

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

Region: R 10.90 1997			
Name	Age	Centre	Heats
Natasha Finlay, Manly Warring			
Heat 1 Heats			
1	Sienna Villacorta	Manly Warringah	11.42Q
2	Emily Uslu	Parramatta	11.82Q
3	Tyla Christie	Ku-Ring-Gai	11.91Q
4	Sophie Byrne	Ryde	12.01q
5	Ruby Worrell	Ryde	12.04
6	Ella Gibbons	Northern Districts	12.90
7	Bella Kachel	Hornsby	12.95
Heat 2 Heats			
1	Mia Marshall	Northern Suburbs	11.72Q
2	Indiana Mace	Manly Warringah	11.74Q
3	Talia Kupceric	Manly Warringah	11.96Q
4	Chloe Osborne	Manly Warringah	12.02q
5	Zoe Roberts	Northern Suburbs	12.07
6	Allanah Burns	Ryde	12.25
7	Jade Henry	Parramatta	12.29
8	Lara Overdijk	Ku-Ring-Gai	12.81

Girls U 8 - 70 Metre Sprint

Region: R 10.90 1997			
Name	Age	Centre	Final
Natasha Finlay, Manly Warring			
Section 1 Final			
1	Sienna Villacorta	Manly Warringah	11.49
2	Indiana Mace	Manly Warringah	11.82
3	Mia Marshall	Northern Suburbs	11.91
4	Sophie Byrne	Ryde	12.04
5	Tyla Christie	Ku-Ring-Gai	12.07
6	Emily Uslu	Parramatta	12.10
7	Talia Kupceric	Manly Warringah	12.18
8	Chloe Osborne	Manly Warringah	12.32

Girls U 9 - 70 Metre Sprint

Region: R 10.20 1998			
Name	Age	Centre	Heats
Emily Pollett, Manly Warringa			
Heat 1 Heats			
1	Emily Crawford	Cherrybrook	10.71Q
2	Natalia Drobot	Ryde	11.22Q
3	Zara Ostryn	Manly Warringah	11.52Q
4	Emma Polikowski	Manly Warringah	11.62q
5	Scarlett Davies	Mosman	11.70q
6	Tahlee Bell	Hornsby	12.03
Heat 2 Heats			
1	Elinor Trevelyan-Jones	Ku-Ring-Gai	11.09Q
2	Gabriella Taylor	Manly Warringah	11.10Q
3	Krystal Weekes	Northern Districts	11.76Q
4	Amelia Polley	Parramatta	11.78
5	Mikayla Kelleher	Ryde	11.89
6	Matilda Damian	Northern Suburbs	11.92
7	Emma Greenup	Northern Suburbs	12.45
8	Larissa O'Donnell	Northern Suburbs	12.64

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

Region: R 10.20 1998 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Emily Crawford		Cherrybrook	10.81
2 Gabriella Taylor		Manly Warringah	11.12
3 Elinor Trevelyan-Jones		Ku-Ring-Gai	11.21
4 Natalia Drobot		Ryde	11.25
5 Emma Polikowski		Manly Warringah	11.64
6 Zara Ostryn		Manly Warringah	11.68
7 Krystal Weekes		Northern Districts	11.80
8 Scarlett Davies		Mosman	12.20

Girls U 10 - 70 Metre Sprint

Region: R 9.80 2000 Alice Wilson, Ku-ring-gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Greta Andrews		Northern Suburbs	10.36Q
2 Ruby Mahendran		Ku-Ring-Gai	10.54Q
3 Ella Johnson		Ku-Ring-Gai	10.86Q
4 Amy King		Nth Rocks Carlin	11.14q
4 Thea Prasetya		Nth Rocks Carlin	11.14q
6 Grace-Lee Weekes		Northern Districts	11.18
7 Claire Field		Ku-Ring-Gai	11.51
Heat 2 Heats			
1 Danielle Osifo		Cherrybrook	10.39Q
2 Georgia Fichardt		Ku-Ring-Gai	10.81Q
3 Anna McKechnie		Northern Districts	11.02Q
4 Charlotte Clancy		Northern Suburbs	11.35
5 Scarlett O'Kane		Northern Suburbs	11.50

Girls U 10 - 70 Metre Sprint

Region: R 9.80 2000 Alice Wilson, Ku-ring-gai			
Name	Age	Centre	Final
Section 1 Final			
1 Greta Andrews		Northern Suburbs	10.26
2 Danielle Osifo		Cherrybrook	10.37
3 Ruby Mahendran		Ku-Ring-Gai	10.40
4 Ella Johnson		Ku-Ring-Gai	10.87
5 Anna McKechnie		Northern Districts	10.89
6 Georgia Fichardt		Ku-Ring-Gai	10.93
7 Thea Prasetya		Nth Rocks Carlin	11.38
8 Amy King		Nth Rocks Carlin	11.49

Girls U 8 - 100 Metre Sprint

Region: R 15.20 2005 Lauren Gilbert, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eva Bates		Ku-Ring-Gai	15.96Q
2 Sienna Villacorta		Manly Warringah	16.07Q
3 Indiana Mace		Manly Warringah	16.86Q
4 Sophie Byrne		Ryde	17.00q
5 Mia Marshall		Northern Suburbs	17.20
6 Ava Simos		Northern Suburbs	17.34

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

7	Ziggy Leong	Northern Suburbs	17.78
8	Lara Overdijk	Ku-Ring-Gai	17.94
Heat 2 Heats			
1	Lara Williams	Manly Warringah	16.28Q
2	Georgia Morgan	Mosman	16.73Q
3	Jemma Brandon-Cooper	Mosman	16.82Q
4	Zoe Roberts	Northern Suburbs	17.01q
5	Alicia O'Connor	Ryde	17.45
6	Chanelle Maikhael	Parramatta	17.80

Girls U 8 - 100 Metre Sprint

=====			
Region: R 15.20		2005 Lauren Gilbert, Parramatta	
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Lara Williams	Manly Warringah	15.85
2	Eva Bates	Ku-Ring-Gai	15.95
3	Sienna Villacorta	Manly Warringah	16.27
4	Georgia Morgan	Mosman	16.42
5	Jemma Brandon-Cooper	Mosman	17.07
6	Indiana Mace	Manly Warringah	17.11
7	Zoe Roberts	Northern Suburbs	17.24
8	Sophie Byrne	Ryde	17.30

Girls U 9 - 100 Metre Sprint

=====			
Region: R 14.70		1998 Emily Pollett, Manly Warringah	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Emily Crawford	Cherrybrook	14.94Q
2	Elinor Trevelyan-Jones	Ku-Ring-Gai	15.71Q
3	Gabriella Taylor	Manly Warringah	15.78Q
4	Kristen Cook	Ku-Ring-Gai	15.95q
5	Lily Tilt	Nth Rocks Carlin	16.05q
6	Kirsten Erni	Hornsby	16.58
7	Krystal Weekes	Northern Districts	16.60
8	Eliza McKenzie	Nth Rocks Carlin	16.71
Heat 2 Heats			
1	Cayla Phillips	Manly Warringah	15.04Q
2	Sienna Bond	Ku-Ring-Gai	15.61Q
3	Charlotte McDermid	Ku-Ring-Gai	16.07Q
4	Evie Cook	Northern Suburbs	16.14
5	Natalia Drobot	Ryde	16.18
6	Alyssa Hodge	Nth Rocks Carlin	16.61
7	Amelia Polley	Parramatta	16.75
8	Lidia Galvin	Nth Rocks Carlin	16.97

Girls U 9 - 100 Metre Sprint

=====			
Region: R 14.70		1998 Emily Pollett, Manly Warringah	
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Cayla Phillips	Manly Warringah	14.77
2	Emily Crawford	Cherrybrook	14.80
3	Sienna Bond	Ku-Ring-Gai	15.19
4	Elinor Trevelyan-Jones	Ku-Ring-Gai	15.62
5	Gabriella Taylor	Manly Warringah	15.71

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

6 Lily Tilt	Nth Rocks Carlin	15.80
7 Kristen Cook	Ku-Ring-Gai	16.09
8 Evie Cook	Northern Suburbs	16.32

Girls U 10 - 100 Metre Sprint

Region: R 13.70 1991				Rosemary Hayward, Wyong			
Name	Age	Centre			Heats		
Heat 1 Heats							
1 Danielle Osifo		Cherrybrook			14.70Q		
2 Samantha Ramsden		Ku-Ring-Gai			14.86Q		
3 Jessica Maciver		Ku-Ring-Gai			15.01Q		
4 Anna McKechnie		Northern Districts			15.35q		
5 Ella Johnson		Ku-Ring-Gai			15.46		
6 Aneeka Sutherland-Robins		Ryde			15.58		
7 Grace-Lee Weekes		Northern Districts			15.97		
8 Sharlae Davies		Parramatta			16.57		
Heat 2 Heats							
1 Greta Andrews		Northern Suburbs			14.79Q		
2 Georgia Healy		Northern Suburbs			15.00Q		
3 Eliza Da Silva		Ryde			15.33Q		
4 Georgia Fichardt		Ku-Ring-Gai			15.43q		
5 Kahli Johnson		Manly Warringah			16.15		
6 Scarlett O'Kane		Northern Suburbs			16.27		

Girls U 10 - 100 Metre Sprint

Region: R 13.70 1991				Rosemary Hayward, Wyong			
Name	Age	Centre			Final		
Section 1 Final							
1 Samantha Ramsden		Ku-Ring-Gai			14.54		
2 Greta Andrews		Northern Suburbs			14.65		
3 Danielle Osifo		Cherrybrook			14.70		
4 Georgia Healy		Northern Suburbs			14.98		
5 Jessica Maciver		Ku-Ring-Gai			15.22		
6 Eliza Da Silva		Ryde			15.36		
7 Anna McKechnie		Northern Districts			15.58		
8 Georgia Fichardt		Ku-Ring-Gai			15.76		

Girls U 11 - 100 Metre Sprint

Region: R 13.40 1992				Rossemary Hayward, Toukley			
Name	Age	Centre			Heats		
Heat 1 Heats							
1 Scarlett Prowse		Cherrybrook			14.81Q		
2 Tahlia Foye		Parramatta			14.90Q		
3 Jasmin Guthrie		Northern Districts			14.98Q		
4 Paige Warner		Manly Warringah			15.18q		
5 Alyssa Lowe		Ryde			15.26		
6 Aleisha Jeremy		Manly Warringah			15.36		
7 Eleanor Partridge		Ryde			16.20		
-- Jessica Forster		Hornsby			DQ		
Heat 2 Heats							
1 lily mcknight		Ku-Ring-Gai			14.56Q		
2 Elysha Cramer		Northern Suburbs			14.96Q		
3 monique batten		Ku-Ring-Gai			15.16Q		
4 Tarsha Wayne		Nth Rocks Carlin			15.22q		

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

5	Lea Gassmann	Northern Suburbs	15.47
6	Chloe Turner	Northern Suburbs	15.80
7	Madeleine Kate Wallace	Manly Warringah	15.85

Girls U 11 - 100 Metre Sprint

=====			
	Region: R 13.40	1992	Rossemary Hayward, Toukley
Name	Age	Centre	Final
=====			
Section 1 Final			
1	lily mcknight	Ku-Ring-Gai	14.29
2	Scarlett Prowse	Cherrybrook	14.42
3	Elysha Cramer	Northern Suburbs	14.55
4	Jasmin Guthrie	Northern Districts	14.82
5	Tahlia Foye	Parramatta	14.83
6	monique batten	Ku-Ring-Gai	14.94
7	Tarsha Wayne	Nth Rocks Carlin	15.22
8	Paige Warner	Manly Warringah	15.23

Girls U 12 - 100 Metre Sprint

=====			
	Region: R 12.40	2005	Annaliese Gardiner, Ku-ring-g
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Cydelle Brady	Manly Warringah	13.97Q
2	Olivia Wrightson	Manly Warringah	14.29Q
3	Olivia Bird	Mosman	14.55Q
4	Eleanor Lamperts	Cherrybrook	14.78
5	Faith Devitt	Cherrybrook	15.07
6	Ava Vosper	Nth Rocks Carlin	15.48
Heat 2 Heats			
1	Maddie Owen	Manly Warringah	13.93Q
2	Alicia Fartek	Nth Rocks Carlin	14.08Q
3	Mia Hemsworth	Ku-Ring-Gai	14.19Q
4	Charlotte Winston-Booth	Northern Districts	14.58q
5	Jasmine Bonomi	Manly Warringah	14.63q
6	Nicolette D'Onofrio	Northern Suburbs	14.67
7	Natasha Hartley	Hornsby	14.93

Girls U 12 - 100 Metre Sprint

=====			
	Region: R 12.40	2005	Annaliese Gardiner, Ku-ring-g
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Mia Hemsworth	Ku-Ring-Gai	13.81
2	Maddie Owen	Manly Warringah	13.85
3	Alicia Fartek	Nth Rocks Carlin	13.96
4	Cydelle Brady	Manly Warringah	13.99
5	Olivia Wrightson	Manly Warringah	14.08
6	Olivia Bird	Mosman	14.48
7	Jasmine Bonomi	Manly Warringah	14.67

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

Region: R 12.30 2005 Jordan Lumley, Northern Distri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Taylor-Lee Marconi		Parramatta	13.19Q
2 Alanna Fisher		Northern Suburbs	13.80Q
3 Madelyn Fartek		Nth Rocks Carlin	13.90Q
4 Amber Belot		Manly Warringah	14.28q
5 Eve Timms		Cherrybrook	14.57
Heat 2 Heats			
1 Imogen Breslin		Ku-Ring-Gai	13.70Q
2 Kandy Lee		Manly Warringah	13.73Q
3 Katrina Lyon		Ryde	14.01Q
4 Emily Britton		Ku-Ring-Gai	14.31q
5 Claudia Douglas-Robertso		Manly Warringah	14.51

Girls U 13 - 100 Metre Sprint

Region: R 12.30 2005 Jordan Lumley, Northern Distri			
Name	Age	Centre	Final
Section 1 Final			
1 Taylor-Lee Marconi		Parramatta	13.28
2 Kandy Lee		Manly Warringah	13.78
3 Imogen Breslin		Ku-Ring-Gai	13.85
4 Madelyn Fartek		Nth Rocks Carlin	13.95
5 Katrina Lyon		Ryde	13.98
6 Alanna Fisher		Northern Suburbs	14.05
7 Emily Britton		Ku-Ring-Gai	14.40
8 Amber Belot		Manly Warringah	14.43

Girls U 14 - 100 Metre Sprint

Region: R 12.10 2005 Sarah Thompson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kristie Edwards		Manly Warringah	12.96Q
2 Sami Perrin		Manly Warringah	13.33Q
3 Amy Court		Ryde	13.71Q
4 Bronte Perrin		Manly Warringah	13.76q
5 Kate Milne		Nth Rocks Carlin	13.94
6 Jessica Brown		Ryde	14.08
7 Gabriella Chan		Northern Districts	14.38
8 Josephine Ritchie		Manly Warringah	14.57
Heat 2 Heats			
1 Katie Devitt		Cherrybrook	12.78Q
2 Rowena Craker		Manly Warringah	13.20Q
3 Georgina Davey		Hornsby	13.49Q
4 Kelsey Cooper-Phillis		Ryde	13.56q
5 Aurora Henke		Cherrybrook	14.11

Girls U 14 - 100 Metre Sprint

Region: R 12.10 2005 Sarah Thompson, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Kristie Edwards		Manly Warringah	12.76
2 Katie Devitt		Cherrybrook	12.86

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - 100 Metre Sprint**

3 Sami Perrin	Manly Warringah	13.25
4 Rowena Craker	Manly Warringah	13.39
5 Bronte Perrin	Manly Warringah	13.61
6 Georgina Davey	Hornsby	13.64
7 Kelsey Cooper-Phillis	Ryde	13.75
8 Amy Court	Ryde	13.93

Girls U 15 - 100 Metre Sprint

Region: R 12.10 1991		R Massey, Ryde AA	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Melissa Fitzsimmons	Ku-Ring-Gai	13.02Q	
2 Courtney Cattell	Cherrybrook	13.23Q	
3 Elizabeth Scott	Manly Warringah	13.35Q	
4 Helen Pretorius	Ryde	13.59q	
5 Venus Parfait	Nth Rocks Carlin	13.85	
6 Nadine Bell	Northern Suburbs	14.31	
Heat 2 Heats			
1 Tessa Constantine	Manly Warringah	13.21Q	
2 Alice Falconer	Northern Suburbs	13.35Q	
3 Ava Walker Charles	Manly Warringah	13.50Q	
4 Lia Marti	Manly Warringah	13.64q	
5 Chloe Atkinson	Manly Warringah	14.02	
6 Abbey Hodge	Nth Rocks Carlin	14.19	
7 Kate Spender	Cherrybrook	14.21	

Girls U 15 - 100 Metre Sprint

Region: R 12.10 1991		R Massey, Ryde AA	
Name	Age Centre	Final	
Section 1 Final			
1 Tessa Constantine	Manly Warringah	13.07	
2 Melissa Fitzsimmons	Ku-Ring-Gai	13.28	
3 Alice Falconer	Northern Suburbs	13.35	
4 Ava Walker Charles	Manly Warringah	13.42	
5 Courtney Cattell	Cherrybrook	13.43	
6 Lia Marti	Manly Warringah	13.55	
7 Helen Pretorius	Ryde	13.67	
8 Elizabeth Scott	Manly Warringah	13.68	

Girls U 17 - 100 Metre Sprint

Region: R 12.50 21/02/2009		Michelle Jenneke, Cherrybrook	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Nicola Haggerty-Mayers	Northern Suburbs	13.03Q	
2 Jenny King	Ku-Ring-Gai	13.38Q	
3 Lauren Gilbert	Parramatta	13.46Q	
4 Danielle Arcidiacono	Manly Warringah	13.58q	
5 Jessica Reynolds	Manly Warringah	13.68q	
6 Ria Sinha	Cherrybrook	13.74	
7 Sarah Bessis	Nth Rocks Carlin	14.94	
Heat 2 Heats			
1 Ruby Ritchie	Manly Warringah	12.80Q	
2 Carla Takchi	Cherrybrook	13.14Q	
3 Sophie Gee	Ku-Ring-Gai	13.60Q	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - 100 Metre Sprint**

4 Christine Wang	Northern Suburbs	13.79
5 Emma Welch	Manly Warringah	13.85
6 Brianna Phillips	Cherrybrook	14.05

Girls U 17 - 100 Metre Sprint

=====			
Region: R 12.50 21/02/2009 Michelle Jenneke, Cherrybrook			
Name	Age Centre		Final
=====			
Section 1 Final			
1 Ruby Ritchie	Manly Warringah		12.74
2 Nicola Haggerty-Mayers	Northern Suburbs		12.98
3 Carla Takchi	Cherrybrook		13.33
4 Sophie Gee	Ku-Ring-Gai		13.46
5 Lauren Gilbert	Parramatta		13.55
6 Jenny King	Ku-Ring-Gai		13.77
7 Danielle Arcidiacono	Manly Warringah		13.83

Girls U 8 - 200 Metre Sprint

=====			
Region: R 31.50 1997 Emily Pollett, Manly Warringah			
Name	Age Centre		Heats
=====			
Heat 1 Heats			
1 Eva Bates	Ku-Ring-Gai		34.92Q
2 Sienna Villacorta	Manly Warringah		35.29Q
3 Zoe Clubb	Ku-Ring-Gai		36.73Q
4 Alicia O'Connor	Ryde		37.11q
5 Jessica Walton	Northern Districts		37.19
6 Mia Marshall	Northern Suburbs		37.93
7 Elise Couper	Manly Warringah		38.19
Heat 2 Heats			
1 Lara Williams	Manly Warringah		35.00Q
2 Zoe Roberts	Northern Suburbs		36.31Q
3 Sierra Timms	Cherrybrook		36.38Q
4 Jessica Gocher	Mosman		37.07q
5 Allannah Burns	Ryde		37.15
6 Aliana Moala	Ryde		37.40
7 Nicole McCrostie	Cherrybrook		39.48
8 Sophia Archer	Northern Suburbs		39.54

Girls U 8 - 200 Metre Sprint

=====			
Region: R 31.50 1997 Emily Pollett, Manly Warringah			
Name	Age Centre		Final
=====			
Section 1 Final			
1 Eva Bates	Ku-Ring-Gai		32.77
2 Lara Williams	Manly Warringah		33.72
3 Sienna Villacorta	Manly Warringah		35.19
4 Zoe Roberts	Northern Suburbs		36.73
5 Sierra Timms	Cherrybrook		36.97
6 Zoe Clubb	Ku-Ring-Gai		37.13
7 Jessica Gocher	Mosman		37.95

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

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cayla Phillips		Manly Warringah	31.28Q
2 Sienna Bond		Ku-Ring-Gai	31.63Q
3 Lily Tilt		Nth Rocks Carlin	32.92Q
4 Evie Cook		Northern Suburbs	33.62q
5 Emily Metcalfe		Ryde	34.90
6 Scarlett Davies		Mosman	35.10
7 Emma Greenup		Northern Suburbs	36.36
8 Felicity Stewart		Ku-Ring-Gai	37.16
Heat 2 Heats			
1 Emily Crawford		Cherrybrook	31.06Q
2 Gabriella Taylor		Manly Warringah	32.84Q
3 Kristen Cook		Ku-Ring-Gai	33.03Q
4 Elinor Trevelyan-Jones		Ku-Ring-Gai	33.81q
5 Eliza McKenzie		Nth Rocks Carlin	35.69
6 Mikayla Kelleher		Ryde	35.72
7 Hannah Dale		Nth Rocks Carlin	38.04

Girls U 9 - 200 Metre Sprint

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 Cayla Phillips		Manly Warringah	30.44
2 Emily Crawford		Cherrybrook	30.98
3 Sienna Bond		Ku-Ring-Gai	31.22
4 Gabriella Taylor		Manly Warringah	32.52
5 Lily Tilt		Nth Rocks Carlin	32.79
6 Kristen Cook		Ku-Ring-Gai	33.78
7 Evie Cook		Northern Suburbs	34.74
8 Elinor Trevelyan-Jones		Ku-Ring-Gai	35.21

Girls U 10 - 200 Metre Sprint

Region: R 28.40 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Annika Lynch		Northern Suburbs	29.61Q
2 Georgia Healy		Northern Suburbs	30.35Q
3 Jessica Maciver		Ku-Ring-Gai	30.93Q
4 Eliza Da Silva		Ryde	31.53q
5 Emily Gathercole		Nth Rocks Carlin	32.01
6 Ella Johnson		Ku-Ring-Gai	32.34
7 Charlotte Clancy		Northern Suburbs	34.39
Heat 2 Heats			
1 Greta Andrews		Northern Suburbs	29.97Q
2 Samantha Ramsden		Ku-Ring-Gai	30.03Q
3 Kahli Johnson		Manly Warringah	31.08Q
4 Claudia Valletta		Manly Warringah	31.65q
5 Imogen Ryan		Manly Warringah	32.06
6 Sharlae Davies		Parramatta	34.07
7 Thea Prasetya		Nth Rocks Carlin	34.08

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

Region: R 28.40 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Samantha Ramsden		Ku-Ring-Gai	29.60
2 Annika Lynch		Northern Suburbs	30.01
3 Greta Andrews		Northern Suburbs	30.39
4 Jessica Maciver		Ku-Ring-Gai	30.96
5 Georgia Healy		Northern Suburbs	31.34
6 Eliza Da Silva		Ryde	31.80
7 Kahli Johnson		Manly Warringah	31.97
8 Claudia Valletta		Manly Warringah	32.06

Girls U 11 - 200 Metre Sprint

Region: R 27.50 1992 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Scarlett Prowse		Cherrybrook	30.16Q
2 tegan bush		Ku-Ring-Gai	30.24Q
3 Isabella Guthrie		Northern Districts	30.34Q
3 Elysha Cramer		Northern Suburbs	30.34Q
5 monique batten		Ku-Ring-Gai	30.58q
6 Alyssa Lowe		Ryde	31.08
7 Jatali Brown		Manly Warringah	31.62
8 Jessica Fartek		Nth Rocks Carlin	32.92
Heat 2 Heats			
1 Jasmin Guthrie		Northern Districts	30.06Q
2 Gemma Bratton		Northern Suburbs	30.19Q
3 Emma O'Reilly		Manly Warringah	30.59Q
4 Alannah Green		Mosman	30.77
5 Jana Docdoc		Ryde	31.02
6 Claudia Perry		Northern Suburbs	31.24
7 Lea Gassmann		Northern Suburbs	31.41

Girls U 11 - 200 Metre Sprint

Region: R 27.50 1992 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1 Jasmin Guthrie		Northern Districts	29.71
2 tegan bush		Ku-Ring-Gai	29.87
3 Scarlett Prowse		Cherrybrook	30.46
4 Gemma Bratton		Northern Suburbs	30.48
5 Isabella Guthrie		Northern Districts	30.72
6 monique batten		Ku-Ring-Gai	30.86
7 Elysha Cramer		Northern Suburbs	31.23
8 Emma O'Reilly		Manly Warringah	31.68

Girls U 12 - 200 Metre Sprint

Region: R 26.30 2005 Karlie Morton, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Mia Hemsworth		Ku-Ring-Gai	28.27Q
2 Kyra Atherton		Manly Warringah	28.55Q
3 Amy Polikowski		Manly Warringah	29.20Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 12 - 200 Metre Sprint

4	Jasmine Bonomi	Manly Warringah	29.51q
5	Amie Bowrey	Cherrybrook	29.58q
6	Olivia Bird	Mosman	29.77
7	Gabriella Richmond	Northern Suburbs	31.01
8	Ava Vosper	Nth Rocks Carlin	32.04

Heat 2 Heats

1	Tayanita Robertson	Manly Warringah	27.94Q
2	Alicia Fartek	Nth Rocks Carlin	28.90Q
3	Nicolette D'Onofrio	Northern Suburbs	29.42Q
4	Zoe Warland	Hornsby	29.66
5	Laura Baker	Hornsby	29.81
6	Eleanor Lamperts	Cherrybrook	30.00
7	Eleanor Plummer	Ryde	32.01

Girls U 12 - 200 Metre Sprint

Region: R 26.30 2005		Karlle Morton, Manly Warringah	
Name	Age	Centre	Final

Section 1 Final

1	Tayanita Robertson	Manly Warringah	27.84
2	Kyra Atherton	Manly Warringah	28.41
3	Mia Hensworth	Ku-Ring-Gai	28.51
4	Alicia Fartek	Nth Rocks Carlin	29.10
5	Amy Polikowski	Manly Warringah	29.49
6	Jasmine Bonomi	Manly Warringah	29.60
7	Nicolette D'Onofrio	Northern Suburbs	29.85
8	Amie Bowrey	Cherrybrook	29.90

Girls U 13 - 200 Metre Sprint

Region: R 25.80 1994		Rosemary Hayward, Toukley	
Name	Age	Centre	Heats

Heat 1 Heats

1	Helena De Gruchy	Manly Warringah	28.00Q
2	Kate Collett	Cherrybrook	28.26Q
3	Tea Lisle	Manly Warringah	28.64Q
4	Alanna Fisher	Northern Suburbs	28.90q
5	Madelyn Fartek	Nth Rocks Carlin	29.57
6	Claudia Douglas-Robertso	Manly Warringah	29.63
7	Emily Britton	Ku-Ring-Gai	30.24

Heat 2 Heats

1	Taylor-Lee Marconi	Parramatta	27.35Q
2	Kandy Lee	Manly Warringah	28.32Q
3	Katrina Lyon	Ryde	28.83Q
4	Amber Belot	Manly Warringah	28.86q
5	Sascha Gassmann	Northern Suburbs	29.20
6	Amy Holswich	Cherrybrook	31.47

Girls U 13 - 200 Metre Sprint

Region: R 25.80 1994		Rosemary Hayward, Toukley	
Name	Age	Centre	Final

Section 1 Final

1	Taylor-Lee Marconi	Parramatta	27.05
2	Helena De Gruchy	Manly Warringah	27.21
3	Kandy Lee	Manly Warringah	27.66
4	Kate Collett	Cherrybrook	28.14

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 200 Metre Sprint**

5	Tea Lisle	Manly Warringah	29.03
6	Amber Belot	Manly Warringah	29.15
7	Katrina Lyon	Ryde	29.40
8	Alanna Fisher	Northern Suburbs	30.08

Girls U 14 - 200 Metre Sprint

Region: R 24.60		1995	Rosemary Hayward, Toukley
Name	Age	Centre	Heats

Heat 1 Heats

1	Katie Devitt	Cherrybrook	26.71Q
2	Rowena Craker	Manly Warringah	27.25Q
3	Sami Perrin	Manly Warringah	27.51Q
4	Aurora Henke	Cherrybrook	29.58q

Heat 2 Heats

1	Kristie Edwards	Manly Warringah	27.09Q
2	Kelsey Cooper-Phillis	Ryde	27.86Q
3	Amy Court	Ryde	28.07Q
4	Amanda Crowe	Northern Suburbs	29.62q
5	Kate Johnstone	Hornsby	29.78

Girls U 14 - 200 Metre Sprint

Region: R 24.60		1995	Rosemary Hayward, Toukley
Name	Age	Centre	Final

Section 1 Final

1	Kristie Edwards	Manly Warringah	25.46
2	Katie Devitt	Cherrybrook	26.49
3	Rowena Craker	Manly Warringah	27.28
4	Sami Perrin	Manly Warringah	27.47
5	Kelsey Cooper-Phillis	Ryde	27.83
6	Amy Court	Ryde	28.21
7	Aurora Henke	Cherrybrook	29.75
8	Amanda Crowe	Northern Suburbs	29.96

Girls U 15 - 200 Metre Sprint

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

Heat 1 Heats

1	Tessa Constantine	Manly Warringah	26.78Q
2	Melissa Fitzsimmons	Ku-Ring-Gai	27.09Q
3	Nicola Bowtell	Ryde	27.32Q
4	Lia Marti	Manly Warringah	27.86q
5	Jennifer Lambert	Manly Warringah	30.20

Heat 2 Heats

1	Ava Walker Charles	Manly Warringah	27.35Q
2	Courtney Cattell	Cherrybrook	27.70Q
3	Georgina Schell	Northern Suburbs	27.73Q
4	Helen Pretorius	Ryde	28.09q
5	Elizabeth Scott	Manly Warringah	28.67
6	Chloe Atkinson	Manly Warringah	28.74

