Henry O'Kane		Northern Suburbs	19.16m
10 Cameron MacKenzie		Ku-Ring-Gai	18.57m
11 Ben Graham		Hornsby District	17.41m
12 Morgan Little		Cherrybrook	16.35m
13 Shaun Cassidy		Parramatta	15.57m

**Boys U 12 - Discus (750 Gram)**

Region: R 44.04m 1993 S Novkovic, Winston Hills			
Name	Age	Centre	Final
1 Kevin Yang		Ku-Ring-Gai	38.18m
2 Daniel Hall		Mosman	33.77m
3 Joshua Bowd		Ku-Ring-Gai	32.23m
4 Matthew Steel		Ku-Ring-Gai	30.68m
5 Harry Menin		Parramatta	29.68m
6 Jonathan Bell		Ku-Ring-Gai	27.56m
7 Jack Menin		Parramatta	26.84m
8 Benjamin Nogajski		Ryde	26.81m
9 Matthew McAlpine		Northern Suburbs	25.97m
10 Daniel Bowtell		Ryde	23.92m
11 Michael Matheson		Ryde	23.10m
12 Tom Hawkins		Hornsby District	22.46m
13 Jasper Melchiorsen		Northern Districts	22.30m
14 Andrew Tse		Northern Suburbs	18.53m
-- Joshua Grinter-Cummins		Northern Suburbs	FOUL

**Boys U 13 - Discus (1.0 Kg)**

Region: R 48.10m 1994 S Novkovic, Winston Hills			
Name	Age	Centre	Final
1 Nicholas Frost		Parramatta	44.58m
2 Kieren Briggs		Parramatta	42.30m
3 Matthew Mcvey		Parramatta	39.48m
4 Donald Ohmer		Parramatta	39.19m
5 Alexander Kolesnikoff		Parramatta	36.67m
6 Jamie Basheer		Northern Suburbs	30.98m
7 Thomas Hunt		Parramatta	27.66m
8 Mitchell Baker		Hornsby District	26.32m
9 Paul Boller		Manly Warringah	25.94m
10 Ben Carter		Manly Warringah	24.42m
11 Charlie Dorman		Hornsby District	24.06m
12 Dante Vivanco		Northern Suburbs	23.79m
13 Benjamin Collins		Northern Districts	23.46m
14 Lachlan Basten		Ku-Ring-Gai	22.63m
-- Adam Ayad		Hornsby District	FOUL

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**Boys U 14 - Discus (1.0 Kg)**

Region: R 55.22m 1995 S Novkovic, Winston Hills			
Name	Age	Centre	Final
1 George Bai		Parramatta	42.30m
2 Cameron McEntyre		Ku-Ring-Gai	41.04m
3 Ben Basten		Ku-Ring-Gai	39.63m
4 Tyler Monaghan		Northern Suburbs	34.88m
5 Angus Rankin		Northern Suburbs	32.99m
6 Chris Davies		Manly Warringah	29.45m
7 Sam Cole		Northern Suburbs	25.98m
8 Nick Chatters		Ku-Ring-Gai	25.64m
9 Matthew Hall		Mosman	23.26m
10 Mathew Kim		Parramatta	22.54m
11 Oliver Lidbetter		Hornsby District	20.91m
12 Samuel Bradbery		Parramatta	16.60m

**Boys U 15 - Discus (1.0 Kg)**

Region: R 56.28m 1999 A Walker, Hills District			
Name	Age	Centre	Final
1 Clayton Anstee		Cherrybrook	47.54m
2 Ellington Steanes		Northern Suburbs	46.63m
3 Shah Garcia		Ku-Ring-Gai	44.26m
4 Tim Heyes		Northern Suburbs	43.06m
5 Campbell Lemckert		Northern Districts	40.84m
6 Frank Morris		Northern Districts	37.34m
7 James McFadden		Ku-Ring-Gai	35.76m
8 Wade Buhler		Parramatta	33.87m
9 Nicolas Bernar		Parramatta	27.65m
10 Haydn Houssenloge		Ryde	27.57m

