

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.94 13/12/2014 Gemma McIntosh, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lily Dunne		Manly Warringah	9.68Q
2 Lola Francis		Mosman	9.92Q
3 Chloe McCulloch		Ku-Ring-Gai	10.04Q
4 Charlotte Godfrey		Mosman	10.05
5 Violet Powell		Manly Warringah	10.20
6 Marley Harvison		Manly Warringah	10.25
7 Lucy McGregor		Hornsby	10.39
8 Eloise Eslick		Mosman	10.44
9 Evie Moore-Mulcahy		Northern Districts	12.63
Heat 2 Heats			
1 Camilla Roderick		Ku-Ring-Gai	9.62Q
2 Amelie Bartlett		Mosman	9.82Q
3 Amelie Gilchrist		Ku-Ring-Gai	9.98Q
4 Sophie Graham		Ku-Ring-Gai	10.01q
5 Eloise Knorr		Manly Warringah	10.02q
6 Safina Burgess		Ku-Ring-Gai	10.20
7 Caitlin Willacy		Manly Warringah	10.39
8 Elizabeth Moore		Mosman	11.00
9 Annabel van Hooft		Hornsby	11.05

Girls U 7 - 50 Metre Sprint

Zone: Z 8.94 13/12/2014 Gemma McIntosh, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Lily Dunne		Manly Warringah	9.47
1 Camilla Roderick		Ku-Ring-Gai	9.47
3 Amelie Bartlett		Mosman	9.79
4 Amelie Gilchrist		Ku-Ring-Gai	9.99
5 Lola Francis		Mosman	10.01
6 Sophie Graham		Ku-Ring-Gai	10.15
7 Chloe McCulloch		Ku-Ring-Gai	10.17
8 Eloise Knorr		Manly Warringah	10.25

Girls U 7 - 70 Metre Sprint

Zone: Z 12.09 14/12/2014 Gemma McIntosh, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amelie Bartlett		Mosman	13.29Q
2 Bella Apfel		Mosman	13.32Q
3 Amelie Gilchrist		Ku-Ring-Gai	13.61Q
4 Idella Hill		Hornsby	13.66q
5 Simone Lane		Manly Warringah	13.72
6 Lucy McGregor		Hornsby	13.74
7 Imogen Newey		Ku-Ring-Gai	13.97
8 Eloise Eslick		Mosman	14.04
9 Annika Owers		Northern Districts	15.78
Heat 2 Heats			
1 Lily Dunne		Manly Warringah	13.05Q
2 Lola Francis		Mosman	13.23Q
3 Violet Powell		Manly Warringah	13.52Q
4 Sophie Graham		Ku-Ring-Gai	13.57q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 7 - 70 Metre Sprint**

5 Lily Nguyen	Ku-Ring-Gai	13.75
6 Chloe McCulloch	Ku-Ring-Gai	13.86
7 Marley Harvison	Manly Warringah	13.96
8 Keira Collins	Manly Warringah	14.07
9 Sophia Tye	Hornsby	14.09

Girls U 7 - 70 Metre Sprint

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Zone: Z 12.09 14/12/2014 Gemma McIntosh, Ku-Ring-Gai			
Name	Age	Centre	Final
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Section 1 Final

1 Amelie Bartlett	Mosman	12.98
2 Lily Dunne	Manly Warringah	13.03
3 Bella Apfel	Mosman	13.08
4 Lola Francis	Mosman	13.49
5 Idella Hill	Hornsby	13.70
6 Violet Powell	Manly Warringah	13.76
7 Amelie Gilchrist	Ku-Ring-Gai	13.85
8 Sophie Graham	Ku-Ring-Gai	13.87

Girls U 8 - 70 Metre Sprint

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Zone: Z 11.20 7/02/1997 Natasha Finlay, Manly Warring			
Name	Age	Centre	Heats
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Heat 1 Heats

1 Ella Achike	Ku-Ring-Gai	11.54Q
2 Lucy Whitehead	Mosman	12.41Q
3 Hayley Laslett	Ku-Ring-Gai	12.70Q
4 Ella Gadsby	Manly Warringah	12.71
5 Rosalie Borchert	Manly Warringah	12.74
6 Jannai Knox	Ku-Ring-Gai	12.88
7 Harmony Satchithanathan	Ku-Ring-Gai	13.12
8 Scarlett Owers	Northern Districts	14.36
8 Lily Carey	Mosman	14.36
10 Penelope Rowland	Northern Districts	14.57

Heat 2 Heats

1 Eden McDonnell	Manly Warringah	11.96Q
2 Katie Dash	Ku-Ring-Gai	12.22Q
3 Grace Carlton	Hornsby	12.35Q
4 Sophie Savage	Mosman	12.46q
5 Gemma Hunt	Manly Warringah	12.47q
6 Amelia Dubsky	Hornsby	12.88
7 Claudia Patfield	Manly Warringah	12.99
8 Chloe McMurray	Hornsby	13.04
9 Amber Clayton	Hornsby	14.34
10 Liana Flanagan	Northern Districts	14.68

Girls U 8 - 70 Metre Sprint

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Zone: Z 11.20 7/02/1997 Natasha Finlay, Manly Warring			
Name	Age	Centre	Final
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Section 1 Final

1 Ella Achike	Ku-Ring-Gai	11.52
2 Eden McDonnell	Manly Warringah	12.10
3 Lucy Whitehead	Mosman	12.32
4 Katie Dash	Ku-Ring-Gai	12.37

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 8 - 70 Metre Sprint**

5	Sophie Savage	Mosman	12.38
6	Gemma Hunt	Manly Warringah	12.50
7	Grace Carlton	Hornsby	12.54
8	Hayley Laslett	Ku-Ring-Gai	12.92

Girls U 9 - 70 Metre Sprint

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	Zone: Z 10.50	7/02/1998	Emily Pollett, Manly Warringah
Name	Age	Centre	Heats
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Heat 1 Heats

1	Cassia McLean	Manly Warringah	11.51Q
2	Chloe Stante	Manly Warringah	11.78Q
3	Sienna Vassella	Ku-Ring-Gai	11.88Q
4	Myah Rimmer	Manly Warringah	11.89q
5	Cacia Charles	Ku-Ring-Gai	12.02q
6	Elizabeth Faingaanuku	Mosman	12.20
7	Taylor Travers	Mosman	12.29
8	Elsie Moran	Manly Warringah	12.75

Heat 2 Heats

1	Lexi Hartigan	Mosman	11.58Q
2	Anna Tye	Hornsby	11.67Q
3	Amelia Mandalinic	Manly Warringah	12.00Q
4	Georgia Birch	Ku-Ring-Gai	12.17
5	Alexandra Bova	Mosman	12.39
6	Eva Saunders	Ku-Ring-Gai	12.99
7	Isabella Bowden	Northern Districts	13.25

Girls U 9 - 70 Metre Sprint

=====			
	Zone: Z 10.50	7/02/1998	Emily Pollett, Manly Warringah
Name	Age	Centre	Final
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Section 1 Final

1	Cassia McLean	Manly Warringah	11.53
2	Lexi Hartigan	Mosman	11.65
3	Anna Tye	Hornsby	11.86
4	Amelia Mandalinic	Manly Warringah	11.91
5	Sienna Vassella	Ku-Ring-Gai	12.10
6	Chloe Stante	Manly Warringah	12.11
7	Myah Rimmer	Manly Warringah	12.15
8	Cacia Charles	Ku-Ring-Gai	12.28

Girls U 10 - 70 Metre Sprint

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	Zone: Z 10.38	2/12/2018	Olivia Achike, Ku-Ring-Gai
Name	Age	Centre	Heats
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Heat 1 Heats

1	Erin Dunne	Manly Warringah	11.20Q
2	Penny Renn	Manly Warringah	11.36Q
3	Lily Hughes	Ku-Ring-Gai	11.47Q
4	Emily Kupceric	Manly Warringah	11.60q
5	Lyla Rigby	Manly Warringah	11.80
6	Chelsea Forte	Ku-Ring-Gai	11.94
7	Seren Hill	Hornsby	12.50
8	Lucia Smith	Mosman	13.44

Heat 2 Heats

1	Amalia Bond	Ku-Ring-Gai	10.97Q
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NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 10 - 70 Metre Sprint

2	Liesel Walsh	Hornsby	10.99Q
3	Eliza Williams	Manly Warringah	11.06Q
4	Hayley Loreto-Dicks	Ku-Ring-Gai	11.43q
5	Ava Grant	Ku-Ring-Gai	11.71
6	Sophia Tsaousidis	Hornsby	11.93
7	Cara Daidone	Northern Districts	12.35

Girls U 10 - 70 Metre Sprint

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 Zone: Z 10.38 2/12/2018 Olivia Achike, Ku-Ring-Gai
 Name Age Centre Final
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Section 1 Final

1	Liesel Walsh	Hornsby	10.92
2	Amalia Bond	Ku-Ring-Gai	10.98
3	Erin Dunne	Manly Warringah	11.08
4	Lily Hughes	Ku-Ring-Gai	11.27
5	Eliza Williams	Manly Warringah	11.40
6	Penny Renn	Manly Warringah	11.43
7	Hayley Loreto-Dicks	Ku-Ring-Gai	11.57
8	Emily Kupceric	Manly Warringah	11.62

Girls U 7 - 100 Metre Sprint

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 Zone: Z 17.14 4/02/2012 Olivia Inkster, Manly Warringah
 Name Age Centre Heats
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Heat 1 Heats

1	Evie Moore-Mulcahy	Northern Districts	18.72Q
2	Chloe McCulloch	Ku-Ring-Gai	19.73Q
3	Simone Lane	Manly Warringah	19.82
4	Lucy McGregor	Hornsby	20.43
5	Safina Burgess	Ku-Ring-Gai	20.52
6	Keira Collins	Manly Warringah	20.91
7	Ava Photios	Hornsby	21.47

Heat 2 Heats

1	Lily Dunne	Manly Warringah	18.07Q
2	Samantha Campbell	Hornsby	18.43Q
3	Gia Lewis-Enright	Mosman	18.86q
4	Bella Apfel	Mosman	20.02
5	Eloise Eslick	Mosman	20.22
6	Sophia Tye	Hornsby	20.43
7	Roya McLean	Manly Warringah	21.60

Heat 3 Heats

1	Edwina Seve	Manly Warringah	17.31Q
2	Camilla Roderick	Ku-Ring-Gai	18.28Q
3	Lola Francis	Mosman	19.05q
4	Zoe Rudolph	Ku-Ring-Gai	19.10
5	Lily Nguyen	Ku-Ring-Gai	19.63
6	Annabel van Hooft	Hornsby	20.77
7	Elizabeth Moore	Mosman	21.01

Girls U 7 - 100 Metre Sprint

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 Zone: Z 17.14 4/02/2012 Olivia Inkster, Manly Warringah
 Name Age Centre Final
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Section 1 Final

1	Edwina Seve	Manly Warringah	17.94
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NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 7 - 100 Metre Sprint**

2 Lily Dunne	Manly Warringah	18.46
3 Evie Moore-Mulcahy	Northern Districts	18.53
4 Chloe McCulloch	Ku-Ring-Gai	18.65
5 Samantha Campbell	Hornsby	18.97
6 Camilla Roderick	Ku-Ring-Gai	19.63
7 Lola Francis	Mosman	20.49
8 Gia Lewis-Enright	Mosman	21.43

Girls U 8 - 100 Metre Sprint

Zone: Z 15.90 7/02/1997 Natasha Finlay, Manly Warring

Name Age Centre Heats

Heat 1 Heats

1 Ella Achike	Ku-Ring-Gai	16.20Q
2 Gemma Hunt	Manly Warringah	17.36Q
3 Eden McDonnell	Manly Warringah	17.40Q
4 Lucy Whitehead	Mosman	17.56q
5 Roxanne Parkes	Manly Warringah	17.63q
6 Hayley Laslett	Ku-Ring-Gai	18.37
7 Grace Scammell	Mosman	18.71
8 Chloe McMurray	Hornsby	18.84
9 Elodie Bankes	Manly Warringah	18.96
10 Emma Jones	Mosman	19.78

Heat 2 Heats

1 Manvi Arabolu	Ku-Ring-Gai	17.36Q
2 Sophie Savage	Mosman	17.77Q
3 Grace Carlton	Hornsby	18.03Q
4 Rosalie Borchert	Manly Warringah	18.06
5 Georgia Bailey	Mosman	18.29
6 Claudia Patfield	Manly Warringah	18.73
7 Jannai Knox	Ku-Ring-Gai	18.79
8 Harmony Satchithananthan	Ku-Ring-Gai	19.41
9 Taya Creek	Northern Districts	19.90
10 Estelle Creek	Northern Districts	20.00

Girls U 8 - 100 Metre Sprint

Zone: Z 15.90 7/02/1997 Natasha Finlay, Manly Warring

Name Age Centre Final

Section 1 Final

1 Ella Achike	Ku-Ring-Gai	16.55
2 Eden McDonnell	Manly Warringah	17.36
3 Manvi Arabolu	Ku-Ring-Gai	17.66
4 Sophie Savage	Mosman	17.68
5 Lucy Whitehead	Mosman	17.78
6 Grace Carlton	Hornsby	18.09
7 Gemma Hunt	Manly Warringah	18.46
8 Roxanne Parkes	Manly Warringah	18.83

Girls U 9 - 100 Metre Sprint

Zone: Z 14.80 7/02/1997 Alice Wilson, Ku-Ring-Gai

Name Age Centre Heats

Heat 1 Heats

1 Emma Kramer	Manly Warringah	16.10Q
2 Alessandra McWilliam	Mosman	16.35Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 9 - 100 Metre Sprint**

3 Maddison Barratt	Northern Districts	16.60Q
4 Amelia Mandalinic	Manly Warringah	16.82q
5 Amy Campbell	Hornsby	16.98
6 Elizabeth Faingaanuku	Mosman	17.28
7 Ellana Ross	Ku-Ring-Gai	17.29
8 Taylor Travers	Mosman	17.82

Heat 2 Heats

1 Willow Toll	Manly Warringah	15.84Q
2 Cassia McLean	Manly Warringah	16.20Q
3 Gracie Atkins	Ku-Ring-Gai	16.41Q
4 Anna Tye	Hornsby	16.60q
5 Ruby Squire	Mosman	17.28
6 Catherine Halgreen	Ku-Ring-Gai	17.43
7 Fernie Leach	Ku-Ring-Gai	17.68
8 Alexandra Bova	Mosman	17.80

Girls U 9 - 100 Metre Sprint

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 Zone: Z 14.80 7/02/1999 Alice Wilson, Ku-Ring-Gai

Name	Age	Centre	Final
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Section 1 Final

1 Willow Toll	Manly Warringah	16.14
2 Cassia McLean	Manly Warringah	16.22
3 Emma Kramer	Manly Warringah	16.36
4 Gracie Atkins	Ku-Ring-Gai	16.78
5 Alessandra McWilliam	Mosman	16.82
6 Anna Tye	Hornsby	17.04
7 Amelia Mandalinic	Manly Warringah	17.09
8 Maddison Barratt	Northern Districts	17.14

Girls U 10 - 100 Metre Sprint

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 Zone: Z 14.53 13/12/2014 Olivia Inkster, Manly Warring

Name	Age	Centre	Heats
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Heat 1 Heats

1 Naomi Krajanic	Manly Warringah	14.91Q
2 Amalia Bond	Ku-Ring-Gai	15.17Q
3 Liesel Walsh	Hornsby	15.33Q
4 Eliza Williams	Manly Warringah	15.74q
5 Hayley Loreto-Dicks	Ku-Ring-Gai	16.01
6 Seren D'Souza	Hornsby	16.55
7 Gemma Wyrill	Mosman	16.60
8 Camilla Squire	Mosman	17.07
9 Adeline O'Regan	Ku-Ring-Gai	17.41

Heat 2 Heats

1 Erin Dunne	Manly Warringah	15.31Q
2 Kate Harden	Ku-Ring-Gai	15.61Q
3 Jessica Pulis	Manly Warringah	15.71Q
3 Isla Maris	Manly Warringah	15.71Q
5 Jada Taylor	Ku-Ring-Gai	16.03
6 Alyssa Holmes	Northern Districts	16.25
7 Kate Hall	Hornsby	16.69
8 Ruby Glossop	Mosman	17.22
9 Jasmine Davis	Mosman	17.25
10 Lucy van Hooft	Hornsby	17.27

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 100 Metre Sprint**

Zone: Z 14.53 13/12/2014 Olivia Inkster, Manly Warring			
Name	Age	Centre	Final
Section 1 Final			
1 Naomi Krajancic		Manly Warringah	15.07
2 Amalia Bond		Ku-Ring-Gai	15.33
3 Erin Dunne		Manly Warringah	15.49
4 Liesel Walsh		Hornsby	15.62
5 Isla Maris		Manly Warringah	15.64
6 Jessica Pulis		Manly Warringah	15.85
7 Eliza Williams		Manly Warringah	15.88
8 Kate Harden		Ku-Ring-Gai	15.97

Girls U 11 - 100 Metre Sprint

Zone: Z 13.50 7/02/1999 Charlotte van Veenenda, Manly			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Matilda Harrison		Ku-Ring-Gai	13.92Q
2 Lucinda Gibbs		Manly Warringah	15.23Q
3 Kyrah McMahon		Northern Districts	15.27Q
4 Matilda Clement		Manly Warringah	15.44q
5 Portia Rowland-Stefanic		Ku-Ring-Gai	15.65
6 Alice Lyng		Hornsby	15.66
7 Emily Plowman		Mosman	15.92
8 Anastasia Limbers		Hornsby	16.19
9 Isla Honor		Northern Districts	16.68
Heat 2 Heats			
1 Kaitlinn Dunne		Manly Warringah	14.68Q
2 Olivia Achike		Ku-Ring-Gai	14.86Q
3 Tayah Rubes		Manly Warringah	15.07Q
4 Eloise Berkelouw		Mosman	15.45q
5 Mackenzie Ryle		Hornsby	15.57
6 Madison James		Ku-Ring-Gai	15.74
7 Charlotte Baum		Manly Warringah	15.85
8 Isabelle Green		Ku-Ring-Gai	16.23

Girls U 11 - 100 Metre Sprint

Zone: Z 13.50 7/02/1999 Charlotte van Veenenda, Manly			
Name	Age	Centre	Final
Section 1 Final			
1 Matilda Harrison		Ku-Ring-Gai	13.97
2 Olivia Achike		Ku-Ring-Gai	14.72
3 Kaitlinn Dunne		Manly Warringah	14.74
4 Tayah Rubes		Manly Warringah	14.86
5 Lucinda Gibbs		Manly Warringah	15.13
6 Kyrah McMahon		Northern Districts	15.17
7 Matilda Clement		Manly Warringah	15.41
8 Eloise Berkelouw		Mosman	15.44

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - 100 Metre Sprint**

Zone: Z 13.10 7/02/2005 Annaliese Gardiner, Ku-Ring-G			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gemma McIntosh		Ku-Ring-Gai	13.88Q
2 Ava Gray		Manly Warringah	14.67Q
3 Ava Mitchell		Northern Districts	15.41
4 Elizabeth Bailey		Ku-Ring-Gai	15.43
5 Eleanor Schwarz		Hornsby	16.53
Heat 2 Heats			
1 Octavia Williams		Manly Warringah	13.81Q
2 Eden Smith		Mosman	14.69Q
3 Milla Lawrence		Manly Warringah	14.83q
4 Gemma Ronan		Mosman	15.05
5 Anja Fitzgibbon		Manly Warringah	15.45
6 Shala Saint		Manly Warringah	15.49
Heat 3 Heats			
1 Kristina Prizmic		Manly Warringah	14.61Q
2 Alexandra Sharp		Mosman	14.89Q
3 Jasmine Rintel		Manly Warringah	14.92q
4 Kirsten Evans		Mosman	15.04
5 Michaela Couper		Hornsby	16.00
6 Ava Windross		Hornsby	17.07

Girls U 12 - 100 Metre Sprint

Zone: Z 13.10 7/02/2005 Annaliese Gardiner, Ku-Ring-G			
Name	Age	Centre	Final
Section 1 Final			
1 Octavia Williams		Manly Warringah	13.84
2 Gemma McIntosh		Ku-Ring-Gai	14.10
3 Kristina Prizmic		Manly Warringah	14.59
4 Ava Gray		Manly Warringah	14.68
5 Alexandra Sharp		Mosman	14.69
6 Eden Smith		Mosman	14.93
6 Milla Lawrence		Manly Warringah	14.93
8 Jasmine Rintel		Manly Warringah	14.98

Girls U 13 - 100 Metre Sprint

Zone: Z 13.20 4/02/2005 Jordan Lumley, Northern Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Samara Bond		Ku-Ring-Gai	13.61Q
2 Eve Simpson		Manly Warringah	13.81Q
3 Natalie Parker		Manly Warringah	14.40q
4 Gemma White		Manly Warringah	14.46
5 Aya Bashir		Manly Warringah	15.62
6 Lana Waddingham		Northern Districts	15.82
7 Chloe Kelly		Manly Warringah	15.84
Heat 2 Heats			
1 Lucinda Mulcahy		Manly Warringah	14.07Q
2 Chloe Allsopp		Mosman	14.43Q
3 Ashlee O'Reilly		Manly Warringah	14.85
4 Emily Buchner		Ku-Ring-Gai	15.77
5 Juliana Diosatirado		Northern Districts	16.82
Heat 3 Heats			

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 13 - 100 Metre Sprint**

1	Sofia Fedirchuk	Mosman	13.64Q
2	Kelly Theodorides	Manly Warringah	13.65Q
3	Sienna Brett	Ku-Ring-Gai	14.12q
4	Claudia Healey	Mosman	14.48
5	Maia Madden-Khan	Ku-Ring-Gai	14.61
6	Olivia Belger	Ku-Ring-Gai	15.69
7	Alexia Damaris	Manly Warringah	16.84