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 200 Metre Sprint**

Region: R 25.20 1998 Jana Pittman, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Tessa Constantine		Manly Warringah	26.52
2 Nicola Bowtell		Ryde	27.14
3 Melissa Fitzsimmons		Ku-Ring-Gai	27.17
4 Courtney Cattell		Cherrybrook	27.64
5 Ava Walker Charles		Manly Warringah	27.67
6 Georgina Schell		Northern Suburbs	27.89
7 Lia Marti		Manly Warringah	27.97
8 Helen Pretorius		Ryde	28.36

Girls U 17 - 200 Metre Sprint

Region: R 25.30 16/02/2014 Ruby Ritchie, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ruby Ritchie		Manly Warringah	26.49Q
2 Lauren Gilbert		Parramatta	27.73Q
3 Sophie Gee		Ku-Ring-Gai	28.18Q
4 Danielle Arcidiacono		Manly Warringah	28.50q
5 lucy peck		Northern Suburbs	29.85
Heat 2 Heats			
1 Nicola Haggerty-Mayers		Northern Suburbs	26.83Q
2 Ria Sinha		Cherrybrook	28.20Q
3 Jenny King		Ku-Ring-Gai	28.64Q
4 Brianna Phillips		Cherrybrook	29.14q
5 Lauren Bassett		Hornsby	31.11

Girls U 17 - 200 Metre Sprint

Region: R 25.30 16/02/2014 Ruby Ritchie, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Ruby Ritchie		Manly Warringah	25.30R
2 Nicola Haggerty-Mayers		Northern Suburbs	26.26
3 Sophie Gee		Ku-Ring-Gai	27.38
4 Lauren Gilbert		Parramatta	27.66
5 Danielle Arcidiacono		Manly Warringah	28.69
6 Ria Sinha		Cherrybrook	28.72
7 Brianna Phillips		Cherrybrook	28.94
8 Jenny King		Ku-Ring-Gai	29.07

Girls U 8 - 400 Metre Sprint

Region: R 1:13.90 2002 Courtney Cross, Hornsby Dis			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eva Bates		Ku-Ring-Gai	1:17.91Q
2 Sophia Archer		Northern Suburbs	1:20.49Q
3 Allanah Burns		Ryde	1:20.76Q
4 Sienna Villacorta		Manly Warringah	1:24.19
5 Keeley Holmes		Manly Warringah	1:25.69
6 Kendal Henderson		Cherrybrook	1:28.95
7 Chanelle Maikhael		Parramatta	1:29.20
8 Ingrid Kingsmill		Northern Suburbs	1:30.45

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 8 - 400 Metre Sprint

Heat 2 Heats

1	Lara Williams	Manly Warringah	1:17.49Q
2	Jessica Gocher	Mosman	1:18.92Q
3	Evie Todd	Northern Districts	1:21.66Q
4	Elise Couper	Manly Warringah	1:23.13q
5	Jessica Walton	Northern Districts	1:24.11q
6	Skye Weber	Northern Suburbs	1:27.40
7	Ziggy Leong	Northern Suburbs	1:27.59

Girls U 8 - 400 Metre Sprint

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

Section 1 Final

1	Eva Bates	Ku-Ring-Gai	1:16.60
2	Lara Williams	Manly Warringah	1:17.02
3	Jessica Gocher	Mosman	1:19.09
4	Allannah Burns	Ryde	1:19.60
5	Evie Todd	Northern Districts	1:22.44
6	Elise Couper	Manly Warringah	1:24.17
7	Jessica Walton	Northern Districts	1:27.85
8	Sophia Archer	Northern Suburbs	1:29.91

Girls U 9 - 400 Metre Sprint

=====			
Region:	R 1:09.63	15/02/2014	Brianna Worsfold, Ku-Ring-G
Name		Age Centre	Heats
=====			

Heat 1 Heats

1	Cayla Phillips	Manly Warringah	1:13.06Q
2	Kristen Cook	Ku-Ring-Gai	1:14.80Q
3	Arabella Price	Nth Rocks Carlin	1:16.09Q
4	Emma Thomas	Parramatta	1:16.64q
5	Evie Cook	Northern Suburbs	1:23.14
6	Eliza McKenzie	Nth Rocks Carlin	1:24.44
7	Sofia Polson	Parramatta	1:26.09

Heat 2 Heats

1	Brianna Worsfold	Ku-Ring-Gai	1:13.91Q
2	Emily Smith	Manly Warringah	1:16.76Q
3	Amelia Rae	Manly Warringah	1:18.14Q
4	Alexandra Dransfield	Northern Suburbs	1:20.11q
5	Sally Priest	Manly Warringah	1:20.20
6	Sky Bourke	Cherrybrook	1:31.32

Girls U 9 - 400 Metre Sprint

=====			
Region:	R 1:09.63	15/02/2014	Brianna Worsfold, Ku-Ring-G
Name		Age Centre	Final
=====			

Section 1 Final

1	Brianna Worsfold	Ku-Ring-Gai	1:09.63R
2	Cayla Phillips	Manly Warringah	1:10.84
3	Kristen Cook	Ku-Ring-Gai	1:14.74
4	Emma Thomas	Parramatta	1:16.93
5	Arabella Price	Nth Rocks Carlin	1:17.22
6	Amelia Rae	Manly Warringah	1:19.21
7	Emily Smith	Manly Warringah	1:19.97
8	Alexandra Dransfield	Northern Suburbs	1:22.43

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

Region: R 1:05.60 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Claudia Valletta		Manly Warringah	1:11.76Q
2 Emma Kirkland		Mosman	1:13.71Q
3 Olivia Kearney		Northern Suburbs	1:14.85Q
4 Emillia Duncan		Ku-Ring-Gai	1:15.45q
5 Caitlin Rodriguez		Parramatta	1:17.59
6 Ruby Quoylo		Northern Suburbs	1:17.93
7 Ellena Vozzo		Northern Suburbs	1:22.10
Heat 2 Heats			
1 Jessica Bird		Ku-Ring-Gai	1:10.65Q
2 Kahli Johnson		Manly Warringah	1:11.28Q
3 Nicola Hogg		Mosman	1:12.69Q
4 Kayla Kimball		Manly Warringah	1:17.02q
5 Anastasia Lakic		Ryde	1:17.32
6 Jazz Todd		Northern Districts	1:17.47
7 Sophie Conn		Cherrybrook	1:18.24
8 Jud Hijazi		Cherrybrook	1:19.53

Girls U 10 - 400 Metre Sprint

Region: R 1:05.60 1991 Rosemary Hayward, Wyong			
Name	Age	Centre	Final
Section 1 Final			
1 Jessica Bird		Ku-Ring-Gai	1:08.28
2 Kahli Johnson		Manly Warringah	1:09.20
3 Nicola Hogg		Mosman	1:10.42
4 Claudia Valletta		Manly Warringah	1:11.60
5 Emma Kirkland		Mosman	1:13.34
6 Emillia Duncan		Ku-Ring-Gai	1:14.96
7 Olivia Kearney		Northern Suburbs	1:15.30
8 Kayla Kimball		Manly Warringah	1:17.48

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 Jasmin Guthrie		Northern Districts	1:07.81Q
2 tegan bush		Ku-Ring-Gai	1:08.47Q
3 Kristina Dang		Parramatta	1:09.41Q
4 Olivia Attrill		Northern Suburbs	1:09.51q
5 Ciara Sinclair		Manly Warringah	1:11.46
6 Sarah Brown		Ryde	1:14.80
7 Jessica Fartek		Nth Rocks Carlin	1:17.02
Heat 2 Heats			
1 Emma O'Reilly		Manly Warringah	1:08.84Q
2 Gemma Bratton		Northern Suburbs	1:10.24Q
3 Rebecca Terry		Northern Suburbs	1:10.62Q
4 Isabella Guthrie		Northern Districts	1:10.66q
5 ella koster		Ku-Ring-Gai	1:10.84
6 Haley Mills		Parramatta	1:10.99
7 Evita Dickson		Manly Warringah	1:12.90
8 Lea Gassmann		Northern Suburbs	1:16.14

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****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 Emma O'Reilly		Manly Warringah	1:06.28
2 Jasmin Guthrie		Northern Districts	1:06.39
3 tegan bush		Ku-Ring-Gai	1:08.26
4 Gemma Bratton		Northern Suburbs	1:08.83
5 Isabella Guthrie		Northern Districts	1:09.39
6 Kristina Dang		Parramatta	1:09.60
7 Olivia Attrill		Northern Suburbs	1:09.90
8 Rebecca Terry		Northern Suburbs	1:11.23

Girls U 12 - 400 Metre Sprint

Region: R 1:01.30 1993 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amy Polikowski		Manly Warringah	1:07.01Q
2 Indianna Marshall-Witte		Manly Warringah	1:07.12Q
3 Jacinta Metcalf		Manly Warringah	1:08.19Q
4 Jess Smillie		Cherrybrook	1:08.65
5 Georgia Duncan		Ku-Ring-Gai	1:09.64
6 Celeste Edmunds		Cherrybrook	1:10.35
7 Olivia Hogg		Mosman	1:13.17
Heat 2 Heats			
1 Amy Bonthorne		Ku-Ring-Gai	1:06.32Q
2 Isabella Rudolph		Cherrybrook	1:07.63Q
3 Zoe Warland		Hornsby	1:07.91Q
4 Gemma Zantiotis		Northern Suburbs	1:08.38q
5 Gabriella Richmond		Northern Suburbs	1:08.64q
6 Sally Guthrie		Northern Suburbs	1:08.87
7 Brooke Niccol		Hornsby	1:09.80
8 Alicia John		Parramatta	1:13.40

Girls U 12 - 400 Metre Sprint

Region: R 1:01.30 1993 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1 Amy Bonthorne		Ku-Ring-Gai	1:05.23
2 Amy Polikowski		Manly Warringah	1:05.25
3 Zoe Warland		Hornsby	1:06.26
4 Isabella Rudolph		Cherrybrook	1:06.39
5 Indianna Marshall-Witte		Manly Warringah	1:07.49
6 Jacinta Metcalf		Manly Warringah	1:08.15
7 Gabriella Richmond		Northern Suburbs	1:08.70
8 Gemma Zantiotis		Northern Suburbs	1:09.01

Girls U 13 - 400 Metre Sprint

Region: R 58.60 1994 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Helena De Gruchy		Manly Warringah	1:02.53Q
2 Eliza Harvey		Nth Rocks Carlin	1:04.39Q
3 Jemma Gallagher		Northern Districts	1:08.00Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 13 - 400 Metre Sprint

4 Alanna Fisher	Northern Suburbs	1:08.15q
5 Astrid Kingsmill	Northern Suburbs	1:10.43
Heat 2 Heats		
1 Edita Grinbergs	Manly Warringah	1:03.46Q
2 Sascha Gassmann	Northern Suburbs	1:06.23Q
3 Abbey mcMillen	Manly Warringah	1:08.06Q
4 Brooke East	Northern Suburbs	1:10.06q

Girls U 13 - 400 Metre Sprint

=====			
Region:	R 58.60	1994	Rosemary Hayward, Toukley
Name	Age	Centre	Final
=====			
Section	1	Final	
1 Edita Grinbergs		Manly Warringah	59.03
2 Helena De Gruchy		Manly Warringah	1:01.33
3 Sascha Gassmann		Northern Suburbs	1:03.27
4 Eliza Harvey		Nth Rocks Carlin	1:05.20
5 Abbey mcMillen		Manly Warringah	1:07.77
6 Brooke East		Northern Suburbs	1:09.21
7 Jemma Gallagher		Northern Districts	1:10.38
8 Alanna Fisher		Northern Suburbs	1:10.54

Girls U 14 - 400 Metre Sprint

=====			
Region:	R 56.20	1995	Rosemary Hayward, Toukley
Name	Age	Centre	Heats
=====			
Heat	1	Heats	
1 Natalie Norris		Manly Warringah	1:04.83Q
2 Claudia Mee		Mosman	1:05.28Q
3 Izzi Ronksley		Manly Warringah	1:05.54Q
4 Nell Breslin		Manly Warringah	1:07.21q
5 Nicola McCarthy		Northern Suburbs	1:07.49
Heat	2	Heats	
1 Eliza Woollett		Hornsby	1:02.96Q
2 Kelsey Cooper-Phillis		Ryde	1:03.10Q
3 Zoe Latham		Ryde	1:03.44Q
4 Bronte Perrin		Manly Warringah	1:04.70q
5 Maia Leadbetter		Hornsby	1:10.73

Girls U 14 - 400 Metre Sprint

=====			
Region:	R 56.20	1995	Rosemary Hayward, Toukley
Name	Age	Centre	Final
=====			
Section	1	Final	
1 Eliza Woollett		Hornsby	1:00.35
2 Zoe Latham		Ryde	1:01.59
3 Bronte Perrin		Manly Warringah	1:02.39
4 Natalie Norris		Manly Warringah	1:02.57
5 Kelsey Cooper-Phillis		Ryde	1:02.96
6 Izzi Ronksley		Manly Warringah	1:03.27
7 Nell Breslin		Manly Warringah	1:03.94
8 Claudia Mee		Mosman	1:04.67

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

Region: R 55.60 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Annabel McDermott		Ku-Ring-Gai	1:01.65Q
2 Nicola Bowtell		Ryde	1:02.11Q
3 Lia Marti		Manly Warringah	1:02.44Q
4 Georgina Schell		Northern Suburbs	1:02.89q
5 Juliet Grundy		Northern Suburbs	1:03.80q
6 Claire Higginson		Ryde	1:12.82
7 Sarah Travis		Nth Rocks Carlin	1:17.46
Heat 2 Heats			
1 Tessa Constantine		Manly Warringah	1:01.58Q
2 Melissa Fitzsimmons		Ku-Ring-Gai	1:04.02Q
3 Alison Colgan		Manly Warringah	1:06.01Q
4 Chloe Atkinson		Manly Warringah	1:11.02

Girls U 15 - 400 Metre Sprint

Region: R 55.60 1996 Rosemary Hayward, Toukley			
Name	Age	Centre	Final
Section 1 Final			
1 Tessa Constantine		Manly Warringah	59.48
2 Nicola Bowtell		Ryde	1:01.27
3 Georgina Schell		Northern Suburbs	1:01.97
4 Annabel McDermott		Ku-Ring-Gai	1:02.11
5 Lia Marti		Manly Warringah	1:03.04
6 Juliet Grundy		Northern Suburbs	1:04.98
7 Melissa Fitzsimmons		Ku-Ring-Gai	1:06.47
8 Alison Colgan		Manly Warringah	1:06.94

Girls U 17 - 400 Metre Sprint

Region: R 58.47 18/02/2012 Rachel Horwood, Nth Rocks Car			
Name	Age	Centre	Final
Section 1			
1 Ruby Ritchie		Manly Warringah	58.56
2 Tara Kissick		Northern Districts	1:00.99
3 Jessica Raupach		Mosman	1:01.12
4 Amber Castleman		Manly Warringah	1:04.26
5 Emma Longworth		Nth Rocks Carlin	1:05.84

Girls U 9 - 800 Metre Run

Region: R 2:34.80 20/02/2011 Abbey Rockliff, Ku-ring-gai			
Name	Age	Centre	Final
1 Emma Thomas		Parramatta	2:52.81
2 Amelia Rae		Manly Warringah	2:54.57
3 Arabella Price		Nth Rocks Carlin	2:54.66
4 Sophie Kavanagh		Nth Rocks Carlin	2:55.24
5 Nea Shingler		Northern Suburbs	3:04.07
6 Sally Priest		Manly Warringah	3:05.24
7 Sofia Massaro		Northern Suburbs	3:07.36
8 Kristen Cook		Ku-Ring-Gai	3:08.00
9 Isobel Bird		Northern Suburbs	3:13.42
10 Georgia Spanswick		Ku-Ring-Gai	3:14.20
11 Sofia Polson		Parramatta	3:15.62

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

12 Emily Metcalfe	Ryde	3:16.32
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Girls U 10 - 800 Metre Run

Region: R 2:27.26 19/02/2012 Abbey Rockliff, Ku-ring-gai		
Name	Age Centre	Final
1 Nicola Hogg	Mosman	2:33.48
2 Jessica Bird	Ku-Ring-Gai	2:36.03
3 Emma Kirkland	Mosman	2:43.95
4 Charlotte Curran	Ku-Ring-Gai	2:47.70
5 Kayla Kimball	Manly Warringah	2:53.62
6 Emily Gathercole	Nth Rocks Carlin	2:55.17
7 Jazz Todd	Northern Districts	2:56.70
8 Georgia Arcus	Ryde	2:57.00
9 Zara Warland	Hornsby	2:57.51
10 Olivia Kearney	Northern Suburbs	2:58.19
11 India Horsley	Manly Warringah	3:00.73
12 Ruby Quoyle	Northern Suburbs	3:00.93
13 Arienna Grebert	Cherrybrook	3:02.79
14 Jaz Holt	Parramatta	3:08.22

Girls U 11 - 800 Metre Run

Region: R 2:26.06 17/02/2013 Abbey Rockliff, Ku-Ring-Gai		
Name	Age Centre	Final
1 Emma O'Reilly	Manly Warringah	2:40.82
2 Rebecca Terry	Northern Suburbs	2:41.81
3 Portia Amy-Wilson	Ryde	2:42.50
4 Olivia Rooney	Northern Suburbs	2:42.73
5 Haley Mills	Parramatta	2:43.05
6 Emily Gocher	Mosman	2:46.01
7 Isabella Guthrie	Northern Districts	2:48.57
8 Jatali Brown	Manly Warringah	2:49.28
9 Kristina Dang	Parramatta	2:49.61
10 Gemma Bratton	Northern Suburbs	2:51.48
11 Lily Worrall	Northern Suburbs	2:52.00
12 Holly Lay	Manly Warringah	2:52.75
13 Bianca Jom	Northern Suburbs	2:55.12
14 Jessica Forster	Hornsby	2:56.13
15 Freya Roberts	Hornsby	2:58.46

Girls U 12 - 800 Metre Run

Region: R 2:21.69 16/02/2014 Abbey Rockliff, Ku-Ring-Gai		
Name	Age Centre	Final
1 Abbey Rockliff	Ku-Ring-Gai	2:21.69R
2 Indianna Marshall-Witte	Manly Warringah	2:32.30
3 Ashlie Edwards	Manly Warringah	2:33.68
4 Amy Bonthorne	Ku-Ring-Gai	2:34.06
5 Isabella Rudolph	Cherrybrook	2:35.17
6 Charlotte North	Ku-Ring-Gai	2:37.01
7 Jacinta Metcalf	Manly Warringah	2:38.56
8 Olivia Hogg	Mosman	2:40.65
9 Jess Smillie	Cherrybrook	2:40.78
10 Brooke Niccol	Hornsby	2:44.51
11 Alicia John	Parramatta	2:45.58
12 Imogen Gardiner	Northern Suburbs	2:45.63

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

13 Sally Guthrie	Northern Suburbs	2:47.80
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Girls U 13 - 800 Metre Run

Region: R 2:18.40 19/02/2006 Janine Liversage, Hills Dis		
Name	Age Centre	Final
1 Edita Grinbergs	Manly Warringah	2:19.32
2 Eliza Harvey	Nth Rocks Carlin	2:23.78
3 Sascha Gassmann	Northern Suburbs	2:27.07
4 Sophie Gocher	Mosman	2:30.76
5 Jessica Weidenhofer	Manly Warringah	2:31.27
6 Hannah Tall	Ryde	2:36.37
7 Jemma Gallagher	Northern Districts	2:36.63
8 Astrid Kingsmill	Northern Suburbs	2:38.07
9 Eleanor Lidbetter	Hornsby	2:44.26
10 Alanna Fisher	Northern Suburbs	2:46.99
11 Marica Huxtable	Northern Suburbs	2:50.42
12 Anika Rooney	Northern Suburbs	2:52.05

Girls U 14 - 800 Metre Run

Region: R 2:15.79 16/02/2014 Catherine Miller, Ku-Ring-G		
Name	Age Centre	Final
1 Catherine Miller	Ku-Ring-Gai	2:15.79R
2 Eliza Woollett	Hornsby	2:22.61
3 Nell Breslin	Manly Warringah	2:24.86
4 Leah McDonald	Parramatta	2:28.50
5 Claudia Mee	Mosman	2:28.89
6 Zoe Latham	Ryde	2:29.01
7 Molly Quoye	Northern Suburbs	2:29.60
8 Natalie Norris	Manly Warringah	2:31.14
9 Mikayla Hopper	Mosman	2:34.81
10 Kelsey Cooper-Phillis	Ryde	2:37.24
11 Sarah McDermott	Ku-Ring-Gai	2:40.72
12 Nicola McCarthy	Northern Suburbs	2:41.74
13 Kara Blackley	Manly Warringah	2:42.12

Girls U 15 - 800 Metre Run

Region: R 2:10.90 22/02/2009 Jenny Blundell, Cherrybrook		
Name	Age Centre	Final
1 Annabel McDermott	Ku-Ring-Gai	2:21.25
2 Nikita Spalvins	Mosman	2:24.81
3 Alison Colgan	Manly Warringah	2:31.79
4 Juliet Grundy	Northern Suburbs	2:35.40
5 Scarlett Kidman	Ryde	2:37.63
6 Jordyn Wollaston	Manly Warringah	2:37.80
7 Emily Jones	Cherrybrook	2:44.79
8 Catalina Martinez	Cherrybrook	2:54.21

Girls U 17 - 800 Metre Run

Region: R 2:15.00 28/02/2010 Jenny Blundell, Cherrybrook		
Name	Age Centre	Final
1 Emily Hopper	Mosman	2:18.69
2 Georgia Winkcup	Ryde	2:23.07

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****...Girls U 17 - 800 Metre Run**

3	Jessica Raupach	Mosman	2:26.32
4	Arlia Patterson	Manly Warringah	2:33.10
5	Amber Castleman	Manly Warringah	2:34.24
6	Emma Longworth	Nth Rocks Carlin	2:35.91
7	Krishni Jayawardana	Nth Rocks Carlin	2:37.64
8	Katie Driscoll	Cherrybrook	2:41.43
9	Phoebe Carter	Mosman	2:42.92
10	Courtney Bicknell	Northern Districts	3:09.19

Girls U 10 - 1500 Metre Run

Region: R 4:56.90 18/02/2012 Abbey Rockliff, Ku-ring-gai			
Name	Age	Centre	Final
1	Jessica Bird	Ku-Ring-Gai	5:14.55
2	Nicola Hogg	Mosman	5:18.04
3	Emma Kirkland	Mosman	5:35.53
4	Charlotte Curran	Ku-Ring-Gai	5:40.25
5	Georgia Arcus	Ryde	5:56.99
6	Zara Warland	Hornsby	5:59.91
7	Kayla Kimball	Manly Warringah	6:02.39
8	Olivia Kearney	Northern Suburbs	6:04.32
9	Ruby Quoyle	Northern Suburbs	6:05.38
10	Emily Gathercole	Nth Rocks Carlin	6:12.06
11	Astrid Osborn	Manly Warringah	6:14.45
12	Arienna Grebert	Cherrybrook	6:19.15
13	Brigitta Williams	Ryde	6:44.17
14	Ciara Trainor	Northern Suburbs	6:59.17
--	Elizabeth McMillen	Manly Warringah	DNF

Girls U 11 - 1500 Metre Run

Region: R 4:54.70 2005 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1	Olivia Rooney	Northern Suburbs	5:32.01
2	Jatali Brown	Manly Warringah	5:32.41
3	Haley Mills	Parramatta	5:33.25
4	Emily Gocher	Mosman	5:37.72
5	Hannah Cerezo	Northern Suburbs	5:40.82
6	Rebecca Terry	Northern Suburbs	5:41.99
7	Alana Kavanagh	Nth Rocks Carlin	5:47.13
8	Roxy Beuzeville	Manly Warringah	5:52.32
9	Ciara Sinclair	Manly Warringah	5:53.37
10	Emma Brown	Ryde	5:59.42
11	Kirsten Frykberg	Cherrybrook	6:02.87
12	Samantha Guthrie	Northern Suburbs	6:03.49
13	Sophie Boland	Ryde	6:04.85
14	Georgina Hopper	Mosman	6:05.86
15	Kiera Maxwell	Hornsby	6:07.96
16	Isabelle Charlier	Manly Warringah	6:13.95

Girls U 12 - 1500 Metre Run

Region: R 4:40.94 15/02/2014 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
1	Abbey Rockliff	Ku-Ring-Gai	4:40.94R
2	Indianna Marshall-Witte	Manly Warringah	5:13.68
3	Ashlie Edwards	Manly Warringah	5:16.97

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

4	Olivia Hogg	Mosman	5:21.25
5	Madeline Playford	Northern Districts	5:25.40
6	Jess Smillie	Cherrybrook	5:33.39
7	Imogen Gardiner	Northern Suburbs	5:41.39
8	Alicia John	Parramatta	5:42.36
9	Sally Guthrie	Northern Suburbs	5:45.40
10	Emma Scroope	Northern Suburbs	6:19.92

Girls U 13 - 1500 Metre Run

Region: R 4:48.90 17/02/2007 Jenny Blundell, Cherrybrook

Name	Age	Centre	Final	
1	Edita	Grinbergs	Manly Warringah	4:54.10
2	Eliza	Harvey	Nth Rocks Carlin	5:02.15
3	Sascha	Gassmann	Northern Suburbs	5:10.56
4	Sophie	Gocher	Mosman	5:13.85
5	Astrid	Kingsmill	Northern Suburbs	5:22.51
6	Samantha	Brown	Hornsby	5:23.00
7	Jemma	Gallagher	Northern Districts	5:26.87
8	Breanna	Ivankovic	Nth Rocks Carlin	5:30.81
9	Eleanor	Lidbetter	Hornsby	5:38.21
10	Abbey	McMillen	Manly Warringah	5:56.33
11	Anika	Rooney	Northern Suburbs	6:02.61
12	Marica	Huxtable	Northern Suburbs	6:22.43
13	Belinda	Scott	Ku-Ring-Gai	7:10.79

Girls U 14 - 1500 Metre Run

Region: R 4:37.14 15/02/2014 Catherine Miller, Ku-Ring-G

Name	Age	Centre	Final	
1	Catherine	Miller	Ku-Ring-Gai	4:37.14R
2	Leah	McDonald	Parramatta	5:08.57
3	Mikayla	Hopper	Mosman	5:09.60
4	Kara	Blackley	Manly Warringah	5:18.98
5	Molly	Quoyle	Northern Suburbs	5:19.53
6	Hannah	Johns	Northern Suburbs	5:37.74
7	Mia	Mylonas	Parramatta	6:22.60

Girls U 15 - 1500 Metre Run

Region: R 4:38.31 16/02/2013 Emily Hopper, MOSMAN

Name	Age	Centre	Final	
1	Nikita	Spalvins	Mosman	4:58.96
2	Elly	Gallagher	Northern Districts	5:10.20
3	Eloise	Doherty	Northern Suburbs	5:13.86
4	Scarlett	Kidman	Ryde	5:17.79
5	Alison	Colgan	Manly Warringah	5:19.07
6	Jordyn	Wollaston	Manly Warringah	5:34.52
7	Emily	Jones	Cherrybrook	5:42.76
8	Catalina	Martinez	Cherrybrook	6:07.20

Girls U 17 - 1500 Metre Run

Region: R 4:42.90 18/02/2012 Kate Spencer, Ryde

Name	Age	Centre	Final	
1	Georgia	Winkcup	Ryde	4:49.09

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

2	Jessica Raupach	Mosman	5:18.74
3	Phoebe Carter	Mosman	5:26.91
4	Arlia Patterson	Manly Warringah	5:32.83
5	Niamh Simula	Ryde	5:45.64
6	Krishni Jayawardana	Nth Rocks Carlin	5:52.56
7	Courtney Bicknell	Northern Districts	5:53.53
8	Rebecca Smith	Manly Warringah	6:03.54
9	Olivia De Gruchy	Manly Warringah	6:18.08

Girls U 13 - 3000 Metre Run

Region: R 10:30.00 18/02/2012 Gabby Mastroianni, Mosman			
Name	Age	Centre	Final
1	Sophie Gocher	Mosman	11:00.49
2	Jemma Gallagher	Northern Districts	11:28.39
3	Astrid Kingsmill	Northern Suburbs	11:48.24
4	Samantha Brown	Hornsby	12:30.30

Girls U 14 - 3000 Metre Run

Region: R 10:35.60 2001 Bree Crawford, Manly Warri			
Name	Age	Centre	Final
1	Leah McDonald	Parramatta	11:34.37
2	Kara Blackley	Manly Warringah	11:56.00
3	Hannah Johns	Northern Suburbs	12:24.49

Girls U 15 - 3000 Metre Run

Region: R 10:31.70 28/02/2010 Kate Spencer, Ryde			
Name	Age	Centre	Final
1	Nikita Spalvins	Mosman	10:48.28
2	Elly Gallagher	Northern Districts	11:07.59
3	Eloise Doherty	Northern Suburbs	11:13.79
4	Scarlett Kidman	Ryde	11:28.52
5	Emma Baptist	Northern Suburbs	11:40.20
6	Emily Jones	Cherrybrook	11:47.87
7	Jessica Cunningham	Nth Rocks Carlin	11:49.94
8	Jasmyn McDonald	Parramatta	12:13.70
9	Jordyn Wollaston	Manly Warringah	12:28.30

Girls U 17 - 3000 Metre Run

Region: R 10:19.10 18/02/2012 Kate Spencer, Ryde			
Name	Age	Centre	Final
1	Georgia Winkcup	Ryde	10:19.29
2	Ariana Delawari	Mosman	11:25.10
3	Jessica Raupach	Mosman	12:13.79
4	Courtney Bicknell	Northern Districts	12:27.18
5	Niamh Simula	Ryde	12:41.86

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

Region: R 10.90 1994 Bree Donnelly, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Keeley Holmes		Manly Warringah	11.98Q
2 Talia Kupceric		Manly Warringah	12.03Q
2 Georgia Morgan		Mosman	12.03Q
4 Jade Henry		Parramatta	12.97
4 Amelia Barr		Northern Suburbs	12.97
6 Alicia O'Connor		Ryde	13.06
7 Ella Gibbons		Northern Districts	13.35
8 Ruby Worrell		Ryde	13.69
Heat 2 Heats			
1 Emily Uslu		Parramatta	12.05Q
2 Tyla Christie		Ku-Ring-Gai	12.06Q
3 Mia Marshall		Northern Suburbs	12.12Q
4 Elise Wallace		Manly Warringah	12.22q
5 Isabella Hollins		Ryde	12.61q
6 Alyssa Playford		Northern Districts	12.82
7 Sarah Passafaro		Northern Districts	13.32