**Boys U 17 - Discus (1.5 Kg)**

Region: R 43.41m 20/02/2011 Jack Dempsey, Northern Subur			
Name	Age	Centre	Final
1 Tyson Davis		Manly Warringah	47.54mR
2 William Brown		Manly Warringah	42.02m
3 Denzel Singleton		Parramatta	41.49m
4 Nicholas Kelland		Ryde	41.02m
5 Mattai Meafou		Parramatta	39.76m
6 Alec Diamond		Northern Suburbs	39.22m
7 Llewellyn Phillips		Ku-Ring-Gai	35.42m
8 Oliver Parry		Northern Districts	34.32m
9 Jackson Diamond		Northern Suburbs	25.73m
10 Xavier Calder		Ryde	16.42m
11 Tom Casey		Nth Rocks Carlin	15.80m

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

Region: R 36.87m 19/02/2012 Kieren Briggs, Parramatta			
Name	Age	Centre	Final
1 Jasper Melchiorson		Northern Districts	31.33m
2 Daniel Hall		Mosman	28.56m
3 Jeremy Vaz		Northern Suburbs	28.07m
4 Joshua Bowd		Ku-Ring-Gai	27.52m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

**2**

**Results**

**....Boys U 12 - Javelin (400 Gram)**

5	Thomas Pittman	Northern Suburbs	25.35m
6	Samuel Plummer	Ryde	24.76m
7	Otto Prowse	Manly Warringah	23.82m
8	Jack Woods	Mosman	21.53m
9	Alex Willett	Manly Warringah	21.42m
10	Matthew McAlpine	Northern Suburbs	20.05m
11	Ben Zucchiatti	Mosman	19.71m
12	Joshua Silver	Northern Districts	18.22m
13	Timothy Greig	Parramatta	17.63m
14	Scott Chapman	Cherrybrook	10.84m

**Boys U 13 - Javelin (600 Gram)**

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

Name	Age	Centre	Final
1	Matthew Mcvey	Parramatta	40.09m
2	Kieren Briggs	Parramatta	38.24m
3	Donald Ohmer	Parramatta	36.18m
4	Nicholas Frost	Parramatta	33.46m
5	Jack Dempsey	Northern Districts	29.95m
6	Thomas Hunt	Parramatta	24.40m
7	Charlie Dorman	Hornsby District	23.73m
8	Alexander Kolesnikoff	Parramatta	21.50m
9	Nicholas Ramakrishnan	Parramatta	19.35m
10	Cody Fisher-Peel	Manly Warringah	19.12m
11	Jack Polson	Parramatta	18.60m
12	Tom Walsh	Manly Warringah	17.63m

**Boys U 14 - Javelin (600 Gram)**

Region: R 48.36m 28/02/2010 Tyson Davis, Manly Warringah

Name	Age	Centre	Final
1	Cameron McEntyre	Ku-Ring-Gai	53.00mR
2	Tyler Monaghan	Northern Suburbs	39.93m
3	Mathew Kim	Parramatta	38.92m
4	Caelen Shaw	Ku-Ring-Gai	32.43m
5	Nick Chatters	Ku-Ring-Gai	27.45m
6	Matthew Hall	Mosman	24.00m
7	Nicholas Thomas	Parramatta	23.93m
8	Dylan Rodgers	Ryde	22.73m
9	Beau Ingram	Cherrybrook	16.74m

**Boys U 15 - Javelin (700 Gram)**

Region: R 51.77m 18/02/2012 Zac Sfiligoi, Cherrybrook

Name	Age	Centre	Final
1	Frank Morris	Northern Districts	45.32m
2	Clayton Anstee	Cherrybrook	45.16m
3	James McFadden	Ku-Ring-Gai	39.63m
4	Charlie Seppelt	Northern Suburbs	39.10m
5	Luke Gorman	Manly Warringah	38.69m
6	Max Le Ban	Manly Warringah	37.52m
7	Campbell Lemckert	Northern Districts	32.74m
8	Nicolas Bernar	Parramatta	32.55m
9	Wade Buhler	Parramatta	31.79m

**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 15 - Javelin (700 Gram)**

10 Alexander Gardiner	Northern Suburbs	30.43m
11 Ellington Steanes	Northern Suburbs	25.98m
12 Adam Halmy	Northern Districts	22.50m