Girls U 13 - 100 Metre Sprint

Zone: Z 13.20 4/02/2005 Jordan Lumley, Northern Distr

Name Age Centre Final

Section 1 Final

1	Samara Bond	Ku-Ring-Gai	13.47
2	Sofia Fedirchuk	Mosman	13.74
3	Kelly Theodorides	Manly Warringah	13.76
4	Lucinda Mulcahy	Manly Warringah	13.85
5	Eve Simpson	Manly Warringah	13.91
6	Natalie Parker	Manly Warringah	14.17
7	Chloe Allsopp	Mosman	14.23
8	Sienna Brett	Ku-Ring-Gai	14.33

Girls U 14 - 100 Metre Sprint

Zone: Z 12.86 2/04/2012 Samantha Hulme, Manly Warring

Name Age Centre Heats

Heat 1 Heats

1	Maya Tedder	Manly Warringah	13.34Q
2	Bella Kachel	Hornsby	13.77Q
3	Natasha Poschalk	Manly Warringah	14.13Q
4	Olivia Lee-Jackson	Ku-Ring-Gai	14.14
5	Natasha Tindale	Northern Districts	14.26
6	Tahlia O'Brien	Manly Warringah	14.27
7	Isabel Ozinga	Ku-Ring-Gai	14.65
8	Siobhan McMahon	Northern Districts	14.77
9	Stella Taylor	Mosman	15.17
10	Kirsten McLeod	Mosman	15.71

Heat 2 Heats

1	Lucy Scholtens	Manly Warringah	13.29Q
2	Phoebe Berglund	Manly Warringah	13.78Q
3	Ava Hudson	Ku-Ring-Gai	13.89Q
3	Chloe Dunne	Manly Warringah	13.89Q
5	Gemma Mills	Hornsby	14.02q
6	Isabel Harris	Manly Warringah	14.37
7	Tia Kalamotas	Ku-Ring-Gai	14.43
8	Philippa Young	Manly Warringah	14.88
9	Claudia Endicott	Ku-Ring-Gai	15.05

Girls U 14 - 100 Metre Sprint

Zone: Z 12.86 2/04/2012 Samantha Hulme, Manly Warring

Name Age Centre Final

Section 1 Final

1	Maya Tedder	Manly Warringah	13.13
2	Lucy Scholtens	Manly Warringah	13.35
3	Phoebe Berglund	Manly Warringah	13.73

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 14 - 100 Metre Sprint

3	Chloe Dunne	Manly Warringah	13.73
5	Bella Kachel	Hornsby	13.93
6	Ava Hudson	Ku-Ring-Gai	14.06
6	Natasha Poschalk	Manly Warringah	14.06
6	Gemma Mills	Hornsby	14.06

Girls U 15 - 100 Metre Sprint

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 Zone: Z 12.35 30/11/2019 Gabriella Taylor, Manly Warri
 Name Age Centre Heats
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Heat 1 Heats

1	Gabriella Taylor	Manly Warringah	Z 12.35Q
2	Kate Rooney	Mosman	13.63Q
3	Lara Williams	Manly Warringah	13.65Q
4	Carys GibbonsMaurer	Manly Warringah	13.90q
4	Sara Bashir	Manly Warringah	13.90q
6	Jasmin Frost	Mosman	14.50q
7	Zara Ostryn	Manly Warringah	15.16q
8	Sarah Hughes-Narborough	Northern Districts	15.20q

Girls U 15 - 100 Metre Sprint

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 Zone: Z 12.35 30/11/2019 Gabriella Taylor, Manly Warri
 Name Age Centre Final
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Section 1 Final

1	Gabriella Taylor	Manly Warringah	12.35Z
2	Lara Williams	Manly Warringah	13.27
3	Kate Rooney	Mosman	13.63
4	Sara Bashir	Manly Warringah	13.90
4	Carys GibbonsMaurer	Manly Warringah	13.90
6	Jasmin Frost	Mosman	14.62

Girls U 17 - 100 Metre Sprint

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 Zone: Z 12.34 10/12/2016 Kristie Edwards, Manly Warrin
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Jessica Maciver	Ku-Ring-Gai	12.64Q
2	Aleisha Jeremy	Manly Warringah	13.43Q
3	Isobel Elkan	Manly Warringah	13.50Q
4	Maya McMullen	Northern Districts	14.00q
5	Jessica Smith	Manly Warringah	14.47

Heat 2 Heats

1	Georgia Fichardt	Ku-Ring-Gai	12.62Q
2	Danielle Osifo	Hornsby	13.17Q
3	Amber Williams	Manly Warringah	13.63Q
4	Jessica Tallentire	Manly Warringah	14.10q
5	Jessica McIlwraith	Northern Districts	14.45
6	Lucca Taylor	Ku-Ring-Gai	14.51

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 17 - 100 Metre Sprint**

Zone: Z 12.34 10/12/2016 Kristie Edwards, Manly Warrin			
Name	Age	Centre	Final
Section 1 Final			
1 Georgia Fichardt		Ku-Ring-Gai	12.51
2 Jessica Maciver		Ku-Ring-Gai	12.74
3 Danielle Osifo		Hornsby	12.80
4 Isobel Elkan		Manly Warringah	13.51
5 Aleisha Jeremy		Manly Warringah	13.52
6 Amber Williams		Manly Warringah	13.70
7 Maya McMullen		Northern Districts	13.97
8 Jessica Tallentire		Manly Warringah	14.10

Girls U 7 - 200 Metre Sprint

Zone: Z 35.33 2/02/2013 Eva Bates, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Samantha Campbell		Hornsby	40.16Q
2 Lola Francis		Mosman	42.26Q
3 Eloise Eslick		Mosman	44.07
4 Alicia Preston		Manly Warringah	44.81
5 Sophia Tye		Hornsby	45.63
Heat 2 Heats			
1 Edwina Seve		Manly Warringah	38.38Q
2 Zoe Rudolph		Ku-Ring-Gai	42.92Q
3 Marley Harvison		Manly Warringah	43.22q
4 Elizabeth Moore		Mosman	47.96
5 Annika Owers		Northern Districts	50.76
Heat 3 Heats			
1 Bella Apfel		Mosman	40.28Q
2 Lily Nguyen		Ku-Ring-Gai	42.72Q
3 Emily Henry		Ku-Ring-Gai	42.87q
4 Claudia Birrell		Ku-Ring-Gai	43.51
5 Roya McLean		Manly Warringah	45.96

Girls U 7 - 200 Metre Sprint

Zone: Z 35.33 2/02/2013 Eva Bates, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Edwina Seve		Manly Warringah	38.21
2 Bella Apfel		Mosman	39.73
3 Samantha Campbell		Hornsby	39.75
4 Zoe Rudolph		Ku-Ring-Gai	42.09
5 Lola Francis		Mosman	42.10
6 Lily Nguyen		Ku-Ring-Gai	42.94
7 Emily Henry		Ku-Ring-Gai	43.13
8 Marley Harvison		Manly Warringah	43.36

Girls U 8 - 200 Metre Sprint

Zone: Z 32.00 7/02/1997 Emily Pollett, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ella Achike		Ku-Ring-Gai	36.97Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

...Girls U 8 - 200 Metre Sprint

2	Eden McDonnell	Manly Warringah	37.14Q
3	Hannah Dawson	Northern Districts	38.97q
4	Chloe McMurray	Hornsby	41.09
5	Jannai Knox	Ku-Ring-Gai	41.66

Heat 2 Heats

1	Manvi Arabolu	Ku-Ring-Gai	37.15Q
2	Elodie Bankes	Manly Warringah	40.18Q
3	Grace Carlton	Hornsby	41.28
4	Georgia Warr	Manly Warringah	41.56
5	Darcey Carolan	Ku-Ring-Gai	41.71
6	Penelope Rowland	Northern Districts	47.17

Heat 3 Heats

1	Roxanne Parkes	Manly Warringah	37.41Q
2	Hayley Laslett	Ku-Ring-Gai	39.03Q
3	Claudia Patfield	Manly Warringah	40.00q
4	Grace Scammell	Mosman	42.67
5	Liana Flanagan	Northern Districts	47.20
6	Scarlett Owers	Northern Districts	48.10

Girls U 8 - 200 Metre Sprint

=====
 Zone: Z 32.00 7/02/1997 Emily Pollett, Manly Warringah
 Name Age Centre Final
 =====

Section 1 Final

1	Eden McDonnell	Manly Warringah	37.48
2	Ella Achike	Ku-Ring-Gai	37.63
3	Manvi Arabolu	Ku-Ring-Gai	37.64
4	Roxanne Parkes	Manly Warringah	37.66
5	Hannah Dawson	Northern Districts	37.87
6	Claudia Patfield	Manly Warringah	39.73
7	Hayley Laslett	Ku-Ring-Gai	40.01
8	Elodie Bankes	Manly Warringah	40.49

Girls U 9 - 200 Metre Sprint

=====
 Zone: Z 30.90 7/02/1998 Emily Pollett, Manly Warringah
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Emma Kramer	Manly Warringah	33.64Q
2	Gracie Atkins	Ku-Ring-Gai	34.99Q
3	Catherine Halgreen	Ku-Ring-Gai	36.14Q
4	Chloe Stante	Manly Warringah	36.32q
5	Anna Tye	Hornsby	36.81
6	Isabella Bowden	Northern Districts	40.14
7	Hannah Moss	Ku-Ring-Gai	40.15

Heat 2 Heats

1	Willow Toll	Manly Warringah	33.80Q
2	Lexi Hartigan	Mosman	35.08Q
3	Amy Campbell	Hornsby	35.48Q
4	Amelia Mandalinic	Manly Warringah	36.46q
5	Gemma Dixon	Ku-Ring-Gai	37.48
6	Taylor Travers	Mosman	37.77
7	Georgia Birch	Ku-Ring-Gai	38.33

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - 200 Metre Sprint**

Zone: Z 30.90 7/02/1998 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Willow Toll		Manly Warringah	33.65
2 Emma Kramer		Manly Warringah	34.11
3 Lexi Hartigan		Mosman	34.55
4 Gracie Atkins		Ku-Ring-Gai	35.15
5 Amelia Mandalinic		Manly Warringah	35.25
6 Amy Campbell		Hornsby	35.53
7 Chloe Stante		Manly Warringah	36.21
8 Catherine Halgreen		Ku-Ring-Gai	36.38

Girls U 10 - 200 Metre Sprint

Zone: Z 29.60 7/02/2003 Karlie Morton, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Mia Hooton		Ku-Ring-Gai	32.10Q
2 Jessica Pulis		Manly Warringah	32.64Q
3 Erin Dunne		Manly Warringah	33.35q
4 Lucia Smith		Mosman	40.52
Heat 2 Heats			
1 Amalia Bond		Ku-Ring-Gai	32.01Q
2 Lily Hughes		Ku-Ring-Gai	33.80Q
3 Penny Renn		Manly Warringah	33.81q
4 Ava Grant		Ku-Ring-Gai	35.49
5 Madison Landgrebe		Ku-Ring-Gai	35.56
6 Jasmine Davis		Mosman	36.21
Heat 3 Heats			
1 Naomi Krajancic		Manly Warringah	31.63Q
2 Isla Maris		Manly Warringah	33.02Q
3 Lilly Martin		Hornsby	34.54
4 Sophia Tsaousidis		Hornsby	35.27
5 Cara Daidone		Northern Districts	36.43
6 Seren Hill		Hornsby	37.40

Girls U 10 - 200 Metre Sprint

Zone: Z 29.60 7/02/2003 Karlie Morton, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Amalia Bond		Ku-Ring-Gai	31.12
2 Mia Hooton		Ku-Ring-Gai	31.57
3 Naomi Krajancic		Manly Warringah	31.60
4 Isla Maris		Manly Warringah	32.53
5 Erin Dunne		Manly Warringah	32.78
6 Jessica Pulis		Manly Warringah	32.90
7 Penny Renn		Manly Warringah	33.89
8 Lily Hughes		Ku-Ring-Gai	35.06

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 11 - 200 Metre Sprint**

Zone: Z 28.00 8/02/2004 Karlie Morton, Manly Warringa			
Name	Age	Centre	Heats

Heat 1 Heats

1	Matilda Harrison	Ku-Ring-Gai	29.69Q
2	Lucinda Gibbs	Manly Warringah	31.86Q
3	Chanel Charles	Ku-Ring-Gai	32.79Q
4	Portia Rowland-Stefanic	Ku-Ring-Gai	33.15
5	Sofia Ehnbon	Manly Warringah	33.71
6	Ruby High	Mosman	34.74
7	Amber Eisenhauer	Ku-Ring-Gai	34.75

Heat 2 Heats

1	Kaitlinn Dunne	Manly Warringah	31.11Q
2	Charlotte Baum	Manly Warringah	31.51Q
3	Kyrah McMahan	Northern Districts	31.68Q
4	Alice Lyng	Hornsby	32.12q
5	Sophie Nicols	Manly Warringah	32.99q
6	Mackenzie Ryle	Hornsby	34.12
7	Isla Honor	Northern Districts	34.63

Girls U 11 - 200 Metre Sprint

Zone: Z 28.00 8/02/2004 Karlie Morton, Manly Warringa			
Name	Age	Centre	Final

Section 1 Final

1	Matilda Harrison	Ku-Ring-Gai	30.28
2	Lucinda Gibbs	Manly Warringah	31.18
3	Kaitlinn Dunne	Manly Warringah	31.26
4	Charlotte Baum	Manly Warringah	31.34
5	Kyrah McMahan	Northern Districts	32.37
6	Portia Rowland-Stefanic	Ku-Ring-Gai	32.58
7	Sophie Nicols	Manly Warringah	32.89
8	Alice Lyng	Hornsby	38.48

Girls U 12 - 200 Metre Sprint

Zone: Z 26.70 5/02/2005 Annaliese Gardiner, Ku-Ring-G			
Name	Age	Centre	Heats

Heat 1 Heats

1	Eden Smith	Mosman	30.50Q
2	Laura Bell	Manly Warringah	30.61Q
3	Lola Harvison	Manly Warringah	31.69q
4	Sophia Ambrosino	Ku-Ring-Gai	31.95

Heat 2 Heats

1	Ava Gray	Manly Warringah	30.95Q
2	Alexandra Sharp	Mosman	31.67Q
3	Jasmine Rintel	Manly Warringah	31.76q
4	Ava Mitchell	Northern Districts	33.12
5	Elizabeth Toynbee	Northern Districts	33.37
6	Isabella Kennedy	Mosman	34.46
7	Sasha Hughes	Ku-Ring-Gai	35.27

Heat 3 Heats

1	Gemma McIntosh	Ku-Ring-Gai	29.34Q
2	Milla Lawrence	Manly Warringah	31.07Q
3	Gemma Ronan	Mosman	32.22
4	Michaela Couper	Hornsby	33.42
5	Georgiana Brown	Mosman	34.51

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - 200 Metre Sprint**

6 Ava Windross	Hornsby	34.62
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Girls U 12 - 200 Metre Sprint

Zone: Z 26.70 5/02/2005 Annaliese Gardiner, Ku-Ring-G

Name	Age Centre	Final
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Section 1 Final

1 Gemma McIntosh	Ku-Ring-Gai	28.49
2 Eden Smith	Mosman	30.22
3 Ava Gray	Manly Warringah	30.49
4 Laura Bell	Manly Warringah	30.60
5 Milla Lawrence	Manly Warringah	30.61
6 Alexandra Sharp	Mosman	31.19
7 Jasmine Rintel	Manly Warringah	31.26
8 Lola Harvison	Manly Warringah	31.63

Girls U 13 - 200 Metre Sprint

Zone: Z 26.63 3/02/2013 Kristie Edwards, Manly Warrin

Name	Age Centre	Heats
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Heat 1 Heats

1 Luna Ligertwood	Manly Warringah	27.79Q
2 Eve Simpson	Manly Warringah	28.74Q
3 Natalie Parker	Manly Warringah	29.89q
4 Bianca Case	Hornsby	30.03
5 Aya Bashir	Manly Warringah	31.99

Heat 2 Heats

1 Sofia Fedirchuk	Mosman	28.14Q
2 Lucinda Mulcahy	Manly Warringah	28.21Q
3 Gemma White	Manly Warringah	30.36
4 Claudia Healey	Mosman	30.67
5 Freya Bouman	Manly Warringah	31.17

Heat 3 Heats

1 Samara Bond	Ku-Ring-Gai	28.71Q
2 Chloe Allsopp	Mosman	29.13Q
3 Kelly Theodorides	Manly Warringah	29.18q
4 Louise Lovell	Ku-Ring-Gai	30.89
5 Amber Harris	Mosman	31.72
6 Tyler Abrahams	Ku-Ring-Gai	34.97
7 Emily Buchner	Ku-Ring-Gai	35.93

Girls U 13 - 200 Metre Sprint

Zone: Z 26.63 3/02/2013 Kristie Edwards, Manly Warrin

Name	Age Centre	Final
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Section 1 Final

1 Samara Bond	Ku-Ring-Gai	27.05
2 Luna Ligertwood	Manly Warringah	27.58
3 Sofia Fedirchuk	Mosman	28.04
4 Lucinda Mulcahy	Manly Warringah	28.10
5 Eve Simpson	Manly Warringah	28.42
6 Chloe Allsopp	Mosman	28.87
7 Kelly Theodorides	Manly Warringah	29.32
8 Natalie Parker	Manly Warringah	30.52

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 200 Metre Sprint**

Zone: Z 25.33 2/12/2018 Olivia Inkster, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lucy Scholtens		Manly Warringah	27.75Q
2 Bella Kachel		Hornsby	28.55Q
3 Ava Hudson		Ku-Ring-Gai	29.53Q
4 Siobhan McMahon		Northern Districts	30.20q
5 Olivia Lee-Jackson		Ku-Ring-Gai	30.25q
6 Kirsten McLeod		Mosman	33.44
Heat 2 Heats			
1 Phoebe Berglund		Manly Warringah	29.15Q
2 Tahlia O'Brien		Manly Warringah	29.99Q
3 Tia Kalamotas		Ku-Ring-Gai	31.04Q
4 Orlaith Keogh		Ku-Ring-Gai	31.18
5 Stella Taylor		Mosman	31.64

Girls U 14 - 200 Metre Sprint

Zone: Z 25.33 2/12/2018 Olivia Inkster, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Lucy Scholtens		Manly Warringah	27.44
2 Bella Kachel		Hornsby	28.46
3 Phoebe Berglund		Manly Warringah	29.11
4 Ava Hudson		Ku-Ring-Gai	29.86
5 Siobhan McMahon		Northern Districts	29.99
6 Tahlia O'Brien		Manly Warringah	30.78
7 Olivia Lee-Jackson		Ku-Ring-Gai	31.03
8 Tia Kalamotas		Ku-Ring-Gai	31.19

Girls U 15 - 200 Metre Sprint

Zone: Z 25.84 3/02/2013 Ruby Ritchie, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eva Bates		Ku-Ring-Gai	28.87Q
2 Lara Williams		Manly Warringah	28.90Q
3 Carys GibbonsMaurer		Manly Warringah	29.09Q
4 Abby Latimer		Mosman	29.55q
Heat 2 Heats			
1 Olivia Inkster		Manly Warringah	26.40Q
2 Brianna Worsfold		Ku-Ring-Gai	28.03Q
3 Karina Bassett		Hornsby	28.67Q
4 Sophie Ross		Manly Warringah	28.69q
5 Jasmin Frost		Mosman	30.21

Girls U 15 - 200 Metre Sprint

Zone: Z 25.84 3/02/2013 Ruby Ritchie, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Olivia Inkster		Manly Warringah	25.05Z
2 Eva Bates		Ku-Ring-Gai	27.31
3 Lara Williams		Manly Warringah	27.48
4 Brianna Worsfold		Ku-Ring-Gai	27.71

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 15 - 200 Metre Sprint**

5 Carys GibbonsMaurer	Manly Warringah	28.62
5 Karina Bassett	Hornsby	28.62
7 Sophie Ross	Manly Warringah	28.95

Girls U 17 - 200 Metre Sprint

=====			
Zone: Z 25.14 11/12/2016 Kristie Edwards, Manly Warrin			
Name	Age	Centre	Final
=====			
Section 1			
1 Danielle Osifo		Hornsby	27.57
2 Isobel Elkan		Manly Warringah	27.59
3 Jessica Tallentire		Manly Warringah	28.97
4 Annabel Magnussen		Hornsby	29.32
5 Jessica McIlwraith		Northern Districts	29.59
6 Georgia Fichardt		Ku-Ring-Gai	32.03

Girls U 8 - 400 Metre Sprint

=====			
Zone: Z 1:15.11 25/01/2014 Eva Bates, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1			
1 Claire Fisher		Ku-Ring-Gai	1:30.22
2 Hallie Owers		Manly Warringah	1:30.27
3 Madison Gatfield-Davis		Ku-Ring-Gai	1:34.72
4 Emma Jones		Mosman	1:35.42
5 Natalie Rice		Mosman	1:36.13
6 Mollie Thompson		Ku-Ring-Gai	1:45.04
7 Clara Knight		Northern Districts	1:55.71
Section 2			
1 Hannah Dawson		Northern Districts	1:22.65
2 Katie Dash		Ku-Ring-Gai	1:26.15
3 Claudia Patfield		Manly Warringah	1:28.46
4 Elodie Bankes		Manly Warringah	1:28.56
5 Ella Gadsby		Manly Warringah	1:29.43
6 Ashley Temple		Ku-Ring-Gai	1:30.64
7 Grace Scammell		Mosman	1:31.98
8 Georgia Warr		Manly Warringah	1:33.43