Girls U 8 - 60 Metre Hurdles (45 cm)

Region: R 10.90 1994 Bree Donnelly, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Georgia Morgan		Mosman	11.77
2 Mia Marshall		Northern Suburbs	11.80
3 Talia Kupceric		Manly Warringah	11.82
4 Keeley Holmes		Manly Warringah	11.89
5 Emily Uslu		Parramatta	11.98
6 Tyla Christie		Ku-Ring-Gai	12.12
7 Isabella Hollins		Ryde	12.14
8 Elise Wallace		Manly Warringah	12.15

Girls U 9 - 60 Metre Hurdles (45 cm)

Region: R 10.20 1995 A Hamilton, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emily Crawford		Cherrybrook	11.32Q
2 Amelia Rae		Manly Warringah	11.74Q
3 Sophie Kavanagh		Nth Rocks Carlin	11.79Q
4 Emily Moraitis		Northern Suburbs	12.18
5 Matilda Damian		Northern Suburbs	12.22
6 Zara Ostryn		Manly Warringah	12.30
7 Bella Burkett		Manly Warringah	13.26
Heat 2 Heats			
1 Sienna Bond		Ku-Ring-Gai	11.27Q
2 Emily Smith		Manly Warringah	11.42Q
3 Charlotte McDermid		Ku-Ring-Gai	11.54Q
4 Lily Tilt		Nth Rocks Carlin	11.66q
5 Krystal Weekes		Northern Districts	11.98q
6 Eliza McKenzie		Nth Rocks Carlin	12.40

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

Region: R 10.20 1995 A Hamilton, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Sienna Bond		Ku-Ring-Gai	10.56
2 Emily Crawford		Cherrybrook	10.80
3 Charlotte McDermid		Ku-Ring-Gai	11.29
3 Emily Smith		Manly Warringah	11.29
5 Sophie Kavanagh		Nth Rocks Carlin	11.34
6 Lily Tilt		Nth Rocks Carlin	11.49
7 Amelia Rae		Manly Warringah	11.71
8 Krystal Weekes		Northern Districts	12.13

Girls U 10 - 60 Metre Hurdles (60 cm)

Region: R 10.00 27/02/2010 Tiana Jaber, Kings Langley			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Annika Lynch		Northern Suburbs	11.19Q
2 Lara Stevens		Hornsby	11.54Q
3 Angela Asikin		Northern Suburbs	11.93Q
4 Danielle Osifo		Cherrybrook	12.03q
5 Aajuah Burton		Manly Warringah	12.12q
6 Grace-Lee Weekes		Northern Districts	12.48
7 Tamiah Henry		Parramatta	12.66
8 Jasmine Cochrane		Northern Suburbs	13.94
Heat 2 Heats			
1 Samantha Ramsden		Ku-Ring-Gai	10.97Q
2 Emillia Duncan		Ku-Ring-Gai	11.41Q
3 Ruby Mahendran		Ku-Ring-Gai	11.42Q
4 Summer Enasio		Northern Districts	12.36
5 Emily Gathercole		Nth Rocks Carlin	12.43
6 Caitlin Fletcher		Ku-Ring-Gai	12.88
7 Chelsea Smith		Nth Rocks Carlin	13.10
8 Eliza Da Silva		Ryde	13.12

Girls U 10 - 60 Metre Hurdles (60 cm)

Region: R 10.00 27/02/2010 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
Section 1 Final			
1 Samantha Ramsden		Ku-Ring-Gai	10.44
2 Danielle Osifo		Cherrybrook	10.70
3 Emillia Duncan		Ku-Ring-Gai	10.85
3 Annika Lynch		Northern Suburbs	10.85
5 Lara Stevens		Hornsby	11.29
6 Ruby Mahendran		Ku-Ring-Gai	11.67
7 Angela Asikin		Northern Suburbs	11.81
8 Aajuah Burton		Manly Warringah	12.00

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 Lara Woollett		Hornsby	10.90Q
2 Kristina Dang		Parramatta	10.96Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 60 Metre Hurdles (60 cm)**

3	Jasmine Ellery	Manly Warringah	11.11Q
4	Jessica Forster	Hornsby	11.13q
5	Olivia Attrill	Northern Suburbs	11.34q
6	Emily Lee	Northern Suburbs	11.61
7	Jessica Fartek	Nth Rocks Carlin	11.93
8	Jana Docdoc	Ryde	12.21

Heat 2 Heats

1	Alannah Green	Mosman	10.51Q
2	Madeleine Kate Wallace	Manly Warringah	10.75Q
3	Charlotte Lees	Northern Suburbs	10.90Q
4	Tess Rickard	Northern Suburbs	11.58
5	rebecca davies	Ku-Ring-Gai	11.63
6	Freya Carley	Manly Warringah	11.91
7	Hannah Cerezo	Northern Suburbs	13.02

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	Madeleine Kate Wallace	Manly Warringah	10.26
2	Alannah Green	Mosman	10.38
3	Kristina Dang	Parramatta	10.72
4	Lara Woollett	Hornsby	10.76
5	Charlotte Lees	Northern Suburbs	10.79
6	Olivia Attrill	Northern Suburbs	11.13
7	Jessica Forster	Hornsby	11.14
8	Jasmine Ellery	Manly Warringah	11.42

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	Mia Hemsworth	Ku-Ring-Gai	9.57Q
2	Alicia Fartek	Nth Rocks Carlin	10.00Q
3	Zoe Warland	Hornsby	10.06Q
4	Georgia Duncan	Ku-Ring-Gai	10.59q
5	Isabel McCarthy	Northern Suburbs	10.86q
6	Cydelle Brady	Manly Warringah	11.16
7	Madeline Finlay	Northern Districts	11.74

Heat 2 Heats

1	Nicolette D'Onofrio	Northern Suburbs	10.13Q
2	Olivia Wrightson	Manly Warringah	10.31Q
3	Amie Bowrey	Cherrybrook	10.36Q
4	Georgia Collins	Manly Warringah	10.87
5	Gabriella Richmond	Northern Suburbs	11.38
6	Celeste Edmunds	Cherrybrook	11.52
7	Faith Devitt	Cherrybrook	11.60

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	Mia Hemsworth	Ku-Ring-Gai	9.43
2	Alicia Fartek	Nth Rocks Carlin	9.82

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

3 Nicolette D'Onofrio	Northern Suburbs	9.93
4 Olivia Wrightson	Manly Warringah	10.15
5 Amie Bowrey	Cherrybrook	10.24
6 Zoe Warland	Hornsby	10.31
7 Isabel McCarthy	Northern Suburbs	10.70
8 Georgia Duncan	Ku-Ring-Gai	10.80

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 Emily Britton	Ku-Ring-Gai	13.26Q
2 Helena De Gruchy	Manly Warringah	13.50Q
3 Madelyn Fartek	Nth Rocks Carlin	13.76Q
4 Georgie Jaques	Manly Warringah	13.84q
5 Junyi Fang	Ryde	15.16
6 Amy Holswich	Cherrybrook	15.50
7 Amber Belot	Manly Warringah	15.99
8 Meg O'Shea	Manly Warringah	16.65

Heat 2 Heats

1 Imogen Breslin	Ku-Ring-Gai	12.65Q
2 Sofia Metaxouli	Cherrybrook	13.98Q
3 Katrina Lyon	Ryde	14.08Q
4 Brooke East	Northern Suburbs	14.10q
5 Kate Collett	Cherrybrook	15.09
6 Sydney Kania	Manly Warringah	15.44
7 Jaz Holland	Manly Warringah	15.64
8 Rachel Ingram	Cherrybrook	15.92

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 Imogen Breslin	Ku-Ring-Gai	12.62
2 Emily Britton	Ku-Ring-Gai	13.35
3 Sofia Metaxouli	Cherrybrook	13.48
4 Helena De Gruchy	Manly Warringah	13.56
5 Madelyn Fartek	Nth Rocks Carlin	13.57
6 Georgie Jaques	Manly Warringah	13.74
7 Katrina Lyon	Ryde	14.08
8 Brooke East	Northern Suburbs	14.19

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 Charlotte Patterson	Northern Suburbs	13.10Q
2 Mallory Bassett	Hornsby	13.36Q
3 Aurora Henke	Cherrybrook	13.54Q
4 Chloe Davis	Ryde	14.12q
5 Lauryn Walker	Northern Suburbs	14.21q
6 Georgia McFarland	Manly Warringah	15.37

Heat 2 Heats

1 Lauren Moses	Manly Warringah	12.72Q
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - 80 Metre Hurdles (76 cm)**

2	Amanda Crowe	Northern Suburbs	13.70Q
3	Brooke Matheson	Ryde	14.42Q
4	Holly Caspers	Northern Suburbs	14.45
5	Zoe Carley	Manly Warringah	14.60
6	Kate Milne	Nth Rocks Carlin	16.86

Girls U 14 - 80 Metre Hurdles (76 cm)

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

Section 1 Final

1	Lauren Moses	Manly Warringah	12.66
2	Mallory Bassett	Hornsby	13.23
3	Aurora Henke	Cherrybrook	13.42
4	Amanda Crowe	Northern Suburbs	13.62
5	Brooke Matheson	Ryde	14.23
6	Lauryn Walker	Northern Suburbs	14.27
7	Chloe Davis	Ryde	14.32
8	Charlotte Patterson	Northern Suburbs	15.91

Girls U 15 - 90 Metre Hurdles (76 cm)

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

Heat 1 Heats

1	Bridget Martin	Northern Districts	14.36Q
2	Samantha Bowden	Ku-Ring-Gai	14.86Q
3	Elizabeth Scott	Manly Warringah	15.55Q
4	Emily Jones	Cherrybrook	16.15
5	Madeleine Vaz	Northern Suburbs	17.31

Heat 2 Heats

1	Courtney Cattell	Cherrybrook	14.13Q
2	Jaslyn Setiadji	Northern Districts	14.54Q
3	Chelsea Loughrey	Parramatta	14.57Q
4	Abbey Hodge	Nth Rocks Carlin	15.40q
5	Giselle Collins	Mosman	15.67q
6	Katherine Du	Ryde	17.63

Girls U 15 - 90 Metre Hurdles (76 cm)

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

Section 1 Final

1	Courtney Cattell	Cherrybrook	14.00
2	Bridget Martin	Northern Districts	14.08
3	Chelsea Loughrey	Parramatta	14.30
4	Jaslyn Setiadji	Northern Districts	14.44
5	Samantha Bowden	Ku-Ring-Gai	14.87
6	Abbey Hodge	Nth Rocks Carlin	15.17
7	Elizabeth Scott	Manly Warringah	15.22
8	Giselle Collins	Mosman	15.65

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - 100 Metre Hurdles (76 cm)**

Region: R 14.00 19/02/2012 Melissa Farrington, Northern			
Name	Age	Centre	Final
Section 1			
1	Carla Takchi	Cherrybrook	14.88
2	Tara Kissick	Northern Districts	15.25
3	Karina Brown	Northern Suburbs	15.28
4	Jenny King	Ku-Ring-Gai	15.53
5	Christine Wang	Northern Suburbs	17.45
6	Sami Ward	Manly Warringah	17.97
7	Arlia Patterson	Manly Warringah	18.06

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	Madelyn Fartek	Nth Rocks Carlin	31.41Q
2	Sofia Metaxouli	Cherrybrook	31.73Q
3	Tea Lisle	Manly Warringah	32.33Q
4	Katrina Lyon	Ryde	32.64q
5	Sophie Gocher	Mosman	32.72
6	Kate Collett	Cherrybrook	32.73
7	Jaz Holland	Manly Warringah	33.73
Heat 2 Heats			
1	Imogen Breslin	Ku-Ring-Gai	29.58Q
2	Helena De Gruchy	Manly Warringah	30.37Q
3	Ella Hirst	Cherrybrook	32.29Q
4	Brooke East	Northern Suburbs	32.38q
5	Charlotte Banks	Hornsby	33.18
6	Marica Huxtable	Northern Suburbs	34.11
7	Junyi Fang	Ryde	35.65

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	Helena De Gruchy	Manly Warringah	30.33
2	Imogen Breslin	Ku-Ring-Gai	30.74
3	Sofia Metaxouli	Cherrybrook	31.55
4	Ella Hirst	Cherrybrook	31.84
5	Katrina Lyon	Ryde	32.12
6	Madelyn Fartek	Nth Rocks Carlin	32.33
7	Brooke East	Northern Suburbs	32.34
8	Tea Lisle	Manly Warringah	33.15

Girls U 14 - 200 Metre Hurdles (76 cm)

Region: R 27.60 1997 Jana Pittman, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Charlotte Patterson	Northern Suburbs	30.88Q
2	Aurora Henke	Cherrybrook	31.36Q
3	Amanda Crowe	Northern Suburbs	31.70Q
4	Lauryn Walker	Northern Suburbs	32.45q
5	Kate Johnstone	Hornsby	33.71

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

Heat 2 Heats

1	Lauren Moses	Manly Warringah	29.56Q
2	Mallory Bassett	Hornsby	31.37Q
3	Amy Court	Ryde	31.60Q
4	Zoe Carley	Manly Warringah	31.75q
5	Brooke Matheson	Ryde	33.03
6	Maia Leadbetter	Hornsby	35.92

Girls U 14 - 200 Metre Hurdles (76 cm)

Region: R 27.60		1997	Jana Pittman, Parramatta
Name	Age	Centre	Final

Section 1 Final

1	Lauren Moses	Manly Warringah	29.26
2	Amy Court	Ryde	30.69
3	Aurora Henke	Cherrybrook	31.05
4	Charlotte Patterson	Northern Suburbs	31.27
5	Amanda Crowe	Northern Suburbs	31.28
6	Mallory Bassett	Hornsby	31.67
7	Lauryn Walker	Northern Suburbs	32.18
8	Zoe Carley	Manly Warringah	32.56

Girls U 15 - 200 Metre Hurdles (76 cm)

Region: R 27.20		1998	Jana Pittman, Parramatta
Name	Age	Centre	Heats

Heat 1 Heats

1	Courtney Cattell	Cherrybrook	31.71Q
2	Nicola Bowtell	Ryde	31.87Q
3	Abbey Hodge	Nth Rocks Carlin	32.35Q
4	Giselle Collins	Mosman	34.95q

Heat 2 Heats

1	Chelsea Loughrey	Parramatta	30.02Q
2	Elizabeth Scott	Manly Warringah	31.13Q
3	Jaslyn Setiadji	Northern Districts	31.65Q
4	Samantha Bowden	Ku-Ring-Gai	31.78q
5	Claire Higginson	Ryde	35.48

Girls U 15 - 200 Metre Hurdles (76 cm)

Region: R 27.20		1998	Jana Pittman, Parramatta
Name	Age	Centre	Final

Section 1 Final

1	Courtney Cattell	Cherrybrook	29.18
2	Chelsea Loughrey	Parramatta	29.53
3	Elizabeth Scott	Manly Warringah	30.13
4	Nicola Bowtell	Ryde	31.21
5	Abbey Hodge	Nth Rocks Carlin	31.38
6	Samantha Bowden	Ku-Ring-Gai	31.46
7	Jaslyn Setiadji	Northern Districts	31.87
8	Giselle Collins	Mosman	33.95

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - 200 Metre Hurdles (76 cm)**

Region: R 27.40 18/02/2012 Melissa Farrington, Noerthern			
Name	Age	Centre	Final
Section 1			
1 Tara Kissick		Northern Districts	28.87
2 Karina Brown		Northern Suburbs	30.19
3 Jenny King		Ku-Ring-Gai	30.53
4 Laura Welch		Manly Warringah	30.68
5 Emma Longworth		Nth Rocks Carlin	32.36
6 Arlia Patterson		Manly Warringah	33.12
7 Sharron Chen		Nth Rocks Carlin	33.13
8 Lauren Bassett		Hornsby	33.40

Girls U 8 - 700 Metre Pack Start

Region: R 2:20.20 28/02/2010 Abbey Rockliff, Ku-ring-gai			
Name	Age	Centre	Final
1 Eva Bates		Ku-Ring-Gai	2:26.68
2 Lara Williams		Manly Warringah	2:30.14
3 Sierra Timms		Cherrybrook	2:30.42
4 Jessica Gocher		Mosman	2:33.56
5 Evie Todd		Northern Districts	2:39.40
6 Elise Wallace		Manly Warringah	2:40.40
7 Elise Couper		Manly Warringah	2:41.30
8 Sophia Archer		Northern Suburbs	2:41.69
9 Ingrid Kingsmill		Northern Suburbs	2:44.79
10 Freya Flodin		Ryde	2:47.42
11 Jessica Walton		Northern Districts	2:48.74
12 Skye Weber		Northern Suburbs	2:49.04
13 Allannah Burns		Ryde	2:50.15
14 Alexandra Gavagna		Northern Suburbs	3:00.17

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

Region: R 55.41 19/02/2012 Manly Warringah, Manly Warrin			
Centre		A Jeremy, O Wrightson, S Stanley, K Edwards	
		Final	
1	Manly Warringah		57.07
	1) Aleisha Jeremy 11	2) Cydelle Brady 12	
	3) Kahli Johnson 10	4) Cayla Phillips 9	
2	Ku-Ring-Gai		58.09
	1) Samantha Ramsden 10	2) Mia Hemsworth 12	
	3) monique batten 11	4) Sienna Bond 9	
3	Cherrybrook		58.55
	1) Emily Crawford 9	2) Eleanor Lamperts 12	
	3) Danielle Osifo 10	4) Scarlett Prowse 11	
4	Northern Suburbs		59.87
	1) Evie Cook 9	2) Nicolette D'Onofrio 12	
	3) Elysha Cramer 11	4) Greta Andrews 10	
5	North Rocks Carlingford		1:00.93
	1) Amy King 10	2) Tarsha Wayne 11	
	3) Sophie Kavanagh 9	4) Alicia Fartek 12	
--	Northern Districts		DQ
	1) Anna McKechnie 10	2) Jasmin Guthrie 11	
	3) Krystal Weekes 9	4) Charlotte Winston-Booth 12	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13-17 4x100 Metre Relay (Snr)**

Region: R 50.11 17/02/2013 Manly Warringah, Manly Warrin			
K Edwards, S McGovern, M Lutze, R Ritchie			
Centre	Final		
1 Manly Warringah	50.98		
1) Elizabeth Scott 15	2) Kristie Edwards 14		
3) Kandy Lee 13	4) Ruby Ritchie 17		
2 Cherrybrook	51.86		
1) Kate Collett 13	2) Katie Devitt 14		
3) Courtney Cattell 15	4) Carla Takchi 17		
3 Ku-Ring-Gai	53.03		
1) Jenny King 17	2) Imogen Breslin 13		
3) Hannah Swinton 14	4) Melissa Fitzsimmons 15		
4 Northern Districts	53.21		
1) Gabriella Chan 14	2) Jaslyn Setiadji 15		
3) Emma Hann 13	4) Tara Kissick 17		
5 Ryde	53.94		
1) Katrina Lyon 13	2) Kelsey Cooper-Phillis 14		
3) Nicola Bowtell 15	4) Veronika Jukic 17		
6 Northern Suburbs	54.00		
1) Charlotte Patterson 14	2) Karina Brown 17		
3) Alanna Fisher 13	4) Alice Falconer 15		

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

Region: R 1.25m 15/02/2014 Cayla Phillips, Manly Warring			
Name	Age	Centre	Final
Flight 1			
1 Cayla Phillips		Manly Warringah	1.25mR
2 Michaela Haigh		Cherrybrook	1.06m
3 Paige Edmondson		Northern Suburbs	1.04m
4 Kirsten Erni		Hornsby	1.02m
5 Felicity Stewart		Ku-Ring-Gai	1.00m
6 Charlotte McDermid		Ku-Ring-Gai	1.00m
7 Amelia Rae		Manly Warringah	0.95m
8 Sophie Kavanagh		Nth Rocks Carlin	0.95m
9 Gabriella Taylor		Manly Warringah	0.95m
10 Georgia Clifford		Northern Suburbs	0.95m
11 Lucinda Christie		Northern Suburbs	0.95m
11 Samantha Hardingham		Northern Suburbs	0.95m
13 Emily Moraitis		Northern Suburbs	0.90m
14 Abbey Melville		Manly Warringah	0.90m
-- Melissa Blume		Parramatta	NH

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

Region: R 1.36m 2002 F Sombroek, Northern Suburbs			
Name	Age	Centre	Final
1 Georgia Healy		Northern Suburbs	1.32m
2 Olivia Kearney		Northern Suburbs	1.24m
3 Anna McKechnie		Northern Districts	1.20m
4 Anna Cahill		Hornsby	1.14m
5 Ella Johnson		Ku-Ring-Gai	1.10m
6 Eliza Nickson Pole		Manly Warringah	1.05m
7 Elizabeth McMillen		Manly Warringah	1.05m
8 Chloe Yap		Parramatta	1.05m
9 Xanthe Craig		Cherrybrook	1.00m
10 Sophie Conn		Cherrybrook	0.95m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - High Jump (S/H 1.05m)**

Region: R 1.48m 1995		S Lingard, Ku-ring-gai	
Name	Age	Centre	Final
1	Alannah Green	Mosman	1.43m
2	hannah maxwell	Ku-Ring-Gai	1.37m
2	Georgia O'connor	Cherrybrook	1.37m
4	Portia Amy-Wilson	Ryde	1.35m
5	Lily Worrall	Northern Suburbs	1.33m
6	Rebecca Terry	Northern Suburbs	1.29m
7	Kelly Chapman	Cherrybrook	1.20m
7	ella koster	Ku-Ring-Gai	1.20m
7	Olivia Roberts	Manly Warringah	1.20m
10	Mackenzie Williams	Northern Districts	1.15m
10	sophie chamberlain	Ku-Ring-Gai	1.15m
10	Tahlia Foye	Parramatta	1.15m
13	Aleisha Jeremy	Manly Warringah	1.10m
13	Kate Peterson	Parramatta	1.10m

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

Region: R 1.58m 2002		T Thompson, Toukley	
Name	Age	Centre	Final
1	Tayanita Robertson	Manly Warringah	1.43m
2	Isabella Rudolph	Cherrybrook	1.43m
3	Mikaela Quinlan	Northern Districts	1.43m
4	Sally Guthrie	Northern Suburbs	1.41m
5	Erin Cahill	Hornsby	1.39m
6	Brooke Niccol	Hornsby	1.35m
7	Grace Preston	Northern Suburbs	1.30m
8	Charlotte Winston-Booth	Northern Districts	1.30m
9	Ava Thompson	Ku-Ring-Gai	1.25m
10	Eleanor Plummer	Ryde	1.25m
11	Khiala Holmes	Manly Warringah	1.25m
12	Gemma Zantiotis	Northern Suburbs	1.20m
13	Lucy Gullotta	Northern Suburbs	1.20m
--	Zoe Madigan	Ryde	NH
--	Sarah Collins	Parramatta	NH

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

Region: R 1.63m 1995		A Carpenter, Tuggerah Lakes	
Name	Age	Centre	Final
1	Nicole Freestone	Cherrybrook	1.49m
2	Jessica Weidenhofer	Manly Warringah	1.49m
3	Imogen Breslin	Ku-Ring-Gai	1.47m
4	Anneliese Buddee	Ku-Ring-Gai	1.45m
5	Georgina Terry	Northern Suburbs	1.35m
6	Bridget Gibson	Manly Warringah	1.30m
6	Anna Badaoui	Ryde	1.30m
7	Eleanor Lidbetter	Hornsby	1.30m
9	Hannah Mackay	Northern Suburbs	1.25m
10	Scarlett Green	Mosman	1.20m
--	Xanthe Black	Northern Suburbs	NH

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

Region: R 1.71m 1991 M Harris, Hornsby District			
Name	Age	Centre	Final
1 Hannah Swinton		Ku-Ring-Gai	1.51m
2 Jessica Brown		Ryde	1.45m
3 Sarah McDermott		Ku-Ring-Gai	1.43m
4 Rowena Craker		Manly Warringah	1.39m
5 Danielle Israel		Hornsby	1.35m
6 Chloe Davis		Ryde	1.30m
7 Lauryn Walker		Northern Suburbs	1.30m

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

Region: R 1.75m 16/02/2008 Amy Pejkovic, Cherrybrook			
Name	Age	Centre	Final
1 Bridget Martin		Northern Districts	1.60m
2 Elisa Molen-Grigull		Manly Warringah	1.54m
3 Lilli Smith		Manly Warringah	1.50m
4 Sarah Travis		Nth Rocks Carlin	1.42m
5 Emily Jones		Cherrybrook	1.40m
6 Jaslyn Setiadji		Northern Districts	1.35m
7 Ingrid Cain		Ku-Ring-Gai	1.35m
8 Sandra Buchert		Northern Suburbs	1.35m
9 Mel Moran		Manly Warringah	1.30m
10 Isabella Rankin		Northern Suburbs	1.30m
11 Madeleine Vaz		Northern Suburbs	1.25m
12 Madeleine Nicita		Hornsby	1.25m

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 Karina Brown		Northern Suburbs	1.54m
2 Lara Newey		Cherrybrook	1.54m
3 Ashleigh Carter		Manly Warringah	1.50m
4 Laura Welch		Manly Warringah	1.50m
5 Katia Molen Grigull		Manly Warringah	1.50m
6 Veronika Jukic		Ryde	1.50m
7 Judith Harvey		Ku-Ring-Gai	1.45m
8 Emma Welch		Manly Warringah	1.40m
9 Eilish Moran		Parramatta	1.30m

Girls U 8 - Long Jump

Region: R 3.65m 1995 A Kerr, Winston Hills			
Name	Age	Centre	Final
1 Georgia Morgan		Mosman	3.39m
2 Keeley Holmes		Manly Warringah	3.24m
3 Talia Kupceric		Manly Warringah	3.18m
4 Natasha Fairhall		Ryde	3.11m
5 Caitlin Blackburn		Ku-Ring-Gai	3.09m
6 Claudia Endicott		Ku-Ring-Gai	2.99m
7 Nicole McCrostie		Cherrybrook	2.98m
8 Zoe Roberts		Northern Suburbs	2.97m
9 Angelika Van Der Heiden		Northern Districts	2.96m
10 Alyssa Playford		Northern Districts	2.95m
11 Ava Simos		Northern Suburbs	2.83m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - Long Jump**

12 Georgia Tapner	Northern Districts	2.83m
13 Sophia Horbach	Ku-Ring-Gai	2.76m
14 Amelia Barr	Northern Suburbs	2.72m
15 Neive Demery	Manly Warringah	2.68m
-- Emily Uslu	Parramatta	FOUL

Girls U 9 - Long Jump

Region: R 4.20m 1998 Emily Pollett, Manly Warringah		
Name	Age Centre	Final
1 Sienna Bond	Ku-Ring-Gai	4.07m
2 Lily Tilt	Nth Rocks Carlin	3.68m
3 Sophie Kavanagh	Nth Rocks Carlin	3.65m
4 Emma Polikowski	Manly Warringah	3.55m
5 Brianna Worsfold	Ku-Ring-Gai	3.52m
6 Emily Smith	Manly Warringah	3.44m
7 Natalia Drobot	Ryde	3.41m
8 Krystal Weekes	Northern Districts	3.34m
9 Matilda Damian	Northern Suburbs	3.26m
10 Arabella Price	Nth Rocks Carlin	3.22m
11 Sally Priest	Manly Warringah	3.18m
12 Larissa O'Donnell	Northern Suburbs	2.78m
13 Amelia Polley	Parramatta	2.54m

Girls U 10 - Long Jump

Region: R 4.54m 21/02/2004 Courtney Cross, Hornsby Distr		
Name	Age Centre	Final
1 Danielle Osifo	Cherrybrook	4.43m
2 Samantha Ramsden	Ku-Ring-Gai	4.37m
3 Annika Lynch	Northern Suburbs	4.25m
4 Jessica Maciver	Ku-Ring-Gai	4.16m
5 Georgia Healy	Northern Suburbs	4.12m
6 Chiara Lillis	Ryde	4.04m
7 Emillia Duncan	Ku-Ring-Gai	3.72m
8 Claire Field	Ku-Ring-Gai	3.72m
9 Aneeka Sutherland-Robins	Ryde	3.51m
10 Jessica Bryant	Manly Warringah	3.49m
10 Nicola Hogg	Mosman	3.49m
12 Stephanie McArthur	Hornsby	3.47m
13 Ellena Vozzo	Northern Suburbs	3.37m
14 Kahli Johnson	Manly Warringah	3.36m
15 Monique Hore	Northern Suburbs	3.35m

Girls U 11 - Long Jump

Region: R 4.76m 1998 A Kerr, Winston Hills		
Name	Age Centre	Final
1 Alannah Green	Mosman	4.34m
2 Tahlia Foye	Parramatta	4.12m
3 Tarsha Wayne	Nth Rocks Carlin	4.12m
4 Jasmin Guthrie	Northern Districts	4.06m
5 Claudia Perry	Northern Suburbs	4.06m
6 Isabella Guthrie	Northern Districts	3.97m
7 ella koster	Ku-Ring-Gai	3.94m
8 Jasmine Ellery	Manly Warringah	3.90m
9 Alyssa Lowe	Ryde	3.83m

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

10	Olivia Attrill	Northern Suburbs	3.78m
11	Mikaela Bruntsch	Ryde	3.62m
12	Sarah Brown	Ryde	3.62m
13	Chanel Avory	Manly Warringah	3.52m
14	Eloise Hansen	Ryde	3.42m

Girls U 12 - Long Jump

Region: R 5.02m 1994		D Kearney, Winston Hills		
Name	Age	Centre	Final	
1	Charlotte	Winston-Booth	Northern Districts	4.77m
2	Cydelle	Brady	Manly Warringah	4.77m
3	Zoe	Warland	Hornsby	4.63m
4	Jasmine	Bonomi	Manly Warringah	4.50m
5	Amie	Bowrey	Cherrybrook	4.50m
6	Eleanor	Lamperts	Cherrybrook	4.33m
7	Olivia	Wrightson	Manly Warringah	4.30m
8	Lara	Halmarick	Ryde	4.27m
9	Natasha	Hartley	Hornsby	4.18m
10	Isabel	McCarthy	Northern Suburbs	4.14m
11	Zoe	Fajemisin	Nth Rocks Carlin	4.11m
12	Jasmine	Healy	Northern Suburbs	4.03m
13	Sophie	Weber	Northern Suburbs	3.75m
14	Ava	Vosper	Nth Rocks Carlin	3.59m