**Boys U 17 - Javelin (700 Gram)**

Region: R 60.66m 19/02/2012 Tyson Davis, Manly Warringah			
Name	Age	Centre	Final
1 Tyson Davis		Manly Warringah	62.32mR
2 Nicholas Kelland		Ryde	44.41m
3 Oliver Parry		Northern Districts	40.68m
4 Jackson Diamond		Northern Suburbs	39.44m
5 Liam Magee		Cherrybrook	37.66m
6 Ben Treeby		Manly Warringah	37.11m
7 Drew Fisher-Peel		Manly Warringah	33.72m

**Boys U 9 - 700 Metre Walk**

Region: R 3:34.60 1998 Christopher Bassett, Hornsb			
Name	Age	Centre	Final
Section 1			
1 Adam Bruntsch		Ryde	4:35.14
2 Lachlan Easdown		Ku-Ring-Gai	4:36.17
3 Tristan Turnbull		Manly Warringah	4:44.24
4 Rowan Leavy		Ku-Ring-Gai	4:45.29
5 Luke Morosin-Smith		Ryde	5:19.79
6 Alex Sky		Ku-Ring-Gai	5:20.82
7 Daniel Gangell		Nth Rocks Carlin	6:21.78

**Boys U 10 - 1100 Metre Walk**

Region: R 5:45.20 1998 K Tansley, Manly Warringah			
Name	Age	Centre	Final
1 Bayden Little		Cherrybrook	5:49.73
2 Dion Carrothers		Manly Warringah	6:14.80
3 Ethan Barlow		Manly Warringah	6:42.89
4 George Davis		Ryde	7:00.27
5 James Hunt		Northern Suburbs	7:04.54
6 Lachlan Cruickshank		Manly Warringah	7:04.56
7 Adam Jubb		Ryde	7:42.46
8 Caleb Crossley		Ku-Ring-Gai	7:43.38
9 William Ridley-Smith		Hornsby District	7:48.98
10 Thomas Reicher		Parramatta	10:05.00
-- James Walter		Ku-Ring-Gai	DQ
-- Alex Stephens		Northern Suburbs	DQ

**Boys U 11 - 1100 Metre Walk**

Region: R 5:19.18 19/02/2012 Dylan Richardson, Gosford			
Name	Age	Centre	Final
1 Hayden Blaskett		Manly Warringah	5:23.27
2 Lachlan Dalton		Northern Suburbs	6:04.46
3 Luke Van Ratingen		Manly Warringah	6:04.47
4 James Wilson		Manly Warringah	6:11.00



**REGION 5 TRACK & FIELD CHAMPIONSHIPS**  
**SYDNEY ACADEMY OF SPORT - NARRABEEN - 16/02/2013 to 17/02/2013**

2

**Results**

**....Boys U 11 - 1100 Metre Walk**

5 Oscar Browne	Parramatta	6:24.93
-- Lachie Sky	Ku-Ring-Gai	DQ

**Boys U 12 - 1500 Metre Walk**

Region: R 7:08.30 1999 Adam Rutter, Hornsby Distri			
Name	Age	Centre	Final
1 Harrison Mavin		Ku-Ring-Gai	7:06.59R
2 Luke Gosper		Parramatta	8:18.12
3 Austin Malone		Manly Warringah	9:51.03
4 Kyle Walsh		Ku-Ring-Gai	9:51.54
5 Oliver Welch		Ku-Ring-Gai	10:50.26
-- James Plummer		Northern Districts	DQ

**Boys U 13 - 1500 Metre Walk**

Region: R 7:04.60 19/02/2006 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
1 Hayden Millican		Northern Districts	7:46.59
2 Thomas Hunt		Parramatta	8:48.13
3 Benjamin Norris		Manly Warringah	9:12.17
4 Luke McLachlan		Ryde	10:47.18

**Boys U 14 - 1500 Metre Walk**

Region: R 6:28.16 19/02/2012 Tyler Jones, Wyong			
Name	Age	Centre	Final
-- Aidan Kerr		Ku-Ring-Gai	DQ

**Boys U 15 - 1500 Metre Walk**

Region: R 6:35.20 1995 Andrew Nappin, Manly Warrin			
Name	Age	Centre	Final
1 Scott Cassidy		Parramatta	9:08.45
-- Nathan Brown		Hornsby District	DQ

**Boys U 17 - 1500 Metre Walk**

Region: R 6:15.10 28/02/2010 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
1 Brenton Mooney		Ryde	8:38.03
2 Jack Rodgers		Ryde	9:36.04
3 Patrick Sutton		Northern Suburbs	10:35.90