Girls U 9 - 400 Metre Sprint

=====			
Zone: Z 1:10.88 13/12/2014 Eva Bates, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1			
1 Gemma Dixon		Ku-Ring-Gai	1:20.88
2 Olivia Barton		Manly Warringah	1:23.74
3 Maddison Barratt		Northern Districts	1:24.47
4 Amelia Mandalinic		Manly Warringah	1:25.42
5 Ellana Ross		Ku-Ring-Gai	1:26.71
6 Jennifer Toynbee		Northern Districts	1:26.88
7 Georgia Birch		Ku-Ring-Gai	1:30.55
8 Hannah Moss		Ku-Ring-Gai	1:33.47
Section 2			
1 Willow Toll		Manly Warringah	1:14.54
2 Alessandra McWilliam		Mosman	1:15.70
3 Elsie Clatworthy		Ku-Ring-Gai	1:19.50
4 Anais Biasi		Manly Warringah	1:19.85
5 Eden McNaughtan		Manly Warringah	1:24.42

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 9 - 400 Metre Sprint**

6	Chloe Smith	Mosman	1:25.38
7	Taylor Travers	Mosman	1:27.16

Girls U 10 - 400 Metre Sprint

=====			
Zone: Z 1:06.55 4/02/2012 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1			
1	Lily Horne	Ku-Ring-Gai	1:17.18
2	Maddison Ross	Manly Warringah	1:17.80
3	Gemma Wyrill	Mosman	1:17.90
4	Olivia Law	Mosman	1:19.38
5	Jada Taylor	Ku-Ring-Gai	1:19.50
6	Alicia Endicott	Ku-Ring-Gai	1:25.48
7	Lucy van Hooft	Hornsby	1:26.50
8	Jasmine Davis	Mosman	1:26.52
Section 2			
1	Mia Hooton	Ku-Ring-Gai	1:10.97
2	Rory Nordenson	Manly Warringah	1:16.60
3	Tara Gilkeson	Hornsby	1:18.00
4	Lyla Rigby	Manly Warringah	1:18.56
5	Ava Grant	Ku-Ring-Gai	1:19.06
6	Eliza Williams	Manly Warringah	1:19.11
7	Belinda Matthews	Manly Warringah	1:21.01
8	Seren D'Souza	Hornsby	1:21.48

Girls U 11 - 400 Metre Sprint

=====			
Zone: Z 1:02.82 4/02/2012 Edita Grinbergs, Manly Warr			
Name	Age	Centre	Final
=====			
Section 1			
1	Alice Lyng	Hornsby	1:12.90
2	Eloise Berkelouw	Mosman	1:13.66
3	Annabelle Cigna	Mosman	1:18.57
4	Olivia Taylor	Ku-Ring-Gai	1:20.27
5	Cadence Heyden	Ku-Ring-Gai	1:22.24
6	Amber Eisenhauer	Ku-Ring-Gai	1:22.28
7	Matilda Clement	Ku-Ring-Gai	1:22.73
8	Zoe Murphy	Ku-Ring-Gai	1:24.22
Section 2			
1	Mia Guillergan	Manly Warringah	1:09.55
2	Philippa Quarrell	Manly Warringah	1:11.29
3	Charlotte Baum	Manly Warringah	1:12.00
4	Jessica Kulk	Northern Districts	1:14.57
5	Annabelle Cronin	Mosman	1:15.05
6	Kaitlinn Dunne	Manly Warringah	1:16.38
7	Sofia Ehnbohm	Manly Warringah	1:17.02

Girls U 12 - 400 Metre Sprint

=====			
Zone: Z 1:02.08 10/12/2016 Brianna Worsfold, Ku-Ring-G			
Name	Age	Centre	Final
=====			
Section 1			
1	Imogen Howard	Mosman	1:14.05
2	Estelle O'Regan	Ku-Ring-Gai	1:16.96
3	Eleanor Schwarz	Hornsby	1:19.93

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - 400 Metre Sprint**

Section 2

1 Eden Smith	Mosman	1:07.25
2 Alexandra Sharp	Mosman	1:09.41
3 Sophia Ambrosino	Ku-Ring-Gai	1:12.09
4 Ella Dunstan	Manly Warringah	1:12.36
5 Adriana Prizmic	Manly Warringah	1:13.90
6 Elizabeth Bailey	Ku-Ring-Gai	1:14.76
7 Anja Fitzgibbon	Manly Warringah	1:16.83

Section 3

1 Grace Townsend	Manly Warringah	1:04.74
2 Kristina Prizmic	Manly Warringah	1:07.88
3 Milla Lawrence	Manly Warringah	1:09.40
4 Amber Kusano	Mosman	1:11.00
5 Jasmine Rintel	Manly Warringah	1:11.32
6 PinPin Meenijacin	Mosman	1:13.63
7 Bronte Tonkin	Northern Districts	1:15.04

Girls U 13 - 400 Metre Sprint

=====
 Zone: Z 59.93 25/01/2014 Edita Grinbergs, Manly Warrin

Name Age Centre Final

=====

Section 1

1 Freya Bouman	Manly Warringah	1:09.15
2 Madeleine Kleoudis	Ku-Ring-Gai	1:13.74
3 Olivia Vecchio	Mosman	1:15.40
4 Olivia Belger	Ku-Ring-Gai	1:19.34

Section 2

1 Fleur Cooper	Mosman	1:02.80
2 Zoe Woods	Ku-Ring-Gai	1:04.73
3 Tessa Newitt	Mosman	1:05.37
4 Lucinda Mulcahy	Manly Warringah	1:06.85
5 Chloe Allsopp	Mosman	1:07.06
6 Amelia Watkins	Ku-Ring-Gai	1:07.68
7 Ashlee O'Reilly	Manly Warringah	1:07.96
8 Natalie Parker	Manly Warringah	1:11.06

Girls U 14 - 400 Metre Sprint

=====
 Zone: Z 57.75 25/11/2017 Jessica Bird, Ku-Ring-Gai

Name Age Centre Final

=====

Section 1

1 Olivia Lee-Jackson	Ku-Ring-Gai	1:09.04
2 Tia Kalamotas	Ku-Ring-Gai	1:10.31
3 Ella Moy-Watson	Mosman	1:11.15

Section 2

1 Sienna Villacorta	Manly Warringah	1:03.14
2 Bella Kachel	Hornsby	1:03.58
3 Lucy Scholtens	Manly Warringah	1:05.31
4 Tilly Morris	Mosman	1:10.29
5 Sophia Kusano	Mosman	1:11.09
6 Tahlia O'Brien	Manly Warringah	1:14.43

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 400 Metre Sprint**

Zone: Z 57.70 30/11/2019 Olivia Inkster, Manly Warring			
Name	Age	Centre	Final
Section 1			
1 Olivia Inkster		Manly Warringah	57.70Z
2 Jemma Brandon-Cooper		Mosman	1:00.96
3 Lara Williams		Manly Warringah	1:02.29
4 Eva Bates		Ku-Ring-Gai	1:02.71
5 Mia Fry		Mosman	1:04.67
6 Alexandra Sinclair		Manly Warringah	1:04.68
7 Charlotte Greatrex		Ku-Ring-Gai	1:04.98
-- Ava Smith		Mosman	DNF

Girls U 17 - 400 Metre Sprint

Zone: Z 57.81 12/12/2015 Kristie Edwards, Manly Warrin			
Name	Age	Centre	Final
1 Emily Smith		Manly Warringah	1:00.61
2 Annabel Magnussen		Hornsby	1:02.52
3 Ciara Sinclair		Manly Warringah	1:03.00
4 Sally Priest		Manly Warringah	1:04.43
5 Lucca Taylor		Ku-Ring-Gai	1:05.96
6 Jessica McIlwraith		Northern Districts	1:07.33
7 April Shepherd		Northern Districts	1:10.13
8 Zara Warland		Hornsby	1:10.42

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:46.60 8/02/2009 Abbey Rockliff, Ku-ring-gai			
Name	Age	Centre	Final
1 Edwina Seve		Manly Warringah	1:51.53
2 Lily Dunne		Manly Warringah	1:55.04
3 Evie Moore-Mulcahy		Northern Districts	2:01.28
4 Samantha Campbell		Hornsby	2:05.09
5 Alicia Preston		Manly Warringah	2:05.34
6 Camilla Roderick		Ku-Ring-Gai	2:09.67
7 Kate McLean		Ku-Ring-Gai	2:12.09
8 Sienna James		Ku-Ring-Gai	2:13.51
9 Chloe McCulloch		Ku-Ring-Gai	2:13.80
10 Roya McLean		Manly Warringah	2:14.37
11 Imogen Newey		Ku-Ring-Gai	2:16.76
12 Elizabeth Moore		Mosman	2:19.11
13 Caitlin Allum		Manly Warringah	2:28.21
14 Annika Owers		Northern Districts	2:30.79

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:24.80 7/02/2001 Karlie Morton, Manly Warrin			
Name	Age	Centre	Final
1 Lucy Whitehead		Mosman	2:43.93
2 Roxanne Parkes		Manly Warringah	2:45.32
3 Elodie Bankes		Manly Warringah	2:50.65
4 Katie Dash		Ku-Ring-Gai	2:51.45
5 Ella Gadsby		Manly Warringah	2:52.39
6 Grace Scammell		Mosman	2:56.63
7 Zara Paz		Manly Warringah	3:01.37

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 8 - 700 Metre Run Pack Start**

8 Ashley Temple	Ku-Ring-Gai	3:03.73
9 Madison Gatfield-Davis	Ku-Ring-Gai	3:04.18
10 Emma McLean	Ku-Ring-Gai	3:13.92
11 Amber Clayton	Hornsby	3:15.41
12 Liana Flanagan	Northern Districts	3:17.29
13 Scarlett Owers	Northern Districts	3:28.47
14 Hannah Dawson	Northern Districts	3:45.07

Girls U 9 - 800 Metre Run

Zone: Z 2:37.00 6/02/2012 Abbey Rockliff, Ku-Ring-Gai		
Name	Age Centre	Final
1 Alessandra McWilliam	Mosman	2:51.05
2 Elsie Clatworthy	Ku-Ring-Gai	2:56.57
3 Gemma Dixon	Ku-Ring-Gai	2:56.82
4 Anais Biasi	Manly Warringah	2:59.03
5 Olivia Barton	Manly Warringah	3:01.90
6 Eden McNaughtan	Manly Warringah	3:07.34
7 Maddison Barratt	Northern Districts	3:10.95
8 Chloe Smith	Mosman	3:11.18
9 Cacia Charles	Ku-Ring-Gai	3:11.32
10 Elsie Moran	Manly Warringah	3:14.95
11 Zsa Zsa Burke	Manly Warringah	3:21.89
12 Hannah Moss	Ku-Ring-Gai	3:29.89
13 Amelie Gunn	Ku-Ring-Gai	3:48.79

Girls U 10 - 800 Metre Run

Zone: Z 2:28.38 4/02/2012 Abbey Rockliff, Ku-Ring-Gai		
Name	Age Centre	Final
1 Mia Hooton	Ku-Ring-Gai	2:44.37
2 Lyla Rigby	Manly Warringah	2:52.40
3 Erin Dunne	Manly Warringah	2:55.90
4 Lilly Martin	Hornsby	2:58.48
5 Olivia Law	Mosman	2:59.48
6 Jada Taylor	Ku-Ring-Gai	3:00.21
7 Rory Nordenson	Manly Warringah	3:00.62
8 Tara Gilkeson	Hornsby	3:00.92
9 Abigail Soper	Ku-Ring-Gai	3:01.24
10 Seren D'Souza	Hornsby	3:08.97
11 Lily Horne	Ku-Ring-Gai	3:16.53
12 Ella Hooley	Manly Warringah	3:18.01
13 Isla Stewart	Ku-Ring-Gai	3:21.78

Girls U 11 - 800 Metre Run

Zone: Z 2:27.39 3/02/2013 Abbey Rockliff, Ku-Ring-Gai		
Name	Age Centre	Final
1 Mia Guillergan	Manly Warringah	2:36.80
2 Philippa Quarrell	Manly Warringah	2:41.32
3 Lara Hathorn	Manly Warringah	2:41.56
4 Alice Lyng	Hornsby	2:52.18
5 Ava Prentice	Manly Warringah	2:52.78
6 Annabelle Cronin	Mosman	2:54.26
7 Jessica Kulk	Northern Districts	2:54.71
8 Isabelle Green	Ku-Ring-Gai	2:56.16

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - 800 Metre Run**

9	Cadence Heyden	Ku-Ring-Gai	3:09.77
10	Sienna Abrahams	Ku-Ring-Gai	3:10.68
11	Freya Gunn	Ku-Ring-Gai	3:10.91
12	Michaela McLean	Ku-Ring-Gai	3:12.00
13	Imogen Cochrane	Northern Districts	3:14.53

Girls U 12 - 800 Metre Run

=====			
Zone: Z 2:19.89 26/01/2014 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
1	Amber Kusano	Mosman	2:36.19
2	PinPin Meenijacin	Mosman	2:37.11
3	Alexandra Sharp	Mosman	2:45.62
4	Ella Dunstan	Manly Warringah	2:45.91
5	Elizabeth Bailey	Ku-Ring-Gai	2:57.37
6	Jojo Pike	Mosman	2:58.51
7	Charlotte Toynbee	Northern Districts	2:59.36
Section 2			
1	Grace Townsend	Manly Warringah	2:29.74
2	Jessie Bradford	Ku-Ring-Gai	2:31.17
3	Kristina Prizmic	Manly Warringah	2:42.53
4	Imogen Howard	Mosman	2:44.41
5	Milla Lawrence	Manly Warringah	2:48.79
6	Estelle O'Regan	Ku-Ring-Gai	2:51.62
7	Elizabeth Toynbee	Northern Districts	2:53.13
8	Freya Tonkin	Northern Districts	2:58.35

Girls U 13 - 800 Metre Run

=====			
Zone: Z 2:16.50 9/12/2016 Nicola Hogg, Mosman			
Name	Age	Centre	Final
=====			
Section 1			
1	Fleur Cooper	Mosman	2:22.84
2	Tessa Newitt	Mosman	2:25.66
3	Rebecca Solomon	Manly Warringah	2:29.33
4	Amelia Watkins	Ku-Ring-Gai	2:29.79
5	Zoe Woods	Ku-Ring-Gai	2:32.85
6	Eadie Picard	Manly Warringah	2:42.91
7	Olivia Vecchio	Mosman	2:43.87
8	Charlotte Clayton	Hornsby	2:46.03
9	Olivia Okelly	Manly Warringah	2:46.62
10	Freya Bouman	Manly Warringah	2:47.26
11	Summer Sivaraj	Ku-Ring-Gai	2:48.07
12	Sarah Whelan	Manly Warringah	2:48.32
13	Madeleine Kleoudis	Ku-Ring-Gai	2:48.50

Girls U 14 - 800 Metre Run

=====			
Zone: Z 2:12.73 13/12/2015 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
1	Sienna Villacorta	Manly Warringah	2:24.23
2	Tilly Morris	Mosman	2:39.41
3	Ellen Whelan	Manly Warringah	2:47.82

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 800 Metre Run**

Zone: Z 2:14.20 8/02/2004 Sianne Toemoe, Ku-Ring-Gai				
Name	Age	Centre	Final	
1	Jessica	Gocher	Mosman	2:20.79
2	Jemma	Brandon-Cooper	Mosman	2:21.58
3	Mercy	Nathanael	Manly Warringah	2:22.20
4	Mia	Fry	Mosman	2:22.42
5	Charlie	Arnott	Manly Warringah	2:25.50
6	Lara	Williams	Manly Warringah	2:37.63
7	Hanneke	Wegenaar	Manly Warringah	2:38.16
8	Alexandra	Sinclair	Manly Warringah	2:46.35

Girls U 17 - 800 Metre Run

Zone: Z 2:14.07 26/01/2014 Emily Hopper, Mosman				
Name	Age	Centre	Final	
1	Ciara	Sinclair	Manly Warringah	2:26.79
2	Lilli	Krawitz	Mosman	2:30.51
3	Hannah	Lovlin	Manly Warringah	2:32.16
4	Zara	Warland	Hornsby	2:34.07
5	Sally	Priest	Manly Warringah	2:34.49
6	April	Shepherd	Northern Districts	2:53.65

Girls U 11 - 1500 Metre Run

Zone: Z 5:00.58 2/02/2013 Abbey Rockliff, Ku-Ring-Gai				
Name	Age	Centre	Final	
1	Mia	Guillergan	Manly Warringah	5:11.04
2	Philippa	Quarrell	Manly Warringah	5:16.14
3	Lara	Hathorn	Manly Warringah	5:20.28
4	Poppy	O'Brien	Mosman	5:20.61
5	Penelope	Gill	Northern Districts	5:48.55
6	Annabelle	Cigna	Mosman	5:54.01
7	Isabelle	Green	Ku-Ring-Gai	5:58.02
8	Piper	Fyffe	Ku-Ring-Gai	6:05.73
9	Taylah	Flynn	Manly Warringah	6:11.88
10	Cadence	Heyden	Ku-Ring-Gai	6:20.79
11	Sienna	Abrahams	Ku-Ring-Gai	6:22.60
12	Michaela	McLean	Ku-Ring-Gai	6:22.79
13	Imogen	Cochrane	Northern Districts	6:42.79

Girls U 12 - 1500 Metre Run

Zone: Z 4:48.39 25/01/2014 Abbey Rockliff, Ku-Ring-Gai				
Name	Age	Centre	Final	
1	Jessie	Bradford	Ku-Ring-Gai	5:08.57
2	PinPin	Meenijacin	Mosman	5:10.10
3	Amber	Kusano	Mosman	5:31.13
4	Adelaide	Williams	Mosman	5:41.18
5	Imogen	Howard	Mosman	5:50.83
6	Bronte	Tonkin	Northern Districts	5:51.44
7	Estelle	O'Regan	Ku-Ring-Gai	5:55.22
8	Elizabeth	Toynbee	Northern Districts	5:55.76
9	Charlotte	Toynbee	Northern Districts	5:59.03
10	Zara	Villacorta	Manly Warringah	6:09.17
11	Freya	Tonkin	Northern Districts	6:11.97

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 1500 Metre Run**

Zone: Z 4:42.63 13/12/2014 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Fleur Cooper		Mosman	4:58.02
2 Rebecca Solomon		Manly Warringah	4:58.82
3 Tessa Newitt		Mosman	5:00.37
4 Amelia Watkins		Ku-Ring-Gai	5:15.05
5 Sarah Whelan		Manly Warringah	5:34.19
6 Olivia Okelly		Manly Warringah	5:35.71
7 Eadie Picard		Manly Warringah	5:36.39
8 Charlotte Clayton		Hornsby	5:39.51
9 Summer Sivaraj		Ku-Ring-Gai	5:42.49
10 Ella Searles		Northern Districts	6:07.09

Girls U 14 - 1500 Metre Run

Zone: Z 4:38.51 25/01/2014 Catherine Miller, Ku-Ring-G			
Name	Age	Centre	Final
1 Sienna Villacorta		Manly Warringah	4:57.63
2 Olivia Gorman		Manly Warringah	5:28.40
3 Claudia Stanford		Mosman	5:32.80
4 Ellen Whelan		Manly Warringah	5:43.63
5 Sophia Kusano		Mosman	5:46.58
6 Isabelle Cruickshank		Northern Districts	6:03.12

Girls U 15 - 1500 Metre Run

Zone: Z 4:41.20 2/02/2013 Emily Hopper, Manly Warring			
Name	Age	Centre	Final
1 Mercy Nathanael		Manly Warringah	4:57.00
2 Mia Fry		Mosman	5:01.19
3 Charlie Arnott		Manly Warringah	5:01.67
4 Hanneke Wegenaar		Manly Warringah	5:18.63

Girls U 17 - 1500 Metre Run

Zone: Z 4:49.32 13/12/2014 Elly Gallagher, Northern Di			
Name	Age	Centre	Final
1 Hannah Lovlin		Manly Warringah	5:14.10
2 Zara Warland		Hornsby	5:25.74
3 Lucca Taylor		Ku-Ring-Gai	5:27.16
4 April Shepherd		Northern Districts	6:07.69

Girls U 13 - 3000 Metre Run

Zone: Z 10:05.80 11/12/2016 Nicola Hogg, Mosman			
Name	Age	Centre	Final
1 Rebecca Solomon		Manly Warringah	11:00.65
2 Olivia Okelly		Manly Warringah	11:48.72
3 Eadie Picard		Manly Warringah	12:08.72
4 Summer Sivaraj		Ku-Ring-Gai	12:37.22
5 Ella Searles		Northern Districts	13:25.62

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 3000 Metre Run**

Zone: Z 10:32.10 4/02/2007 Thea Welsby, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Olivia Gorman		Manly Warringah	11:02.54
2 Sophia Kusano		Mosman	12:14.38

Girls U 15 - 3000 Metre Run

Zone: Z 10:31.72 30/11/2019 Mercy Nathanael, Manly War			
Name	Age	Centre	Final
1 Mercy Nathanael		Manly Warringah	10:31.72Z
2 Jessica Gocher		Mosman	10:47.61
3 Hanneke Wegenaar		Manly Warringah	11:22.71

Girls U 17 - 3000 Metre Run

Zone: Z 10:40.62 14/12/2014 Elly Gallagher, Northern D			
Name	Age	Centre	Final
1 Emily Gocher		Mosman	11:39.52
2 Lilli Krawitz		Mosman	11:50.91
3 Zara Warland		Hornsby	12:26.50
4 April Shepherd		Northern Districts	14:16.74
5 Prudence Silver		Northern Districts	14:19.70