Girls U 13 - Long Jump

Region: R 5.18m 1991		D Kerr, Winston Hills			
Name	Age	Centre	Final		
1	Imogen	Breslin	Ku-Ring-Gai	4.64m	
2	Skye	Cselko	Mosman	4.45m	
3	Georgie	Jaques	Manly Warringah	4.33m	
4	Sofia	Metaxouli	Cherrybrook	4.27m	
5	Ella	Hirst	Cherrybrook	4.24m	
6	Sydney	Kania	Manly Warringah	4.15m	
7	Taylor-Lee	Marconi	Parramatta	4.11m	
8	Katrina	Lyon	Ryde	4.05m	
9	Sascha	Gassmann	Northern Suburbs	4.03m	
10	Tamara	Kowcz	Rosinke	Northern Suburbs	3.87m
11	Anna	Badaoui	Ryde	3.83m	
12	Brooke	East	Northern Suburbs	3.79m	
13	Kandy	Lee	Manly Warringah	3.70m	
14	Amber	Belot	Manly Warringah	3.57m	

Girls U 14 - Long Jump

Region: R 5.42m 1991		B Scott, Northern Suburbs		
Name	Age	Centre	Final	
1	Rowena	Craker	Manly Warringah	4.73m
2	Amy	Court	Ryde	4.57m
3	Hannah	Thornton	Ku-Ring-Gai	4.50m
4	Jessica	Brown	Ryde	4.48m
5	Chloe	Davis	Ryde	4.47m
6	Hannah	Swinton	Ku-Ring-Gai	4.34m
7	Kate	Milne	Nth Rocks Carlin	4.29m
8	Sarah	McDermott	Ku-Ring-Gai	4.21m
9	Amanda	Crowe	Northern Suburbs	4.18m

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

10	Elena Parker	Ku-Ring-Gai	3.98m
11	Claire Busse	Manly Warringah	3.59m
12	Gabriella Chan	Northern Districts	3.54m

Girls U 15 - Long Jump

=====			
Region: R 5.88m 19/02/2012 Katrina Hunt, Northern Suburb			
Name	Age	Centre	Final
=====			
1	Courtney Cattell	Cherrybrook	5.22m
2	Melissa Fitzsimmons	Ku-Ring-Gai	5.21m
3	Maya Leverett	Nth Rocks Carlin	5.19m
4	Bridget Martin	Northern Districts	5.11m
5	Samantha Bowden	Ku-Ring-Gai	4.69m
6	Sandy Chen	Nth Rocks Carlin	4.59m
7	Nicola Bowtell	Ryde	4.58m
8	Kate Spender	Cherrybrook	4.40m
9	Elisa Molen-Grigull	Manly Warringah	4.33m
10	Elizabeth Scott	Manly Warringah	4.21m
11	Elizabeth Murray	Manly Warringah	4.09m
12	Zoe Kavanagh	Nth Rocks Carlin	4.07m
13	Katherine Du	Ryde	4.06m
14	Lia Marti	Manly Warringah	4.02m

Girls U 17 - Long Jump

=====			
Region: R 5.64m 19/02/2012 Melissa Farrington, Northern			
Name	Age	Centre	Final
=====			
1	Judith Harvey	Ku-Ring-Gai	4.83m
2	lucy peck	Northern Suburbs	4.66m
3	Christine Wang	Northern Suburbs	4.56m
4	Katia Molen Grigull	Manly Warringah	4.50m
5	Brianna Phillips	Cherrybrook	4.38m
6	Karina Brown	Northern Suburbs	4.36m
7	Lara Newey	Cherrybrook	4.29m
8	Ashleigh Carter	Manly Warringah	4.27m
9	Hope Fewtrell	Ku-Ring-Gai	3.98m
10	Jacqueline Bird	Northern Districts	3.94m
11	Brenna Roberts	Northern Districts	3.74m

Girls U 11 - Triple Jump

=====			
Region: R 10.18m 19/02/2011 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
=====			
1	Lily Worrall	Northern Suburbs	8.79m
2	Kristina Dang	Parramatta	8.68m
3	Alana Kavanagh	Nth Rocks Carlin	8.66m
4	Freya Carley	Manly Warringah	8.65m
5	Olivia Attrill	Northern Suburbs	8.60m
6	Georgia O'connor	Cherrybrook	8.55m
7	Madison Sloane	Parramatta	8.44m
8	Tarsha Wayne	Nth Rocks Carlin	8.27m
9	Mackenzie Williams	Northern Districts	8.18m
10	Charlotte Lees	Northern Suburbs	8.18m
11	Alyssa Lowe	Ryde	8.04m
12	Jasmine Ellery	Manly Warringah	7.97m
13	Sarah Brown	Ryde	7.93m
14	Sophie McDonald	Hornsby	7.65m

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

15 Hana Maxwell	Hornsby	7.46m
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Girls U 12 - Triple Jump

Region: R 10.48m 1995			Lisa Antill, Ku-ring-gai
Name	Age Centre		Final
1 Olivia Wrightson	Manly Warringah		9.64m
2 Cydelle Brady	Manly Warringah		9.34m
3 Zoe Fajemisin	Nth Rocks Carlin		9.16m
4 Nicolette D'Onofrio	Northern Suburbs		9.15m
5 Erin Cahill	Hornsby		9.06m
6 Alicia Fartek	Nth Rocks Carlin		8.93m
7 Lauren Erni	Hornsby		8.84m
8 Natasha Hartley	Hornsby		8.83m
9 Abbey Waterworth	Manly Warringah		8.70m
10 Eleanor Plummer	Ryde		8.59m
11 Maya Challoner	Northern Suburbs		8.54m
12 Lillian O'Rourke	Northern Districts		8.31m
13 Faith Devitt	Cherrybrook		8.24m
14 Melissa Unat	Nth Rocks Carlin		8.10m
15 Celeste Edmunds	Cherrybrook		7.32m

Girls U 13 - Triple Jump

Region: R 10.91m 1995			C Morris, Hornsby District
Name	Age Centre		Final
1 Georgie Jaques	Manly Warringah		10.20m
2 Sofia Metaxouli	Cherrybrook		9.96m
3 Katrina Lyon	Ryde		9.69m
4 Imogen Breslin	Ku-Ring-Gai		9.62m
5 Sydney Kania	Manly Warringah		9.62m
6 Skye Cselko	Mosman		9.33m
7 Ella Hirst	Cherrybrook		8.95m
8 Tamara Kowcz Rosinke	Northern Suburbs		8.85m
9 Emma Hann	Northern Districts		8.72m
10 Junyi Fang	Ryde		8.58m
11 Jaz Holland	Manly Warringah		8.52m
12 Brittney Hartley	Hornsby		8.41m
13 Samantha Dale	Nth Rocks Carlin		8.25m
14 Alannah Kuka	Nth Rocks Carlin		7.79m

Girls U 14 - Triple Jump

Region: R 11.63m 20/02/2011			Mercy Agbeze, Gosford
Name	Age Centre		Final
1 Rowena Craker	Manly Warringah		10.29m
2 Sami Perrin	Manly Warringah		9.82m
3 Amy Court	Ryde		9.68m
4 Jessica Brown	Ryde		9.51m
5 Chloe Davis	Ryde		9.50m
6 Hannah Thornton	Ku-Ring-Gai		9.38m
7 Amanda Crowe	Northern Suburbs		8.84m
8 Kate Milne	Nth Rocks Carlin		8.81m
9 Debbie Mercer	Manly Warringah		7.25m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - Triple Jump**

Region: R 11.58m 1998 Lisa Antill, Ku-ring-gai			
Name	Age	Centre	Final
1 Maya Leverett		Nth Rocks Carlin	10.91m
2 Bridget Martin		Northern Districts	10.83m
3 Courtney Cattell		Cherrybrook	10.75m
4 Emily Jones		Cherrybrook	10.08m
5 Elizabeth Scott		Manly Warringah	9.76m
6 Kate Spender		Cherrybrook	9.76m
7 Mel Moran		Manly Warringah	9.10m
8 Sandy Chen		Nth Rocks Carlin	9.01m
9 Jemima Moffat		Northern Districts	8.97m
10 Sandra Buchert		Northern Suburbs	8.83m
11 Giselle Collins		Mosman	8.82m
12 Zoe Kavanagh		Nth Rocks Carlin	8.80m
13 Elisa Molen-Grigull		Manly Warringah	8.76m
14 Jennifer Lambert		Manly Warringah	8.48m

Girls U 17 - Triple Jump

Region: R 11.79m 18/02/2012 Daisy Ding, Northern Suburbs			
Name	Age	Centre	Final
1 Jacinta Fisher		Manly Warringah	11.37m
2 Judith Harvey		Ku-Ring-Gai	10.49m
3 Veronika Jukic		Ryde	10.31m
4 Karina Brown		Northern Suburbs	10.30m
5 Lucy Peck		Northern Suburbs	9.98m
6 Amber Castleman		Manly Warringah	9.86m
7 Katia Molen Grigull		Manly Warringah	9.80m
8 Ashleigh Carter		Manly Warringah	9.77m
9 Emma Welch		Manly Warringah	9.70m
10 Laura Welch		Manly Warringah	9.69m
11 Sharron Chen		Nth Rocks Carlin	9.59m

Girls U 8 - Shot Put (1.5 Kg)

Region: R 7.85m 22/02/2004 Taylah Sengul, WInston Hills			
Name	Age	Centre	Final
1 Ella Gibbons		Northern Districts	5.47m
2 Jessica Coppolelli		Cherrybrook	5.22m
3 Natasha Fairhall		Ryde	5.13m
4 Nellie Muir		Ryde	4.99m
5 Sophie Byrne		Ryde	4.65m
6 Caitlin Dickinson		Manly Warringah	4.62m
7 Tyla Christie		Ku-Ring-Gai	4.26m
8 Ellie Beck		Ku-Ring-Gai	4.23m
9 Imogen Grey		Manly Warringah	4.22m
10 Alexandra Maddock		Ryde	3.93m
11 Sophia Horbach		Ku-Ring-Gai	3.75m
12 Grace Gerreyn		Cherrybrook	3.47m
13 Caitlin Burgess		Ku-Ring-Gai	3.40m
14 Sarah Passafaro		Northern Districts	3.35m
15 Alexandra Gavagna		Northern Suburbs	3.18m

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

Region: R 8.16m 1993 Leilani Burnes, Manly Warring			
Name	Age	Centre	Final
1 Emma Polikowski		Manly Warringah	7.67m
2 Monique Brown		Nth Rocks Carlin	6.00m
3 Brianna Worsfold		Ku-Ring-Gai	5.93m
4 Georgia Spanswick		Ku-Ring-Gai	5.86m
5 Samantha Hardingham		Northern Suburbs	5.60m
6 Caitlin Waldron		Nth Rocks Carlin	5.47m
7 Thinaya Jayasinghe		Parramatta	5.33m
8 Otyliah Campos		Manly Warringah	5.08m
9 Alexis Aldous		Ryde	5.07m
10 Emily Moraitis		Northern Suburbs	5.06m
11 Hana Marosa		Manly Warringah	4.72m
12 Matilda Damian		Northern Suburbs	4.70m
13 Elina McKay		Northern Suburbs	4.67m
14 Madison Williams		Ku-Ring-Gai	4.33m
15 Josslyn Wishart		Mosman	4.17m
16 Amelia Sim		Manly Warringah	4.02m

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 Maciver		Ku-Ring-Gai	9.03m
2 Chiara Lillis		Ryde	7.93m
3 Bronte Hodson		Northern Suburbs	7.69m
4 Caitlin Fletcher		Ku-Ring-Gai	7.00m
5 Monique Hore		Northern Suburbs	6.78m
6 Tamiah Henry		Parramatta	6.34m
7 Zara Warland		Hornsby	6.28m
8 Anna Kely		Nth Rocks Carlin	6.03m
9 Molly Frederick		Northern Districts	5.62m
10 Kayla Kimball		Manly Warringah	5.60m
11 Ellena Vozzo		Northern Suburbs	5.47m
12 Charli Bird		Ku-Ring-Gai	5.43m
13 Scarlett O'Kane		Northern Suburbs	5.32m
14 Madeleine Taudin		Manly Warringah	5.24m
15 Ella Tavner		Cherrybrook	5.22m
16 Clara Briggs		Parramatta	3.71m

Girls U 11 - Shot Put (2.0 Kg)

Region: R 12.71m 17/02/2007 Samantha Farrant, Gosford			
Name	Age	Centre	Final
1 Hannah Morgan		Northern Suburbs	10.37m
2 Astreia Denby		Hornsby	9.06m
3 Madison Sloane		Parramatta	8.68m
4 jada powell		Ku-Ring-Gai	8.50m
5 Kate Peterson		Parramatta	8.19m
6 Imogen Harrigan		Parramatta	8.05m
7 Georgia Quinn		Manly Warringah	8.03m
8 Portia Amy-Wilson		Ryde	7.95m
9 Evelyn McKay		Northern Suburbs	6.48m
10 hannah maxwell		Ku-Ring-Gai	6.32m
11 Charlotte Lees		Northern Suburbs	6.16m
12 Kayla McCormack		Hornsby	5.94m
13 Jasmine Ellery		Manly Warringah	5.09m

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

Region: R 16.12m 17/02/2008 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Amy Polikowski		Manly Warringah	11.25m
2 Georgia Duncan		Ku-Ring-Gai	10.92m
3 Cate Von Behr		Ku-Ring-Gai	9.89m
4 Sabina Nilsson		Hornsby	9.80m
5 Samantha Davis		Mosman	9.58m
6 Khiala Holmes		Manly Warringah	9.48m
7 Taleah Gladen		Northern Districts	8.82m
8 Charlotte Winston-Booth		Northern Districts	8.79m
9 Isabel McCarthy		Northern Suburbs	7.69m
10 Claudia Clarke		Cherrybrook	7.59m
11 Laura Baker		Hornsby	7.58m
12 Zoe Fajemisin		Nth Rocks Carlin	7.32m
13 Jasmine Healy		Northern Suburbs	6.79m
14 Emily Ralph		Ryde	6.50m

Girls U 13 - Shot Put (3.0 Kg)

Region: R 14.23m 22/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Kate Collett		Cherrybrook	10.34m
2 Rebekah Meafou		Parramatta	9.71m
3 Lisa Catzel		Ku-Ring-Gai	9.44m
4 Georgie Jaques		Manly Warringah	9.39m
5 Claire Eaton		Cherrybrook	9.12m
6 Julia Kelland		Ryde	9.10m
7 Novini Jayasinghe		Parramatta	7.85m
8 Sofia Metaxouli		Cherrybrook	7.69m
9 Kandy Lee		Manly Warringah	7.50m
10 Hannah Mackay		Northern Suburbs	7.16m
11 Anneliese Buddee		Ku-Ring-Gai	7.03m
12 Scarlett Green		Mosman	6.97m
13 Brittney Hartley		Hornsby	6.77m
14 Claire Hutchison		Northern Districts	6.03m

Girls U 14 - Shot Put (3.0 Kg)

Region: R 14.67m 27/02/2010 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
1 Kristina Moore		Cherrybrook	11.74m
2 Josephine Ritchie		Manly Warringah	11.11m
3 Mallory Bassett		Hornsby	10.50m
4 Lauren Clark		Cherrybrook	9.85m
5 Sarah McDermott		Ku-Ring-Gai	8.59m
6 Georgina Lemckert		Northern Districts	8.51m
7 Brooke Matheson		Ryde	8.43m
8 Chloe Davis		Ryde	8.03m
9 Gabriella Chan		Northern Districts	6.89m

Girls U 15 - Shot Put (3.0 Kg)

Region: R 14.00m 2000 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Brianna Gibson		Northern Suburbs	11.73m
2 Kate Spender		Cherrybrook	10.94m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 15 - Shot Put (3.0 Kg)**

3	Crystal Overton	Ryde	10.07m
4	Karissa Kuka	Nth Rocks Carlin	9.99m
5	Tiana Hazlewood	Northern Districts	9.99m
6	Ava Walker Charles	Manly Warringah	9.98m
7	Sophia Jacques	Manly Warringah	9.37m
8	Chloe Singleton	Parramatta	8.81m
9	Katherine Du	Ryde	8.51m
10	Jennifer Lambert	Manly Warringah	8.32m
11	Madeleine Vaz	Northern Suburbs	7.96m

Girls U 17 - Shot Put (3.0 Kg)

=====			
Region: R 12.95m 19/02/2012 Samantha Farrant, Gosford			
Name	Age	Centre	Final
=====			
1	Siobhan Kelly	Cherrybrook	10.72m
2	Kara Talty	Ryde	10.41m
3	Ashleigh Carter	Manly Warringah	10.31m
4	Lauren Bassett	Hornsby	10.04m
5	Georgia Swinton	Ku-Ring-Gai	9.46m
6	Sarah Kelland	Ryde	8.99m
7	Phoebe Carter	Mosman	8.87m
8	Isabel De Laine	Northern Suburbs	8.20m
9	Lauren Gilbert	Parramatta	7.63m
10	Katia Molen Grigull	Manly Warringah	7.42m
11	Jacqueline Bird	Northern Districts	7.30m

Girls U 8 - Discus (500 Gram)

=====			
Region: R 24.09m 21/02/2004 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Ella Gibbons	Northern Districts	17.73m
2	Natasha Fairhall	Ryde	17.60m
3	Emily Uslu	Parramatta	15.33m
4	Tahlia O'Brien	Manly Warringah	14.34m
5	Caitlin Dickinson	Manly Warringah	13.35m
6	Jessica Walton	Northern Districts	13.30m
7	Imogen Grey	Manly Warringah	11.27m
8	Nellie Muir	Ryde	10.87m
9	Claudia Thomas	Ryde	10.43m
10	Lola Dorman	Hornsby	10.21m
11	Angelika Van Der Heiden	Northern Districts	9.66m
12	Eva Briggs	Parramatta	9.38m
13	Jacqueline Oberg	Cherrybrook	9.21m
14	Zoe Clubb	Ku-Ring-Gai	9.15m
15	Sophia Horbach	Ku-Ring-Gai	8.81m
16	Isabelle Nilon	Nth Rocks Carlin	7.93m

Girls U 9 - Discus (500 Gram)

=====			
Region: R 27.23m 15/02/2005 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Emma Polikowski	Manly Warringah	22.03m
2	Thinaya Jayasinghe	Parramatta	21.87m
3	Ella Bales	Parramatta	20.60m
4	Melissa Blume	Parramatta	19.37m
5	Caitlin Waldron	Nth Rocks Carlin	18.03m
6	Samantha Hardingham	Northern Suburbs	17.73m

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

7 Brianna Worsfold	Ku-Ring-Gai	17.15m
8 Elina McKay	Northern Suburbs	15.67m
9 Amelia Sim	Manly Warringah	15.36m
10 Monique Brown	Nth Rocks Carlin	14.07m
11 Kirsten Erni	Hornsby	14.02m
12 Clare Doherty	Ryde	13.55m
13 Josslyn Wishart	Mosman	12.85m
14 Felicity Stewart	Ku-Ring-Gai	12.74m
15 Scarlet Brett	Ku-Ring-Gai	11.77m
16 Hannah Chalker	Northern Districts	9.74m

Girls U 10 - Discus (500 Gram)

=====			
Region: R 34.57m 18/02/2006 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1 Zara Warland		Hornsby	24.61m
2 Cassandra Fowler		Northern Districts	23.47m
3 Caitlin Fletcher		Ku-Ring-Gai	23.30m
4 Monique Hore		Northern Suburbs	22.90m
5 Chiara Lillis		Ryde	22.08m
6 Gabrielle Ohmer		Parramatta	21.13m
7 Annabel Lee		Northern Suburbs	19.31m
8 Ruby Mahendran		Ku-Ring-Gai	19.01m
9 Charli Bird		Ku-Ring-Gai	15.87m
10 Bridget Daley		Northern Suburbs	15.79m
11 Bronte Hodson		Northern Suburbs	15.20m
12 Madeleine Taudin		Manly Warringah	13.85m
13 Jessica Bryant		Manly Warringah	13.49m
14 Emma Pearson		Hornsby	10.23m

Girls U 11 - Discus (750 Gram)

=====			
Region: R 35.18m 18/02/2007 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1 Hannah Morgan		Northern Suburbs	28.53m
2 Kate Peterson		Parramatta	28.49m
3 Georgia O'connor		Cherrybrook	25.76m
4 jada powell		Ku-Ring-Gai	23.79m
5 Imogen Harrigan		Parramatta	21.62m
6 Freya Carley		Manly Warringah	21.29m
7 Madison Sloane		Parramatta	20.60m
8 Astreia Denby		Hornsby	19.96m
9 Evelyn McKay		Northern Suburbs	19.44m
10 Alana Kavanagh		Nth Rocks Carlin	18.64m
11 Kayla McCormack		Hornsby	15.86m
12 Rachel Fairhall		Ryde	15.82m
13 Mackenzie Williams		Northern Districts	13.72m
14 Ta'Alili Feaunati		Ku-Ring-Gai	4.64m

Girls U 12 - Discus (750 Gram)

=====			
Region: R 43.10m 16/02/2008 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1 Amy Polikowski		Manly Warringah	31.48m
2 Georgia Duncan		Ku-Ring-Gai	26.91m
3 Samantha Davis		Mosman	25.81m
4 Alyssa Logan		Manly Warringah	25.13m

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

5	Sabina Nilsson	Hornsby	23.12m
6	Madeline Playford	Northern Districts	22.27m
7	Brooke Niccol	Hornsby	21.45m
8	Jasmine Bonomi	Manly Warringah	21.04m
9	Saskia Newman	Northern Suburbs	17.51m
10	Lauren Brown	Northern Suburbs	17.12m
11	Catherine Elgood	Ryde	16.12m
12	Jasmine Healy	Northern Suburbs	15.49m
13	Gemma Zantiotis	Northern Suburbs	15.34m

Girls U 13 - Discus (750 Gram)

=====			
Region: R 46.71m 21/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Kate Collett	Cherrybrook	36.32m
2	Claire Eaton	Cherrybrook	32.26m
3	Lisa Catzel	Ku-Ring-Gai	32.22m
4	Edita Grinbergs	Manly Warringah	31.56m
5	Brooke East	Northern Suburbs	30.13m
6	Julia Kelland	Ryde	27.41m
7	Georgie Jaques	Manly Warringah	27.41m
8	Hannah Tall	Ryde	25.56m
9	Eleanor Lidbetter	Hornsby	23.65m
10	Charlotte Banks	Hornsby	20.86m
11	Junyi Fang	Ryde	19.91m
12	Novini Jayasinghe	Parramatta	19.46m
13	Claire Hutchison	Northern Districts	17.61m
14	Hannah Pearson	Parramatta	16.89m

Girls U 14 - Discus (1.0 Kg)

=====			
Region: R 42.86m 27/02/2010 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Kristina Moore	Cherrybrook	33.98m
2	Mallory Bassett	Hornsby	33.10m
3	Lauren Clark	Cherrybrook	29.63m
4	Georgina Lemckert	Northern Districts	27.28m
5	Emily Smelt	Northern Suburbs	26.93m
6	Brooke Matheson	Ryde	25.75m
7	Josephine Ritchie	Manly Warringah	22.54m
8	Jessica Brown	Ryde	19.70m
9	Lauryn Walker	Northern Suburbs	17.07m
10	Kate Milne	Nth Rocks Carlin	16.72m
11	Jade Hackett	Manly Warringah	14.82m

Girls U 15 - Discus (1.0 Kg)

=====			
Region: R 44.32m 1995 V LLOYD, Tiger Wests			
Name	Age	Centre	Final
=====			
1	Tiana Hazlewood	Northern Districts	36.04m
2	Nicola Bowtell	Ryde	32.41m
3	Brianna Gibson	Northern Suburbs	30.59m
4	Kate Spender	Cherrybrook	27.88m
5	Chloe Singleton	Parramatta	25.64m
6	Sophia Jacques	Manly Warringah	25.41m
7	Karissa Kuka	Nth Rocks Carlin	24.22m
8	Crystal Overton	Ryde	24.10m

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

9	Madeleine Vaz	Northern Suburbs	20.77m
10	Jemima Moffat	Northern Districts	20.54m
11	Samantha Bowden	Ku-Ring-Gai	19.41m

Girls U 17 - Discus (1.0 Kg)

=====			
Region: R 39.36m 16/02/2013 Maddy Bergfield, RYDE			
Name	Age	Centre	Final
=====			
1	Phoebe Carter	Mosman	30.46m
2	Georgia Swinton	Ku-Ring-Gai	28.48m
3	Sarah Kelland	Ryde	27.68m
4	Lauren Bassett	Hornsby	25.57m
5	Isabel De Laine	Northern Suburbs	24.29m
6	Isabelle Gorton	Parramatta	22.97m
7	Emma Welch	Manly Warringah	21.69m
8	Ashleigh Carter	Manly Warringah	21.48m
9	Sami Ward	Manly Warringah	20.66m
10	Catherine Doherty	Northern Suburbs	19.63m
11	Lauren Gilbert	Parramatta	18.12m
12	Brenna Roberts	Northern Districts	17.07m
13	Nicola Fiore	Parramatta	16.74m
14	Katia Molen Grigull	Manly Warringah	15.65m

Girls U 12 - Javelin (400 Gram)

=====			
Region: R 30.70m 15/02/2014 Amie Bowrey, Cherrybrook			
Name	Age	Centre	Final
=====			
1	Amie Bowrey	Cherrybrook	30.70mR
2	Madeline Finlay	Northern Districts	19.32m
3	Khiala Holmes	Manly Warringah	18.37m
4	Alyssa Logan	Manly Warringah	17.96m
5	Taylah Waite	Northern Districts	15.12m
6	Sarah Collins	Parramatta	14.51m
7	Kahlia Rae	Northern Districts	14.21m
8	Olivia O'Donnell	Mosman	14.05m
9	Nicola Markley	Manly Warringah	9.16m
10	Ashlie Edwards	Manly Warringah	8.74m

Girls U 13 - Javelin (400 Gram)

=====			
Region: R 44.37m 21/02/2009 Taylah Sengul, Winston Hills			
Name	Age	Centre	Final
=====			
1	Brooke East	Northern Suburbs	36.01m
2	Kate Collett	Cherrybrook	33.81m
3	Julia Kelland	Ryde	29.31m
4	Edita Grinbergs	Manly Warringah	22.00m
5	Georgie Jaques	Manly Warringah	20.20m
6	Ashleigh O'Keefe	Nth Rocks Carlin	20.05m
7	Alannah Kuka	Nth Rocks Carlin	19.60m
8	Eleanor Lidbetter	Hornsby	19.33m
9	Charlotte Banks	Hornsby	19.22m
10	Claire Eaton	Cherrybrook	18.93m
11	Tamara Kowcz Rosinke	Northern Suburbs	18.46m
12	Novini Jayasinghe	Parramatta	17.83m
13	Nikkita Clark	Cherrybrook	13.49m
14	Courtney Laytham	Manly Warringah	13.39m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 14 - Javelin (400 Gram)**

Region: R 35.33m 15/02/2014 Chloe Davis, Ryde			
Name	Age	Centre	Final
1	Chloe Davis	Ryde	35.33mR
2	Mallory Bassett	Hornsby	33.48m
3	Kristina Moore	Cherrybrook	33.47m
4	Charlotte Patterson	Northern Suburbs	30.72m
5	Hannah Swinton	Ku-Ring-Gai	26.03m
6	Georgina Lemckert	Northern Districts	24.97m
7	Hannah Thornton	Ku-Ring-Gai	24.75m
8	Emily Smelt	Northern Suburbs	22.24m
9	Briony Black	Northern Suburbs	20.94m
10	Kate Milne	Nth Rocks Carlin	16.49m
11	Sophie Crichton	Ku-Ring-Gai	15.18m

Girls U 15 - Javelin (500 Gram)

Region: R 41.89m 19/02/2012 Alysha Burnett, Northern Dis			
Name	Age	Centre	Final
1	Tiana Hazlewood	Northern Districts	32.71m
2	Brianna Gibson	Northern Suburbs	31.19m
3	Karissa Kuka	Nth Rocks Carlin	28.69m
4	Sophia Jacques	Manly Warringah	28.58m
5	Emma Baptist	Northern Suburbs	26.88m
6	Kate Spender	Cherrybrook	26.77m
7	Katherine Du	Ryde	24.15m
8	Jennifer Lambert	Manly Warringah	20.20m
9	Madeleine Vaz	Northern Suburbs	18.35m
10	Zoe Kavanagh	Nth Rocks Carlin	17.47m
11	Jadine Zajic	Ryde	17.35m
12	Chloe Singleton	Parramatta	16.14m

Girls U 17 - Javelin (500 Gram)

Region: R 36.73m 18/02/2012 Casey Judge, Tuggerah Lakes			
Name	Age	Centre	Final
1	Georgia Swinton	Ku-Ring-Gai	34.03m
2	Sarah Kelland	Ryde	31.72m
3	Phoebe Carter	Mosman	26.90m
4	Sami Ward	Manly Warringah	26.52m
5	Ashleigh Carter	Manly Warringah	26.42m
6	Lauren Bassett	Hornsby	26.08m
7	Isabelle Gorton	Parramatta	25.24m
8	Nicola Fiore	Parramatta	21.64m
9	Emma Welch	Manly Warringah	18.32m
10	Arlia Patterson	Manly Warringah	15.49m
11	Pippa James	Northern Suburbs	14.97m
12	Laura Welch	Manly Warringah	14.12m

Girls U 9 - 700 Metre Walk

Region: R 3:27.40 22/02/2004 Amy Bettiol, Manly Warringa			
Name	Age	Centre	Final
Section 1			
1	Tara Laytham	Manly Warringah	3:45.85
2	Alexandra Sinclair	Manly Warringah	4:02.56
3	Ava McMillan	Manly Warringah	4:03.36

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 700 Metre Walk**

4	Courtney Mavin	Ku-Ring-Gai	4:10.75
5	Emma Thomas	Parramatta	4:11.84
6	Alannah Hickson	Ku-Ring-Gai	4:12.63
7	Jasmin Kennett	Parramatta	4:22.79
8	Izabella Kalachian	Ryde	4:23.58
9	Samantha Hardingham	Northern Suburbs	4:30.24
10	Abbey Melville	Manly Warringah	4:38.80
11	Claudia Attard	Parramatta	4:40.76
12	Emily Metcalfe	Ryde	4:42.97
13	Sarah Pearson	Parramatta	4:44.50
14	Katie McCarthy	Northern Suburbs	4:47.60

Girls U 10 - 1100 Metre Walk

=====			
Region: R 5:42.80 18/02/2007 Tayla-Paige Billington, Man			
Name	Age	Centre	Final
=====			
1	Elizabeth McMillen	Manly Warringah	6:11.48
2	Olivia Thomson	Manly Warringah	6:18.93
3	Astrid Osborn	Manly Warringah	6:46.95
4	Monique Hore	Northern Suburbs	6:53.37
5	Alana Shehadie	Parramatta	7:08.35
6	Eleanor Joyce	Ku-Ring-Gai	7:31.59
7	Bridget Daley	Northern Suburbs	7:39.59
8	Tara Watson	Ku-Ring-Gai	7:57.13
--	Georgia Arcus	Ryde	DQ

Girls U 11 - 1100 Metre Walk

=====			
Region: R 5:23.40 28/02/2010 Jasmyn McDonald, Parramatta			
Name	Age	Centre	Final
=====			
1	Haley Mills	Parramatta	5:49.64
2	Alana Kavanagh	Nth Rocks Carlin	5:52.54
3	Hannah Parker	Manly Warringah	6:03.07
4	Imogen Steele	Northern Suburbs	6:04.73
5	sophie chamberlain	Ku-Ring-Gai	6:19.75
6	Lucie Oliver	Parramatta	6:25.39
7	Charlotte Lees	Northern Suburbs	7:25.83
8	Prudence Silver	Northern Districts	7:36.54
9	Annabelle Browne	Parramatta	7:41.91
10	Olivia Dyer	Ryde	7:59.64
11	alison cook	Ku-Ring-Gai	8:19.68
12	Mia Hackett	Manly Warringah	8:22.11
13	Amy Oates	Parramatta	8:24.55

Girls U 12 - 1500 Metre Walk

=====			
Region: R 7:19.05 17/02/2013 Eliza De Laine, Northern Su			
Name	Age	Centre	Final
=====			
1	Abbey Waterworth	Manly Warringah	8:37.35
2	Taya-Jade Radford	Manly Warringah	8:38.75
3	Flynn Ross	Parramatta	9:21.29
4	Laura Watkins	Ku-Ring-Gai	9:22.18
5	Emily Crichton	Ku-Ring-Gai	9:47.19
6	Annabelle Walker	Northern Suburbs	9:49.67
7	Lily Johnson	Ku-Ring-Gai	9:50.04
8	Cara Murray	Northern Suburbs	9:54.85
9	Ainslie Brown	Northern Suburbs	9:58.28

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 12 - 1500 Metre Walk**

10	Tayla Gerace	Manly Warringah	10:12.52
11	Lucia Massaro	Northern Suburbs	10:37.81
12	Emma Scroope	Northern Suburbs	10:49.17

Girls U 13 - 1500 Metre Walk

Region: R 7:04.00 17/02/2008 Amy Bettiol, Manly Warringah			
Name	Age	Centre	Final
1	Eliza De Laine	Northern Suburbs	7:21.73
2	Samantha Brown	Hornsby	7:39.57
3	Abbey mcMillen	Manly Warringah	8:13.97
4	Yasmin Mills	Parramatta	8:27.67
5	Daniela Salisbury	Ku-Ring-Gai	8:44.01
6	Ashleigh O'Keefe	Nth Rocks Carlin	8:47.97
7	Courtney Laytham	Manly Warringah	8:55.51
8	Hannah Pearson	Parramatta	10:27.93

Girls U 14 - 1500 Metre Walk

Region: R 6:52.04 17/02/2013 Jasmyn McDonald, Parramatta			
Name	Age	Centre	Final
1	Sophie Crichton	Ku-Ring-Gai	8:09.40
2	Briony Black	Northern Suburbs	9:02.69
3	Melissa Hoy	Parramatta	9:03.19
--	Mia Mylonas	Parramatta	DQ

Girls U 15 - 1500 Metre Walk

Region: R 6:53.10 19/02/2006 Melissa Hayes, Kings Langle			
Name	Age	Centre	Final
1	Jasmyn McDonald	Parramatta	7:04.84
2	Lucy Francis	Ku-Ring-Gai	7:29.02
3	Julia Cormio	Hornsby	13:19.28

Girls U 17 - 1500 Metre Walk

Region: R 6:59.47 17/02/2013 Tayla-Paige Billington, MOS			
Name	Age	Centre	Final
1	Sarah Kelland	Ryde	8:56.67
2	Courtney Bicknell	Northern Districts	10:37.44

Boys U 8 - 70 Metre Sprint

Region: R 10.60 19/02/2006 Jordan Shelley, Hills Distric			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Jack Carmichael	Ku-Ring-Gai	11.33Q
2	Joshua Pozzolungo	Parramatta	11.35Q
3	Harry Court	Ryde	11.68Q
4	Evan Venning	Northern Suburbs	11.73q
5	Henry O'Gara	Ku-Ring-Gai	11.95
6	Bailey Chapman	Cherrybrook	12.24
Heat 2 Heats			
1	Jett Sully	Manly Warringah	11.17Q
2	William Austin	Northern Districts	11.29Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 70 Metre Sprint

3	James Harden	Ku-Ring-Gai	11.56Q
4	Julian Lee	Northern Suburbs	11.63q
5	Oliver Pozzecco	Ku-Ring-Gai	11.97
6	Will Rylands	Manly Warringah	12.23
7	Dominic Herngren	Ryde	12.51
8	Daniel Harvey	Northern Suburbs	12.89

Boys U 8 - 70 Metre Sprint

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

Section 1 Final			
1	Jett Sully	Manly Warringah	11.32
2	Joshua Pozzolongo	Parramatta	11.56
3	Jack Carmichael	Ku-Ring-Gai	11.57
4	William Austin	Northern Districts	11.58
5	James Harden	Ku-Ring-Gai	11.76
6	Evan Venning	Northern Suburbs	11.77
7	Julian Lee	Northern Suburbs	11.80
8	Harry Court	Ryde	11.85

Boys U 9 - 70 Metre Sprint

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

Heat 1 Heats			
1	Brody Paterson	Northern Suburbs	10.79Q
2	Jeremy Plummer	Ryde	10.85Q
3	Sam Marsden	Cherrybrook	10.96Q
4	Charlie Wilson	Manly Warringah	11.07q
5	Joseph Lynch	Manly Warringah	11.09
6	Bradley Kelly	Parramatta	11.23
7	Ethan Harrigan	Parramatta	12.44
Heat 2 Heats			
1	Tama Simpkins	Northern Districts	10.58Q
2	Joshua Gedz	Manly Warringah	10.71Q
3	Harry Anderson	Ku-Ring-Gai	10.73Q
4	Thomas Fischer	Northern Districts	10.83q
5	Aidan Jones	Ku-Ring-Gai	11.25
6	Lance David	Parramatta	12.07

Boys U 9 - 70 Metre Sprint

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

Section 1 Final			
1	Joshua Gedz	Manly Warringah	10.85
2	Jeremy Plummer	Ryde	10.90
3	Tama Simpkins	Northern Districts	10.90
4	Thomas Fischer	Northern Districts	10.96
5	Harry Anderson	Ku-Ring-Gai	10.97
6	Brody Paterson	Northern Suburbs	11.09
7	Charlie Wilson	Manly Warringah	11.26
8	Sam Marsden	Cherrybrook	11.29

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 10 - 70 Metre Sprint**

Region: R 9.50 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Aiden Mostofi		Ku-Ring-Gai	10.16Q
2 Harrison Wild		Northern Suburbs	10.42Q
3 Alex Sherlock		Ku-Ring-Gai	10.47Q
4 Austin Little		Northern Suburbs	10.52q
5 Sam Bates		Ku-Ring-Gai	10.71
6 Andrew Hill		Hornsby	10.78
7 Max Purcell		Northern Suburbs	11.07
Heat 2 Heats			
1 Daniel Bertolissio		Parramatta	10.04Q
2 Zachery Gardner		Manly Warringah	10.12Q
3 Cameron Kemmis		Hornsby	10.24Q
4 Samuel Valderrama		Northern Districts	10.55q
5 Adam Bruntsch		Ryde	10.90

Boys U 10 - 70 Metre Sprint

Region: R 9.50 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Daniel Bertolissio		Parramatta	10.08
2 Zachery Gardner		Manly Warringah	10.10
3 Aiden Mostofi		Ku-Ring-Gai	10.35
4 Alex Sherlock		Ku-Ring-Gai	10.54
5 Harrison Wild		Northern Suburbs	10.57
6 Samuel Valderrama		Northern Districts	10.75
7 Austin Little		Northern Suburbs	10.95

Boys U 8 - 100 Metre Sprint

Region: R 13.90 1995 J DeSilva, Winston Hills			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Harry Clarke		Cherrybrook	15.63Q
2 Jett Sully		Manly Warringah	15.84Q
3 Alexander Trueman		Manly Warringah	16.20Q
4 Jack Carmichael		Ku-Ring-Gai	16.40q
5 Levi Dirks		Cherrybrook	16.65
6 Julian Lee		Northern Suburbs	16.77
7 Matt Ashcroft		Hornsby	16.88
8 Oliver Pozzecco		Ku-Ring-Gai	17.04
Heat 2 Heats			
1 Lachlan Herbert		Ku-Ring-Gai	15.68Q
2 Joshua Pozzolungo		Parramatta	16.09Q
3 Finnlay Bartlett		Mosman	16.53Q
3 Lucas Sassen		Parramatta	16.53Q
5 Harry Court		Ryde	16.58
6 Evan Venning		Northern Suburbs	16.67
7 Evan Dransfield		Northern Suburbs	16.95

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 8 - 100 Metre Sprint**

Region: R 13.90 1995 J DeSilva, Winston Hills			
Name	Age	Centre	Final
Section 1 Final			
1 Lachlan Herbert		Ku-Ring-Gai	15.36
2 Harry Clarke		Cherrybrook	15.53
3 Jett Sully		Manly Warringah	15.68
4 Joshua Pozzolungo		Parramatta	16.14
5 Finnlay Bartlett		Mosman	16.31
6 Alexander Trueman		Manly Warringah	16.36
7 Jack Carmichael		Ku-Ring-Gai	16.41
8 Lucas Sassen		Parramatta	16.65

Boys U 9 - 100 Metre Sprint

Region: R 13.90 2000 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Thomas Klem		Manly Warringah	15.23Q
2 Aidan Jones		Ku-Ring-Gai	15.46Q
3 Luke Jubb		Ryde	15.53Q
4 Brody Paterson		Northern Suburbs	15.57q
5 Zachary Roome		Manly Warringah	16.28
6 Benjamin Harris		Ryde	16.87
-- Ramsey Cook		Manly Warringah	DQ
Heat 2 Heats			
1 Tama Simpkins		Northern Districts	15.01Q
2 Joshua Gedz		Manly Warringah	15.14Q
3 Nathan Hall		Nth Rocks Carlin	15.20Q
4 Tristan Asher		Cherrybrook	15.50q
5 Sam Marsden		Cherrybrook	16.11
6 Ryan Frykberg		Cherrybrook	16.52

Boys U 9 - 100 Metre Sprint

Region: R 13.90 2000 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Tama Simpkins		Northern Districts	14.82
2 Nathan Hall		Nth Rocks Carlin	14.98
3 Thomas Klem		Manly Warringah	15.12
4 Joshua Gedz		Manly Warringah	15.13
5 Aidan Jones		Ku-Ring-Gai	15.16
6 Luke Jubb		Ryde	15.23
7 Brody Paterson		Northern Suburbs	15.42
8 Tristan Asher		Cherrybrook	15.43

Boys U 10 - 100 Metre Sprint

Region: R 13.30 2000 Joshua Mulligan, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zachery Gardner		Manly Warringah	14.51Q
2 Alex Sherlock		Ku-Ring-Gai	14.78Q
3 Andrew Hill		Hornsby	14.88Q
4 Sehan Samaragunaratna		Parramatta	14.90q
5 Samuel Valderrama		Northern Districts	15.36

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 100 Metre Sprint**

6	Elijah Shipley	Hornsby	15.69
Heat 2 Heats			
1	Daniel Bertolissio	Parramatta	14.15Q
2	Cameron Kemmis	Hornsby	14.46Q
3	Aiden Mostofi	Ku-Ring-Gai	14.53Q
4	Harrison Wild	Northern Suburbs	14.84q
5	Ethan Jeffrey	Northern Suburbs	15.27
6	Luke Simpson	Manly Warringah	15.66

Boys U 10 - 100 Metre Sprint

=====			
Region: R 13.30		2000	Joshua Mulligan, Gosford
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Daniel Bertolissio	Parramatta	14.18
2	Zachery Gardner	Manly Warringah	14.35
3	Cameron Kemmis	Hornsby	14.40
4	Alex Sherlock	Ku-Ring-Gai	14.62
5	Harrison Wild	Northern Suburbs	14.74
6	Sehan Samaragunaratna	Parramatta	14.97
7	Andrew Hill	Hornsby	15.12
--	Aiden Mostofi	Ku-Ring-Gai	DQ

Boys U 11 - 100 Metre Sprint

=====			
Region: R 13.10		2005	Nicholas Hough, Hills Distric
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Connor Bond	Ku-Ring-Gai	14.15Q
2	Max Holmes	Northern Suburbs	14.26Q
3	Aymeric Moloney	Manly Warringah	14.43Q
4	Thomas Le Sueur	Manly Warringah	14.99q
5	Jacob Rodriguez	Parramatta	15.20
6	Jordan Best	Mosman	15.76
Heat 2 Heats			
1	Max Hirst	Cherrybrook	14.50Q
2	Jordan Metcalfe	Ryde	14.64Q
3	Jett Tall	Ryde	14.89Q
4	William Bowden	Cherrybrook	14.92q
5	Callum Brown	Mosman	15.21
6	Luke Blahuta	Manly Warringah	15.27
7	Leyton Jones	Ku-Ring-Gai	16.04

Boys U 11 - 100 Metre Sprint

=====			
Region: R 13.10		2005	Nicholas Hough, Hills Distric
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Connor Bond	Ku-Ring-Gai	13.82
2	Jordan Metcalfe	Ryde	14.10
3	Max Hirst	Cherrybrook	14.11
4	Aymeric Moloney	Manly Warringah	14.20
5	Max Holmes	Northern Suburbs	14.35
6	Jett Tall	Ryde	14.68
7	William Bowden	Cherrybrook	14.76
8	Thomas Le Sueur	Manly Warringah	14.86

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

Region: R 12.30 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Kaeo Weekes		Northern Districts	13.56Q
2 Dillon Harris		Northern Suburbs	13.66Q
3 Tyrese Vidal		Ku-Ring-Gai	14.23Q
4 Luke Van Ratingen		Manly Warringah	14.26q
5 Ben Simpson		Manly Warringah	14.29q
6 Gabe King		Nth Rocks Carlin	14.39
7 Thomas Hunt		Northern Suburbs	14.41
Heat 2 Heats			
1 Jack Berte		Northern Suburbs	14.04Q
2 Riley Leverett		Nth Rocks Carlin	14.50Q
3 Zane Camroux		Ryde	14.56Q
4 Oscar Davis		Mosman	14.62
5 Samuel Drull		Ku-Ring-Gai	14.67
6 Michael Newbrun		Ku-Ring-Gai	14.74

Boys U 12 - 100 Metre Sprint

Region: R 12.30 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Final
Section 1 Final			
1 Dillon Harris		Northern Suburbs	13.62
2 Jack Berte		Northern Suburbs	13.80
3 Tyrese Vidal		Ku-Ring-Gai	13.99
4 Ben Simpson		Manly Warringah	14.16
5 Riley Leverett		Nth Rocks Carlin	14.25
6 Zane Camroux		Ryde	14.26
7 Luke Van Ratingen		Manly Warringah	14.28
-- Kaeo Weekes		Northern Districts	DQ

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 Nathaniel Wong		Mosman	12.97Q
2 Ben Kinasch		Cherrybrook	13.11Q
3 James Roffe		Cherrybrook	13.12Q
4 Daniel Bowtell		Ryde	13.75q
5 Ben Tavner		Cherrybrook	13.78
6 James Tarte		Northern Districts	13.79
7 Aldwin Arambulo		Mosman	13.96
8 Timothy Gillies		Northern Districts	14.13
Heat 2 Heats			
1 Lachlan Don		Manly Warringah	13.19Q
2 Harrison Muller		Ku-Ring-Gai	13.25Q
3 Sebastian Herbert		Ku-Ring-Gai	13.55Q
4 Ryan Leatt		Ku-Ring-Gai	13.76q
5 Harish Abimanju		Cherrybrook	13.85
6 Jaxsyn Davies		Parramatta	13.91
7 Joshua Bennett		Cherrybrook	14.58

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****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 Ben Kinasch		Cherrybrook	13.16
2 Nathaniel Wong		Mosman	13.25
3 James Roffe		Cherrybrook	13.35
4 Harrison Muller		Ku-Ring-Gai	13.43
5 Lachlan Don		Manly Warringah	13.54
6 Sebastian Herbert		Ku-Ring-Gai	13.79
7 Ryan Leatt		Ku-Ring-Gai	13.94
8 Daniel Bowtell		Ryde	14.12

Boys U 14 - 100 Metre Sprint

Region: R 11.20 1995 Scott Fraser, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Harry Frederick		Northern Districts	12.14Q
2 Oliver Jacquot		Cherrybrook	12.52Q
3 Angus Treeby		Manly Warringah	12.84Q
4 Jamie Basheer		Northern Suburbs	12.88q
5 Finnian Kelleher		Manly Warringah	13.07
6 Joshua Zhu		Hornsby	13.44
Heat 2 Heats			
1 Lewis Clabburn		Cherrybrook	12.13Q
2 Victor Teo		Ku-Ring-Gai	12.66Q
3 Gianni Cincotta-Lee		Manly Warringah	12.70Q
3 Donald Ohmer		Parramatta	12.70Q
5 Nicholas Ramakrishnan		Cherrybrook	13.21
6 Dante Vivanco		Northern Suburbs	13.52

Boys U 14 - 100 Metre Sprint

Region: R 11.20 1995 Scott Fraser, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Lewis Clabburn		Cherrybrook	12.06
2 Oliver Jacquot		Cherrybrook	12.46
3 Victor Teo		Ku-Ring-Gai	12.69
4 Donald Ohmer		Parramatta	12.85
5 Gianni Cincotta-Lee		Manly Warringah	12.90
6 Angus Treeby		Manly Warringah	12.92
7 Finnian Kelleher		Manly Warringah	13.25

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 Thomas Bostelman		Northern Districts	12.04Q
2 Stephen Todd		Nth Rocks Carlin	12.67Q
3 Gus Bailey		Manly Warringah	12.70Q
4 Sachin Shah		Northern Suburbs	12.71q
5 Liam Frankish		Ku-Ring-Gai	12.89q
6 Brad West		Manly Warringah	13.03
7 Eric Ferraro		Nth Rocks Carlin	13.10

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 15 - 100 Metre Sprint

Heat 2 Heats

1	Nicholas O'Donohue	Northern Suburbs	12.09Q
2	Morgan Sorensen	Manly Warringah	12.45Q
3	Willson Lowe	Manly Warringah	12.62Q
4	Juan Rasines Mazo	Mosman	13.10
5	Lance Cheney	Ryde	13.16
6	Mark Torney	Parramatta	13.19

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	Nicholas O'Donohue	Northern Suburbs	12.11
2	Thomas Bostelman	Northern Districts	12.21
3	Morgan Sorensen	Manly Warringah	12.67
4	Willson Lowe	Manly Warringah	12.71
5	Stephen Todd	Nth Rocks Carlin	12.80
6	Gus Bailey	Manly Warringah	12.83
7	Sachin Shah	Northern Suburbs	12.85

Boys U 17 - 100 Metre Sprint

=====
 Region: R 11.07 16/02/2013 Joshua Swan, MOSMAN
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Antonio Galati	Ryde	11.42Q
2	Alex Moore	Cherrybrook	11.73Q
3	Justin Brown	Manly Warringah	11.89Q
4	Owen Mitchell	Manly Warringah	11.90q
5	Ben Mackay	Northern Suburbs	12.03q

Heat 2 Heats

1	Jordan Shelley	Cherrybrook	11.59Q
2	Patrick Frith	Manly Warringah	11.83Q
3	James Ellis	Northern Suburbs	12.09Q
4	Saleh Sayer	Parramatta	12.38
5	Timothy Sharp	Northern Districts	12.62
6	Benjamin Woollett	Hornsby	12.97

Boys U 17 - 100 Metre Sprint

=====
 Region: R 11.07 16/02/2013 Joshua Swan, MOSMAN
 Name Age Centre Final
 =====

Section 1 Final

1	Jordan Shelley	Cherrybrook	11.41
2	Antonio Galati	Ryde	11.51
3	Ben Mackay	Northern Suburbs	12.13
4	James Ellis	Northern Suburbs	12.15
5	Owen Mitchell	Manly Warringah	12.49

Boys U 8 - 200 Metre Sprint

=====
 Region: R 31.00 2001 Alexander Pettigrew, Hornsby
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Harry Clarke	Cherrybrook	33.29Q
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 200 Metre Sprint**

2 James Harden	Ku-Ring-Gai	33.94Q
3 Julian Lee	Northern Suburbs	35.02Q
4 Lucas Sassen	Parramatta	35.19
5 Harry Court	Ryde	35.45
6 Timothy Forster	Hornsby	35.78
7 Matthew Hogg	Mosman	37.75

Heat 2 Heats

1 Lachlan Herbert	Ku-Ring-Gai	33.52Q
2 Jett Sully	Manly Warringah	34.00Q
3 William Austin	Northern Districts	34.61Q
4 Jack Carmichael	Ku-Ring-Gai	34.79q
5 Evan Venning	Northern Suburbs	35.02q
6 Thomas Brennan	Nth Rocks Carlin	36.14
7 Will Rylands	Manly Warringah	37.11
8 Nicholas Solomonides	Nth Rocks Carlin	39.08

Boys U 8 - 200 Metre Sprint

=====			
Region:	R 31.00	2001	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			

Section 1 Final

1 Lachlan Herbert	Ku-Ring-Gai	32.15
2 Harry Clarke	Cherrybrook	32.85
3 Jett Sully	Manly Warringah	33.53
4 James Harden	Ku-Ring-Gai	33.91
5 Evan Venning	Northern Suburbs	34.72
6 William Austin	Northern Districts	34.79
7 Julian Lee	Northern Suburbs	34.93
8 Jack Carmichael	Ku-Ring-Gai	35.44

Boys U 9 - 200 Metre Sprint

=====			
Region:	R 29.10	2002	Alexander Pettigrew, Hornsby
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Tama Simpkins	Northern Districts	31.49Q
2 Luke Jubb	Ryde	31.63Q
3 Brody Paterson	Northern Suburbs	31.67Q
4 Aidan Jones	Ku-Ring-Gai	31.91q
5 Sam Marsden	Cherrybrook	32.37q
6 Samiuela Moala	Ryde	34.74

Heat 2 Heats

1 Nathan Hall	Nth Rocks Carlin	31.08Q
2 Thomas Klem	Manly Warringah	31.19Q
3 Daniel Davis	Ku-Ring-Gai	32.55Q
4 Xavier Bryce	Manly Warringah	32.97
5 Ryan Johnstone	Hornsby	33.05
6 Zachary Roome	Manly Warringah	33.15
7 Dylan Searle	Cherrybrook	33.66

Boys U 9 - 200 Metre Sprint

=====			
Region:	R 29.10	2002	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			

Section 1 Final

1 Nathan Hall	Nth Rocks Carlin	31.18
2 Thomas Klem	Manly Warringah	31.23

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

3 Tama Simpkins	Northern Districts	32.01
4 Luke Jubb	Ryde	32.16
5 Brody Paterson	Northern Suburbs	32.29
6 Aidan Jones	Ku-Ring-Gai	32.68
7 Daniel Davis	Ku-Ring-Gai	33.64

Boys U 10 - 200 Metre Sprint

=====			
Region:	R 27.50	2001	Justin Hayward, Manly Warring
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Zachery Gardner		Manly Warringah	29.05Q
2 Aiden Mostofi		Ku-Ring-Gai	29.67Q
3 Harrison Wild		Northern Suburbs	30.72Q
4 Sam Bates		Ku-Ring-Gai	30.81
5 Adam Bruntsch		Ryde	31.51
6 Nicholas Salvemini		Cherrybrook	32.76
7 Oliver Judge		Northern Suburbs	34.62
Heat 2 Heats			
1 Daniel Bertolissio		Parramatta	29.75Q
2 Alex Sherlock		Ku-Ring-Gai	29.78Q
3 Cameron Kemmis		Hornsby	29.91Q
4 Riley Hemsworth		Ku-Ring-Gai	30.52q
5 Andrew Hill		Hornsby	30.77q
6 Raff De Stradis		Hornsby	31.70
7 Max Purcell		Northern Suburbs	31.91

Boys U 10 - 200 Metre Sprint

=====			
Region:	R 27.50	2001	Justin Hayward, Manly Warring
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Zachery Gardner		Manly Warringah	29.04
2 Daniel Bertolissio		Parramatta	29.49
3 Aiden Mostofi		Ku-Ring-Gai	29.68
4 Alex Sherlock		Ku-Ring-Gai	29.95
5 Cameron Kemmis		Hornsby	30.17
6 Andrew Hill		Hornsby	30.92
7 Riley Hemsworth		Ku-Ring-Gai	31.35
8 Harrison Wild		Northern Suburbs	31.56

Boys U 11 - 200 Metre Sprint

=====			
Region:	R 27.10	22/02/2004	Alexander Pettigrew, Parramat
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Connor Bond		Ku-Ring-Gai	28.36Q
2 Max Holmes		Northern Suburbs	28.69Q
3 Jonathan Friend		Hornsby	28.80Q
4 James Constable		Ku-Ring-Gai	29.16q
5 Thomas Le Sueur		Manly Warringah	29.81q
6 William Bowden		Cherrybrook	31.03
Heat 2 Heats			
1 Max Hirst		Cherrybrook	28.93Q
2 Jai Lagois		Manly Warringah	30.00Q
3 Zac Freeman		Manly Warringah	30.15Q
4 Joshua Arcus		Ryde	30.17

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

5 Elijah Keenan	Ryde	31.72
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Boys U 11 - 200 Metre Sprint

Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramat			
Name	Age	Centre	Final
Section 1 Final			
1 Connor Bond		Ku-Ring-Gai	28.26
2 Max Hirst		Cherrybrook	28.49
3 Max Holmes		Northern Suburbs	28.97
4 Jonathan Friend		Hornsby	29.23
5 James Constable		Ku-Ring-Gai	29.70
6 Jai Lagois		Manly Warringah	30.01
7 Thomas Le Sueur		Manly Warringah	30.19
8 Zac Freeman		Manly Warringah	30.91

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Thomas Hunt		Northern Suburbs	28.99Q
2 Naasson Hill		Hornsby	30.05Q
3 Oscar Browne		Parramatta	30.75Q
4 Ethan Burgess		Ku-Ring-Gai	31.19
Heat 2 Heats			
1 Dillon Harris		Northern Suburbs	27.78Q
2 Hamish Murray		Hornsby	28.17Q
3 Riley Leverett		Nth Rocks Carlin	28.53Q
4 Gabe King		Nth Rocks Carlin	28.95q
5 Locky Khun		Mosman	29.00q
6 Nick Burgess		Manly Warringah	30.18

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Final
Section 1 Final			
1 Dillon Harris		Northern Suburbs	27.58
2 Thomas Hunt		Northern Suburbs	27.87
3 Hamish Murray		Hornsby	28.43
4 Riley Leverett		Nth Rocks Carlin	29.04
5 Locky Khun		Mosman	29.23
6 Oscar Browne		Parramatta	29.38
7 Gabe King		Nth Rocks Carlin	30.22
8 Naasson Hill		Hornsby	30.75

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 James Roffe		Cherrybrook	27.25Q
2 Harish Abimanju		Cherrybrook	28.13Q
3 Lachlan Don		Manly Warringah	28.21Q
4 Luke Sully		Manly Warringah	28.43q

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 13 - 200 Metre Sprint**

5 Ben Tavner	Cherrybrook	29.19
6 Charlie Lovegrove	Northern Suburbs	29.99
7 Jake Woolnough	Nth Rocks Carlin	30.58

Heat 2 Heats

1 Daniel Bowtell	Ryde	27.54Q
2 James Tarte	Northern Districts	27.81Q
3 Ryan Leatt	Ku-Ring-Gai	28.12Q
4 Miles Sizer	Mosman	28.46q
5 Jaxsyn Davies	Parramatta	28.81
6 Timothy Gillies	Northern Districts	29.12
7 Max Gregan	Mosman	31.11

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 James Roffe	Cherrybrook	27.62
2 Daniel Bowtell	Ryde	27.71
3 Lachlan Don	Manly Warringah	27.93
4 James Tarte	Northern Districts	28.14
5 Ryan Leatt	Ku-Ring-Gai	28.40
6 Harish Abimanju	Cherrybrook	28.78
7 Luke Sully	Manly Warringah	28.80
8 Miles Sizer	Mosman	29.08

Boys U 14 - 200 Metre Sprint

Region: R 22.90 17/02/2008 Nicholas Hough, Hills Distric

Name Age Centre Heats

Heat 1 Heats

1 Oliver Jacquot	Cherrybrook	24.69Q
2 John Economides	Manly Warringah	25.30Q
3 Louis Purcell	Ryde	25.32Q
4 Lawrence Vosper	Nth Rocks Carlin	26.05q
5 Finnian Kelleher	Manly Warringah	27.11q
6 Dante Vivanco	Northern Suburbs	27.69

Heat 2 Heats

1 Lewis Clabburn	Cherrybrook	25.30Q
2 Donald Ohmer	Parramatta	26.28Q
3 Benjamin Collins	Northern Districts	26.56Q
4 Victor Teo	Ku-Ring-Gai	28.57