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.40 7/02/1997 Emily Pollett, Manly Warringa			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gemma Hunt		Manly Warringah	12.64Q
2 Manvi Arabolu		Ku-Ring-Gai	12.86Q
3 Hannah Dawson		Northern Districts	12.87Q
4 Madison Gatfield-Davis		Ku-Ring-Gai	13.20q
5 Chloe McMurray		Hornsby	13.74
6 Jannai Knox		Ku-Ring-Gai	14.30
7 Darcey Carolan		Ku-Ring-Gai	15.09
7 Natalie Rice		Mosman	15.09
9 Lily Carey		Mosman	15.21
Heat 2 Heats			
1 Lucy Whitehead		Mosman	12.60Q
2 Grace Carlton		Hornsby	12.62Q
3 Eden McDonnell		Manly Warringah	13.21Q
4 Katie Dash		Ku-Ring-Gai	13.24q
5 Ella Gadsby		Manly Warringah	13.28
6 Georgia Warr		Manly Warringah	13.71
7 Zara Paz		Manly Warringah	13.86
8 Estelle Creek		Northern Districts	14.75
9 Emma Jones		Mosman	14.78
10 Taya Creek		Northern Districts	14.82

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - 60 Metre Hurdles (45cm)**

Zone: Z 11.40 7/02/1997 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Lucy Whitehead		Mosman	12.19
2 Hannah Dawson		Northern Districts	12.48
3 Grace Carlton		Hornsby	12.54
4 Gemma Hunt		Manly Warringah	12.55
5 Katie Dash		Ku-Ring-Gai	12.93
6 Madison Gatfield-Davis		Ku-Ring-Gai	12.95
7 Eden McDonnell		Manly Warringah	15.08
8 Manvi Arabolu		Ku-Ring-Gai	15.69

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.60 7/02/1997 Shona Martin, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cassia McLean		Manly Warringah	12.01Q
2 Myah Rimmer		Manly Warringah	12.02Q
3 Olivia Barton		Manly Warringah	12.18Q
4 Zsa Zsa Burke		Manly Warringah	12.47q
5 Charlie Collins		Manly Warringah	12.66
6 Ellana Ross		Ku-Ring-Gai	12.73
7 Ruby Squire		Mosman	12.88
Heat 2 Heats			
1 Gracie Atkins		Ku-Ring-Gai	11.11Q
2 Alessandra McWilliam		Mosman	11.98Q
3 Amy Campbell		Hornsby	12.06Q
4 Elizabeth Faingaanuku		Mosman	12.36q
5 Catherine Halgreen		Ku-Ring-Gai	12.69
6 Heidi Wehrhahn		Ku-Ring-Gai	12.88
7 Bianca Murrell		Ku-Ring-Gai	13.12

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.60 7/02/1997 Shona Martin, Manly Warringah			
Name	Age	Centre	Final
Section 1 Final			
1 Gracie Atkins		Ku-Ring-Gai	11.06
2 Cassia McLean		Manly Warringah	11.40
3 Alessandra McWilliam		Mosman	11.58
4 Myah Rimmer		Manly Warringah	11.79
5 Olivia Barton		Manly Warringah	11.92
6 Zsa Zsa Burke		Manly Warringah	12.41
7 Elizabeth Faingaanuku		Mosman	12.86
8 Amy Campbell		Hornsby	14.09

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.40 7/02/1997 Sarah Alchin, Northern Distri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emily Kupceric		Manly Warringah	11.70Q
2 Millie Morrison		Mosman	11.89Q
3 Hayley Loreto-Dicks		Ku-Ring-Gai	12.27Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 10 - 60 Metre Hurdles (60cm)**

4 Tara Gilkeson	Hornsby	12.74q
5 Alicia Endicott	Ku-Ring-Gai	13.29
6 Ella Hooley	Manly Warringah	13.32

Heat 2 Heats

1 Lily Hughes	Ku-Ring-Gai	11.22Q
2 Isla Maris	Manly Warringah	11.74Q
3 Belinda Matthews	Manly Warringah	12.68Q
4 Rory Nordenson	Manly Warringah	12.73q
5 Ruby Glossop	Mosman	12.86
6 Ashlee Fryar	Ku-Ring-Gai	12.96
7 Jada Taylor	Ku-Ring-Gai	13.35

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Zone:	Z 10.40	7/02/1997	Sarah Alchin, Northern Distri
Name	Age	Centre	Final
=====			

Section 1 Final

1 Lily Hughes	Ku-Ring-Gai	10.94
2 Millie Morrison	Mosman	11.72
3 Isla Maris	Manly Warringah	11.79
4 Emily Kupceric	Manly Warringah	11.92
5 Hayley Loreto-Dicks	Ku-Ring-Gai	12.23
6 Tara Gilkeson	Hornsby	12.55
7 Belinda Matthews	Manly Warringah	12.57
8 Rory Nordenson	Manly Warringah	12.68

Girls U 11 - 80 Metre Hurdles (60cm)

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

Heat 1 Heats

1 Eden Herring	Hornsby	14.35Q
2 Angela Preston	Manly Warringah	15.96Q
3 Isabella Scaturchio	Manly Warringah	16.23Q
4 Annabelle Cronin	Mosman	16.55q
5 Sally Faingaanuku	Mosman	17.83
6 Alexia Murphy	Ku-Ring-Gai	17.85
7 Nehara De Mel	Ku-Ring-Gai	18.16

Heat 2 Heats

1 Ava Prentice	Manly Warringah	16.02Q
2 Olivia Achike	Ku-Ring-Gai	16.29Q
3 Kaitlinn Dunne	Manly Warringah	16.39Q
4 Piper Fyffe	Ku-Ring-Gai	16.67q
5 Eloise Berkelouw	Mosman	17.04
6 Isabelle Green	Ku-Ring-Gai	17.66
7 Maddison Bain	Northern Districts	18.58
8 Ruby High	Mosman	19.30

Girls U 11 - 80 Metre Hurdles (60cm)

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

Section 1 Final

1 Isabella Scaturchio	Manly Warringah	15.70
2 Eden Herring	Hornsby	15.74
3 Angela Preston	Manly Warringah	15.95
4 Kaitlinn Dunne	Manly Warringah	15.96
5 Ava Prentice	Manly Warringah	16.03

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - 80 Metre Hurdles (60cm)**

6 Annabelle Cronin	Mosman	16.25
7 Piper Fyffe	Ku-Ring-Gai	16.37
8 Olivia Achike	Ku-Ring-Gai	17.30

Girls U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Heats
Heat 1 Heats		
1 Kirsten Evans	Mosman	14.58Q
2 Lola Harvison	Manly Warringah	15.88Q
3 Shala Saint	Manly Warringah	16.68Q
4 Emelia Nagle	Manly Warringah	16.69q
5 Ava Mitchell	Northern Districts	17.36q
Heat 2 Heats		
1 Eden Smith	Mosman	15.64Q
2 Amber Jobson	Ku-Ring-Gai	16.25Q
3 Isabella Kennedy	Mosman	17.02Q
4 Amber Kusano	Mosman	17.41
5 Sasha Hughes	Ku-Ring-Gai	17.44
6 Jojo Pike	Mosman	20.42

Girls U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Final
Section 1 Final		
1 Kirsten Evans	Mosman	14.87
2 Eden Smith	Mosman	15.08
3 Lola Harvison	Manly Warringah	15.14
4 Emelia Nagle	Manly Warringah	16.06
5 Shala Saint	Manly Warringah	16.12
6 Amber Jobson	Ku-Ring-Gai	17.00
7 Ava Mitchell	Northern Districts	17.13
8 Isabella Kennedy	Mosman	17.41

Girls U 13 - 80 Metre Hurdles (76cm)

Name	Age Centre	Heats
Zone: Z 12.55 14/12/2014 Mia Hemsworth, Ku-Ring-Gai		
Heat 1 Heats		
1 Sarah Lovell	Ku-Ring-Gai	13.83Q
2 Noa Davies	Mosman	14.14Q
3 Claudia Healey	Mosman	14.75Q
4 Natalie Parker	Manly Warringah	16.84
5 Madeleine Kleoudis	Ku-Ring-Gai	17.78
6 Emily Buchner	Ku-Ring-Gai	19.25
Heat 2 Heats		
1 Louise Lovell	Ku-Ring-Gai	14.72Q
2 Jayde Root	Manly Warringah	15.44Q
3 Chloe Allsopp	Mosman	16.02Q
4 Catrine Atherton	Manly Warringah	16.17q
5 Gemma White	Manly Warringah	16.66q
6 Lana Waddingham	Northern Districts	18.14
7 Chloe Kelly	Manly Warringah	18.22

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 12.55 14/12/2014 Mia Hemsworth, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Sarah Lovell		Ku-Ring-Gai	13.63
2 Louise Lovell		Ku-Ring-Gai	14.19
3 Noa Davies		Mosman	14.41
4 Claudia Healey		Mosman	14.44
5 Chloe Allsopp		Mosman	15.02
6 Jayde Root		Manly Warringah	15.12
7 Catrine Atherton		Manly Warringah	16.06
8 Gemma White		Manly Warringah	16.32

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.79 14/12/2014 Imogen Breslin, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Maya Tedder		Manly Warringah	13.23Q
2 Claudia Endicott		Ku-Ring-Gai	15.47Q
3 Maia Healey		Mosman	16.26Q
4 Olivia Lee-Jackson		Ku-Ring-Gai	16.90q
5 Stella Taylor		Mosman	17.69q
Heat 2 Heats			
1 Chloe Dunne		Manly Warringah	13.29Q
2 Phoebe Berglund		Manly Warringah	15.10Q
3 Tilly Morris		Mosman	16.17Q
4 Jamie Hawker		Manly Warringah	20.12

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.79 14/12/2014 Imogen Breslin, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Maya Tedder		Manly Warringah	13.04
2 Chloe Dunne		Manly Warringah	13.54
3 Claudia Endicott		Ku-Ring-Gai	14.77
4 Phoebe Berglund		Manly Warringah	14.79
5 Tilly Morris		Mosman	15.32
6 Olivia Lee-Jackson		Ku-Ring-Gai	15.99
7 Maia Healey		Mosman	16.16
8 Stella Taylor		Mosman	17.69

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 12.87 2/12/2018 Emelia Duncan, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eva Bates		Ku-Ring-Gai	14.53Q
2 Kate Rooney		Mosman	14.72Q
3 Kelsey Smit		Manly Warringah	14.77Q
4 Sophie Ross		Manly Warringah	15.99q
Heat 2 Heats			
1 Sienna Bond		Ku-Ring-Gai	13.83Q
2 Talia Kupcercic		Manly Warringah	15.03Q
3 Abby Latimer		Mosman	15.16Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 15 - 90 Metre Hurdles (76cm)**

4 Charlotte Greatrex	Ku-Ring-Gai	15.97q
5 Carys GibbonsMaurer	Manly Warringah	16.02

Girls U 15 - 90 Metre Hurdles (76cm)

=====			
Zone: Z 12.87	2/12/2018	Emelia Duncan,	Ku-Ring-Gai
Name	Age	Centre	Final
=====			

Section 1 Final

1 Sienna Bond	Ku-Ring-Gai	13.64
2 Eva Bates	Ku-Ring-Gai	14.64
3 Kate Rooney	Mosman	14.78
4 Abby Latimer	Mosman	14.89
5 Kelsey Smit	Manly Warringah	15.13
6 Talia KupcERIC	Manly Warringah	15.42
7 Sophie Ross	Manly Warringah	15.87
8 Charlotte Greatrex	Ku-Ring-Gai	16.39

Girls U 17 - 100 Metre Hurdles (76cm)

=====			
Zone: Z 14.90	2/12/2018	Mia Hemsworth,	Ku-Ring-Gai
Name	Age	Centre	Final
=====			

Section 1

1 Georgia Fichardt	Ku-Ring-Gai	14.76Z
2 Jessica Maciver	Ku-Ring-Gai	15.25
3 Ella Koster	Ku-Ring-Gai	15.45
4 Aleisha Jeremy	Manly Warringah	15.54
5 Emily Smith	Manly Warringah	15.73
6 Jessica Bryant	Manly Warringah	18.20

Girls U 13 - 200 Metre Hurdles (68cm)

=====			
Zone: Z 29.54	2/02/2013	Lauren Moses,	Manly Warringah
Name	Age	Centre	Final
=====			

1 Sarah Lovell	Ku-Ring-Gai	32.37
2 Gemma White	Manly Warringah	33.08
3 Louise Lovell	Ku-Ring-Gai	33.27
4 Natalie Parker	Manly Warringah	34.39
5 Freya Bouman	Manly Warringah	35.84
6 Chloe Kelly	Manly Warringah	36.98

Girls U 14 - 200 Metre Hurdles (76cm)

=====			
Zone: Z 28.90	12/12/2015	Mia Hemsworth,	Ku-Ring-Gai
Name	Age	Centre	Final
=====			

1 Lucy Scholtens	Manly Warringah	29.66
2 Maya Tedder	Manly Warringah	31.44
3 Chloe Dunne	Manly Warringah	32.84

Girls U 15 - 300 Metre Hurdles (76cm)

=====			
Zone: Z 46.51	1/12/2018	Emily Smith,	Manly Warringah
Name	Age	Centre	Final
=====			

1 Eva Bates	Ku-Ring-Gai	48.03
2 Charlotte Greatrex	Ku-Ring-Gai	50.03

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 15 - 300 Metre Hurdles (76cm)**

3	Kelsey Smit	Manly Warringah	50.32
4	Lucy Schwarz	Hornsby	51.98
5	Sophie Ross	Manly Warringah	52.64
6	Talia KupcERIC	Manly Warringah	56.20

Girls U 17 - 300 Metre Hurdles (76cm)

=====			
Zone: Z 43.95 30/11/2019 Emily Smith, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Emily Smith	Manly Warringah	43.95Z
2	Georgia Fichardt	Ku-Ring-Gai	44.58
3	Aleisha Jeremy	Manly Warringah	47.94
4	Jessica Smith	Manly Warringah	57.79
5	Emily Hatfield	Manly Warringah	59.90

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

=====			
Zone: Z 56.36 5/02/2012 Manly Warringah			
Centre	Age	Centre	Final
=====			
1	Manly Warringah		57.88
	1) Cassia McLean 9	2) Naomi Krajancic 10	
	3) Erin Dunne 10	4) Octavia Williams 12	
2	Ku-Ring-Gai		1:00.58
	1) Gracie Atkins 9	2) Amalia Bond 10	
	3) Matilda Harrison 11	4) Gemma McIntosh 12	
3	Hornsby		1:02.69
	1) Amy Campbell 9	2) Liesel Walsh 10	
	3) Mackenzie Ryle 11	4) Michaela Couper 12	
4	Northern Districts		1:03.28
	1) Maddison Barratt 9	2) Cara Daidone 10	
	3) Kyrah McMahon 11	4) Elizabeth Toynbee 12	
5	Mosman		1:03.40
	1) Alessandra McWilliam 9	2) Olivia Law 10	
	3) Ruby High 11	4) Alexandra Sharp 12	

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

=====			
Zone: Z 49.72 14/12/2014 Manly Warringah			
O Wrightson, B Wiggins, R Craker, K Edwards			
Centre	Age	Centre	Final
=====			
1	Manly Warringah		49.37Z
	1) Kelly Theodorides 13	2) Lucy Scholtens 14	
	3) Gabriella Taylor 15	4) Olivia Inkster 15	
2	Ku-Ring-Gai		51.05
	1) Samara Bond 13	2) Olivia Lee-Jackson 14	
	3) Sienna Bond 15	4) Jessica Maciver 17	
3	Hornsby		53.03
	1) Bianca Case 13	2) Gemma Mills 14	
	3) Karina Bassett 15	4) Danielle Osifo 17	
4	Mosman		53.98
	1) Sofia Fedirchuk 13	2) Tilly Morris 14	
	3) Jasmin Frost 15	4) Abby Latimer 15	
5	Northern Districts		55.58
	1) Ava Mitchell 12	2) Natasha Tindale 14	
	3) Siobhan McMahon 14	4) Maya McMullen 17	

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - High Jump (S/H 0.80m)**

Zone: Z 1.20m 25/01/2014 Cayla Phillips, Manly Warring			
Name	Age	Centre	Final
Flight 1			
1 Eden McNaughtan		Manly Warringah	1.04m
2 Gracie Atkins		Ku-Ring-Gai	1.02m
3 Chloe Stante		Manly Warringah	1.02m
4 Akira Chisholm		Ku-Ring-Gai	0.95m
5 Alexandra Bova		Mosman	0.95m
6 Bianca Murrell		Ku-Ring-Gai	0.90m
7 Lilian Aitken		Manly Warringah	0.90m
7 Madison Bradley		Manly Warringah	0.90m
7 Ellana Ross		Ku-Ring-Gai	0.90m
10 Elsie Clatworthy		Ku-Ring-Gai	0.85m
11 Jennifer Toynbee		Northern Districts	0.85m

Girls U 10 - High Jump (S/H 0.90m)

Zone: Z 1.34m 13/12/2015 Talia KupcERIC, Manly Warring			
Name	Age	Centre	Final
1 Isla Stewart		Ku-Ring-Gai	1.17m
2 Olivia Law		Mosman	1.16m
3 Alicia Endicott		Ku-Ring-Gai	1.14m
3 Seren Hill		Hornsby	1.00m
4 Hayley Loreto-Dicks		Ku-Ring-Gai	1.10m
5 Alyssa Holmes		Northern Districts	1.06m
6 Ella Hooley		Manly Warringah	1.06m
7 Eliza Williams		Manly Warringah	1.05m
8 Sorcha Kane		Ku-Ring-Gai	1.00m
9 Sienna Evans		Manly Warringah	1.00m
10 Kate Hall		Hornsby	1.00m
11 Lilly Martin		Hornsby	1.00m
12 Stella Marmora		Hornsby	1.00m
14 Sienna McDonnell		Manly Warringah	0.95m
15 Amara Froggatt		Manly Warringah	0.90m
-- Chelsea Forte		Ku-Ring-Gai	NH

Girls U 11 - High Jump (S/H 1.00m)

Zone: Z 1.48m 7/02/1995 Sarah Lingard, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Piper Fyffe		Ku-Ring-Gai	1.20m
2 Isabella Scaturchio		Manly Warringah	1.15m
3 Taylah Flynn		Manly Warringah	1.15m
4 Tayah Rubes		Manly Warringah	1.15m
5 Anastasia Limbers		Hornsby	1.10m
6 Olivia Achike		Ku-Ring-Gai	1.10m
7 Aniela Knight		Northern Districts	1.05m
7 Amber Eisenhauer		Ku-Ring-Gai	1.05m
7 Isla Honor		Northern Districts	1.05m
10 Cadence Heyden		Ku-Ring-Gai	1.05m
11 Eliza Olthof-Hardwick		Northern Districts	1.00m
11 Georgia Hanna		Manly Warringah	1.00m
13 Zoe Murphy		Ku-Ring-Gai	1.00m
-- Mia Guillergan		Manly Warringah	NH

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - High Jump (S/H 1.10m)**

Zone: Z 1.53m 14/12/2014 Alannah Green, Mosman			
Name	Age	Centre	Final
1 Grace Townsend		Manly Warringah	1.36m
2 Milla Lawrence		Manly Warringah	1.34m
2 Harlow Wigley		Ku-Ring-Gai	1.34m
4 Mackenzie Jeffs		Mosman	1.30m
5 Amber Kusano		Mosman	1.25m
5 Tamika Cassidy		Mosman	1.25m
7 Kristina Prizmic		Manly Warringah	1.25m
8 Ava Mitchell		Northern Districts	1.15m
9 Ava Windross		Hornsby	1.10m
9 Alexandra Sharp		Mosman	1.10m

Girls U 13 - High Jump (S/H 1.15m)

Zone: Z 1.59m 7/02/1997 Renee Gartner, Manly Warringah			
Name	Age	Centre	Final
1 Louise Lovell		Ku-Ring-Gai	1.47m
2 Catrine Atherton		Manly Warringah	1.45m
3 Lana Waddingham		Northern Districts	1.40m
4 Elise Oliver		Northern Districts	1.35m
5 Olivia Belger		Ku-Ring-Gai	1.30m
5 Erin Heraghty		Manly Warringah	1.30m
7 Chloe Allsopp		Mosman	1.30m
8 Laura Sarafijanovic		Manly Warringah	1.25m
9 Madeleine Kleoudis		Ku-Ring-Gai	1.15m
-- Emily Buchner		Ku-Ring-Gai	NH

Girls U 14 - High Jump (S/H 1.20m)

Zone: Z 1.67m 7/02/1990 Virginia Young, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Shayla Gleeson		Northern Districts	1.56m
2 Natasha Tindale		Northern Districts	1.50m
3 Olivia Lee-Jackson		Ku-Ring-Gai	1.46m
4 Amelia Daniel		Manly Warringah	1.42m
5 Maia Healey		Mosman	1.40m
6 Claudia Endicott		Ku-Ring-Gai	1.35m

Girls U 15 - High Jump (S/H 1.20m)

Zone: Z 1.75m 4/02/2012 Alysha Burnett, Northern Dist			
Name	Age	Centre	Final
1 Carys GibbonsMaurer		Manly Warringah	1.47m
2 Sophie Hanna		Manly Warringah	1.45m
3 Amber Bell		Manly Warringah	1.30m
4 Talia Kupceric		Manly Warringah	1.20m

Girls U 17 - High Jump (S/H 1.25m)

Zone: Z 1.65m 26/11/2017 Sydney Kania, Manly Warringah			
Name	Age	Centre	Final
1 Ella Koster		Ku-Ring-Gai	1.55m
2 Aleisha Jeremy		Manly Warringah	1.50m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 17 - High Jump (S/H 1.25m)**

3	Emily Smith	Manly Warringah	1.50m
4	Jessica Bryant	Manly Warringah	1.45m
5	Isobel Elkan	Manly Warringah	1.45m
6	April Shepherd	Northern Districts	1.45m
7	Kirsten Erni	Hornsby	1.40m
7	Jessica McIlwraith	Northern Districts	1.40m
9	Maya McMullen	Northern Districts	1.35m