Boys U 14 - 200 Metre Sprint

Region: R 22.90 17/02/2008 Nicholas Hough, Hills Distric

Name Age Centre Final

Section 1 Final

1 Oliver Jacquot	Cherrybrook	24.49
2 Lewis Clabburn	Cherrybrook	24.52
3 John Economides	Manly Warringah	25.52
4 Donald Ohmer	Parramatta	26.21
5 Louis Purcell	Ryde	26.27
6 Benjamin Collins	Northern Districts	26.87
7 Lawrence Vosper	Nth Rocks Carlin	27.27
8 Finnian Kelleher	Manly Warringah	27.54

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****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	Nicholas O'Donohue	Northern Suburbs	24.53Q
2	Morgan Sorensen	Manly Warringah	25.33Q
3	Gus Bailey	Manly Warringah	25.72Q
4	Lance Cheney	Ryde	27.01
Heat 2 Heats			
1	Sam Richardson	Northern Suburbs	25.12Q
2	Jayden Burgess	Ku-Ring-Gai	25.50Q
3	Sachin Shah	Northern Suburbs	25.54Q
4	Stephen Todd	Nth Rocks Carlin	26.12q
5	Brad West	Manly Warringah	26.25q

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	Nicholas O'Donohue	Northern Suburbs	24.65
2	Sam Richardson	Northern Suburbs	25.21
3	Morgan Sorensen	Manly Warringah	25.27
4	Gus Bailey	Manly Warringah	25.36
5	Sachin Shah	Northern Suburbs	25.77
6	Stephen Todd	Nth Rocks Carlin	26.23
7	Jayden Burgess	Ku-Ring-Gai	26.77

Boys U 17 - 200 Metre Sprint

Region: R 22.64 17/02/2013 Joshua Swan, MOSMAN			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Paul Salem	Ku-Ring-Gai	24.15Q
2	Jordan Shelley	Cherrybrook	24.19Q
3	Raymond Khattar	Northern Suburbs	25.18Q
4	Anthony Overton	Ryde	25.70q
5	Timothy Sharp	Northern Districts	25.87
Heat 2 Heats			
1	Antonio Galati	Ryde	23.98Q
2	Matthew Crowe	Northern Suburbs	24.37Q
3	Saleh Sayer	Parramatta	24.93Q
4	Keishon Lynch	Manly Warringah	25.08q

Boys U 17 - 200 Metre Sprint

Region: R 22.64 17/02/2013 Joshua Swan, MOSMAN			
Name	Age	Centre	Final
Section 1 Final			
1	Jordan Shelley	Cherrybrook	22.72
2	Paul Salem	Ku-Ring-Gai	23.37
3	Matthew Crowe	Northern Suburbs	23.39
4	Antonio Galati	Ryde	23.71
5	Raymond Khattar	Northern Suburbs	24.89

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 8 - 400 Metre Sprint**

Region: R 1:09.70 2001 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lachlan Herbert		Ku-Ring-Gai	1:13.89Q
2 Evan Dransfield		Northern Suburbs	1:15.08Q
3 Owen Douglas		Ryde	1:16.83Q
4 Charlie Roughan		Northern Suburbs	1:18.63q
5 Lucas Sassen		Parramatta	1:20.78
6 Oscar Blackley		Manly Warringah	1:23.50
7 William Austin		Northern Districts	1:24.09
8 Will Rylands		Manly Warringah	1:24.60
Heat 2 Heats			
1 Harry Clarke		Cherrybrook	1:14.91Q
2 Thomas Brennan		Nth Rocks Carlin	1:16.61Q
3 Brodie Waldock		Northern Districts	1:19.03Q
4 Matthew Hogg		Mosman	1:20.09q
5 Joe Harvey		Nth Rocks Carlin	1:20.11
6 Julian Lee		Northern Suburbs	1:20.49
7 Sean Williams		Ku-Ring-Gai	1:21.11
8 Isaac Coghlan		Manly Warringah	1:21.28

Boys U 8 - 400 Metre Sprint

Region: R 1:09.70 2001 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1 Final			
1 Lachlan Herbert		Ku-Ring-Gai	1:12.71
2 Harry Clarke		Cherrybrook	1:14.38
3 Evan Dransfield		Northern Suburbs	1:14.94
4 Owen Douglas		Ryde	1:17.25
5 Charlie Roughan		Northern Suburbs	1:17.89
6 Thomas Brennan		Nth Rocks Carlin	1:19.16
7 Brodie Waldock		Northern Districts	1:21.08
8 Matthew Hogg		Mosman	1:21.77

Boys U 9 - 400 Metre Sprint

Region: R 1:05.30 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Thomas Klem		Manly Warringah	1:10.96Q
2 Zachary Roome		Manly Warringah	1:12.21Q
3 Ryan Frykberg		Cherrybrook	1:13.26Q
4 Lewis Fahey		Northern Suburbs	1:14.46q
5 Ethan Oliver		Northern Districts	1:15.45
Heat 2 Heats			
1 Lucas Head		Manly Warringah	1:10.26Q
2 Thomas Fischer		Northern Districts	1:11.08Q
3 Daniel Davis		Ku-Ring-Gai	1:11.85Q
4 Maxim Moloney		Manly Warringah	1:12.47q
5 Liam Pledger		Parramatta	1:17.20
6 Dylan Searle		Cherrybrook	1:17.74
7 Benjamin Harris		Ryde	1:21.06
8 Max Beram		Ryde	1:23.58

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

Region: R 1:05.30 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1 Final			
1 Thomas Fischer		Northern Districts	1:10.29
2 Thomas Klem		Manly Warringah	1:10.47
3 Lucas Head		Manly Warringah	1:10.62
3 Daniel Davis		Ku-Ring-Gai	1:10.62
5 Zachary Roome		Manly Warringah	1:12.07
6 Lewis Fahey		Northern Suburbs	1:14.38
7 Maxim Moloney		Manly Warringah	1:14.49
8 Ryan Frykberg		Cherrybrook	1:14.89

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 Andrew Hill		Hornsby	1:08.85Q
2 Joseph Rooney		Northern Suburbs	1:10.92Q
3 Sam Bates		Ku-Ring-Gai	1:12.42Q
4 Owen Marschner		Northern Suburbs	1:13.20
5 Andrew Verschoor		Manly Warringah	1:13.30
6 Hamish Mitchell		Cherrybrook	1:19.02
7 Ethan Jeffrey		Northern Suburbs	1:22.75
Heat 2 Heats			
1 Cameron Kemmis		Hornsby	1:08.35Q
2 Marcus Panetta		Northern Districts	1:09.66Q
3 Aiden Love		Northern Suburbs	1:10.92Q
4 Nicholas Salvemini		Cherrybrook	1:11.04q
5 Cameron Laytham		Manly Warringah	1:13.04q
6 Coby Walton		Northern Districts	1:13.66
7 James Farrington		Cherrybrook	1:15.33
8 Mitchell Rushworth		Ryde	1:17.11

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 Andrew Hill		Hornsby	1:06.38
2 Cameron Kemmis		Hornsby	1:07.33
3 Marcus Panetta		Northern Districts	1:08.90
4 Joseph Rooney		Northern Suburbs	1:10.66
5 Nicholas Salvemini		Cherrybrook	1:11.32
6 Sam Bates		Ku-Ring-Gai	1:12.77
7 Aiden Love		Northern Suburbs	1:14.25
8 Cameron Laytham		Manly Warringah	1:17.64

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 Jonathan Friend		Hornsby	1:05.09Q
2 Dominic Panozzo		Northern Suburbs	1:06.06Q
3 William Blackburn		Ku-Ring-Gai	1:08.17Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 11 - 400 Metre Sprint

4	Keanu Goehring	Manly Warringah	1:09.48q
5	Henry Furrer	Northern Suburbs	1:10.39
6	Max Depalo	Hornsby	1:13.13
7	Robert Attard	Parramatta	1:14.01
8	Finlay Ekins	Northern Suburbs	1:16.24

Heat 2 Heats

1	James Constable	Ku-Ring-Gai	1:04.40Q
2	Charlie East	Northern Suburbs	1:07.29Q
3	Harry Farrington	Cherrybrook	1:07.60Q
4	Jordan Metcalfe	Ryde	1:09.35q
5	Zac Freeman	Manly Warringah	1:10.80
6	Jaden Georgoulas	Ku-Ring-Gai	1:12.09
7	Kye Ullman	Manly Warringah	1:12.13
8	Oliver Robinson	Cherrybrook	1:12.72

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	James Constable	Ku-Ring-Gai	1:02.87
2	Jonathan Friend	Hornsby	1:04.39
3	Dominic Panozzo	Northern Suburbs	1:04.68
4	Charlie East	Northern Suburbs	1:06.73
5	Harry Farrington	Cherrybrook	1:07.07
6	Keanu Goehring	Manly Warringah	1:08.14
7	William Blackburn	Ku-Ring-Gai	1:09.74
--	Jordan Metcalfe	Ryde	DNF

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	Christian Cirino	Ryde	1:05.11Q
2	Jack Lewis	Manly Warringah	1:05.88Q
3	Lucky Khun	Mosman	1:06.90Q
4	Kieran Gorman	Manly Warringah	1:09.36q
5	Hashem Hijazi	Cherrybrook	1:11.93
6	Sean Merriman	Manly Warringah	1:12.47
7	Bayden Davies	Parramatta	1:12.50

Heat 2 Heats

1	Hamish Murray	Hornsby	1:07.09Q
2	Thomas Hunt	Northern Suburbs	1:07.36Q
3	James Wilson	Manly Warringah	1:07.89Q
4	Oscar Browne	Parramatta	1:07.96q
5	Ethan Burgess	Ku-Ring-Gai	1:10.64
6	Christopher Attard	Parramatta	1:13.22
7	Ewan Shingler	Northern Suburbs	1:16.30

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	Thomas Hunt	Northern Suburbs	1:01.57
2	Hamish Murray	Hornsby	1:01.79

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

3 Oscar Browne	Parramatta	1:04.56
4 Locky Khun	Mosman	1:06.81
5 Christian Cirino	Ryde	1:06.92
5 James Wilson	Manly Warringah	1:06.92
7 Kieran Gorman	Manly Warringah	1:08.10

Boys U 13 - 400 Metre Sprint

=====
 Region: R 55.70 27/02/2010 Stephen Eaton, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Austin Thomson	Ku-Ring-Gai	59.93Q
2 Nicholas Dang	Parramatta	1:01.23Q
3 Ryan Leatt	Ku-Ring-Gai	1:02.14Q
4 Daniel Rasmussen	Manly Warringah	1:05.19
5 Harish Abimanju	Cherrybrook	1:07.61
6 Kyle Walsh	Ku-Ring-Gai	1:07.93
7 Oliver Korthout	Cherrybrook	1:11.05

Heat 2 Heats

1 Bryn Lynch	Manly Warringah	1:01.26Q
2 Benjamin Bishop	Cherrybrook	1:02.00Q
3 Patrick Hore	Manly Warringah	1:02.57Q
4 Miles Sizer	Mosman	1:03.87q
5 Erik Frykberg	Cherrybrook	1:05.17q
6 Jake Woolnough	Nth Rocks Carlin	1:09.73

Boys U 13 - 400 Metre Sprint

=====
 Region: R 55.70 27/02/2010 Stephen Eaton, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1 Nicholas Dang	Parramatta	57.87
2 Bryn Lynch	Manly Warringah	58.61
3 Benjamin Bishop	Cherrybrook	1:00.16
4 Patrick Hore	Manly Warringah	1:00.86
5 Austin Thomson	Ku-Ring-Gai	1:01.10
6 Ryan Leatt	Ku-Ring-Gai	1:02.54
7 Miles Sizer	Mosman	1:03.90
8 Erik Frykberg	Cherrybrook	1:04.11

Boys U 14 - 400 Metre Sprint

=====
 Region: R 53.50 2002 Rhys Thumbadoo, Manly Warringah
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Thomas Glascott	Northern Suburbs	58.39Q
2 Nicholas Ramakrishnan	Cherrybrook	1:01.07Q
3 Eddie Frankish	Ku-Ring-Gai	1:01.66Q
4 Finnian Kelleher	Manly Warringah	1:02.19q
5 Nathan Culhane	Northern Suburbs	1:02.79q
6 Jasper Spiller	Ku-Ring-Gai	1:05.31

Heat 2 Heats

1 Oliver Jacquot	Cherrybrook	1:02.29Q
2 Tom Corel	Mosman	1:02.72Q
3 Dante Vivanco	Northern Suburbs	1:03.56Q

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

Region: R 53.50 2002 Rhys Thumbadoo, Manly Warring			
Name	Age	Centre	Final
Section 1 Final			
1 Oliver Jacquot		Cherrybrook	54.31
2 Thomas Glascott		Northern Suburbs	54.72
3 Tom Corel		Mosman	59.53
4 Finnian Kelleher		Manly Warringah	1:00.11
5 Nicholas Ramakrishnan		Cherrybrook	1:01.42
6 Eddie Frankish		Ku-Ring-Gai	1:03.54
7 Dante Vivanco		Northern Suburbs	1:04.53

Boys U 15 - 400 Metre Sprint

Region: R 50.90 1991 James Robinson, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Matthew Eaton		Cherrybrook	57.05Q
2 Stephen Todd		Nth Rocks Carlin	57.44Q
3 Sachin Shah		Northern Suburbs	58.33Q
4 Andrew Chapman		Northern Suburbs	1:02.19
Heat 2 Heats			
1 Sam Richardson		Northern Suburbs	56.69Q
2 Liam Frankish		Ku-Ring-Gai	56.87Q
3 Eric Ferraro		Nth Rocks Carlin	59.10Q
4 Richard Ledger		Manly Warringah	1:00.07q
5 Gus Bailey		Manly Warringah	1:00.85q
6 Dylan Rodgers		Ryde	1:01.03

Boys U 15 - 400 Metre Sprint

Region: R 50.90 1991 James Robinson, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Matthew Eaton		Cherrybrook	54.85
2 Sam Richardson		Northern Suburbs	55.78
3 Liam Frankish		Ku-Ring-Gai	56.79
4 Stephen Todd		Nth Rocks Carlin	57.93
5 Eric Ferraro		Nth Rocks Carlin	58.35
6 Sachin Shah		Northern Suburbs	59.13

Boys U 17 - 400 Metre Sprint

Region: R 49.75 16/02/2013 Bryce Collins, Northern Subur			
Name	Age	Centre	Final
Section 1			
1 Alex Moore		Cherrybrook	50.12
2 Drew Fisher- Peel		Manly Warringah	50.64
3 Matthew Crowe		Northern Suburbs	51.02
4 Ben Mackay		Northern Suburbs	51.98
5 Ryan Boot		Ku-Ring-Gai	53.72
6 Patrick Frith		Manly Warringah	56.01
7 Benjamin Woollett		Hornsby	57.00

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

Region: R 2:27.80 2002 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
1 Ethan Oliver		Northern Districts	2:46.27
2 Ryan Frykberg		Cherrybrook	2:46.43
3 Wil Brennan		Mosman	2:48.04
4 Lucas Head		Manly Warringah	2:48.06
5 Maxim Moloney		Manly Warringah	2:49.57
6 Daniel Davis		Ku-Ring-Gai	2:50.56
7 Lewis Fahey		Northern Suburbs	2:53.39
8 Zachary Roome		Manly Warringah	2:59.20
9 Nicholas Hyde		Mosman	2:59.74
10 Dylan Searle		Cherrybrook	2:59.94
11 Xavier Bryce		Manly Warringah	3:00.89
12 Daniel Hopper		Mosman	3:04.95
13 Hamish Smillie		Cherrybrook	3:05.57
14 Jeremy Plummer		Ryde	3:05.71

Boys U 10 - 800 Metre Run

Region: R 2:27.30 16/02/2003 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 William Constable		Ku-Ring-Gai	2:36.57
2 Marcus Panetta		Northern Districts	2:39.57
3 Adam Bruntsch		Ryde	2:40.57
4 Jonah Edwards		Northern Suburbs	2:45.21
5 Thomas Davey		Hornsby	2:46.12
6 James Farrington		Cherrybrook	2:46.76
7 Owen Marschner		Northern Suburbs	2:47.21
8 Lachlan Cornelius		Ryde	2:47.69
9 Cameron Laytham		Manly Warringah	2:48.06
10 Hunter Hosking		Nth Rocks Carlin	2:49.00
11 Aiden Love		Northern Suburbs	2:49.69
12 Zac Bathis		Ryde	2:52.39
13 Cameron Gorman		Manly Warringah	2:55.24
14 Tomas Ribas		Hornsby	2:57.51
15 Jacob Uslu		Parramatta	2:58.25

Boys U 11 - 800 Metre Run

Region: R 2:21.80 22/02/2004 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 James Constable		Ku-Ring-Gai	2:22.39
2 Jonathan Friend		Hornsby	2:28.43
3 Harry Farrington		Cherrybrook	2:28.81
4 Dominic Panozzo		Northern Suburbs	2:32.19
5 Sam Parry		Northern Districts	2:32.83
6 Charlie East		Northern Suburbs	2:37.66
7 Christopher Hope		Manly Warringah	2:39.03
8 Jason McCoy		Ku-Ring-Gai	2:39.88
9 Henry Furrer		Northern Suburbs	2:41.50
10 Will Green		Northern Suburbs	2:43.48
11 Jared Ivankovic		Nth Rocks Carlin	2:44.12
12 Robert Attard		Parramatta	2:45.60

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

Region: R 2:16.20 2005 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 Logan Kaye		Ku-Ring-Gai	2:26.12
2 Harry Stevenson		Ryde	2:27.00
3 Kieran Gorman		Manly Warringah	2:32.55
4 Hamish Murray		Hornsby	2:33.73
5 James Wilson		Manly Warringah	2:34.69
6 Christian Cirino		Ryde	2:35.41
7 Thomas Kirkland		Mosman	2:36.85
8 Hashem Hijazi		Cherrybrook	2:42.60
9 Alexander De Laine		Northern Suburbs	2:44.85
10 Ben Graham		Hornsby	2:48.55
11 Theo Kemp		Northern Suburbs	2:49.34
12 Zackary Kimball		Manly Warringah	2:50.75
13 Daniel Hall		Nth Rocks Carlin	2:54.98
14 Ewen Fielder		Ku-Ring-Gai	2:56.03

Boys U 13 - 800 Metre Run

Region: R 2:11.20 2005 Michael Todd, Ryde			
Name	Age	Centre	Final
1 Bryn Lynch		Manly Warringah	2:14.73
2 Benjamin Bishop		Cherrybrook	2:15.27
3 Nicholas Dang		Parramatta	2:19.54
4 Austin Thomson		Ku-Ring-Gai	2:19.91
5 Hayden Fleming		Northern Suburbs	2:23.67
6 Patrick Hore		Manly Warringah	2:26.41
7 Daniel Rasmussen		Manly Warringah	2:28.66
8 Erik Frykberg		Cherrybrook	2:30.53
9 Charlie Farrington		Cherrybrook	2:33.09
10 Thomas Constable		Ku-Ring-Gai	2:33.65
11 Logan Wade		Ryde	2:34.82
12 Joel Magee		Nth Rocks Carlin	2:40.40
13 Luke Gosper		Parramatta	2:42.37
14 Jackson Mackie		Manly Warringah	2:42.63
15 Charlie Lovegrove		Northern Suburbs	2:43.40

Boys U 14 - 800 Metre Run

Region: R 2:07.40 2002 P Cummings, Gosford			
Name	Age	Centre	Final
1 Harrison Wade		Ryde	2:08.48
2 Thomas Glascott		Northern Suburbs	2:11.06
3 Jack Mills		Manly Warringah	2:14.53
4 Eddie Frankish		Ku-Ring-Gai	2:17.94
5 Nick Corel		Mosman	2:21.83
6 Liam Gorman		Manly Warringah	2:27.24
7 Fergus Whelan		Northern Suburbs	2:31.25
8 Dante Vivanco		Northern Suburbs	2:36.02
9 Alex Duffy		Ku-Ring-Gai	2:37.07
10 Matt Graham		Hornsby	2:47.25

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 800 Metre Run**

Region: R 1:58.88 19/02/2012 Jack Collett, Gosford			
Name	Age	Centre	Final
1	Lachlan Cooper	Manly Warringah	2:05.79
2	Matthew Eaton	Cherrybrook	2:11.31
3	Harry Armstrong	Manly Warringah	2:13.74
4	Fraser McKinlay	Manly Warringah	2:16.47
5	Liam Frankish	Ku-Ring-Gai	2:18.00
6	Nicholas Thomas	Parramatta	2:22.38
7	Ismail Sayer	Parramatta	2:22.43
8	Dylan Rodgers	Ryde	2:23.44

Boys U 17 - 800 Metre Run

Region: R 1:58.90 28/02/2010 Craig Cameron, Gosford			
Name	Age	Centre	Final
1	Drew Fisher- Peel	Manly Warringah	2:03.86
2	Gus Wong	Manly Warringah	2:05.28
3	Ben Mackay	Northern Suburbs	2:05.63
4	Ryan Boot	Ku-Ring-Gai	2:05.71
5	Edward Penrose	Ryde	2:06.64
6	Adam Halmy	Northern Districts	2:08.47
7	James McFadden	Ku-Ring-Gai	2:08.53
8	Clayton Anstee	Cherrybrook	2:11.32
9	Jack Rodgers	Ryde	2:25.44
10	Aaron D'Onofrio	Nth Rocks Carlin	2:31.79

Boys U 10 - 1500 Metre Run

Region: R 4:58.80 15/02/2003 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1	William Constable	Ku-Ring-Gai	5:21.78
2	Marcus Panetta	Northern Districts	5:22.49
3	Joseph Rooney	Northern Suburbs	5:24.27
4	Cameron Laytham	Manly Warringah	5:27.10
5	James Farrington	Cherrybrook	5:30.47
6	Jonah Edwards	Northern Suburbs	5:35.08
7	Lachlan Cornelius	Ryde	5:40.43
8	Hunter Hosking	Nth Rocks Carlin	5:41.98
9	Jack Blewman	Manly Warringah	5:42.86
10	Jacob Uslu	Parramatta	5:44.28
11	Lachlan Easdown	Ku-Ring-Gai	5:48.41
12	Andrew Verschoor	Manly Warringah	5:49.31
13	Will Primmer	Mosman	5:50.27
14	Cameron Gorman	Manly Warringah	6:00.99
15	Billy Harvey	Nth Rocks Carlin	6:01.27
16	Oscar Cornelius	Ryde	6:05.54

Boys U 11 - 1500 Metre Run

Region: R 4:47.70 19/02/2011 Elliot Metcalf, Manly Warri			
Name	Age	Centre	Final
1	Harry Farrington	Cherrybrook	5:08.40
2	Sam Parry	Northern Districts	5:12.15
3	Christopher Hope	Manly Warringah	5:16.54
4	Jason McCoy	Ku-Ring-Gai	5:18.99
5	Will Green	Northern Suburbs	5:20.21

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

6	Jared Ivankovic	Nth Rocks Carlin	5:23.74
7	Thomas Russo	Hornsby	5:35.55
8	Henry Furrer	Northern Suburbs	5:37.65
9	Robert Attard	Parramatta	5:42.81
10	Benjamin Maestre	Parramatta	5:42.96
11	Nikolas Pender	Manly Warringah	5:46.37
12	Connor Ryan	Ku-Ring-Gai	5:47.22
13	Elliot Hunt	Cherrybrook	5:52.13
14	James Hunt	Northern Suburbs	5:53.84

Boys U 12 - 1500 Metre Run

=====			
	Region: R 4:43.00	2005	Alexander Pettigrew, Parram
Name	Age	Centre	Final
=====			
1	Logan Kaye	Ku-Ring-Gai	4:54.61
2	Harry Stevenson	Ryde	5:01.75
3	Kieran Gorman	Manly Warringah	5:08.62
4	James Wilson	Manly Warringah	5:13.02
5	Thomas Kirkland	Mosman	5:22.73
6	Jack Lewis	Manly Warringah	5:24.77
7	Luca Burnett	Northern Suburbs	5:25.95
8	Hashem Hijazi	Cherrybrook	5:28.40
9	Hamish Longworth	Mosman	5:29.22
10	Ewan Shingler	Northern Suburbs	5:32.57
11	Ben Graham	Hornsby	5:33.89
12	Curtis Kingsmill	Northern Suburbs	5:35.68
13	Robert Culliver	Parramatta	5:40.05
14	Harrison Ross	Northern Districts	5:52.12

Boys U 13 - 1500 Metre Run

=====			
	Region: R 4:33.00	21/02/2004	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1	Benjamin Bishop	Cherrybrook	4:35.50
2	Bryn Lynch	Manly Warringah	4:44.07
3	Hayden Fleming	Northern Suburbs	4:54.49
4	Luke Gosper	Parramatta	5:03.20
5	Corey Kavanagh	Nth Rocks Carlin	5:03.78
6	Timothy Walter	Ku-Ring-Gai	5:04.23
7	Jack Talty	Ryde	5:08.93
8	Harrison Mavin	Ku-Ring-Gai	5:10.85
9	Logan Wade	Ryde	5:14.36
10	Kyle Walsh	Ku-Ring-Gai	5:19.77
11	Joshua Silver	Northern Districts	5:30.52
12	Ryan Jones	Cherrybrook	5:32.23

Boys U 14 - 1500 Metre Run

=====			
	Region: R 4:23.88	15/02/2014	Harrison Wade, Ryde
Name	Age	Centre	Final
=====			
1	Harrison Wade	Ryde	4:23.88R
2	Elliot Metcalf	Manly Warringah	4:29.06
3	Jack Mills	Manly Warringah	4:36.69
4	Liam Gorman	Manly Warringah	4:42.31
5	Hugo Whelan	Northern Suburbs	4:47.99
6	Nick Corel	Mosman	4:49.28
7	Hayden Millican	Northern Districts	5:17.25

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

8 Alex Duffy	Ku-Ring-Gai	5:24.79
9 Kieren Hinds	Parramatta	5:50.80
-- Cameron Fleming	Northern Suburbs	DNF

Boys U 15 - 1500 Metre Run

=====			
Region: R 4:10.70		2005	James Kaan, Hills District
Name	Age	Centre	Final
=====			
1 Harry Armstrong		Manly Warringah	4:34.91
2 Harlan Mulherin		Manly Warringah	4:35.85
3 Charlie Doherty		Northern Suburbs	4:39.61
4 Fraser McKinlay		Manly Warringah	4:40.44
5 Oliver Lidbetter		Hornsby	4:40.49
6 Nicholas Thomas		Parramatta	4:45.70
7 Dylan Rodgers		Ryde	5:29.12

Boys U 17 - 1500 Metre Run

=====			
Region: R 4:14.24		16/02/2013	Taylor John, Ku-Ring-Gai
Name	Age	Centre	Final
=====			
1 David Gardiner		Northern Suburbs	4:20.97
2 Adam Halmy		Northern Districts	4:22.50
3 Nathan Brown		Hornsby	4:24.14
4 Gus Wong		Manly Warringah	4:28.64
5 Owen Guichelaar		Cherrybrook	4:46.23

Boys U 13 - 3000 Metre Run

=====			
Region: R 9:47.60		21/02/2004	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1 Benjamin Bishop		Cherrybrook	10:01.76
2 Thomas Davies		Mosman	10:21.94
3 Charlie Farrington		Cherrybrook	10:42.66
4 Luke Gosper		Parramatta	10:59.08
5 Harrison Mavin		Ku-Ring-Gai	11:04.67
6 Logan Wade		Ryde	11:18.68
7 Ryan Jones		Cherrybrook	11:32.75
8 Hugh Brogan		Nth Rocks Carlin	11:36.24
9 Joshua Silver		Northern Districts	11:47.24
10 Jackson Mackie		Manly Warringah	12:07.30
11 Rikki Krishnan		Cherrybrook	12:14.14
12 Andrew Tse		Northern Suburbs	13:01.85

Boys U 14 - 3000 Metre Run

=====			
Region: R 9:19.00		2005	Cameron Page, Gosford
Name	Age	Centre	Final
=====			
1 Harrison Wade		Ryde	9:53.93
2 Jack Mills		Manly Warringah	9:59.52
3 Liam Gorman		Manly Warringah	10:06.29
4 Hugo Whelan		Northern Suburbs	10:21.08
5 Alex Duffy		Ku-Ring-Gai	11:28.06
6 Hayden Millican		Northern Districts	11:38.98
7 Luke Bray		Cherrybrook	12:07.32
8 Angus Fewtrell		Ku-Ring-Gai	13:04.80

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 3000 Metre Run**

Region: R 9:12.70 18/02/2006 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Charlie Doherty		Northern Suburbs	9:54.01
2 Harry Armstrong		Manly Warringah	10:05.09
3 Harlan Mulherin		Manly Warringah	10:19.29
4 Nicholas Thomas		Parramatta	10:26.81

Boys U 17 - 3000 Metre Run

Region: R 9:20.76 16/02/2013 David Gardiner, Northern Su			
Name	Age	Centre	Final
1 David Gardiner		Northern Suburbs	9:28.68
2 Adam Halmy		Northern Districts	9:39.01
3 Nathan Brown		Hornsby	9:58.20
4 Gus Wong		Manly Warringah	10:16.48

Boys U 8 - 60 Metre Hurdles (45 cm)

Region: R 10.50 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Evan Dransfield		Northern Suburbs	11.50Q
2 Finnlay Bartlett		Mosman	11.69Q
2 Timothy Forster		Hornsby	11.69Q
4 Levi Dirks		Cherrybrook	12.04q
5 Jett Sully		Manly Warringah	12.20
6 Joshua Pozzolungo		Parramatta	12.35
7 Max Merifield		Ryde	12.52
Heat 2 Heats			
1 William Austin		Northern Districts	11.65Q
2 Will Rylands		Manly Warringah	11.67Q
3 Owen Douglas		Ryde	11.68Q
4 James Harden		Ku-Ring-Gai	11.88q
5 Tylan Berryman		Manly Warringah	12.12
6 Evan Venning		Northern Suburbs	12.21
7 Sam Terry		Northern Suburbs	12.27

Boys U 8 - 60 Metre Hurdles (45 cm)

Region: R 10.50 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Evan Dransfield		Northern Suburbs	11.16
2 William Austin		Northern Districts	11.17
3 James Harden		Ku-Ring-Gai	11.41
4 Finnlay Bartlett		Mosman	11.44
5 Owen Douglas		Ryde	11.47
6 Timothy Forster		Hornsby	11.53
7 Will Rylands		Manly Warringah	11.69
8 Levi Dirks		Cherrybrook	11.84