Girls U 7 - Long Jump

Zone: Z 3.21m 7/02/1991 Alexandra Conroy, Ku-Ring-Gai			
Name	Age	Centre	Final
1	Edwina Seve	Manly Warringah	2.99m
2	Amelie Bartlett	Mosman	2.60m
3	Lucy McGregor	Hornsby	2.54m
4	Ava Photios	Hornsby	2.45m
5	Zoe Rudolph	Ku-Ring-Gai	2.43m
6	Claudia Birrell	Ku-Ring-Gai	2.40m
7	Eloise Knorr	Manly Warringah	2.39m
8	Lily Nguyen	Ku-Ring-Gai	2.31m
9	Caitlin Willacy	Manly Warringah	2.20m
10	Charlotte Godfrey	Mosman	2.06m
11	Violet Powell	Manly Warringah	2.00m
12	Amelie Gilchrist	Ku-Ring-Gai	2.00m
13	Caitlin Allum	Manly Warringah	1.98m
14	Sienna James	Ku-Ring-Gai	1.72m
15	Annika Owers	Northern Districts	1.70m

Girls U 8 - Long Jump

Zone: Z 3.81m 7/02/1997 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
1	Manvi Arabolu	Ku-Ring-Gai	3.13m
2	Sophie Savage	Mosman	3.04m
3	Ella Achike	Ku-Ring-Gai	3.00m
4	Roxanne Parkes	Manly Warringah	2.95m
5	Claire Fisher	Ku-Ring-Gai	2.91m
6	Hallie Owers	Manly Warringah	2.86m
7	Georgia Bailey	Mosman	2.71m
8	Elodie Bankes	Manly Warringah	2.67m
9	Amelia Dubsy	Hornsby	2.65m
10	Madeleine Burnett	Ku-Ring-Gai	2.50m
11	Rosalie Borchert	Manly Warringah	2.49m
11	Madison Gatfield-Davis	Ku-Ring-Gai	2.49m
13	Emily Burns	Manly Warringah	2.41m
14	Estelle Creek	Northern Districts	2.39m
15	Clara Knight	Northern Districts	1.96m
16	Taya Creek	Northern Districts	1.86m

Girls U 9 - Long Jump

Zone: Z 4.05m 7/02/1998 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
1	Cassia McLean	Manly Warringah	3.58m
2	Emma Kramer	Manly Warringah	3.45m
3	Amy Campbell	Hornsby	3.14m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 9 - Long Jump**

4	Chloe Stante	Manly Warringah	3.04m
5	Zsa Zsa Burke	Manly Warringah	3.02m
5	Olivia Barton	Manly Warringah	3.02m
7	Alexandra Bova	Mosman	2.99m
8	Catherine Halgreen	Ku-Ring-Gai	2.93m
9	Georgia Birch	Ku-Ring-Gai	2.68m
9	Beatrice Dean	Ku-Ring-Gai	2.68m

Girls U 10 - Long Jump

=====			
Zone: Z 4.40m 7/02/1999 Emily Pollett, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Amalia Bond	Ku-Ring-Gai	4.13m
2	Mia Hooton	Ku-Ring-Gai	3.81m
3	Emily Kupceric	Manly Warringah	3.73m
4	Isla Maris	Manly Warringah	3.59m
5	Alyssa Holmes	Northern Districts	3.59m
6	Ava Grant	Ku-Ring-Gai	3.49m
7	Millie Morrison	Mosman	3.48m
8	Belinda Matthews	Manly Warringah	3.47m
9	Alicia Endicott	Ku-Ring-Gai	3.44m
10	Olivia Law	Mosman	3.42m
11	Seren D'Souza	Hornsby	3.41m
12	Liesel Walsh	Hornsby	3.39m
13	Kate Hall	Hornsby	3.37m
14	Maddison Ross	Manly Warringah	3.33m
15	Kate Harden	Ku-Ring-Gai	3.20m
16	Millie Buxton	Manly Warringah	3.13m
17	Sophia Tsaousidis	Hornsby	3.11m
18	Camilla Squire	Mosman	2.91m

Girls U 11 - Long Jump

=====			
Zone: Z 4.72m 7/02/1999 Sarah McIlwraith, Manly Warri			
Name	Age	Centre	Final
=====			
1	Matilda Harrison	Ku-Ring-Gai	4.18m
2	Sofia Ehnbohm	Manly Warringah	3.94m
3	Tayah Rubes	Manly Warringah	3.89m
4	Eden Herring	Hornsby	3.82m
5	Olivia Achike	Ku-Ring-Gai	3.73m
6	Madison James	Ku-Ring-Gai	3.63m
7	Mackenzie Ryle	Hornsby	3.44m
8	Makayla Ariyan	Hornsby	3.39m
9	Isabella Scaturchio	Manly Warringah	3.37m
10	Angela Preston	Manly Warringah	3.35m
10	Kyras McMahon	Northern Districts	3.35m
12	Jessica Kulk	Northern Districts	3.29m
13	Nehara De Mel	Ku-Ring-Gai	3.20m
13	Michaela McLean	Ku-Ring-Gai	3.20m
15	Georgia Hanna	Manly Warringah	3.15m
16	Maddison Bain	Northern Districts	2.76m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - Long Jump**

Zone: Z 5.04m 5/02/2005 Annaliese Gardiner, Ku-Ring-G			
Name	Age	Centre	Final
1 Grace Townsend		Manly Warringah	4.21m
2 Octavia Williams		Manly Warringah	4.08m
3 Milla Lawrence		Manly Warringah	3.97m
4 Harlow Wigley		Ku-Ring-Gai	3.91m
5 Michaela Couper		Hornsby	3.68m
6 Jojo Pike		Mosman	3.67m
7 Amber Jobson		Ku-Ring-Gai	3.64m
8 Adriana Prizmic		Manly Warringah	3.60m
9 Gemma Ronan		Mosman	3.59m
10 Kristina Prizmic		Manly Warringah	3.58m
11 Laura Bell		Manly Warringah	3.57m
12 Ava Black		Manly Warringah	3.53m
13 Bronte Tonkin		Northern Districts	3.45m
14 Elizabeth Toynbee		Northern Districts	3.40m
15 Charlotte Toynbee		Northern Districts	3.32m
16 Emelia Nagle		Manly Warringah	3.31m
17 Freya Tonkin		Northern Districts	3.16m
18 Sasha Hughes		Ku-Ring-Gai	3.02m

Girls U 13 - Long Jump

Zone: Z 4.96m 7/02/1992 Katherine Hepburn, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Samara Bond		Ku-Ring-Gai	4.62m
2 Sarah Lovell		Ku-Ring-Gai	4.47m
3 Laura Sarafijanovic		Manly Warringah	4.45m
4 Emelie Coe		Ku-Ring-Gai	4.26m
5 Sofia Fedirchuk		Mosman	4.21m
6 Louise Lovell		Ku-Ring-Gai	4.20m
7 Gemma White		Manly Warringah	4.07m
8 Claudia Healey		Mosman	4.06m
9 Elise Oliver		Northern Districts	4.04m
10 Natalie Parker		Manly Warringah	3.75m
11 Emily Buchner		Ku-Ring-Gai	3.15m

Girls U 14 - Long Jump

Zone: Z 5.25m 7/02/1995 Lauren Wright, Manly Warringa			
Name	Age	Centre	Final
1 Chloe Dunne		Manly Warringah	4.71m
2 Gemma Mills		Hornsby	4.57m
3 Siobhan McMahon		Northern Districts	4.38m
4 Claudia Endicott		Ku-Ring-Gai	4.28m
5 Natasha Tindale		Northern Districts	4.13m
6 Natasha Poschalk		Manly Warringah	4.07m
7 Isabel Ozinga		Ku-Ring-Gai	4.07m
8 Ella Moy-Watson		Mosman	3.86m
9 Kirsten McLeod		Mosman	3.83m
10 Amelia Daniel		Manly Warringah	3.63m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - Long Jump**

Zone: Z 5.64m 7/02/2001 Christelle Coulon, Manly Warr			
Name	Age	Centre	Final
1 Sienna Bond		Ku-Ring-Gai	5.60m
2 Talia KupcERIC		Manly Warringah	4.89m
3 Brianna Worsfold		Ku-Ring-Gai	4.80m
4 Kelsey Smit		Manly Warringah	4.77m
5 Kate Rooney		Mosman	4.54m
6 Sophie Hanna		Manly Warringah	4.49m
7 Lara Williams		Manly Warringah	4.46m
8 Amber Bell		Manly Warringah	4.32m
9 Sarah Hughes-Narborough		Northern Districts	4.05m

Girls U 17 - Long Jump

Zone: Z 5.41m 1/12/2019 Jessica Maciver, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Jessica Maciver		Ku-Ring-Gai	5.41mZ
2 Ella Koster		Ku-Ring-Gai	5.13m
3 Jessica Bryant		Manly Warringah	5.06m
4 Danielle Osifo		Hornsby	4.92m
5 Jessica Tallentire		Manly Warringah	4.82m
6 Ashley Hanna		Manly Warringah	4.68m
7 Isobel Elkan		Manly Warringah	4.49m
8 Maya McMullen		Northern Districts	4.37m
9 Emily Hatfield		Manly Warringah	4.25m

Girls U 11 - Triple Jump

Zone: Z 9.41m 7/02/1999 Shona Martin, Manly Warringah			
Name	Age	Centre	Final
1 Eden Herring		Hornsby	8.45m
2 Angela Preston		Manly Warringah	7.84m
3 Tayah Rubes		Manly Warringah	7.72m
4 Sophie Hyne-Jones		Manly Warringah	7.64m
5 Fiorella Collins		Mosman	7.60m
6 Makayla Ariyan		Hornsby	7.48m
7 Aniela Knight		Northern Districts	7.36m
8 Sophie Nicols		Manly Warringah	7.10m
9 Lara Atherton		Manly Warringah	6.80m
10 Josie Clayton		Hornsby	6.78m
11 Maddison Bain		Northern Districts	6.36m
12 Lily Greig		Ku-Ring-Gai	5.18m

Girls U 12 - Triple Jump

Zone: Z 10.72m 7/02/1995 Lisa Antill, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Grace Townsend		Manly Warringah	9.47m
2 Lola Harvison		Manly Warringah	8.80m
3 Kristina Prizmic		Manly Warringah	8.56m
4 Ava Black		Manly Warringah	8.50m
5 Laura Bell		Manly Warringah	8.44m
6 Ava Mitchell		Northern Districts	8.01m
7 Anja Fitzgibbon		Manly Warringah	8.00m
8 Bronte Tonkin		Northern Districts	7.99m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - Triple Jump**

9 Elizabeth Toynbee	Northern Districts	7.66m
10 Adriana Prizmic	Manly Warringah	7.61m
11 Charlotte Toynbee	Northern Districts	7.38m
12 Freya Tonkin	Northern Districts	6.99m

Girls U 13 - Triple Jump

=====			
Zone: Z 10.40m 7/02/2002 Emily Pollett, Manly Warring			
Name	Age	Centre	Final
=====			
1 Sarah Lovell		Ku-Ring-Gai	9.45m
2 Amelia Watkins		Ku-Ring-Gai	9.41m
3 Teagan Jones		Ku-Ring-Gai	9.11m
4 Louise Lovell		Ku-Ring-Gai	9.02m
5 Sienna Brett		Ku-Ring-Gai	8.92m
5 Ashlee O'Reilly		Manly Warringah	8.92m
7 Elise Oliver		Northern Districts	8.75m
8 Sienna Gleeson		Northern Districts	8.56m

Girls U 14 - Triple Jump

=====			
Zone: Z 11.13m 7/02/1997 Lisa Antill, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
1 Shayla Gleeson		Northern Districts	10.36m
2 Chloe Dunne		Manly Warringah	10.16m
3 Isabel Ozinga		Ku-Ring-Gai	9.42m
4 Amelia Daniel		Manly Warringah	9.38m
5 Orliath Keogh		Ku-Ring-Gai	8.20m
6 Isabelle Cruickshank		Northern Districts	8.02m

Girls U 15 - Triple Jump

=====			
Zone: Z 11.75m 30/11/2019 Sienna Bond, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
1 Sienna Bond		Ku-Ring-Gai	11.75mZ
2 Kelsey Smit		Manly Warringah	10.34m
3 Sophie Hanna		Manly Warringah	9.76m
4 Lucy Schwarz		Hornsby	8.99m
5 Amber Bell		Manly Warringah	8.51m
6 Talia Kupceric		Manly Warringah	7.38m

Girls U 17 - Triple Jump

=====			
Zone: Z 11.64m 30/11/2019 Danielle Osifo, Hornsby			
Name	Age	Centre	Final
=====			
1 Danielle Osifo		Hornsby	11.64mZ
2 Jessica Bryant		Manly Warringah	11.00m
3 Freya Carley		Manly Warringah	10.23m
4 Isobel Elkan		Manly Warringah	10.16m
5 Jessica Tallentire		Manly Warringah	10.04m
6 Ashley Hanna		Manly Warringah	9.93m
7 Jessica McIlwraith		Northern Districts	9.62m
8 Maya McMullen		Northern Districts	8.96m
9 Emily Hatfield		Manly Warringah	8.73m
10 Jessica Smith		Manly Warringah	8.29m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 5.96m 7/02/1991 Bettina Woodward, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Sophie Graham		Ku-Ring-Gai	4.81m
2 Evie Moore-Mulcahy		Northern Districts	4.27m
3 Amelie Bartlett		Mosman	4.19m
4 Sienna James		Ku-Ring-Gai	3.73m
5 Keira Collins		Manly Warringah	3.33m
6 Claudia Birrell		Ku-Ring-Gai	3.16m
7 Zoe Rudolph		Ku-Ring-Gai	2.97m
8 Simone Lane		Manly Warringah	2.87m
9 Alicia Preston		Manly Warringah	2.42m
10 Amelie Gilchrist		Ku-Ring-Gai	2.36m
11 Charlotte Godfrey		Mosman	2.13m
-- Eloise Knorr		Manly Warringah	ND
-- Roya McLean		Manly Warringah	ND

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.88m 7/02/1994 Samantha Gards, Northern Dist			
Name	Age	Centre	Final
1 Claire Fisher		Ku-Ring-Gai	4.92m
2 Amelia Dubsky		Hornsby	4.73m
3 Sophie Savage		Mosman	4.69m
4 Hayley Laslett		Ku-Ring-Gai	4.20m
5 Scarlett Owers		Northern Districts	4.06m
6 Isabella Chidambaram		Manly Warringah	4.02m
7 Poppy Burge		Ku-Ring-Gai	3.89m
8 Isabella Baxter		Manly Warringah	3.88m
9 Charlotte Barnsley		Ku-Ring-Gai	3.83m
10 Rosalie Borchert		Manly Warringah	3.74m
11 Savannah Erasmus		Hornsby	3.66m
12 Harmony Satchithanathan		Ku-Ring-Gai	3.58m
13 Liana Flanagan		Northern Districts	3.20m
14 Penelope Rowland		Northern Districts	3.07m
15 Hallie Owers		Manly Warringah	2.99m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 8.73m 25/01/2014 Emma Polikowski, Manly Warrin			
Name	Age	Centre	Final
1 Elizabeth Faingaanuku		Mosman	6.69m
2 Anna Tye		Hornsby	5.48m
3 Sienna Vassella		Ku-Ring-Gai	5.09m
4 Charlie Collins		Manly Warringah	4.94m
5 Emma Kramer		Manly Warringah	4.68m
6 Jennifer Toynbee		Northern Districts	4.36m
7 Anais Biasi		Manly Warringah	4.34m
8 Olivia Johnson		Ku-Ring-Gai	4.25m
9 Peyton Ashton		Ku-Ring-Gai	3.89m
10 Seana Chung		Ku-Ring-Gai	3.82m
11 Freya Saunders		Ku-Ring-Gai	3.72m
12 Isabel Jordan		Manly Warringah	3.49m
13 Imogen Willacy		Manly Warringah	3.14m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - Shot Put (2.0 Kg)**

Zone: Z 9.45m 7/02/1994 Leilani Burnes, Manly Warring			
Name	Age	Centre	Final
1 Millie Buxton		Manly Warringah	7.50m
2 Sophie Farrell		Ku-Ring-Gai	6.83m
3 Chelsea Forte		Ku-Ring-Gai	6.33m
4 Jessica Pulis		Manly Warringah	6.23m
5 Lily Hughes		Ku-Ring-Gai	5.84m
6 Bridgette Taudien		Manly Warringah	5.64m
7 Rory Nordenson		Manly Warringah	5.40m
8 Kate Harden		Ku-Ring-Gai	5.09m
9 Tara Gilkeson		Hornsby	4.74m
10 Evita Saravanja		Ku-Ring-Gai	4.70m
11 Eloise Dubsy		Hornsby	4.41m
12 Stella Marmora		Hornsby	4.40m
13 Emily Kupceric		Manly Warringah	4.02m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 11.99m 7/02/1995 Leilani Burnes, Manly Warrin			
Name	Age	Centre	Final
1 Fiorella Collins		Mosman	8.19m
2 Sally Faingaanuku		Mosman	7.96m
3 Nehara De Mel		Ku-Ring-Gai	7.83m
4 Portia Rowland-Stefanic		Ku-Ring-Gai	6.83m
5 Eliza Olthof-Hardwick		Northern Districts	6.80m
6 Angela Preston		Manly Warringah	6.23m
7 Skye Nicholas		Manly Warringah	6.20m
8 Makayla Ariyan		Hornsby	6.17m
9 Lara Atherton		Manly Warringah	6.02m
10 Michaela Dickinson		Manly Warringah	5.94m
11 Hayley Ludgate		Mosman	5.52m
12 Madison James		Ku-Ring-Gai	5.47m
13 Imogen Cochrane		Northern Districts	5.35m
14 Kayleigh Erasmus		Hornsby	5.14m
15 Isla Honor		Northern Districts	4.92m
16 Zoe Edgington		Ku-Ring-Gai	4.89m
17 Claire Childs		Hornsby	4.80m
18 Georgia Hanna		Manly Warringah	4.64m
19 Emily Holdsworth		Ku-Ring-Gai	4.54m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.64m 11/12/2016 Brianna Worsfold, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Octavia Williams		Manly Warringah	9.70m
2 Elisabeth Pulis		Manly Warringah	8.88m
3 Annabelle Stewart		Ku-Ring-Gai	8.41m
4 Scarlett Duddle		Hornsby	8.20m
5 Anja Fitzgibbon		Manly Warringah	7.97m
6 Gemma McIntosh		Ku-Ring-Gai	7.57m
7 Zoe Tamsett		Hornsby	7.17m
8 Ella Dunstan		Manly Warringah	6.69m
9 Adriana Prizmic		Manly Warringah	6.30m
10 Verity Haslam		Ku-Ring-Gai	6.27m
11 Sophia Ambrosino		Ku-Ring-Gai	6.03m
12 Charlotte Toynbee		Northern Districts	5.21m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - Shot Put (2.0 Kg)**

13	Sasha Hughes	Ku-Ring-Gai	5.11m
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Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 12.05m 25/11/2017 Brianna Worsfold, Ku-Ring-Ga

Name	Age	Centre	Final
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1	Sienna Brett	Ku-Ring-Gai	9.67m
2	Sarah Lovell	Ku-Ring-Gai	8.29m
3	Maia Madden-Khan	Ku-Ring-Gai	8.20m
4	Henella Burns	Mosman	7.85m
5	Heidi Williams	Manly Warringah	6.34m
6	Juliana DiosaTirado	Northern Districts	5.07m
7	Hannah Childs	Hornsby	4.88m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.71m 1/12/2018 Brianna Worsfold, Ku-Ring-Ga

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

1	Shayla Gleeson	Northern Districts	9.27m
2	Tahlia O'Brien	Manly Warringah	9.20m
3	Natasha Poschalk	Manly Warringah	7.39m
4	Sienna Villacorta	Manly Warringah	7.33m
5	Amelia Daniel	Manly Warringah	6.47m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.56m 14/12/2014 Josephine Ritchie, Manly War

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

1	Brianna Worsfold	Ku-Ring-Gai	13.87mZ
2	Emma Polikowski	Manly Warringah	13.28m
3	Livinia Williams	Manly Warringah	11.46m
4	Georgia Spanswick	Ku-Ring-Gai	11.04m
5	Felicity Stewart	Ku-Ring-Gai	10.24m
6	Ella Gibbons	Northern Districts	5.79m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.82m 11/12/2016 Josephine Ritchie, Manly War

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

1	Ella Koster	Ku-Ring-Gai	10.39m
2	Amber Williams	Manly Warringah	9.97m
3	Zara Warland	Hornsby	9.85m
4	Kirsten Erni	Hornsby	9.58m
5	Scarlet Brett	Ku-Ring-Gai	9.43m
6	Emily Hatfield	Manly Warringah	8.43m
7	Jessica Smith	Manly Warringah	7.96m

Girls U 7 - Discus (350 Gram)

Zone: Z 19.11m 3/02/2007 Chloe Katoa, Manly Warringah

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

1	Sophie Graham	Ku-Ring-Gai	10.90m
2	Emily Henry	Ku-Ring-Gai	10.48m
3	Ava Photios	Hornsby	10.10m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 7 - Discus (350 Gram)**

4 Safina Burgess	Ku-Ring-Gai	8.14m
5 Sophia Tye	Hornsby	7.74m
6 Lucy Fenton	Hornsby	6.97m
7 Caitlin Allum	Manly Warringah	6.78m
8 Alicia Preston	Manly Warringah	6.70m
9 Violet Powell	Manly Warringah	6.06m
10 Claudia Birrell	Ku-Ring-Gai	5.95m
11 Isabelle Yue	Ku-Ring-Gai	5.36m
12 Keira Collins	Manly Warringah	5.30m
13 Caitlin Willacy	Manly Warringah	4.42m

Girls U 8 - Discus (500 Gram)

=====			
Zone: Z 19.32m 7/02/1993 Vicky Byrne, Manly Warringah			
Name	Age	Centre	Final
=====			
1 Claire Fisher		Ku-Ring-Gai	12.32m
2 Charlotte Barnsley		Ku-Ring-Gai	11.36m
3 Gemma Hunt		Manly Warringah	10.51m
4 Savannah Erasmus		Hornsby	10.34m
5 Emily Burns		Manly Warringah	10.30m
6 Poppy Burge		Ku-Ring-Gai	9.90m
7 Isabella Baxter		Manly Warringah	7.95m
8 Sophie Sollberger		Manly Warringah	7.85m
9 Madeleine Burnett		Ku-Ring-Gai	7.63m
10 Ava Doake		Ku-Ring-Gai	6.58m
11 Amelia Dubsy		Hornsby	6.48m
12 Clara Knight		Northern Districts	6.13m
13 Hallie Owers		Manly Warringah	4.97m

Girls U 9 - Discus (500 Gram)

=====			
Zone: Z 27.60m 7/02/1993 Leilani Burnes, Manly Warringah			
Name	Age	Centre	Final
=====			
1 Sienna Vassella		Ku-Ring-Gai	18.67m
2 Olivia Johnson		Ku-Ring-Gai	14.50m
3 Eden McNaughtan		Manly Warringah	13.54m
4 Zsa Zsa Burke		Manly Warringah	12.91m
5 Jennifer Toynbee		Northern Districts	12.89m
6 Maddison Barratt		Northern Districts	11.96m
7 Ava Greenaway		Manly Warringah	11.66m
8 Charlie Collins		Manly Warringah	11.20m
9 Cacia Charles		Ku-Ring-Gai	11.04m
10 Peyton Ashton		Ku-Ring-Gai	10.29m
11 Caitlyn Power		Manly Warringah	9.63m

Girls U 10 - Discus (500 Gram)

=====			
Zone: Z 32.64m 7/02/1995 Vicky Byrne, Manly Warringah			
Name	Age	Centre	Final
=====			
1 Millie Buxton		Manly Warringah	23.70m
2 Chelsea Forte		Ku-Ring-Gai	19.55m
3 Sophie Farrell		Ku-Ring-Gai	19.40m
4 Jessica Pulis		Manly Warringah	17.66m
5 Sophia Tsaousidis		Hornsby	17.32m
6 Louisa Kirkland		Manly Warringah	16.29m
7 Sienna McDonnell		Manly Warringah	16.14m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 10 - Discus (500 Gram)**

8	Abbie Dunstan	Manly Warringah	15.83m
9	Evita Saravanja	Ku-Ring-Gai	14.53m
10	Stella Marmora	Hornsby	13.48m
11	Alyssa Holmes	Northern Districts	12.76m
12	Ruby Brosnan-Gallagher	Ku-Ring-Gai	12.01m
13	Chloe Fenton	Hornsby	11.68m
14	Kate Harden	Ku-Ring-Gai	11.25m
15	Bria Windross	Hornsby	9.59m
16	Erin Blackwell	Hornsby	9.30m

Girls U 11 - Discus (500 Gram)

=====			
Zone: Z 30.22m 7/02/1995 Leilani Burnes, Manly Warrin			
Name	Age	Centre	Final
=====			
1	Fiorella Collins	Mosman	34.90mZ
2	Nehara De Mel	Ku-Ring-Gai	27.51m
3	Annabelle Cronin	Mosman	25.60m
4	Sally Faingaanuku	Mosman	23.47m
5	Madison James	Ku-Ring-Gai	22.50m
6	Eden Herring	Hornsby	22.34m
7	Chanel Charles	Ku-Ring-Gai	22.04m
8	Hayley Ludgate	Mosman	20.03m
9	Eliza Olthof-Hardwick	Northern Districts	17.31m
10	Lily Greig	Ku-Ring-Gai	14.81m
11	Georgia Hanna	Manly Warringah	14.60m
12	Emily Holdsworth	Ku-Ring-Gai	13.96m
13	Jessica Kulk	Northern Districts	13.69m
14	Maddison Bain	Northern Districts	13.48m
15	Frederique Scamps-Magro	Manly Warringah	13.28m
16	Isabella Scaturchio	Manly Warringah	11.55m
17	Kayleigh Erasmus	Hornsby	9.80m
18	Claudia Palmer	Manly Warringah	9.07m
--	Michaela Dickinson	Manly Warringah	ND

Girls U 12 - Discus (750 Gram)

=====			
Zone: Z 34.70m 7/02/1996 Leilani Burnes, Manly Warrin			
Name	Age	Centre	Final
=====			
1	Elisabeth Pulis	Manly Warringah	26.60m
2	Jojo Pike	Mosman	22.34m
3	Jessica Roberts	Hornsby	21.50m
4	Gemma McIntosh	Ku-Ring-Gai	18.49m
5	Ella Dunstan	Manly Warringah	18.21m
6	Michaela Couper	Hornsby	17.32m
7	Bronte Tonkin	Northern Districts	16.15m
8	Zara Villacorta	Manly Warringah	15.51m
9	Annabelle Stewart	Ku-Ring-Gai	15.24m
10	Ava Mitchell	Northern Districts	14.00m
11	Verity Haslam	Ku-Ring-Gai	13.80m
12	Sacha Root	Manly Warringah	13.76m
13	Zoe Tamssett	Hornsby	13.69m
14	Gemma Ronan	Mosman	13.20m
15	Elizabeth Toynbee	Northern Districts	11.18m
16	Charlotte Toynbee	Northern Districts	10.46m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - Discus (750 Gram)**

Zone: Z 42.49m 26/11/2017 Brianna Worsfold, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Maia Madden-Khan		Ku-Ring-Gai	31.41m
2 Sienna Brett		Ku-Ring-Gai	28.58m
3 Olivia Vecchio		Mosman	26.99m
4 Summer Sivaraj		Ku-Ring-Gai	25.30m
5 Jayde Root		Manly Warringah	22.83m
6 Fenella Burns		Mosman	21.12m
7 Heidi Williams		Manly Warringah	19.29m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 37.45m 2/12/2018 Brianna Worsfold, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Isabelle Cruickshank		Northern Districts	23.80m
2 Shayla Gleeson		Northern Districts	23.33m
3 Bella Kachel		Hornsby	22.38m
4 Sienna Villacorta		Manly Warringah	22.15m
5 Isabel Ozinga		Ku-Ring-Gai	20.60m
6 Tahlia O'Brien		Manly Warringah	20.33m
7 Jamie Hawker		Manly Warringah	20.13m
8 Annabelle Gill		Northern Districts	15.92m
-- Orlaith Keogh		Ku-Ring-Gai	ND

Girls U 15 - Discus (1.0 Kg)

Zone: Z 40.04m 7/02/1997 Amber Bennett, Mosman			
Name	Age	Centre	Final
1 Brianna Worsfold		Ku-Ring-Gai	38.83m
2 Emma Polikowski		Manly Warringah	32.33m
3 Felicity Stewart		Ku-Ring-Gai	31.46m
4 Sarah Hughes-Narborough		Northern Districts	29.50m
5 Jasmin Frost		Mosman	23.77m
6 Ella Gibbons		Northern Districts	13.85m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 37.94m 1/12/2018 Amy Polikowski, Manly Warringah			
Name	Age	Centre	Final
1 Freya Carley		Manly Warringah	30.98m
2 Zara Warland		Hornsby	29.42m
3 Scarlet Brett		Ku-Ring-Gai	28.59m
4 Emily Hatfield		Manly Warringah	24.69m
5 Saskia Scholle		Ku-Ring-Gai	20.45m
6 Prudence Silver		Northern Districts	17.85m

Girls U 11 - Javelin (400 Gram)

Zone: Z 19.87m 12/12/2015 Emma Polikowski, Manly Warringah			
Name	Age	Centre	Final
1 Fiorella Collins		Mosman	17.28m
2 Lily Greig		Ku-Ring-Gai	14.90m
3 Sally Faingaanuku		Mosman	13.63m
4 Makayla Ariyan		Hornsby	12.63m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - Javelin (400 Gram)**

5	Taylah Flynn	Manly Warringah	11.75m
6	Eliza Olthof-Hardwick	Northern Districts	11.18m
7	Sofia Ehnbohm	Manly Warringah	11.11m
8	Michaela Dickinson	Manly Warringah	8.72m
9	Lucinda Gibbs	Manly Warringah	8.58m
10	Josie Clayton	Hornsby	8.48m
11	Kayleigh Erasmus	Hornsby	6.16m
12	Hayley Ludgate	Mosman	4.48m
--	Lucy Jones	Ku-Ring-Gai	ND

Girls U 12 - Javelin (400 Gram)

Zone: Z 23.33m 13/12/2014 Chloe Leahy, Ku-ring-gai

Name Age Centre Final

1	Annabelle Stewart	Ku-Ring-Gai	20.72m
2	Shala Saint	Manly Warringah	19.26m
3	Elisabeth Pulis	Manly Warringah	17.11m
4	Adriana Prizmic	Manly Warringah	15.56m
5	Octavia Williams	Manly Warringah	14.65m
6	Laura Bell	Manly Warringah	14.58m
7	Lily Blewman	Manly Warringah	14.50m
8	Grace Beck	Ku-Ring-Gai	12.05m
9	Zoe Tamsett	Hornsby	9.94m

Girls U 13 - Javelin (400 Gram)

Zone: Z 34.05m 31/01/2010 Alysha Burnett, Northern Dis

Name Age Centre Final

1	Sarah Lovell	Ku-Ring-Gai	26.47m
2	Elise Oliver	Northern Districts	24.44m
3	Jayde Root	Manly Warringah	23.95m
4	Sienna Brett	Ku-Ring-Gai	23.93m
5	Sienna Gleeson	Northern Districts	18.66m
6	Catrine Atherton	Manly Warringah	15.58m
7	Heidi Williams	Manly Warringah	15.31m
8	Madeleine Kleoudis	Ku-Ring-Gai	13.50m
9	Charlotte Clayton	Hornsby	12.43m
10	Fenella Burns	Mosman	11.99m
11	Teagan Jones	Ku-Ring-Gai	11.41m
12	Olivia Vecchio	Mosman	11.34m

Girls U 14 - Javelin (400 Gram)

Zone: Z 34.90m 30/11/2019 Isabelle Cruickshank, Northe

Name Age Centre Final

1	Isabelle Cruickshank	Northern Districts	34.90mZ
2	Isabel Harris	Manly Warringah	32.86m
3	Bella Kachel	Hornsby	31.25m
4	Shayla Gleeson	Northern Districts	23.37m
5	Amelia Daniel	Manly Warringah	20.46m
6	Jamie Hawker	Manly Warringah	17.76m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - Javelin (500 Gram)**

Zone: Z 41.60m 5/02/2012 Alysha Burnett, Northern Dis			
Name	Age	Centre	Final
1 Emma Polikowski		Manly Warringah	33.58m
2 Brianna Worsfold		Ku-Ring-Gai	32.34m
3 Georgia Spanswick		Ku-Ring-Gai	30.85m
4 Sarah Hughes-Narborough		Northern Districts	27.07m
5 Felicity Stewart		Ku-Ring-Gai	25.44m
6 Amber Bell		Manly Warringah	22.14m
7 Lara Williams		Manly Warringah	16.71m
8 Carys GibbonsMaurer		Manly Warringah	15.62m

Girls U 17 - Javelin (500 Gram)

Zone: Z 43.33m 25/11/2017 Brooke East, Manly Warringah			
Name	Age	Centre	Final
1 Amber Williams		Manly Warringah	39.72m
2 Emily Hatfield		Manly Warringah	27.71m
3 Saskia Scholle		Ku-Ring-Gai	26.55m
4 Stella Hall		Ku-Ring-Gai	22.65m
5 Taylor Bassett		Hornsby	22.32m
6 Prudence Silver		Northern Districts	21.93m
7 Scarlet Brett		Ku-Ring-Gai	21.38m
8 Maya McMullen		Northern Districts	21.30m
9 Jessica Smith		Manly Warringah	19.30m
10 Courtney Mavin		Ku-Ring-Gai	14.59m

Girls U 9 - 700 Metre Walk

Zone: Z 3:30.40 8/02/2004 Amy Bettiol, Manly Warringa			
Name	Age	Centre	Final
Section 1			
1 Gemma Dixon		Ku-Ring-Gai	4:22.83
2 Madison Bradley		Manly Warringah	4:37.15
3 Anais Biasi		Manly Warringah	4:40.28
4 Charlie Collins		Manly Warringah	4:40.69
5 Caitlyn Power		Manly Warringah	4:49.46
6 Katherine Connelly		Manly Warringah	4:57.51
7 Alexis Murphy		Ku-Ring-Gai	4:58.35
8 Cacia Charles		Ku-Ring-Gai	5:19.50
9 Olivia Johnson		Ku-Ring-Gai	5:21.02

Girls U 10 - 1100 Metre Walk

Zone: Z 5:31.60 4/02/2007 Tayla-Paige Billington, Man			
Name	Age	Centre	Final
1 Abby Hunt		Manly Warringah	6:22.09
2 Isla Stewart		Ku-Ring-Gai	7:03.59
3 Belinda Matthews		Manly Warringah	7:05.14
4 Abbie Dunstan		Manly Warringah	7:23.34
5 Lily Horne		Ku-Ring-Gai	7:53.43
6 Madison Landgrebe		Ku-Ring-Gai	8:42.61
7 Rosie Heaton		Ku-Ring-Gai	9:10.48
-- Ella Hooley		Manly Warringah	DQ
-- Olivia Worsfold		Ku-Ring-Gai	DQ

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 11 - 1100 Metre Walk**

Zone: Z 5:24.00 3/02/2008 Tayla-Paige Billington, Man			
Name	Age	Centre	Final
1 Zoe Murphy		Ku-Ring-Gai	6:30.22
2 Imogen Cochrane		Northern Districts	6:36.34
3 Claudia Palmer		Manly Warringah	6:58.36
4 Indianna Vale		Manly Warringah	7:17.48
5 Jasmin Berry		Manly Warringah	7:22.89
6 Piper Fyffe		Ku-Ring-Gai	7:29.46
7 Emily Holdsworth		Ku-Ring-Gai	8:39.88

Girls U 12 - 1500 Metre Walk

Zone: Z 7:21.50 4/02/2007 Amy Bettiol, Manly Warringa			
Name	Age	Centre	Final
1 Grace Beck		Ku-Ring-Gai	8:28.05
2 Zara Villacorta		Manly Warringah	8:57.20
3 Sacha Root		Manly Warringah	9:14.09
4 Annabelle Stewart		Ku-Ring-Gai	10:18.74

Girls U 13 - 1500 Metre Walk

Zone: Z 6:53.03 9/12/2016 Elizabeth McMillen, Manly W			
Name	Age	Centre	Final
1 Chloe Lamb		Manly Warringah	7:46.33
2 April Billington		Manly Warringah	8:24.95
3 Zoe Woods		Ku-Ring-Gai	9:34.52
4 Summer Sivaraj		Ku-Ring-Gai	11:06.14
-- Emily Buchner		Ku-Ring-Gai	DQ

Girls U 14 - 1500 Metre Walk

Zone: Z 7:01.58 24/11/2017 Elizabeth McMillen, Manly W			
Name	Age	Centre	Final
1 Alejandra Blanco		Manly Warringah	8:34.14

Girls U 15 - 1500 Metre Walk

Zone: Z 7:03.70 8/02/2004 Nicole Fagan, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Tara Laytham		Manly Warringah	7:46.59
2 Alannah Hickson		Ku-Ring-Gai	7:51.55

Girls U 17 - 1500 Metre Walk

Zone: Z 6:53.70 6/02/2011 Amy Bettiol, Manly Warringa			
Name	Age	Centre	Final
1 Elizabeth McMillen		Manly Warringah	6:55.34
2 Prudence Silver		Northern Districts	9:12.10
3 Saskia Scholle		Ku-Ring-Gai	10:53.25

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 7 - 50 Metre Sprint**

Zone: Z 8.90 5/02/2005 Oscar Smith, Manly Warringah			
Name	Age	Centre	Heats

Heat 1 Heats

1	Harley Ehnбом	Manly Warringah	9.31Q
2	Nicholas Bennett	Ku-Ring-Gai	9.56Q
3	Jack Dorrans	Hornsby	9.65Q
4	Lachlan Phillips	Manly Warringah	10.09
5	Ethan Lally	Ku-Ring-Gai	10.40
5	Hugh Harris-Nevill	Ku-Ring-Gai	10.40

Heat 2 Heats

1	Edward Sharp	Mosman	9.26Q
2	Jake Maillet	Manly Warringah	9.54Q
3	Harley Edwards	Manly Warringah	9.57Q
4	Joshua Soper	Ku-Ring-Gai	9.71q
5	Cian Guerin	Manly Warringah	9.99q
6	Beau Lynas	Ku-Ring-Gai	10.23
7	Findlay Hopkins	Mosman	11.28

Boys U 7 - 50 Metre Sprint

Zone: Z 8.90 5/02/2005 Oscar Smith, Manly Warringah			
Name	Age	Centre	Final

Section 1 Final

1	Edward Sharp	Mosman	9.16
2	Jake Maillet	Manly Warringah	9.27
3	Harley Ehnбом	Manly Warringah	9.38
4	Nicholas Bennett	Ku-Ring-Gai	9.57
5	Jack Dorrans	Hornsby	9.61
6	Harley Edwards	Manly Warringah	9.79
7	Joshua Soper	Ku-Ring-Gai	9.88

Boys U 7 - 70 Metre Sprint

Zone: Z 11.70 7/02/1998 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats

Heat 1 Heats

1	Raphael Froggatt	Manly Warringah	12.24Q
2	James Bissaker	Hornsby	12.45Q
3	Zachary Meacock	Mosman	12.95Q
4	Harley Edwards	Manly Warringah	13.47q
5	Joshua Soper	Ku-Ring-Gai	13.80q
6	Will Sheppard	Ku-Ring-Gai	14.13
7	Jacob Hao	Ku-Ring-Gai	14.31

Heat 2 Heats

1	Edward Sharp	Mosman	12.96Q
2	Jake Maillet	Manly Warringah	12.98Q
3	Lachlan Phillips	Manly Warringah	13.68Q
4	Robbie Spurway	Ku-Ring-Gai	13.98
5	Cian Guerin	Manly Warringah	14.06
6	Findlay Hopkins	Mosman	14.46
7	Hugh Harris-Nevill	Ku-Ring-Gai	14.49

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 7 - 70 Metre Sprint**

Zone: Z 11.70 7/02/1998 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Raphael Froggatt		Manly Warringah	11.89
2 James Bissaker		Hornsby	12.53
3 Edward Sharp		Mosman	12.56
4 Zachary Meacock		Mosman	12.79
5 Jake Maillet		Manly Warringah	12.85
6 Harley Edwards		Manly Warringah	13.46
7 Lachlan Phillips		Manly Warringah	13.65
8 Joshua Soper		Ku-Ring-Gai	13.71

Boys U 8 - 70 Metre Sprint

Zone: Z 10.70 7/02/1999 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emerson Ayres		Manly Warringah	11.37Q
2 Bailey Abrahams		Ku-Ring-Gai	11.46Q
3 Sean Ng		Hornsby	11.72Q
4 Jarvis Cookson		Manly Warringah	12.31q
5 Cohen Fallowfield		Ku-Ring-Gai	12.38q
6 Cameron Griffin		Manly Warringah	12.41
Heat 2 Heats			
1 Finn Wilson		Ku-Ring-Gai	11.40Q
2 Toby Creelman		Manly Warringah	11.79Q
3 Bayley Gibson		Ku-Ring-Gai	11.82Q
4 Jack Carey		Mosman	12.54
5 Teo Amineau		Manly Warringah	12.64

Boys U 8 - 70 Metre Sprint

Zone: Z 10.70 7/02/1999 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Bailey Abrahams		Ku-Ring-Gai	11.46
2 Finn Wilson		Ku-Ring-Gai	11.48
3 Emerson Ayres		Manly Warringah	11.59
4 Sean Ng		Hornsby	11.73
5 Toby Creelman		Manly Warringah	11.92
6 Bayley Gibson		Ku-Ring-Gai	12.25
7 Jarvis Cookson		Manly Warringah	12.44
8 Cohen Fallowfield		Ku-Ring-Gai	12.67

Boys U 9 - 70 Metre Sprint

Zone: Z 10.43 3/02/2013 Zachery Gardner, Manly Warrin			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Thomas Vedris		Hornsby	11.05Q
2 William Scodellaro		Northern Districts	11.22Q
3 Oliver Trowell		Manly Warringah	11.33Q
4 Oscar Zylberberg		Ku-Ring-Gai	11.35q
5 Parker Ball		Manly Warringah	11.67
6 Harrison Kyme		Manly Warringah	11.80

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - 70 Metre Sprint**

7 Beau Atkinson	Manly Warringah	12.31
8 James Lewis-Enright	Mosman	12.37
9 James Koch	Mosman	12.72

Heat 2 Heats

1 Callum Gilchrist	Ku-Ring-Gai	10.97Q
2 Taten Rogers	Manly Warringah	11.22Q
3 Matthew McGregor	Hornsby	11.47Q
4 Kourosh Emamian Rad	Ku-Ring-Gai	11.63q
5 Mitch Ryle	Hornsby	11.67
6 Charlie Burton	Mosman	12.41
7 Joshua Nguyen	Ku-Ring-Gai	13.40

Boys U 9 - 70 Metre Sprint

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 Zone: Z 10.43 3/02/2013 Zachery Gardner, Manly Warrin

Name Age Centre Final
 =====

Section 1 Final

1 Callum Gilchrist	Ku-Ring-Gai	10.90
2 Taten Rogers	Manly Warringah	10.98
3 Thomas Vedris	Hornsby	11.00
4 Oliver Trowell	Manly Warringah	11.14
5 Oscar Zylberberg	Ku-Ring-Gai	11.18
6 William Scodellaro	Northern Districts	11.34
7 Kourosh Emamian Rad	Ku-Ring-Gai	11.47
8 Matthew McGregor	Hornsby	11.50