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

Region: R 9.30 1999 Joshua Mulligan, Gosford			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ryan Johnstone		Hornsby	11.42Q
1 Dylan Searle		Cherrybrook	11.42Q
3 Thomas Fischer		Northern Districts	11.44Q
4 Brody Paterson		Northern Suburbs	11.50q
5 Benjamin Harris		Ryde	12.44
6 Nicholas Hyde		Mosman	12.64
7 Matthew Helsham		Northern Suburbs	12.92
Heat 2 Heats			
1 Lucas Head		Manly Warringah	10.40Q
2 Xavier Bryce		Manly Warringah	10.67Q
3 Alexander Penn		Hornsby	11.07Q
4 Justin George		Manly Warringah	11.36q
5 Sam Marsden		Cherrybrook	11.67
6 Thomas Ralph		Ryde	12.06
7 Max Beram		Ryde	12.35

Boys U 9 - 60 Metre Hurdles (45 cm)

Region: R 9.30 1999 Joshua Mulligan, Gosford			
Name	Age	Centre	Final
Section 1 Final			
1 Lucas Head		Manly Warringah	10.44
2 Xavier Bryce		Manly Warringah	10.79
3 Brody Paterson		Northern Suburbs	10.88
4 Alexander Penn		Hornsby	11.14
5 Justin George		Manly Warringah	11.38
5 Thomas Fischer		Northern Districts	11.38
7 Ryan Johnstone		Hornsby	11.39
8 Dylan Searle		Cherrybrook	11.62

Boys U 10 - 60 Metre Hurdles (60 cm)

Region: R 9.70 2005 Sam Mete, Ku-ring-gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Riley Hemsworth		Ku-Ring-Gai	9.96Q
2 Adam Bruntsch		Ryde	11.57Q
3 Alex Palmer		Manly Warringah	11.67Q
4 Corban Eriksson		Manly Warringah	11.76q
5 Aiden Love		Northern Suburbs	12.25
6 Mitchell Rushworth		Ryde	12.55
Heat 2 Heats			
1 Austin Little		Northern Suburbs	10.32Q
2 Sehan Samaragunarathna		Parramatta	11.28Q
3 Thomas Hillebrand		Manly Warringah	11.68Q
4 Thomas Davey		Hornsby	11.73q
5 Tommy Bennett		Cherrybrook	11.94
6 Angus Henderson		Ku-Ring-Gai	12.00
7 Ethan Jeffrey		Northern Suburbs	12.15

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

Region: R 9.70 2005 Sam Mete, Ku-ring-gai			
Name	Age	Centre	Final
Section 1 Final			
1 Riley Hemsworth		Ku-Ring-Gai	9.92
2 Austin Little		Northern Suburbs	10.11
3 Sehan Samaragunaratna		Parramatta	10.97
4 Adam Bruntsch		Ryde	11.28
5 Thomas Hillebrand		Manly Warringah	11.31
6 Corban Eriksson		Manly Warringah	11.54
7 Thomas Davey		Hornsby	11.66
8 Alex Palmer		Manly Warringah	12.11

Boys U 11 - 60 Metre Hurdles (60 cm)

Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Max Hirst		Cherrybrook	9.78Q
2 Aymeric Moloney		Manly Warringah	9.97Q
3 Jordan Metcalfe		Ryde	10.72Q
4 Ty Ditchburn		Hornsby	11.25q
5 Tushar Khinda		Northern Suburbs	11.29
6 Samuel Galati		Ryde	11.35
Heat 2 Heats			
1 Connor Bond		Ku-Ring-Gai	10.21Q
2 Jack Gibbons		Northern Districts	10.44Q
3 Charlie East		Northern Suburbs	10.61Q
4 Felix Jackson		Manly Warringah	11.09q
5 Keanu Goehring		Manly Warringah	11.25q
6 Ben Newson		Manly Warringah	11.65
7 James Hunt		Northern Suburbs	11.73
8 Leyton Jones		Ku-Ring-Gai	11.76

Boys U 11 - 60 Metre Hurdles (60 cm)

Region: R 9.20 21/02/2009 Bailey Simonsson, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Max Hirst		Cherrybrook	9.54
2 Connor Bond		Ku-Ring-Gai	9.83
3 Aymeric Moloney		Manly Warringah	9.88
4 Jack Gibbons		Northern Districts	10.43
5 Jordan Metcalfe		Ryde	10.57
6 Charlie East		Northern Suburbs	10.63
7 Keanu Goehring		Manly Warringah	11.02
8 Felix Jackson		Manly Warringah	11.36
9 Ty Ditchburn		Hornsby	11.39

Boys U 12 - 60 Metre Hurdles (68 cm)

Region: R 8.90 2005 Kane Thompson, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Nick Colley		Hornsby	10.14Q
2 James Wilson		Manly Warringah	10.32Q
3 Matthew Rose		Cherrybrook	10.56Q

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

4	Kaeo Weekes	Northern Districts	10.64q
5	Lawrence Frederick	Northern Districts	10.82q
6	Cooper Barr	Northern Suburbs	11.33
7	Thomas Hunt	Northern Suburbs	11.51

Heat 2 Heats

1	Lachlan Dalton	Northern Suburbs	10.42Q
2	Jack McFadden	Ku-Ring-Gai	10.74Q
3	Zak Power	Manly Warringah	10.88Q
4	Curtis Kingsmill	Northern Suburbs	11.63
5	Luke Hackett	Manly Warringah	11.99
6	Joshua Terry	Cherrybrook	12.19

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	Lachlan Dalton	Northern Suburbs	9.91
2	Nick Colley	Hornsby	10.00
3	James Wilson	Manly Warringah	10.08
4	Matthew Rose	Cherrybrook	10.54
5	Jack McFadden	Ku-Ring-Gai	10.57
6	Kaeo Weekes	Northern Districts	10.77
7	Zak Power	Manly Warringah	10.90
8	Lawrence Frederick	Northern Districts	11.13

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	Alex Willett	Manly Warringah	13.18Q
2	Angus Cutbill	Manly Warringah	13.57Q
3	Nathan Taylor	Ku-Ring-Gai	14.28Q
4	Ben Kinasch	Cherrybrook	14.72
5	Ethan Uslu	Parramatta	16.09
6	Joshua Grinter-Cummins	Northern Suburbs	16.44
7	Ryan Lagois	Manly Warringah	16.53

Heat 2 Heats

1	Nicholas Dang	Parramatta	12.65Q
2	Sebastian Herbert	Ku-Ring-Gai	13.65Q
3	Michael Matheson	Ryde	14.03Q
4	Jeremy Vaz	Northern Suburbs	14.20q
5	Joshua Bennett	Cherrybrook	14.35q
6	Luke Watson	Cherrybrook	16.38
7	Corey Kavanagh	Nth Rocks Carlin	16.93

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	Nicholas Dang	Parramatta	12.62
2	Alex Willett	Manly Warringah	12.86
3	Sebastian Herbert	Ku-Ring-Gai	13.46
4	Angus Cutbill	Manly Warringah	13.48
5	Michael Matheson	Ryde	13.93

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

6	Jeremy Vaz	Northern Suburbs	14.22
7	Nathan Taylor	Ku-Ring-Gai	14.42

Boys U 14 - 90 Metre Hurdles (76 cm)

=====			
Region: R 11.90 17/02/2008 Nicholas Hough, Hills Distric			
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	John Economides	Manly Warringah	13.52Q
2	Jamie Basheer	Northern Suburbs	14.50Q
3	Dante Vivanco	Northern Suburbs	14.76Q
4	Anthony Sutton	Northern Suburbs	15.87q
5	Lucas Chan	Nth Rocks Carlin	17.50

Heat 2 Heats

1	Ben Carter	Manly Warringah	14.12Q
2	Jacob Winston	Manly Warringah	14.52Q
3	Charlie Dorman	Hornsby	15.73Q
4	Alexander Galati	Ryde	16.81q

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 Final

1	Ben Carter	Manly Warringah	12.83
2	John Economides	Manly Warringah	13.02
3	Jacob Winston	Manly Warringah	13.66
4	Jamie Basheer	Northern Suburbs	14.01
5	Dante Vivanco	Northern Suburbs	14.68
6	Charlie Dorman	Hornsby	15.03
7	Anthony Sutton	Northern Suburbs	15.47
8	Alexander Galati	Ryde	16.64

Boys U 15 - 100 Metre Hurdles (76 cm)

=====			
Region: R 12.70 22/02/2009 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
=====			

Section 1

1	Sam Richardson	Northern Suburbs	14.20
2	Nicholas O'Donohue	Northern Suburbs	14.51
3	Ben Basten	Ku-Ring-Gai	14.58
4	Caelan Shaw	Ku-Ring-Gai	14.64
5	Nicholas Thomson	Hornsby	14.66
6	Cooper Thompson	Hornsby	15.74
7	Juan Rasines Mazo	Mosman	16.57

Boys U 17 - 110 Metre Hurdles (76 cm)

=====			
Region: R 14.38 17/02/2013 Bryce Collins, Northern Subur			
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Matthew Fisher	Ku-Ring-Gai	14.94Q
2	Joshua Hinton	Hornsby	15.94Q
3	Zane Fardy-Moroney	Parramatta	16.39Q
4	Oliver Lister	Mosman	17.94q

Heat 2 Heats

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

1 James Ellis	Northern Suburbs	14.72Q
2 Matthew Crowe	Northern Suburbs	15.46Q
3 Dustin Auld	Northern Suburbs	16.47Q
4 Ellington Steanes	Northern Suburbs	16.93q
5 Ian Astalosh	Nth Rocks Carlin	19.71

Boys U 17 - 110 Metre Hurdles (76 cm)

=====
 Region: R 14.38 17/02/2013 Bryce Collins, Northern Subur
 Name Age Centre Final
 =====

Section 1 Final

1 James Ellis	Northern Suburbs	14.59
2 Matthew Fisher	Ku-Ring-Gai	14.64
3 Matthew Crowe	Northern Suburbs	15.01
4 Joshua Hinton	Hornsby	15.85
5 Zane Fardy-Moroney	Parramatta	16.05
6 Ellington Steanes	Northern Suburbs	16.07
7 Dustin Auld	Northern Suburbs	16.23
8 Oliver Lister	Mosman	17.94

Boys U 13 - 200 Metre Hurdles (68 cm)

=====
 Region: R 26.40 18/02/2006 Kane Thompson, Manly Warringa
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Jonathan Bell	Ku-Ring-Gai	30.32Q
2 Jeremy Vaz	Northern Suburbs	30.52Q
3 Angus Cutbill	Manly Warringah	30.99Q
4 Joshua Bennett	Cherrybrook	32.45q
5 Joel Magee	Nth Rocks Carlin	33.19

Heat 2 Heats

1 Nicholas Dang	Parramatta	29.91Q
2 Ben Kinasch	Cherrybrook	31.47Q
3 Michael Matheson	Ryde	31.95Q
4 Daniel Bowtell	Ryde	32.54q

Boys U 13 - 200 Metre Hurdles (68 cm)

=====
 Region: R 26.40 18/02/2006 Kane Thompson, Manly Warringa
 Name Age Centre Final
 =====

Section 1 Final

1 Nicholas Dang	Parramatta	28.95
2 Ben Kinasch	Cherrybrook	30.42
3 Jeremy Vaz	Northern Suburbs	30.47
4 Angus Cutbill	Manly Warringah	30.86
5 Michael Matheson	Ryde	31.31
6 Daniel Bowtell	Ryde	31.87
7 Jonathan Bell	Ku-Ring-Gai	31.89
8 Joshua Bennett	Cherrybrook	31.91

Boys U 14 - 200 Metre Hurdles (76 cm)

=====
 Region: R 24.60 16/02/2008 Nicholas Hough, Hills Distric
 Name Age Centre Heats
 =====

Heat 1 Heats

1 John Economides	Manly Warringah	28.47Q
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REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - 200 Metre Hurdles (76 cm)**

2	Harry Thompson	Manly Warringah	31.16Q
3	Darcy Hampton	Manly Warringah	31.22Q
Heat 2 Heats			
1	Ben Carter	Manly Warringah	28.78Q
2	Dante Vivanco	Northern Suburbs	28.94Q
3	Jamie Basheer	Northern Suburbs	29.11Q
4	Benjamin Collins	Northern Districts	29.67q
5	Jacob Winston	Manly Warringah	30.21q
6	Kobe Millard	Ku-Ring-Gai	32.25

Boys U 14 - 200 Metre Hurdles (76 cm)

Region: R 24.60 16/02/2008 Nicholas Hough, Hills Distric			
Name	Age	Centre	Final
Section 1 Final			
1	Jamie Basheer	Northern Suburbs	27.76
2	Ben Carter	Manly Warringah	27.86
3	John Economides	Manly Warringah	27.97
4	Benjamin Collins	Northern Districts	28.83
5	Dante Vivanco	Northern Suburbs	29.66
6	Jacob Winston	Manly Warringah	30.83
7	Harry Thompson	Manly Warringah	32.71

Boys U 15 - 200 Metre Hurdles (76 cm)

Region: R 24.40 1991 D Connell, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1	Nicholas O'Donohue	Northern Suburbs	26.97Q
2	Nicholas Thomson	Hornsby	27.06Q
2	Sam Richardson	Northern Suburbs	27.06Q
4	Cooper Thompson	Hornsby	27.83q
5	Eric Ferraro	Nth Rocks Carlin	30.86
Heat 2 Heats			
1	Ben Basten	Ku-Ring-Gai	27.07Q
2	Caelan Shaw	Ku-Ring-Gai	27.85Q
3	Juan Rasines Mazo	Mosman	27.87Q
4	Willson Lowe	Manly Warringah	29.30q
5	Christopher Davies	Manly Warringah	33.38

Boys U 15 - 200 Metre Hurdles (76 cm)

Region: R 24.40 1991 D Connell, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1	Nicholas O'Donohue	Northern Suburbs	26.39
2	Ben Basten	Ku-Ring-Gai	26.84
3	Sam Richardson	Northern Suburbs	26.99
4	Nicholas Thomson	Hornsby	27.39
5	Caelan Shaw	Ku-Ring-Gai	27.97
6	Juan Rasines Mazo	Mosman	28.32
7	Cooper Thompson	Hornsby	28.37

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - 200 Metre Hurdles (76 cm)**

Region: R 24.55 16/02/2013 Bryce Collins, Northern Subur			
Name	Age	Centre	Final
Section 1			
1 Matthew Fisher		Ku-Ring-Gai	25.26
2 Matthew Crowe		Northern Suburbs	25.69
3 James Ellis		Northern Suburbs	25.71
4 Lachlan Behagg		Manly Warringah	27.02
5 Zane Fardy-Moroney		Parramatta	27.95
6 Ellington Steanes		Northern Suburbs	28.26
7 Joshua Cummins		Hornsby	29.42

Boys U 8 - 700 Metre Pack Start

Region: R 2:17.40 2001 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
1 Owen Douglas		Ryde	2:26.28
2 Isaac Coghlan		Manly Warringah	2:26.29
3 Harry Clarke		Cherrybrook	2:27.12
4 Matthew Hogg		Mosman	2:27.41
5 Lucas Sassen		Parramatta	2:32.38
6 Thomas Brennan		Nth Rocks Carlin	2:33.73
7 Sean Williams		Ku-Ring-Gai	2:34.09
8 Joe Harvey		Nth Rocks Carlin	2:34.12
9 Brodie Waldock		Northern Districts	2:37.10
10 Oscar Blackley		Manly Warringah	2:39.72
11 Maxon Chen		Ku-Ring-Gai	2:39.97
12 Max Merifield		Ryde	2:42.87
13 Daniel Harvey		Northern Suburbs	2:43.01
14 Joshua Easton		Hornsby	2:43.82
15 Ivan Prizmic		Ryde	2:47.23

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

Region: R 55.20 2001 Gosford			
Centre	Age	Centre	Final
1 Northern Districts			55.53
1) Marcus Panetta 10		2) Sam Park 11	
3) Tama Simpkins 9		4) Kaeo Weekes 12	
2 Manly Warringah			57.47
1) Luke Simpson 10		2) Ben Simpson 12	
3) Joshua Gedz 9		4) Aymeric Moloney 11	
3 Ku-Ring-Gai			58.46
1) Connor Bond 11		2) Alex Sherlock 10	
3) Aidan Jones 9		4) Ethan Burgess 12	
4 Ryde			58.66
1) Luke Jubb 9		2) Adam Bruntsch 10	
3) Jett Tall 11		4) Zane Camroux 12	
-- Northern Suburbs			DQ
1) Brody Paterson 9		2) Thomas Hunt 12	
3) Harrison Wild 10		4) Max Holmes 11	
-- North Rocks Carlingford			DQ
1) Patrick Kelly 11		2) Hunter Hosking 10	
3) Nathan Hall 9		4) Riley Leverett 12	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****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 Cherrybrook			48.24
1) Ben Kinasch 13	2) Oliver Jacquot 14		
3) Matthew Eaton 15	4) Jordan Shelley 17		
2 Manly Warringah			48.37
1) Lachlan Don 13	2) Patrick Frith 17		
3) Gianni Cincotta-Lee 14	4) Morgan Sorensen 15		
3 Northern Suburbs			48.45
1) Jeremy Vaz 13	2) Matthew Crowe 17		
3) Nicholas O'Donohue 15	4) Jamie Basheer 14		
4 Hornsby			51.63
1) Miguel Ribas 13	2) Nicholas Thomson 15		
3) Benjamin Woollett 17	4) Mitchell Baker 14		

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 Charlie Wilson		Manly Warringah	1.21m
2 Ethan Oliver		Northern Districts	1.21m
3 Nathan Hall		Nth Rocks Carlin	1.15m
4 Ethan Quintana		Northern Suburbs	1.10m
4 Jeremy Plummer		Ryde	1.10m
6 Aidan Jones		Ku-Ring-Gai	1.10m
7 Jeremy Hargreaves		Ku-Ring-Gai	1.10m
7 Ethan Clarke		Manly Warringah	1.10m
8 Jackson Woodhill		Northern Suburbs	1.10m
10 Alex Metaxoulis		Cherrybrook	1.05m
11 Archie Richards		Manly Warringah	0.95m
-- Wesley Travis		Nth Rocks Carlin	NH

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 Riley Hemsworth		Ku-Ring-Gai	1.40m
2 Darcy Holmes		Northern Suburbs	1.30m
3 Oskar Warner		Manly Warringah	1.30m
4 Max Purcell		Northern Suburbs	1.24m
5 Liam McKenzie		Cherrybrook	1.20m
6 Michael Gardiner		Northern Suburbs	1.15m
7 Kaylan Clark		Cherrybrook	1.15m
8 Coby Walton		Northern Districts	1.15m
9 Thomas Huntington		Northern Districts	1.15m
10 Henry Worrell		Ryde	1.15m
11 Reuben Hansen		Ryde	1.10m
12 Daniel Fethers		Manly Warringah	1.10m

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

Region: R 1.59m 16/02/2008 Thomas Cheel, Ku-ring-gai			
Name	Age	Centre	Final
1 Sam Park		Northern Districts	1.36m

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

2	Andrew Craig	Cherrybrook	1.36m
3	Aymeric Moloney	Manly Warringah	1.32m
4	Joshua Arcus	Ryde	1.30m
5	Thomas Russo	Hornsby	1.30m
6	Luke Blahuta	Manly Warringah	1.30m
7	Jason McCoy	Ku-Ring-Gai	1.25m
8	George Davis	Ryde	1.25m
9	Leyton Jones	Ku-Ring-Gai	1.20m
10	Charlie East	Northern Suburbs	1.20m
11	Kyle Fisher	Northern Suburbs	1.20m
12	Gus Miller	Northern Suburbs	1.20m
13	Sam Parry	Northern Districts	1.15m

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

Region: R 1.59m 16/02/2005 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
1	Lachlan Dalton	Northern Suburbs	1.56m
2	Zak Power	Manly Warringah	1.51m
3	Ethan Burgess	Ku-Ring-Gai	1.47m
4	Noah Hain	Ryde	1.39m
5	Kalani Lenehan	Ku-Ring-Gai	1.35m
6	Lawrence Frederick	Northern Districts	1.35m
7	Thomas Jobling	Northern Suburbs	1.30m
8	Cameron Piro	Ryde	1.30m
9	Kaeo Weekes	Northern Districts	1.30m
10	Michael Newbrun	Ku-Ring-Gai	1.30m
11	Hayden Cruickshank	Manly Warringah	1.30m
12	Samuel Drull	Ku-Ring-Gai	1.20m
13	Luca Burnett	Northern Suburbs	1.20m

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

Region: R 1.71m 19/02/2006 Tom Evans, Tuggerah Lakes			
Name	Age	Centre	Final
1	Alex Willett	Manly Warringah	1.61m
2	Bryn Lynch	Manly Warringah	1.57m
3	Harry Menin	Parramatta	1.53m
4	Jonathan Bell	Ku-Ring-Gai	1.40m
5	Zachary Jamieson	Northern Districts	1.40m
6	Charlie Lovegrove	Northern Suburbs	1.40m
7	Oscar Sims	Ku-Ring-Gai	1.40m
8	Mason Vozzo	Manly Warringah	1.40m
9	Marko Prizmic	Ryde	1.35m
10	Benjamin Nogajski	Ryde	1.35m
11	Jeremy Vaz	Northern Suburbs	1.35m
--	Seth Chen	Northern Suburbs	NH

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

Region: R 1.85m 1999 J Watson, Manly Warringah			
Name	Age	Centre	Final
1	John Economides	Manly Warringah	1.60m
2	Jacob Winston	Manly Warringah	1.58m
3	Gianni Cincotta-Lee	Manly Warringah	1.56m
4	Rigby Campbell	Northern Suburbs	1.54m
5	Eddie Frankish	Ku-Ring-Gai	1.52m

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

6	Lawrence Vosper	Nth Rocks Carlin	1.50m
7	Aidan Wylie	Manly Warringah	1.45m
8	Rouban Kruger	Manly Warringah	1.45m
9	Jackson Tuynman	Northern Districts	1.40m
10	Victor Teo	Ku-Ring-Gai	1.40m
11	Austin Lee	Nth Rocks Carlin	1.40m
12	Lachlan Antoinette	Cherrybrook	1.30m

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

Region: R 1.90m 17/02/2013 Declan Pluim, Cherrybrook

Name	Age	Centre	Final
1	Joshua Baddock	Cherrybrook	1.69m
2	Jayden Burgess	Ku-Ring-Gai	1.65m
3	Richard Ledger	Manly Warringah	1.65m
4	Tyson Holmes	Manly Warringah	1.65m
5	Joey Ryu	Northern Suburbs	1.65m
6	Liam Quinlan	Northern Districts	1.65m
7	Nicholas Thomson	Hornsby	1.60m
8	Sam Richardson	Northern Suburbs	1.60m
9	Matthew Hall	Mosman	1.50m
10	George Gardiner	Northern Suburbs	1.50m

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

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

Name	Age	Centre	Final
1	Max Le Ban	Manly Warringah	1.79m
2	Matthew Crowe	Northern Suburbs	1.75m
3	Dustin Auld	Northern Suburbs	1.75m
4	Saleh Sayer	Parramatta	1.67m
5	Joshua Hinton	Hornsby	1.65m
6	Tom Carter	Manly Warringah	1.60m
7	Timothy Sharp	Northern Districts	1.60m
8	Jack Rodgers	Ryde	1.55m
9	Lachlan Behagg	Manly Warringah	1.55m
10	Keishon Lynch	Manly Warringah	1.50m
--	Anthony Overton	Ryde	NH

Boys U 8 - Long Jump

Region: R 4.01m 1999 Michael Oldfield, Manly Warri

Name	Age	Centre	Final
1	Matt Ashcroft	Hornsby	3.62m
2	Owen Douglas	Ryde	3.60m
3	Lachlan Herbert	Ku-Ring-Gai	3.57m
4	Timothy Forster	Hornsby	3.48m
5	Isaac Coghlan	Manly Warringah	3.43m
6	James Harden	Ku-Ring-Gai	3.39m
7	Alexander Trueman	Manly Warringah	3.39m
8	Harry Rickard	Northern Suburbs	3.30m
9	Sam Terry	Northern Suburbs	3.24m
10	Sean Williams	Ku-Ring-Gai	3.12m
11	Joshua Pozzolungo	Parramatta	3.12m
12	Bailey Chapman	Cherrybrook	3.08m
13	Adam Tubbs	Mosman	3.02m
14	Thomas Brennan	Nth Rocks Carlin	2.82m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - Long Jump**

15 Kyan McDougall	Manly Warringah	2.55m
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Boys U 9 - Long Jump

Region: R 4.48m 2000			Michael Oldfield, Manly Warri
Name	Age Centre		Final
1 Lucas Head	Manly Warringah		4.00m
2 Thomas Klem	Manly Warringah		3.84m
3 Ethan Clarke	Manly Warringah		3.79m
4 Luke Jubb	Ryde		3.78m
5 Thomas Fischer	Northern Districts		3.74m
6 George Chapman	Ku-Ring-Gai		3.66m
7 Michael McCabe	Cherrybrook		3.43m
8 Nathan Hall	Nth Rocks Carlin		3.39m
9 Joseph Thorpe	Ku-Ring-Gai		3.19m
10 Alex Metaxoulis	Cherrybrook		3.19m
11 Harry O'Neill	Ku-Ring-Gai		3.16m
12 Bradley Kelly	Parramatta		3.15m
13 Malakye Enasio	Northern Districts		2.67m
14 Liam Pledger	Parramatta		2.51m

Boys U 10 - Long Jump

Region: R 4.81m 1997			A Fitzgerald, Manly Warringah
Name	Age Centre		Final
1 Sehan Samaragunarathna	Parramatta		4.16m
2 Austin Little	Northern Suburbs		4.14m
3 Samuel Valderrama	Northern Districts		4.11m
4 Cameron Mace	Manly Warringah		4.06m
5 Daniel Bertolissio	Parramatta		3.94m
6 Luke Simpson	Manly Warringah		3.87m
7 Jonah Edwards	Northern Suburbs		3.86m
8 Alex Sherlock	Ku-Ring-Gai		3.85m
9 Thomas Hillebrand	Manly Warringah		3.76m
10 Aiden Mostofi	Ku-Ring-Gai		3.57m
11 Dom De Stradis	Hornsby		3.53m
12 Michael Gardiner	Northern Suburbs		3.47m
13 Aiden Love	Northern Suburbs		3.42m
14 Nicholas Salvemini	Cherrybrook		3.32m

Boys U 11 - Long Jump

Region: R 5.14m 22/02/2002			Alexander Pettigrew, Parramat
Name	Age Centre		Final
1 Max Hirst	Cherrybrook		4.64m
2 Joshua Arcus	Ryde		4.52m
3 Jett Tall	Ryde		4.20m
4 Dominic Panozzo	Northern Suburbs		4.19m
5 Aymeric Moloney	Manly Warringah		4.14m
6 Felix Jackson	Manly Warringah		4.13m
7 Sam Park	Northern Districts		4.10m
8 Jai Lagois	Manly Warringah		4.06m
9 Callum Brown	Mosman		4.00m
10 Jamie Costello	Northern Districts		3.94m
11 Jonathan Woodcock	Northern Suburbs		3.88m
12 Thomas Le Sueur	Manly Warringah		3.78m
13 Andrew Craig	Cherrybrook		3.55m

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

14	Elijah Keenan	Ryde	3.52m
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Boys U 12 - Long Jump

=====			
Region: R 5.66m 21/02/2004 Martin Stonis, Northern Subur			
Name	Age	Centre	Final
=====			
1	Zane Camroux	Ryde	4.91m
2	Jack Berte	Northern Suburbs	4.90m
3	Zak Power	Manly Warringah	4.76m
4	Lachlan Dalton	Northern Suburbs	4.65m
5	Samuel Drull	Ku-Ring-Gai	4.51m
6	Riley Leverett	Nth Rocks Carlin	4.49m
7	Gabe King	Nth Rocks Carlin	4.42m
8	Ben Colley	Hornsby	4.39m
9	Matthew Rose	Cherrybrook	4.31m
10	Jack Lewis	Manly Warringah	4.31m
11	Kalani Lenehan	Ku-Ring-Gai	4.30m
12	Noah Hain	Ryde	4.10m
13	Michael Newbrun	Ku-Ring-Gai	4.00m
14	Bradley Martin	Northern Districts	3.95m
15	Nick Colley	Hornsby	3.75m
16	Cameron McMahan	Nth Rocks Carlin	3.50m

Boys U 13 - Long Jump

=====			
Region: R 5.75m 1995 D Geddes, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Alex Willett	Manly Warringah	5.15m
2	Harrison Muller	Ku-Ring-Gai	4.79m
3	Zachary Jamieson	Northern Districts	4.72m
4	Jaxsyn Davies	Parramatta	4.52m
5	Jeremy Vaz	Northern Suburbs	4.50m
6	Max Turner	Northern Suburbs	4.50m
7	Sebastian Herbert	Ku-Ring-Gai	4.48m
8	Timothy Gillies	Northern Districts	4.40m
9	Oliver Griffiths	Cherrybrook	4.32m
10	Marko Prizmic	Ryde	4.28m
11	Miguel Ribas	Hornsby	4.21m
12	Max Gregan	Mosman	4.04m
13	Daniel Bowtell	Ryde	4.04m
14	Luke Sully	Manly Warringah	3.82m

Boys U 14 - Long Jump

=====			
Region: R 6.13m 1997 A Abou-Mahmoud, Hills Distric			
Name	Age	Centre	Final
=====			
1	Jacob Winston	Manly Warringah	5.61m
2	Ben Carter	Manly Warringah	5.55m
3	John Economides	Manly Warringah	5.33m
4	Jamie Basheer	Northern Suburbs	5.13m
5	Matthew McVey	Parramatta	4.97m
6	Austin Lee	Nth Rocks Carlin	4.93m
7	Victor Teo	Ku-Ring-Gai	4.85m
8	Aidan Wylie	Manly Warringah	4.80m
9	Eddie Frankish	Ku-Ring-Gai	4.77m
10	Donald Ohmer	Parramatta	4.65m
11	Jaden Clark	Northern Suburbs	4.48m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - Long Jump**