Boys U 10 - 70 Metre Sprint

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 Zone: Z 10.00 5/02/2005 Sam Mete, Ku-Ring-Gai

Name Age Centre Heats
 =====

Heat 1 Heats

1 Edward Godfrey	Mosman	10.47Q
2 Kaiden Grace	Manly Warringah	10.69Q
3 Angus Edwards	Mosman	10.97q
4 Andrew Guerin	Manly Warringah	11.31
5 Saia Enasio	Northern Districts	11.65
6 Riley Waddingham	Northern Districts	12.46

Heat 2 Heats

1 Ethan McErlane	Manly Warringah	10.69Q
2 Matthew Dicks	Ku-Ring-Gai	11.07Q
3 Kase Willis-Jansen	Ku-Ring-Gai	11.16
4 Ned Alexander	Mosman	11.28
5 Archie Wilkinson	Ku-Ring-Gai	11.55
6 Mathias Almeida Mendes	Northern Districts	11.72
7 Lucas Beven	Hornsby	12.58

Heat 3 Heats

1 Adrian Kwan	Ku-Ring-Gai	10.76Q
2 Byron Borchert	Manly Warringah	10.83Q
3 Louie Poschalk	Manly Warringah	11.08q
4 Kai Gibbons	Northern Districts	11.48
5 James Bookallil	Ku-Ring-Gai	11.67
6 Albie Watt	Mosman	11.99
7 Rama Barnett	Hornsby	12.92

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 10 - 70 Metre Sprint**

Zone: Z 10.00 5/02/2005 Sam Mete, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Edward Godfrey		Mosman	10.46
2 Kaiden Grace		Manly Warringah	10.48
3 Adrian Kwan		Ku-Ring-Gai	10.65
4 Ethan McErlane		Manly Warringah	10.75
5 Byron Borchert		Manly Warringah	10.93
6 Louie Poschalk		Manly Warringah	11.02
7 Matthew Dicks		Ku-Ring-Gai	11.14
7 Angus Edwards		Mosman	11.14

Boys U 7 - 100 Metre Sprint

Zone: Z 16.53 13/12/2014 Brody Folkes, Mosman			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Raphael Froggatt		Manly Warringah	17.17Q
2 Oliver Thrum		Ku-Ring-Gai	17.72Q
3 Lewis McNaughtan		Manly Warringah	17.79Q
4 Jake Maillet		Manly Warringah	18.36q
5 Harley Ehnobom		Manly Warringah	18.56q
6 Joshua Soper		Ku-Ring-Gai	19.51
7 Findlay Hopkins		Mosman	19.73
Heat 2 Heats			
1 Edward Sharp		Mosman	17.95Q
2 James Bissaker		Hornsby	18.00Q
3 Nicholas Bennett		Ku-Ring-Gai	19.00Q
4 Hunter Smith		Manly Warringah	19.55
5 Stephen Dyson		Hornsby	19.93
6 Ethan Lally		Ku-Ring-Gai	20.27
7 Jacob Hao		Ku-Ring-Gai	20.35

Boys U 7 - 100 Metre Sprint

Zone: Z 16.53 13/12/2014 Brody Folkes, Mosman			
Name	Age	Centre	Final
Section 1 Final			
1 Raphael Froggatt		Manly Warringah	17.43
2 James Bissaker		Hornsby	17.85
3 Edward Sharp		Mosman	17.94
4 Lewis McNaughtan		Manly Warringah	18.23
5 Oliver Thrum		Ku-Ring-Gai	18.28
6 Harley Ehnobom		Manly Warringah	18.49
7 Nicholas Bennett		Ku-Ring-Gai	18.67
8 Jake Maillet		Manly Warringah	18.91

Boys U 8 - 100 Metre Sprint

Zone: Z 15.00 7/02/1999 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emerson Ayres		Manly Warringah	16.30Q
2 Bailey Abrahams		Ku-Ring-Gai	16.90Q
3 Salvador Apfel		Mosman	16.92Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 8 - 100 Metre Sprint**

4	Sebastien The	Hornsby	17.66
5	Jarvis Cookson	Manly Warringah	17.72
6	Jack Vella	Ku-Ring-Gai	17.98
7	Jack Carey	Mosman	18.35
8	Rex Rees	Mosman	18.73

Heat 2 Heats

1	Finn Wilson	Ku-Ring-Gai	16.06Q
2	Toby Creelman	Manly Warringah	16.78Q
3	Sean Ng	Hornsby	17.04Q
4	Callan Atherton	Ku-Ring-Gai	17.28q
5	Jay Cetinich	Mosman	17.53q
6	Harry Ross	Hornsby	17.81
6	Jaxon Solomon	Manly Warringah	17.81
8	Samuel Hudson	Ku-Ring-Gai	17.83
9	Jacob Selby	Mosman	19.75

Boys U 8 - 100 Metre Sprint

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 Zone: Z 15.00 7/02/1999 Michael Oldfield, Manly Warri

Name Age Centre Final
 =====

Section 1 Final

1	Finn Wilson	Ku-Ring-Gai	16.03
2	Emerson Ayres	Manly Warringah	16.28
3	Bailey Abrahams	Ku-Ring-Gai	16.59
4	Toby Creelman	Manly Warringah	16.74
5	Salvador Apfel	Mosman	16.96
6	Sean Ng	Hornsby	16.98
7	Jay Cetinich	Mosman	17.59
8	Callan Atherton	Ku-Ring-Gai	17.61

Boys U 9 - 100 Metre Sprint

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 Zone: Z 14.60 2/02/2013 Zachery Gardner, Manly Warrin

Name Age Centre Heats
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Heat 1 Heats

1	Callum Gilchrist	Ku-Ring-Gai	14.85Q
2	Thomas Vedris	Hornsby	15.60Q
3	William Scodellaro	Northern Districts	15.91q
4	Mitch Ryle	Hornsby	16.44
5	Orlando Stewart	Mosman	16.66
6	Harrison Kyme	Manly Warringah	16.70

Heat 2 Heats

1	Oscar Zylberberg	Ku-Ring-Gai	15.70Q
2	Taten Rogers	Manly Warringah	15.75Q
3	Kourosh Emamian Rad	Ku-Ring-Gai	16.35
4	Jake Wood	Manly Warringah	16.75
5	Zac Soden	Ku-Ring-Gai	16.77
6	Charlie Burton	Mosman	16.90
7	James Lewis-Enright	Mosman	17.03

Heat 3 Heats

1	Matthew McGregor	Hornsby	15.58Q
2	Joel Ramsay	Hornsby	15.72Q
3	Parker Ball	Manly Warringah	16.22q
4	Jake Mears	Mosman	16.28
5	Zachary Morgan	Manly Warringah	16.45
6	Ryan Waugh	Ku-Ring-Gai	16.65
7	Oliver Abbott	Hornsby	17.90

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 100 Metre Sprint**

Zone: Z 14.60 2/02/2013 Zachery Gardner, Manly Warrin			
Name	Age	Centre	Final
Section 1 Final			
1 Callum Gilchrist		Ku-Ring-Gai	15.11
2 Thomas Vedris		Hornsby	15.55
3 Matthew McGregor		Hornsby	15.78
4 Oscar Zylberberg		Ku-Ring-Gai	15.79
5 William Scodellaro		Northern Districts	15.81
6 Taten Rogers		Manly Warringah	15.92
7 Joel Ramsay		Hornsby	16.14
8 Parker Ball		Manly Warringah	16.59

Boys U 10 - 100 Metre Sprint

Zone: Z 14.18 25/01/2014 Zachery Gardner, Manly Warrin			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Edward Godfrey		Mosman	15.09Q
2 Jacob Barnes		Manly Warringah	15.71Q
3 Byron Borchert		Manly Warringah	16.02
4 Ned Alexander		Mosman	16.17
5 Thomas Davis		Mosman	16.27
6 Ziv Danieli		Ku-Ring-Gai	16.50
7 Kaelan Jones		Northern Districts	17.36
Heat 2 Heats			
1 Adrian Kwan		Ku-Ring-Gai	15.23Q
2 Ewan Keep		Manly Warringah	15.31Q
3 Angus Edwards		Mosman	15.70q
4 Kase Willis-Jansen		Ku-Ring-Gai	15.89
5 Monty Douglass		Mosman	16.05
6 Mathias Almeida Mendes		Northern Districts	16.51
Heat 3 Heats			
1 Kye Kearney		Ku-Ring-Gai	14.57Q
2 Kaiden Grace		Manly Warringah	15.06Q
3 Ethan McErlane		Manly Warringah	15.28q
4 Matthew Dicks		Ku-Ring-Gai	15.71
5 William McKechnie		Ku-Ring-Gai	16.08
6 Kai Gibbons		Northern Districts	16.10
7 Riley Waddingham		Northern Districts	17.73

Boys U 10 - 100 Metre Sprint

Zone: Z 14.18 25/01/2014 Zachery Gardner, Manly Warrin			
Name	Age	Centre	Final
Section 1 Final			
1 Kye Kearney		Ku-Ring-Gai	14.50
2 Edward Godfrey		Mosman	14.88
3 Adrian Kwan		Ku-Ring-Gai	15.06
4 Ethan McErlane		Manly Warringah	15.14
5 Kaiden Grace		Manly Warringah	15.21
6 Ewan Keep		Manly Warringah	15.40
7 Angus Edwards		Mosman	15.53
8 Jacob Barnes		Manly Warringah	15.55

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - 100 Metre Sprint**

Zone: Z 13.51 25/11/2017 Dylan Hall, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jack Procter		Ku-Ring-Gai	14.26Q
2 Joel Daily		Mosman	14.27Q
3 Jake Fourie		Ku-Ring-Gai	14.36Q
4 Hugo Roderick		Ku-Ring-Gai	14.52q
5 Daniel Benoliel		Mosman	14.60q
6 Jeffrey Benoliel		Mosman	14.64
7 Zac Gedz		Manly Warringah	14.77
8 Samuel Collett		Ku-Ring-Gai	15.04
9 Lachlan Boyle		Manly Warringah	15.12
10 Matthew Sims		Hornsby	18.32

Heat 2 Heats			
1 Jimmy Thebridge		Ku-Ring-Gai	13.94Q
2 Hugo Stewart		Mosman	14.21Q
3 Thomas Scodellaro		Northern Districts	14.38Q
4 Oskar Berglund		Manly Warringah	14.63
5 Fredrick Chidambaram		Manly Warringah	14.65
6 Harry Donohoe		Mosman	14.97
7 Ryan Mooney		Northern Districts	15.18
8 Prescott Williams		Manly Warringah	15.23
9 Luke Photios		Hornsby	16.21
10 Tyler Mawson		Hornsby	16.51

Boys U 11 - 100 Metre Sprint

Zone: Z 13.51 25/11/2017 Dylan Hall, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Jimmy Thebridge		Ku-Ring-Gai	14.01
2 Joel Daily		Mosman	14.10
3 Hugo Stewart		Mosman	14.26
4 Jake Fourie		Ku-Ring-Gai	14.33
5 Jack Procter		Ku-Ring-Gai	14.43
6 Thomas Scodellaro		Northern Districts	14.55
7 Hugo Roderick		Ku-Ring-Gai	14.82
8 Daniel Benoliel		Mosman	14.85

Boys U 12 - 100 Metre Sprint

Zone: Z 12.90 5/02/2005 Kane Thompson, Manly Warringah			
Name	Age	Centre	Heats
Heat 1 Heats			
1 William Carter		Manly Warringah	13.71Q
2 Xavier Frost		Mosman	14.41
3 Jack Stockley		Manly Warringah	14.45
4 Jesse Duke		Manly Warringah	15.23
5 Oscar Gow		Hornsby	15.41
Heat 2 Heats			
1 Wol Albino		Hornsby	13.89Q
2 Leo Robinson		Manly Warringah	14.03q
3 Thomas Kierse		Mosman	14.06q
4 Chase Burrows		Mosman	14.50
5 Zane Carter		Manly Warringah	15.12
6 Kennedy Feldman		Hornsby	15.23

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 12 - 100 Metre Sprint

Heat 3 Heats

1	William Taylor	Mosman	14.22Q
2	Ryan Parkes	Manly Warringah	14.24q
3	Finn Pereira	Mosman	14.45
3	Sebastian Jolly	Manly Warringah	14.45
5	Lennox Cleary	Manly Warringah	15.05
6	Tristan Benjamin	Ku-Ring-Gai	15.29
7	William Thrum	Ku-Ring-Gai	15.33
8	Finley Forbes	Manly Warringah	16.08

Heat 4 Heats

1	Brodie Shearer	Ku-Ring-Gai	13.74Q
2	Dominic D'Souza	Hornsby	14.05q
3	Samuel Kay	Ku-Ring-Gai	14.28
4	Harper Enasio	Northern Districts	14.39
5	Lachlan Blackwell	Hornsby	15.01
6	Kai Herbert	Ku-Ring-Gai	15.30
7	Joshua Colpani	Mosman	15.63
8	Oliver Allsopp	Mosman	15.73

Boys U 12 - 100 Metre Sprint

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 Zone: Z 12.90 5/02/2005 Kane Thompson, Manly Warringah
 Name Age Centre Final
 =====

Section 1 Final

1	Wol Albino	Hornsby	13.72
2	Brodie Shearer	Ku-Ring-Gai	13.77
3	William Carter	Manly Warringah	13.83
4	Thomas Kierse	Mosman	13.95
4	Leo Robinson	Manly Warringah	13.95
6	Ryan Parkes	Manly Warringah	14.06
7	William Taylor	Mosman	14.07
8	Dominic D'Souza	Hornsby	14.13

Boys U 13 - 100 Metre Sprint

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 Zone: Z 12.27 30/11/2019 Dylan Hall, Ku-Ring-Gai
 Name Age Centre Heats
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Heat 1 Heats

1	Hunter Stark	Manly Warringah	13.12Q
2	Lars Ackland	Ku-Ring-Gai	13.23Q
3	Mikel Martin	Manly Warringah	13.58Q
4	Nathanael Ramsay	Hornsby	13.59q
5	Joshua Smith	Manly Warringah	14.11
6	Cruz Cookson	Manly Warringah	14.48
7	Sidney Gosschalk	Hornsby	14.54
8	Zac Herbert	Ku-Ring-Gai	14.67
9	Atticus Rowland-Stefanic	Ku-Ring-Gai	14.69
10	Christian Panarello	Ku-Ring-Gai	15.79

Heat 2 Heats

1	Dylan Hall	Ku-Ring-Gai	12.50Q
2	Brody Folkes	Mosman	13.21Q
3	Alex McIlwraith	Northern Districts	13.67Q
4	Charlie Mott	Mosman	13.95q
5	Kalan Harding	Northern Districts	14.30
6	Thomas Haslam	Ku-Ring-Gai	14.62
7	Oliver Ashley	Northern Districts	15.27
8	Archie Allen	Northern Districts	15.48

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.27 30/11/2019 Dylan Hall, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Dylan Hall		Ku-Ring-Gai	12.27Z
2 Lars Ackland		Ku-Ring-Gai	13.17
3 Brody Folkes		Mosman	13.22
4 Alex McIlwraith		Northern Districts	13.47
5 Nathanael Ramsay		Hornsby	13.81
6 Mikel Martin		Manly Warringah	13.87
7 Charlie Mott		Mosman	13.89
8 Joshua Smith		Manly Warringah	14.36

Boys U 14 - 100 Metre Sprint

Zone: Z 12.00 3/02/2007 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
Section 1			
1 Lachlan Herbert		Ku-Ring-Gai	12.53
2 Lynden Wiesenhaan		Ku-Ring-Gai	13.02
3 Marcus Warner		Mosman	13.14
4 Ben Meredith		Manly Warringah	13.18
5 Daniel Nemeth		Mosman	13.19
6 Brodie Waldock		Ku-Ring-Gai	13.54
7 Charlie Moriarty		Mosman	13.73
8 Charlie Kanu		Manly Warringah	14.36

Boys U 15 - 100 Metre Sprint

Zone: Z 11.48 4/02/2012 Joshua Swan, Mosman			
Name	Age	Centre	Final
1 Zachary Flynn		Manly Warringah	11.98
2 Aidan Jones		Ku-Ring-Gai	12.17
3 Evan Neal		Manly Warringah	12.57
4 Malakye Enasio		Northern Districts	13.32
5 Finn Bellerby		Manly Warringah	13.47
6 Ethan James		Manly Warringah	13.59
7 Zac Cleary		Manly Warringah	14.17

Boys U 17 - 100 Metre Sprint

Zone: Z 10.92 2/02/2013 Joshua Swan, Mosman			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Archie Saunders		Manly Warringah	11.88Q
2 Ryan Crane		Manly Warringah	12.10Q
3 Angus Ritchie		Manly Warringah	12.17Q
4 Sam Bates		Ku-Ring-Gai	12.64
5 Byron Bakker		Manly Warringah	12.88
6 Harrison Wild		Mosman	12.90
7 Tomas Dennett		Ku-Ring-Gai	13.34
Heat 2 Heats			
1 Joel Neasmith		Manly Warringah	11.79Q
2 Andrew Hill		Hornsby	11.93Q
3 Sebastian Doney		Ku-Ring-Gai	11.96Q
4 Cameron Ross-Egarr		Northern Districts	12.06q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - 100 Metre Sprint**

5	Max Currie	Mosman	12.24q
6	Curtis Feldman	Hornsby	12.30
7	Martin Allen	Manly Warringah	13.24
8	Jesse Diamond-Williams	Hornsby	13.44

Boys U 17 - 100 Metre Sprint

=====			
Zone: Z 10.92 2/02/2013 Joshua Swan, Mosman			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Archie Saunders	Manly Warringah	11.75
2	Joel Neasmith	Manly Warringah	11.89
3	Andrew Hill	Hornsby	11.91
4	Angus Ritchie	Manly Warringah	11.95
5	Ryan Crane	Manly Warringah	12.01
6	Cameron Ross-Egarr	Northern Districts	12.02
7	Sebastian Doney	Ku-Ring-Gai	12.16

Boys U 7 - 200 Metre Sprint

=====			
Zone: Z 34.55 10/12/2016 Rian Conners, Ku-Ring-Gai			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Lewis McNaughtan	Manly Warringah	38.35Q
2	Oliver Thrum	Ku-Ring-Gai	38.53Q
3	Edward Sharp	Mosman	39.37Q
4	Zachary Meacock	Mosman	40.73q
5	Cian Guerin	Manly Warringah	42.48
6	Robbie Spurway	Ku-Ring-Gai	43.92
Heat 2 Heats			
1	Raphael Froggatt	Manly Warringah	36.04Q
2	James Bissaker	Hornsby	38.17Q
3	Harley Ehnbohm	Manly Warringah	40.83Q
4	Tomasi Lowe	Manly Warringah	41.04q
5	Beau Lynas	Ku-Ring-Gai	42.80
6	Joshua Soper	Ku-Ring-Gai	43.48

Boys U 7 - 200 Metre Sprint

=====			
Zone: Z 34.55 10/12/2016 Rian Conners, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Raphael Froggatt	Manly Warringah	35.24
2	Lewis McNaughtan	Manly Warringah	36.61
3	James Bissaker	Hornsby	36.87
4	Oliver Thrum	Ku-Ring-Gai	38.06
5	Edward Sharp	Mosman	38.42
6	Tomasi Lowe	Manly Warringah	40.37
7	Harley Ehnbohm	Manly Warringah	40.40
8	Zachary Meacock	Mosman	42.91

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 8 - 200 Metre Sprint**

Zone: Z 32.30 7/02/1999 Michael Oldfield, Manly Warri			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Finn Wilson		Ku-Ring-Gai	34.38Q
2 Benjamin Dickens		Ku-Ring-Gai	37.42Q
3 Bayley Gibson		Ku-Ring-Gai	37.80q
4 Cameron Griffin		Manly Warringah	37.81
5 Jarvis Cookson		Manly Warringah	40.28
Heat 2 Heats			
1 Isaac Robinson		Mosman	36.01Q
2 Jaxon Solomon		Manly Warringah	36.03Q
3 Oliver Waterford		Ku-Ring-Gai	38.62
4 Jack Carey		Mosman	38.72
5 Angus Martin		Hornsby	39.98
Heat 3 Heats			
1 Bailey Abrahams		Ku-Ring-Gai	35.48Q
2 Emerson Ayres		Manly Warringah	35.76Q
3 Salvador Apfel		Mosman	37.67q
4 Harry Ross		Hornsby	39.31
5 Tyler Cosier		Northern Districts	39.83
6 Edward Mitchell		Hornsby	41.27

Boys U 8 - 200 Metre Sprint

Zone: Z 32.30 7/02/1999 Michael Oldfield, Manly Warri			
Name	Age	Centre	Final
Section 1 Final			
1 Finn Wilson		Ku-Ring-Gai	33.55
2 Emerson Ayres		Manly Warringah	34.01
3 Isaac Robinson		Mosman	34.21
4 Bailey Abrahams		Ku-Ring-Gai	34.28
5 Jaxon Solomon		Manly Warringah	35.28
6 Salvador Apfel		Mosman	35.34
7 Benjamin Dickens		Ku-Ring-Gai	37.01

Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 7/02/1997 Michael Hoekman, Manly Warrin			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Callum Gilchrist		Ku-Ring-Gai	33.50Q
2 Matthew McGregor		Hornsby	33.56Q
3 Parker Ball		Manly Warringah	34.59
4 Zac Soden		Ku-Ring-Gai	35.33
5 Henry Smith		Manly Warringah	37.10
6 James Koch		Mosman	38.98
Heat 2 Heats			
1 Oscar Zylberberg		Ku-Ring-Gai	32.90Q
2 Joel Ramsay		Hornsby	32.96Q
3 Jake Wood		Manly Warringah	34.66
4 Max McIntosh		Ku-Ring-Gai	35.93
5 James Lewis-Enright		Mosman	37.52
Heat 3 Heats			
1 Taten Rogers		Manly Warringah	32.47Q
2 Thomas Vedris		Hornsby	32.51Q
3 Oliver Trowell		Manly Warringah	33.89q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - 200 Metre Sprint**