Region: R 6.47m 1991 J Robinson, Parramatta			
Name	Age	Centre	Final
1 Joshua Baddock		Cherrybrook	6.01m
2 Willson Lowe		Manly Warringah	5.87m
3 Jayden Burgess		Ku-Ring-Gai	5.86m
4 Angus Richardson		Ku-Ring-Gai	5.57m
5 Nicholas Thomson		Hornsby	5.45m
6 Caelan Shaw		Ku-Ring-Gai	5.19m
7 Joey Ryu		Northern Suburbs	5.04m
8 Thomas Bostelman		Northern Districts	4.91m
9 Matthew Kim		Parramatta	4.83m
10 Juan Rasines Mazo		Mosman	4.74m
11 George Gardiner		Northern Suburbs	4.74m
12 Liam Frankish		Ku-Ring-Gai	4.72m
13 Lance Cheney		Ryde	4.22m

Boys U 17 - Long Jump

Region: R 6.60m 19/02/2011 Benjamin Cox, Ryde			
Name	Age	Centre	Final
1 Alex Nguyen-Ha		Cherrybrook	6.18m
2 Matthew Crowe		Northern Suburbs	5.86m
3 Antonio Galati		Ryde	5.80m
4 Max Le Ban		Manly Warringah	5.63m
5 Tom Carter		Manly Warringah	5.56m
6 Dustin Auld		Northern Suburbs	5.44m
7 Matthew Theseira		Manly Warringah	5.43m
8 Jack Rodgers		Ryde	5.29m
9 Saleh Sayer		Parramatta	5.25m
10 Ian Astalosh		Nth Rocks Carlin	4.82m
11 Keishon Lynch		Manly Warringah	4.77m
12 Aaron D'Onofrio		Nth Rocks Carlin	4.16m

Boys U 11 - Triple Jump

Region: R 10.29m 1993 D Geddes, Manly Warringah			
Name	Age	Centre	Final
1 Jett Tall		Ryde	10.14m
2 Joshua Arcus		Ryde	9.18m
3 Jack Gibbons		Northern Districts	9.03m
4 Jai Lagois		Manly Warringah	9.01m
5 Samuel Galati		Ryde	8.63m
6 Ben Newson		Manly Warringah	8.55m
7 Christopher Hope		Manly Warringah	8.52m
8 Jamie Costello		Northern Districts	8.43m
9 Thomas Le Sueur		Manly Warringah	8.22m
10 George Davis		Ryde	8.16m
11 Kyle Fisher		Northern Suburbs	8.11m
12 Adam Jubb		Ryde	7.94m
13 Liam Oliver		Northern Districts	7.89m

Boys U 12 - Triple Jump

Region: R 11.54m 22/02/2004 Martin Stonis, Northern Subu			
Name	Age	Centre	Final
1 Zane Camroux		Ryde	10.40m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12 - Triple Jump**

2	Lachlan Dalton	Northern Suburbs	9.82m
3	Zak Power	Manly Warringah	9.78m
4	Noah Hain	Ryde	9.72m
5	Jack Wrightson	Manly Warringah	9.67m
5	Riley Leverett	Nth Rocks Carlin	9.67m
7	Gabe King	Nth Rocks Carlin	9.38m
8	Locky Khun	Mosman	8.96m
9	Bradley Martin	Northern Districts	8.73m
10	Joshua Coppolelli	Cherrybrook	8.71m
11	Jackson Boehm	Manly Warringah	8.60m
12	Cooper Barr	Northern Suburbs	8.47m
13	Nick Burgers	Manly Warringah	8.36m
14	Oliver Rajaratnam	Northern Suburbs	8.30m
15	Cameron McMahon	Nth Rocks Carlin	8.21m
16	Lockyer Couvret	Ku-Ring-Gai	7.99m

Boys U 13 - Triple Jump

Region: R 12.03m 17/02/2007 Nicholas Hough, Hills Distri			
Name	Age	Centre	Final
1	Alex Willett	Manly Warringah	10.94m
2	Jeremy Vaz	Northern Suburbs	10.18m
3	Harrison Muller	Ku-Ring-Gai	10.15m
4	Jaxsyn Davies	Parramatta	10.13m
5	Sebastian Herbert	Ku-Ring-Gai	9.85m
6	Ben Kinasc	Cherrybrook	9.74m
7	Miguel Ribas	Hornsby	8.88m
8	Harish Abimanju	Cherrybrook	8.49m
9	Marko Prizmic	Ryde	8.32m
10	Daniel Bowtell	Ryde	8.31m
11	Joel Magee	Nth Rocks Carlin	7.92m

Boys U 14 - Triple Jump

Region: R 13.27m 1996 D Geddes, Manly Warringah			
Name	Age	Centre	Final
1	John Economides	Manly Warringah	11.28m
2	Ben Carter	Manly Warringah	11.25m
3	Jacob Winston	Manly Warringah	11.06m
4	Adam Ayad	Hornsby	11.00m
5	Austin Lee	Nth Rocks Carlin	10.86m
6	Jaden Clark	Northern Suburbs	10.42m
7	Lawrence Vosper	Nth Rocks Carlin	10.34m
8	Harry Thompson	Manly Warringah	10.15m
9	Lachlan Antoinette	Cherrybrook	9.89m
10	Aidan Wylie	Manly Warringah	9.78m
11	Jackson Tuynman	Northern Districts	9.39m
12	Alexander Galati	Ryde	9.38m
13	Lucas Chan	Nth Rocks Carlin	8.19m

Boys U 15 - Triple Jump

Region: R 13.44m 20/02/2011 Cameron Pappas, Ryde			
Name	Age	Centre	Final
1	Joshua Baddock	Cherrybrook	12.52m
2	Willson Lowe	Manly Warringah	11.98m
3	Ben Basten	Ku-Ring-Gai	11.90m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 15 - Triple Jump**

4	Jayden Burgess	Ku-Ring-Gai	11.62m
5	Angus Richardson	Ku-Ring-Gai	11.48m
6	Stephen Todd	Nth Rocks Carlin	11.35m
7	Tyler Monaghan	Northern Suburbs	9.88m
8	Lance Cheney	Ryde	8.38m

Boys U 17 - Triple Jump

Region: R 14.30m 17/02/2013 Emmanuel Fakiye, Nth Rocks C			
Name	Age	Centre	Final
1	Alex Nguyen-Ha	Cherrybrook	12.74m
2	Tom Carter	Manly Warringah	12.04m
3	Dustin Auld	Northern Suburbs	11.54m
4	Charles Seppelt	Northern Suburbs	11.47m
5	Jack Rodgers	Ryde	11.21m
6	Matthew Theseira	Manly Warringah	11.02m
7	Adam Halmy	Northern Districts	10.96m
8	Saleh Sayer	Parramatta	10.71m
9	Ian Astalosh	Nth Rocks Carlin	10.68m

Boys U 8 - Shot Put (1.5 Kg)

Region: R 9.58m 19/02/2011 Daniel Manin, Parramatta			
Name	Age	Centre	Final
1	Brodie Waldock	Northern Districts	7.64m
2	George Shahla	Nth Rocks Carlin	7.01m
3	Marcus El-Chaar	Parramatta	6.28m
4	Bailey Chapman	Cherrybrook	6.14m
5	Charlie O'Kane	Northern Suburbs	6.11m
6	Max Bayford	Hornsby	6.04m
7	Harry Court	Ryde	5.96m
8	Kai Schofield	Nth Rocks Carlin	5.72m
9	Toby Conway	Hornsby	5.25m
10	Harry Rickard	Northern Suburbs	5.19m
11	Castro Cawood	Northern Suburbs	5.07m
12	Jake George	Parramatta	5.03m
13	Ivan Prizmic	Ryde	5.00m
14	Jed Wigley	Ku-Ring-Gai	4.51m

Boys U 9 - Shot Put (2.0 Kg)

Region: R 9.82m 18/02/2012 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1	Jacob Morige	Ryde	7.92m
2	Harry Anderson	Ku-Ring-Gai	7.64m
3	George Chapman	Ku-Ring-Gai	7.61m
4	Ethan Oliver	Northern Districts	7.54m
5	Max Milani	Northern Suburbs	7.22m
6	Ethan Clarke	Manly Warringah	7.06m
7	Joshua Gedz	Manly Warringah	7.05m
8	Takoda Cheng	Parramatta	6.74m
9	Ethan Harrigan	Parramatta	6.43m
10	Archie Richards	Manly Warringah	6.41m
11	Alex Metaxoulis	Cherrybrook	6.10m
12	Julian Ajaka	Parramatta	6.04m
13	Justin George	Manly Warringah	6.02m
14	Dionte Vidal	Ku-Ring-Gai	4.07m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 10 - Shot Put (2.0 Kg)**

Region: R 11.70m 17/02/2013 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Nosa Obaseki		Northern Districts	10.27m
2 Laurence Barker		Parramatta	8.20m
3 Oskar Warner		Manly Warringah	8.02m
4 Max Purcell		Northern Suburbs	7.96m
5 Coby Walton		Northern Districts	7.39m
6 Maxi Zihlmann		Northern Suburbs	7.19m
7 Elijah Shipley		Hornsby	6.93m
8 Thomas Goddard		Northern Suburbs	6.92m
9 Thomas Jackson		Parramatta	6.86m
10 Thomas Hillebrand		Manly Warringah	6.70m
11 Oliver Judge		Northern Suburbs	6.70m
12 Alexander Shahla		Nth Rocks Carlin	6.68m
13 Benjamin Hutchison		Northern Districts	6.42m
14 Jacob King		Manly Warringah	6.31m

Boys U 11 - Shot Put (2.0 Kg)

Region: R 13.37m 15/02/2014 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Daniel Menin		Parramatta	13.37mR
2 Jack Gibbons		Northern Districts	11.43m
3 Ben Newson		Manly Warringah	10.02m
4 Jett Tall		Ryde	9.99m
5 Matthew Butler		Northern Suburbs	9.90m
6 Sam Parry		Northern Districts	9.03m
7 Jordan Porter		Manly Warringah	8.84m
8 Thomas Russo		Hornsby	8.50m
9 Dylan Walton		Northern Districts	8.12m
10 William Blackburn		Ku-Ring-Gai	7.62m
11 Jonathan Friend		Hornsby	7.43m
12 Nicholas Nogajski		Ryde	6.50m

Boys U 12 - Shot Put (3.0 Kg)

Region: R 13.30m 16/02/2003 A Luzi, Winston Hills			
Name	Age	Centre	Final
1 Jack McFadden		Ku-Ring-Gai	9.81m
2 Nick Colley		Hornsby	9.24m
3 Adam Eglesz		Manly Warringah	8.91m
4 Casper Cairns		Ku-Ring-Gai	8.81m
5 Nathan Bell		Hornsby	8.33m
6 Leon Gellen		Parramatta	8.25m
7 Morgan Little		Cherrybrook	8.23m
8 Antonio Panebianco		Ryde	8.15m
9 Anthony Shahla		Nth Rocks Carlin	7.61m
10 Ben Colley		Hornsby	7.46m
11 Ben Coghlan		Manly Warringah	7.38m
12 Henry O'Kane		Northern Suburbs	7.14m
13 Joshua Arns		Cherrybrook	5.53m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - Shot Put (3.0 Kg)**

Region: R 15.66m 1994 S Novkovic, WInston Hills			
Name	Age	Centre	Final
1 Kevin Yang		Cherrybrook	14.90m
2 Jack Menin		Parramatta	11.90m
3 Benjamin Nogajski		Ryde	11.33m
4 Harry Menin		Parramatta	11.09m
5 Daniel Hall		Mosman	10.09m
6 James Lewis		Manly Warringah	9.42m
7 Seth Chen		Northern Suburbs	8.89m
8 Ryan Leatt		Ku-Ring-Gai	8.81m
9 Zachary Jamieson		Northern Districts	8.81m
10 Scott Chapman		Cherrybrook	8.69m
11 Jonathan Bell		Ku-Ring-Gai	8.25m
12 Ethan Uslu		Parramatta	8.12m
13 Lachlan Don		Manly Warringah	7.40m
14 Austin Malone		Manly Warringah	6.81m

Boys U 14 - Shot Put (3.0 Kg)

Region: R 16.85m 16/02/2014 Kieren Briggs, Parramatta			
Name	Age	Centre	Final
1 Kieren Briggs		Parramatta	16.85mR
2 Nicholas Frost		Parramatta	16.40m
3 Donald Ohmer		Parramatta	15.50m
4 Alexander Kolesnikoff		Parramatta	14.14m
5 Benjamin Collins		Northern Districts	14.04m
6 Thomas Hunt		Parramatta	13.61m
7 Matthew McVey		Parramatta	13.38m
8 Jaden Clark		Northern Suburbs	12.81m
9 Gianni Cincotta-Lee		Manly Warringah	11.42m
10 Zachary Dinter		Manly Warringah	10.77m
11 Matt Graham		Hornsby	10.15m
12 Angus Fewtrell		Ku-Ring-Gai	8.10m
13 Ewan Hudson		Northern Suburbs	7.43m

Boys U 15 - Shot Put (4.0 Kg)

Region: R 17.44m 1995 P Elvy, Manly Warringah			
Name	Age	Centre	Final
1 Nick Chatters		Ku-Ring-Gai	13.85m
2 Richard Ledger		Manly Warringah	13.43m
3 Tyler Monaghan		Northern Suburbs	13.01m
4 Cameron McEntyre		Ku-Ring-Gai	12.08m
5 Caelan Shaw		Ku-Ring-Gai	11.83m
6 Matthew Kim		Parramatta	10.96m
7 Christopher Davies		Manly Warringah	10.74m
8 Matthew Eaton		Cherrybrook	10.66m

Boys U 17 - Shot Put (5.0 Kg)

Region: R 16.18m 16/02/2013 Tyson Davis, Manly Warringah			
Name	Age	Centre	Final
1 William Brown		Manly Warringah	14.67m
2 Anthony Overton		Ryde	13.76m
3 Charles Seppelt		Northern Suburbs	12.99m
4 Angus Armstrong		Manly Warringah	12.70m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 17 - Shot Put (5.0 Kg)**

5	Oliver Parry	Northern Districts	12.29m
6	James McFadden	Ku-Ring-Gai	12.03m
7	Ellington Steanes	Northern Suburbs	11.07m
8	Sebastian Fitzsimons	Northern Suburbs	10.52m
9	Campbell Lemckert	Northern Districts	9.82m

Boys U 8 - Discus (500 Gram)

=====			
Region: R 31.36m		1992	Gareth Care, North Rocks Car
Name	Age	Centre	Final
=====			
1	Brodie Waldock	Northern Districts	21.25m
2	Charlie O'Kane	Northern Suburbs	17.15m
3	Marcus El-Chaar	Parramatta	16.21m
4	William Valderrama	Northern Districts	15.73m
5	Oscar Blackley	Manly Warringah	15.47m
6	Joshua Easton	Hornsby	15.24m
7	Zac Nilsson	Hornsby	14.97m
8	Dominic Hengren	Ryde	14.34m
9	Castro Cawood	Northern Suburbs	13.37m
10	Calum Watson	Ku-Ring-Gai	12.05m
11	Riley Turkal	Ryde	11.98m
12	Kai Schofield	Nth Rocks Carlin	11.94m
13	Kyan McDougall	Manly Warringah	11.87m
14	Max Bayford	Hornsby	10.44m
--	George Shahla	Nth Rocks Carlin	ND
--	William Pamplin	Manly Warringah	ND

Boys U 9 - Discus (500 Gram)

=====			
Region: R 32.96m		1998	Christopher Bassett, Hornsby
Name	Age	Centre	Final
=====			
1	Harry Anderson	Ku-Ring-Gai	25.15m
2	George Chapman	Ku-Ring-Gai	24.73m
3	Alex Metaxoulis	Cherrybrook	23.49m
4	Justin George	Manly Warringah	23.08m
5	Julian Ajaka	Parramatta	22.84m
6	Jacob Morige	Ryde	21.49m
7	Ethan Clarke	Manly Warringah	20.92m
8	Luke Jubb	Ryde	18.68m
9	Archie Richards	Manly Warringah	17.78m
10	Max Maciver	Ku-Ring-Gai	17.05m
11	Hamish Smillie	Cherrybrook	17.02m
12	Max Milani	Northern Suburbs	16.46m
13	Malakye Enasio	Northern Districts	15.65m
14	Ethan Harrigan	Parramatta	15.22m
15	Ethan Ditchburn	Hornsby	13.62m
--	Benson Liu	Northern Suburbs	ND

Boys U 10 - Discus (500 Gram)

=====			
Region: R 39.76m		1999	Christopher Bassett, Hornsby
Name	Age	Centre	Final
=====			
1	Nosa Obaseki	Northern Districts	35.99m
2	Sehan Samaragunaratna	Parramatta	30.61m
3	Thomas Jackson	Parramatta	30.10m
4	Riley Hemsworth	Ku-Ring-Gai	28.90m
5	Alexander Shahla	Nth Rocks Carlin	25.06m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - Discus (500 Gram)**

6	Thomas Hillebrand	Manly Warringah	25.04m
7	Leo Zhu	Ku-Ring-Gai	24.50m
8	Raff De Stradis	Hornsby	22.03m
9	William Klem	Manly Warringah	22.02m
10	Xander Mercer	Ku-Ring-Gai	21.10m
11	Maxi Zihlmann	Northern Suburbs	20.94m
12	Jacob King	Manly Warringah	19.89m
13	Thomas Goddard	Northern Suburbs	19.01m
14	Thomas Davey	Hornsby	17.18m

Boys U 11 - Discus (750 Gram)

=====			
Region: R 37.09m 20/02/2011 Nicholas Frost, Northern Dis			
Name	Age	Centre	Final
=====			
1	Daniel Menin	Parramatta	33.90m
2	Jack Gibbons	Northern Districts	30.70m
3	Jonathan Woodcock	Northern Suburbs	26.75m
4	Jordan Porter	Manly Warringah	25.89m
5	Sam Park	Northern Districts	24.93m
6	James Coughlin	Ku-Ring-Gai	22.19m
7	Matthew Butler	Northern Suburbs	21.75m
8	Adam Morris	Ryde	19.47m
9	Stuart Downie	Northern Suburbs	19.35m
10	Ty Ditchburn	Hornsby	18.81m
11	Henry Furrer	Northern Suburbs	18.16m
12	Aidan Lidbetter	Hornsby	18.02m

Boys U 12 - Discus (750 Gram)

=====			
Region: R 44.04m 1993 S Novkovic, Winston Hills			
Name	Age	Centre	Final
=====			
1	Tyrese Vidal	Ku-Ring-Gai	38.09m
2	Jack McFadden	Ku-Ring-Gai	32.50m
3	Kaeo Weekes	Northern Districts	29.20m
4	Matthew Rose	Cherrybrook	29.03m
5	Noah Hain	Ryde	28.60m
6	Mitchell McVey	Parramatta	27.58m
7	Henry O'Kane	Northern Suburbs	26.76m
8	Adam Eglesz	Manly Warringah	25.65m
9	Nathan Bell	Hornsby	24.35m
10	Luke Hackett	Manly Warringah	23.09m
11	Jack Wrightson	Manly Warringah	21.88m
12	Matua Simpkins	Northern Districts	19.87m
13	Daniel Martinez	Cherrybrook	18.85m
--	Anthony Shahla	Nth Rocks Carlin	FOUL

Boys U 13 - Discus (1.0 Kg)

=====			
Region: R 48.10m 1994 S Novkovic, Winston Hills			
Name	Age	Centre	Final
=====			
1	Alex Willett	Manly Warringah	35.18m
2	Zachary Jamieson	Northern Districts	34.12m
3	Kevin Yang	Cherrybrook	31.03m
4	Jonathan Bell	Ku-Ring-Gai	29.24m
5	Jack Menin	Parramatta	29.10m
6	Harry Menin	Parramatta	27.48m
7	Benjamin Nogajski	Ryde	26.14m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 13 - Discus (1.0 Kg)**

8	Otto Prowse	Manly Warringah	24.32m
9	Scott Chapman	Cherrybrook	23.49m
10	Daniel Hall	Mosman	23.09m
11	Daniel Bowtell	Ryde	21.97m
12	Andrew Tse	Northern Suburbs	21.52m
13	Ryan Leatt	Ku-Ring-Gai	21.47m
14	Joshua Grinter-Cummins	Northern Suburbs	21.39m
15	Nathan Taylor	Ku-Ring-Gai	17.59m
16	Bailey Hazlewood	Northern Districts	16.58m

Boys U 14 - Discus (1.0 Kg)

=====			
Region: R 55.22m		1995	S Novkovic, Winston Hills
Name	Age	Centre	Final
=====			
1	Nicholas Frost	Parramatta	54.80m
2	Kieren Briggs	Parramatta	48.68m
3	Donald Ohmer	Parramatta	43.99m
4	Matthew McVey	Parramatta	41.57m
5	Alexander Kolesnikoff	Parramatta	38.23m
6	Thomas Hunt	Parramatta	32.88m
7	Adam Ayad	Hornsby	29.05m
8	Gianni Cincotta-Lee	Manly Warringah	27.72m
9	Jaden Clark	Northern Suburbs	27.40m
10	Darcy Hampton	Manly Warringah	26.62m
11	Jack Polson	Parramatta	25.88m
12	Matt Graham	Hornsby	25.75m
13	Nathan Culhane	Northern Suburbs	25.60m
14	Benjamin Collins	Northern Districts	25.57m
15	Alex Duffy	Ku-Ring-Gai	22.00m

Boys U 15 - Discus (1.0 Kg)

=====			
Region: R 56.28m		1999	A Walker, Hills District
Name	Age	Centre	Final
=====			
1	Cameron McEntyre	Ku-Ring-Gai	51.40m
2	Tyler Monaghan	Northern Suburbs	43.02m
3	Nick Chatters	Ku-Ring-Gai	41.61m
4	Richard Ledger	Manly Warringah	41.48m
5	Matthew Hall	Mosman	30.35m
6	Christopher Davies	Manly Warringah	25.43m

Boys U 17 - Discus (1.5 Kg)

=====			
Region: R 47.54m		17/02/2013	Tyson Davis, Manly Warringah
Name	Age	Centre	Final
=====			
1	William Brown	Manly Warringah	43.90m
2	Ellington Steanes	Northern Suburbs	42.42m
3	Clayton Anstee	Cherrybrook	41.55m
4	Anthony Overton	Ryde	41.43m
5	Oliver Parry	Northern Districts	38.66m
6	Tim Heyes	Northern Suburbs	34.76m
7	Lachlan Behagg	Manly Warringah	34.21m
8	Sebastian Fitzsimons	Northern Suburbs	32.71m
9	Campbell Lemckert	Northern Districts	31.72m
10	Denzel Singleton	Parramatta	30.48m
11	Angus Armstrong	Manly Warringah	28.60m
12	Charles Seppelt	Northern Suburbs	28.38m

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

Region: R 36.87m 19/02/2012 Kieren Briggs, Parramatta			
Name	Age	Centre	Final
1 Jack McFadden		Ku-Ring-Gai	31.04m
2 Mitchell McVey		Parramatta	28.93m
3 Hamish Murray		Hornsby	25.97m
4 Morgan Little		Cherrybrook	25.79m
5 Matua Simpkins		Northern Districts	24.02m
6 Ben Graham		Hornsby	23.50m
7 Daniel Martinez		Cherrybrook	21.01m
8 Kieran Gorman		Manly Warringah	20.21m
9 Elijah Khallouf		Northern Districts	20.18m
10 Nick Burgers		Manly Warringah	19.72m
11 Ben Colley		Hornsby	18.70m
12 Harrison Ross		Northern Districts	18.12m
13 Raven Daniel		Ryde	12.02m

Boys U 13 - Javelin (600 Gram)

Region: R 42.98m 17/02/2007 Elliot Lang, Northern Suburb			
Name	Age	Centre	Final
1 Alex Willett		Manly Warringah	37.07m
2 Jonathan Bell		Ku-Ring-Gai	30.60m
3 Jasper Melchiorsen		Northern Districts	29.81m
4 Daniel Hall		Mosman	26.89m
5 Otto Prowse		Manly Warringah	25.00m
6 James Lewis		Manly Warringah	24.17m
7 Jeremy Vaz		Northern Suburbs	23.40m
8 Samuel Plummer		Ryde	20.96m
9 Nicholas Smith		Parramatta	19.61m
10 Joshua Silver		Northern Districts	15.96m

Boys U 14 - Javelin (600 Gram)

Region: R 53.00m 17/02/2013 Cameron McEntyre, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Matthew McVey		Parramatta	49.64m
2 Donald Ohmer		Parramatta	43.33m
3 Kieren Briggs		Parramatta	41.64m
4 Nicholas Frost		Parramatta	40.06m
5 Gianni Cincotta-Lee		Manly Warringah	33.40m
6 Thomas Hunt		Parramatta	30.87m
7 Matt Graham		Hornsby	29.17m
8 Benjamin Collins		Northern Districts	29.09m
9 Darcy Hampton		Manly Warringah	27.46m
10 Elliot Metcalf		Manly Warringah	27.03m
11 Alexander Kolesnikoff		Parramatta	26.93m
12 Jack Polson		Parramatta	21.80m

Boys U 15 - Javelin (700 Gram)

Region: R 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Cameron McEntyre		Ku-Ring-Gai	59.69mR
2 Caelan Shaw		Ku-Ring-Gai	40.65m
3 Matthew Kim		Parramatta	39.34m
4 Tyler Monaghan		Northern Suburbs	37.94m

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

5	Matthew Hall	Mosman	34.29m
6	Richard Ledger	Manly Warringah	31.78m
7	Nick Chatters	Ku-Ring-Gai	30.85m
8	Nicholas Thomas	Parramatta	21.62m
9	Dylan Rodgers	Ryde	19.75m

Boys U 17 - Javelin (700 Gram)

Region: R 62.32m 17/02/2013 Tyson Davis, Manly Warringah			
Name	Age	Centre	Final
1	Frank Morris	Northern Districts	48.69m
2	Oliver Parry	Northern Districts	43.66m
3	Liam Magee	Cherrybrook	42.67m
4	James McFadden	Ku-Ring-Gai	41.41m
5	Charles Seppelt	Northern Suburbs	38.83m
6	Luke Gorman	Manly Warringah	36.56m
7	Clayton Anstee	Cherrybrook	35.89m
8	Campbell Lemckert	Northern Districts	35.86m
9	Drew Fisher- Peel	Manly Warringah	31.09m
10	Antonio Galati	Ryde	29.32m
11	Ellington Steanes	Northern Suburbs	27.84m
12	Adam Halmy	Northern Districts	25.26m

Boys U 9 - 700 Metre Walk

Region: R 3:34.60 1998 Christopher Bassett, Hornsb			
Name	Age	Centre	Final
Section 1			
1	Max Milani	Northern Suburbs	4:15.25
2	Luca Bell	Manly Warringah	4:24.82
3	Zach Lucas	Ku-Ring-Gai	4:34.37
4	Alex Bonomi	Manly Warringah	4:34.52
5	Nicholas Layton	Parramatta	4:45.42
6	Noah Peacock	Manly Warringah	4:45.53
7	Tom Coughlin	Ku-Ring-Gai	4:46.57

Boys U 10 - 1100 Metre Walk

Region: R 5:45.20 1998 K Tansley, Manly Warringah			
Name	Age	Centre	Final
1	Cameron Laytham	Manly Warringah	6:41.78
2	Tony Vujnovic	Manly Warringah	6:45.18
3	Angus Henderson	Ku-Ring-Gai	7:20.43
4	Oliver Judge	Northern Suburbs	7:57.60
5	Daniel Gangell	Nth Rocks Carlin	8:24.20
6	Luke Morosin-Smith	Ryde	8:42.56
--	Lachlan Easdown	Ku-Ring-Gai	DQ

Boys U 11 - 1100 Metre Walk

Region: R 5:19.18 19/02/2012 Dylan Richardson, Gosford			
Name	Age	Centre	Final
1	Dion Carrothers	Manly Warringah	5:36.62
2	Bayden Little	Cherrybrook	5:47.77
3	Ethan Barlow	Manly Warringah	5:52.35
4	Martin Leerberg	Northern Suburbs	6:06.49

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 1100 Metre Walk**

5 James Walter	Ku-Ring-Gai	6:07.94
6 George Davis	Ryde	6:12.47
7 Miles Weir	Manly Warringah	6:23.32
8 James Hunt	Northern Suburbs	6:34.67
9 Colm Walsh	Ku-Ring-Gai	6:40.15
10 Adam Jubb	Ryde	6:56.66
11 William Mills	Hornsby	6:56.84
12 Connor Ryan	Ku-Ring-Gai	7:45.65
13 Kai Pearson	Parramatta	8:10.80
14 Charlie Marshall	Northern Suburbs	8:11.26
15 Joseph Kalachian	Ryde	8:30.46

Boys U 12 - 1500 Metre Walk

Region: R 7:06.59 17/02/2013 Harrison Mavin, Ku-Ring-Gai

Name Age Centre Final

1 Lachie Sky	Ku-Ring-Gai	7:57.23
2 Hayden Blaskett	Manly Warringah	8:07.41
3 Morgan Little	Cherrybrook	8:48.45
4 Luke Van Ratingen	Manly Warringah	9:13.99
5 Oscar Browne	Parramatta	9:23.94
-- Jeremy Ogle	Parramatta	DQ
-- Robert Culliver	Parramatta	DQ

Boys U 13 - 1500 Metre Walk

Region: R 7:04.60 19/02/2006 Jordan Mulhearn, Parramatta

Name Age Centre Final

1 Harrison Mavin	Ku-Ring-Gai	7:34.68
2 Luke Gosper	Parramatta	8:28.38
3 Austin Malone	Manly Warringah	8:46.42
4 Kyle Walsh	Ku-Ring-Gai	8:51.25
5 Sean Teo	Ku-Ring-Gai	9:03.11
6 Samuel Plummer	Ryde	10:20.41

Boys U 14 - 1500 Metre Walk

Region: R 6:28.16 19/02/2012 Tyler Jones, Wyong

Name Age Centre Final

1 Hayden Millican	Northern Districts	8:01.55
2 Alex Duffy	Ku-Ring-Gai	9:28.90
3 Ryan Blaskett	Manly Warringah	9:34.66
4 Luke McLachlan	Ryde	11:40.88

Boys U 15 - 1500 Metre Walk

Region: R 6:35.20 1995 Andrew Nappin, Manly Warrin

Name Age Centre Final

1 Aidan Kerr	Ku-Ring-Gai	7:09.86
2 Dylan Rodgers	Ryde	14:04.67

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 17 - 1500 Metre Walk**

=====			
Region: R 6:15.10 28/02/2010 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
=====			
1 Nathan Brown		Hornsby	7:27.02
2 Patrick Sutton		Northern Suburbs	10:22.35
3 Jack Rodgers		Ryde	10:27.51