4 Mitch Ryle	Hornsby	34.17q
5 Kourosh Emamian Rad	Ku-Ring-Gai	34.62
6 Orlando Stewart	Mosman	39.16

Boys U 9 - 200 Metre Sprint

=====			
Zone: Z	30.10	7/02/1997	Michael Hoekman, Manly Warrin
Name	Age	Centre	Final
=====			

Section 1 Final

1 Thomas Vedris	Hornsby	32.41
2 Taten Rogers	Manly Warringah	32.51
3 Callum Gilchrist	Ku-Ring-Gai	32.52
4 Matthew McGregor	Hornsby	32.67
5 Oscar Zylberberg	Ku-Ring-Gai	33.26
6 Joel Ramsay	Hornsby	33.39
7 Oliver Trowell	Manly Warringah	33.56
8 Mitch Ryle	Hornsby	34.39

Boys U 10 - 200 Metre Sprint

=====			
Zone: Z	29.30	7/02/2001	Justin Hayward, Manly Warring
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Ethan McErlane	Manly Warringah	32.37Q
2 Monty Douglass	Mosman	33.00Q
3 Angus Edwards	Mosman	33.62
4 Remy Camus	Mosman	35.47
5 Preston Geisker	Hornsby	35.75
6 Mathias Almeida Mendes	Northern Districts	36.39

Heat 2 Heats

1 Jacob Barnes	Manly Warringah	31.82Q
2 Angus Seve	Manly Warringah	32.29Q
3 William McKechnie	Ku-Ring-Gai	32.55q
4 Thomas Davis	Mosman	32.72q
5 Joshua Robertson	Mosman	34.73
6 Kaelan Jones	Northern Districts	35.84
7 Rama Barnett	Hornsby	38.60

Heat 3 Heats

1 Adrian Kwan	Ku-Ring-Gai	31.73Q
2 Dominic Davis	Manly Warringah	31.75Q
3 Kase Willis-Jansen	Ku-Ring-Gai	33.14
4 Jack Maldonado	Manly Warringah	33.92
5 James Bookallil	Ku-Ring-Gai	34.42

Boys U 10 - 200 Metre Sprint

=====			
Zone: Z	29.30	7/02/2001	Justin Hayward, Manly Warring
Name	Age	Centre	Final
=====			

Section 1 Final

1 Ethan McErlane	Manly Warringah	30.93
2 Adrian Kwan	Ku-Ring-Gai	30.98
3 Jacob Barnes	Manly Warringah	31.26
4 Dominic Davis	Manly Warringah	32.10
4 Angus Seve	Manly Warringah	32.10
6 William McKechnie	Ku-Ring-Gai	32.74
7 Thomas Davis	Mosman	32.77

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - 200 Metre Sprint**

8 Monty Douglass	Mosman	32.88
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Boys U 11 - 200 Metre Sprint

Zone: Z 27.90 8/02/2004 Kane Thompson, Manly Warringah

Name	Age Centre	Heats
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Heat 1 Heats

1 Jimmy Thebridge	Ku-Ring-Gai	29.63Q
2 Hugo Stewart	Mosman	30.46Q
3 Jack Procter	Ku-Ring-Gai	30.55Q
4 Oskar Berglund	Manly Warringah	31.24
5 Jeffrey Benoliel	Mosman	31.64
6 Lachlan Boyle	Manly Warringah	32.09
7 Benjamin Kinner	Manly Warringah	32.37
8 Isaac Holt	Mosman	34.69

Heat 2 Heats

1 Jake Fourie	Ku-Ring-Gai	30.04Q
2 Thomas Scodellaro	Northern Districts	30.06Q
3 Riley Grant	Mosman	30.22Q
4 Rian Conners	Ku-Ring-Gai	30.40q
4 Fredrick Chidambaram	Manly Warringah	30.40q
6 Hugo Roderick	Ku-Ring-Gai	31.24
7 Harry Donohoe	Mosman	31.75
8 Connor Ward	Manly Warringah	31.76

Boys U 11 - 200 Metre Sprint

Zone: Z 27.90 8/02/2004 Kane Thompson, Manly Warringah

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

Section 1 Final

1 Jimmy Thebridge	Ku-Ring-Gai	29.10
2 Thomas Scodellaro	Northern Districts	29.43
3 Jake Fourie	Ku-Ring-Gai	29.79
4 Riley Grant	Mosman	30.04
5 Rian Conners	Ku-Ring-Gai	30.26
6 Hugo Stewart	Mosman	30.43
7 Fredrick Chidambaram	Manly Warringah	31.27

Boys U 12 - 200 Metre Sprint

Zone: Z 26.00 2/12/2018 Dylan Hall, Ku-Ring-Gai

Name	Age Centre	Heats
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Heat 1 Heats

1 Sebastian Jolly	Manly Warringah	29.16Q
2 Finn Pereira	Mosman	29.76Q
3 William Thrum	Ku-Ring-Gai	29.81q
4 Lachlan Blackwell	Hornsby	30.10
5 Mitchell Henwood	Ku-Ring-Gai	31.93
6 Zane Carter	Manly Warringah	32.84
7 Darcy Kirkland	Manly Warringah	34.24

Heat 2 Heats

1 Wol Albino	Hornsby	28.40Q
2 Brodie Shearer	Ku-Ring-Gai	28.53Q
3 William Taylor	Mosman	29.69q
4 Samuel Kay	Ku-Ring-Gai	29.94
5 Thomas Kierse	Mosman	30.98

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 12 - 200 Metre Sprint

6 Max Dennett	Ku-Ring-Gai	31.02
7 Oliver Allsopp	Mosman	33.24
Heat 3 Heats		
1 Leo Robinson	Manly Warringah	28.87Q
2 Dominic D'Souza	Hornsby	29.26Q
3 Xavier Frost	Mosman	31.16
4 Henri Blackley	Mosman	32.44

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.00 2/12/2018 Dylan Hall, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Brodie Shearer		Ku-Ring-Gai	28.07
2 Wol Albino		Hornsby	28.20
3 William Taylor		Mosman	28.97
4 Leo Robinson		Manly Warringah	29.00
5 Sebastian Jolly		Manly Warringah	29.46
6 Finn Pereira		Mosman	29.51
7 Dominic D'Souza		Hornsby	29.54
8 William Thrum		Ku-Ring-Gai	30.51

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 25.40 5/02/2006 Kane Thompson, Manly Warringa			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Dylan Hall		Ku-Ring-Gai	26.10Q
2 Hunter Stark		Manly Warringah	27.16Q
3 Lars Ackland		Ku-Ring-Gai	27.18Q
4 Nathanael Ramsay		Hornsby	27.29q
5 Thomas Haslam		Ku-Ring-Gai	30.74q
Heat 2 Heats			
1 Brody Folkes		Mosman	26.90Q
2 Edward Lockley		Hornsby	27.31Q
3 Zach Rowland		Manly Warringah	29.76Q
4 Atticus Rowland-Stefanic		Ku-Ring-Gai	30.95
5 Christian Panarello		Ku-Ring-Gai	33.15

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 25.40 5/02/2006 Kane Thompson, Manly Warringa			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Dylan Hall		Ku-Ring-Gai	25.26Z
2 Brody Folkes		Mosman	26.67
3 Hunter Stark		Manly Warringah	26.97
4 Lars Ackland		Ku-Ring-Gai	27.15
5 Nathanael Ramsay		Hornsby	27.47
6 Edward Lockley		Hornsby	27.95
7 Zach Rowland		Manly Warringah	29.47
8 Thomas Haslam		Ku-Ring-Gai	30.44

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 14 - 200 Metre Sprint**

Zone: Z 23.79 11/12/2016 Max Mandera, Manly Warringah			
Name	Age	Centre	Final
Section 1			
1 Lachlan Herbert		Ku-Ring-Gai	25.27
2 Lynden Wiesenhaan		Ku-Ring-Gai	26.32
3 Marcus Warner		Mosman	26.36
4 Ben Meredith		Manly Warringah	27.55
5 Charlie Moriarty		Mosman	27.92
6 Charlie Kanu		Manly Warringah	28.76
7 Ivan Prizmic		Manly Warringah	28.93

Boys U 15 - 200 Metre Sprint

Zone: Z 23.28 2/12/2018 Archie Saunders, Manly Warrin			
Name	Age	Centre	Final
1 Zachary Flynn		Manly Warringah	24.14
2 Aidan Jones		Ku-Ring-Gai	25.48
3 Jacob Eagland		Manly Warringah	26.44
4 Finn Bellerby		Manly Warringah	27.32
5 Oliver BensonSparkes		Manly Warringah	27.33
6 Ethan James		Manly Warringah	27.41
7 Malakye Enasio		Northern Districts	27.64

Boys U 17 - 200 Metre Sprint

Zone: Z 22.56 3/02/2013 Joshua Swan, Mosman			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Angus Ritchie		Manly Warringah	24.27Q
2 Archie Saunders		Manly Warringah	24.32Q
3 Andrew Hill		Hornsby	24.74Q
4 Max Currie		Mosman	25.21q
5 Fynn George		Manly Warringah	25.64
6 Liam Oliver		Northern Districts	26.61
Heat 2 Heats			
1 Dylan Charlier		Manly Warringah	24.33Q
2 Ryan Crane		Manly Warringah	24.60Q
3 Curtis Feldman		Hornsby	24.69Q
4 Sebastian Doney		Ku-Ring-Gai	24.80q
5 Ethan Oliver		Northern Districts	26.01
6 Lachlan Farquhar		Manly Warringah	26.25
7 Tomas Dennett		Ku-Ring-Gai	27.47

Boys U 17 - 200 Metre Sprint

Zone: Z 22.56 3/02/2013 Joshua Swan, Mosman			
Name	Age	Centre	Final
Section 1 Final			
1 Dylan Charlier		Manly Warringah	23.44
2 Angus Ritchie		Manly Warringah	23.66
3 Archie Saunders		Manly Warringah	23.75
4 Ryan Crane		Manly Warringah	24.12
5 Andrew Hill		Hornsby	24.18
6 Curtis Feldman		Hornsby	24.57
7 Sebastian Doney		Ku-Ring-Gai	24.72

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 8 - 400 Metre Sprint**

=====
 Zone: Z 1:12.80 7/02/2004 Matt Dunsmore, Manly Warrin
 Name Age Centre Final
 =====

Section 1

1	Callan Atherton	Ku-Ring-Gai	1:23.94
2	Jay Cetinich	Mosman	1:27.57
3	Jaxon Solomon	Manly Warringah	1:28.37
4	Cameron Griffin	Manly Warringah	1:28.69
5	Edward Mitchell	Hornsby	1:32.62
6	Xavier Hokins	Mosman	1:32.64

Section 2

1	Isaac Robinson	Mosman	1:19.03
2	Bayley Gibson	Ku-Ring-Gai	1:23.56
3	Harry Ross	Hornsby	1:25.03
4	Benjamin Dickens	Ku-Ring-Gai	1:25.36
5	Jack Carey	Mosman	1:30.25
6	Joseph Eisenhauer	Ku-Ring-Gai	1:31.57
7	Jarvis Cookson	Manly Warringah	1:32.82
8	Connor Matthews	Manly Warringah	1:33.81

Boys U 9 - 400 Metre Sprint

=====
 Zone: Z 1:08.70 5/02/2005 Matthew Dunsmore, Manly War
 Name Age Centre Final
 =====

Section 1

1	James Atkins	Ku-Ring-Gai	1:25.38
2	James Lewis-Enright	Mosman	1:30.96
3	Jeremy Chen	Hornsby	1:32.70
4	Oliver Abbott	Hornsby	1:32.75
5	James Ross	Hornsby	1:36.98

Section 2

1	Jacoby Neal	Ku-Ring-Gai	1:17.68
2	Benjamin Roome	Manly Warringah	1:19.58
3	Jake Mears	Mosman	1:20.32
4	Benji Lynas	Ku-Ring-Gai	1:20.58
5	Zac Soden	Ku-Ring-Gai	1:21.75

Section 3

1	Max McIntosh	Ku-Ring-Gai	1:14.44
2	Parker Ball	Manly Warringah	1:15.25
3	Oliver Trowell	Manly Warringah	1:15.93
4	Mitch Ryle	Hornsby	1:16.11
5	Joel Ramsay	Hornsby	1:18.06
6	Jake Wood	Manly Warringah	1:20.20
7	Rhys Kirby	Manly Warringah	1:24.16
8	Orlando Stewart	Mosman	1:24.33

Boys U 10 - 400 Metre Sprint

=====
 Zone: Z 1:05.35 12/12/2015 Lachlan Herbert, Ku-Ring-Ga
 Name Age Centre Final
 =====

Section 1

1	William Derbyshire	Ku-Ring-Gai	1:12.95
2	Saxon Smith	Mosman	1:13.42
3	Archie Hetherington	Ku-Ring-Gai	1:14.72
4	Thomas Davis	Mosman	1:15.46
5	Monty Douglass	Mosman	1:19.89
6	James Bookallil	Ku-Ring-Gai	1:20.12

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - 400 Metre Sprint**

7	Ethan Randall	Ku-Ring-Gai	1:21.91
8	Alexander Braendle	Northern Districts	1:25.72
Section 2			
1	Jacob Barnes	Manly Warringah	1:09.86
2	Ewan Keep	Manly Warringah	1:11.39
3	Ziv Danieli	Ku-Ring-Gai	1:12.59
4	Andrew Guerin	Manly Warringah	1:12.89
5	Angus Seve	Manly Warringah	1:13.61
6	Tyler Winterbach	Manly Warringah	1:13.85
7	Edward Godfrey	Mosman	1:14.53
8	Toby Ward	Mosman	1:14.75

Boys U 11 - 400 Metre Sprint

=====			
Zone: Z 1:03.20 7/02/1993 David Geddes, Manly Warring			
Name	Age	Centre	Final
=====			
Section 1			
1	Campbell Whalan	Hornsby	1:12.58
2	Isaac Holt	Mosman	1:13.23
3	Matthew Searles	Northern Districts	1:23.69
4	Matthew Sims	Hornsby	1:39.45
Section 2			
1	Samuel Collett	Ku-Ring-Gai	1:11.36
2	Hugo Roderick	Ku-Ring-Gai	1:15.42
3	Owen Dixon	Ku-Ring-Gai	1:16.67
4	Jackson Welsh	Manly Warringah	1:18.31
Section 3			
1	Riley Grant	Mosman	1:04.95
2	Rian Connors	Ku-Ring-Gai	1:06.97
3	Gerhardus Burger	Ku-Ring-Gai	1:09.17
4	Hugo Stewart	Mosman	1:10.25
5	Benjamin Kinner	Manly Warringah	1:10.46
6	Jacob Kimball	Manly Warringah	1:12.79
7	Ryan Mooney	Northern Districts	1:13.22
8	Saxon Lund	Manly Warringah	1:13.98

Boys U 12 - 400 Metre Sprint

=====			
Zone: Z 1:00.88 13/12/2014 James Constable, Ku-Ring-Ga			
Name	Age	Centre	Final
=====			
Section 1			
1	Nathan Holmes	Northern Districts	1:08.66
2	Finn Pereira	Mosman	1:13.52
3	Tyson Neal	Ku-Ring-Gai	1:13.54
4	Nicholas Kachel	Hornsby	1:16.03
5	Luke Woods	Hornsby	1:20.17
6	Jesse Duke	Manly Warringah	1:34.18
Section 2			
1	Max Dennett	Ku-Ring-Gai	1:07.43
2	Wol Albino	Hornsby	1:08.16
3	Liam Keep	Manly Warringah	1:09.79
4	Toby Healey	Mosman	1:12.01
5	Angus Power	Manly Warringah	1:15.99
6	Zane Carter	Manly Warringah	1:21.86
Section 3			
1	Alex Ingevics	Mosman	1:05.18
2	Matthew Mendez	Manly Warringah	1:06.28

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - 400 Metre Sprint**

3 Samuel Kay	Ku-Ring-Gai	1:06.93
4 William Seve	Manly Warringah	1:09.57
5 Sebastian Jolly	Manly Warringah	1:09.87
6 Juan VanDeventer	Manly Warringah	1:11.28
7 Oliver Sanbrook	Manly Warringah	1:11.57

Boys U 13 - 400 Metre Sprint

=====		
Zone: Z 57.90	7/02/1994	Scott Fraser, Manly Warringah
Name	Age Centre	Final
=====		

Section 1

1 Alex McIlwraith	Northern Districts	1:06.09
2 Joshua Smith	Manly Warringah	1:06.50
3 Kaden Rintel	Manly Warringah	1:06.93
4 Oliver Ashley	Northern Districts	1:08.78

Section 2

1 Christian Camus	Mosman	1:00.94
2 Chester Swaffer	Ku-Ring-Gai	1:01.37
3 James Ritchie	Mosman	1:03.12
4 Mikel Martin	Manly Warringah	1:03.40
5 Will Soden	Ku-Ring-Gai	1:03.57
6 Nathanael Ramsay	Hornsby	1:05.32
7 Leo Brown	Manly Warringah	1:06.43

Boys U 14 - 400 Metre Sprint

=====		
Zone: Z 53.13	10/12/2016	Ewan Burns, Manly Warringah
Name	Age Centre	Final
=====		

Section 1

1 Lachlan Herbert	Ku-Ring-Gai	1:00.04
2 Lynden Wiesenhaan	Ku-Ring-Gai	1:01.31
3 Charlie Kanu	Manly Warringah	1:03.37
4 Ben Meredith	Manly Warringah	1:04.74
5 Cameron Nicholas	Manly Warringah	1:16.52

Boys U 15 - 400 Metre Sprint

=====		
Zone: Z 51.58	4/02/2012	Patrick Frith, Manly Warringah
Name	Age Centre	Final
=====		

1 Finn Bellerby	Manly Warringah	1:01.61
2 Finn Walsh	Hornsby	1:02.20
3 Oscar Blackley	Mosman	1:09.31

Section 2

1 Zachary Flynn	Manly Warringah	53.31
2 Jacob Eagland	Manly Warringah	56.99
3 Daniel Hatch	Northern Districts	58.00
4 Oliver BensonSparkes	Manly Warringah	1:00.83
5 Ethan James	Manly Warringah	1:03.50
6 Charlie Bowtell	Manly Warringah	1:04.93

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - 400 Metre Sprint**

Zone: Z 49.98 2/02/2013 Joshua Swan, Mosman			
Name	Age	Centre	Final
Section 1			
1 Ethan Oliver		Northern Districts	56.69
2 Lachlan Farquhar		Manly Warringah	58.17
3 Max Blackley		Mosman	1:00.55
4 Tomas Dennett		Ku-Ring-Gai	1:02.59
Section 2			
1 Dylan Charlier		Manly Warringah	53.04
2 Jonah Koppers		Mosman	53.40
3 Cameron Laytham		Manly Warringah	53.63
4 Angus Ritchie		Manly Warringah	53.87
5 Curtis Feldman		Hornsby	54.95
6 Fynn George		Manly Warringah	56.45
7 Liam Oliver		Northern Districts	56.64

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:43.00 8/02/2004 Justin Brown, Manly Warring			
Name	Age	Centre	Final
Section 1			
1 Lewis McNaughtan		Manly Warringah	1:50.25
2 James Bissaker		Hornsby	1:52.24
3 Oliver Thrum		Ku-Ring-Gai	1:55.26
4 Tomasi Lowe		Manly Warringah	1:57.03
5 Zachary Meacock		Mosman	2:03.73
6 Cian Guerin		Manly Warringah	2:04.57
7 Beau Lynas		Ku-Ring-Gai	2:04.80
8 Brody Johnson		Ku-Ring-Gai	2:04.98
9 Flynn Jauncey		Manly Warringah	2:09.37
10 Ethan Bennett		Ku-Ring-Gai	2:14.44
11 Lachlan Meryment		Ku-Ring-Gai	2:17.02
12 Tavish Neilson		Manly Warringah	2:24.66
13 Findlay Hopkins		Mosman	2:26.84

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:21.00 5/02/2009 Adam Halmy, Northern Distri			
Name	Age	Centre	Final
1 Isaac Robinson		Mosman	2:28.01
2 Braxton van Bentum		Manly Warringah	2:32.16
3 Oliver Waterford		Ku-Ring-Gai	2:35.82
4 Bailey Abrahams		Ku-Ring-Gai	2:36.02
5 Cohen Fallowfield		Ku-Ring-Gai	2:41.11
6 Salvador Apfel		Mosman	2:41.29
7 Bayley Gibson		Ku-Ring-Gai	2:46.10
8 Jaxon Solomon		Manly Warringah	2:46.88
9 Xavier Hokins		Mosman	2:51.48
10 Angus Martin		Hornsby	2:52.04
11 Liam Couper		Hornsby	2:54.17
12 Edward Barnsley		Ku-Ring-Gai	2:55.22
13 Connor Matthews		Manly Warringah	2:56.15
14 Teo Amineau		Manly Warringah	3:00.02
15 Tyler Cosier		Northern Districts	3:01.71
16 Edward Mitchell		Hornsby	3:04.95
17 Caitanya Barnett		Hornsby	3:06.30

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 800 Metre Run**

Zone: Z 2:36.20 7/02/1995 Doug Edmonds, Manly Warring			
Name	Age	Centre	Final
1 Max McIntosh		Ku-Ring-Gai	2:48.26
2 Benjamin Roome		Manly Warringah	2:54.18
3 Jake Mears		Mosman	2:54.76
4 Jake Wood		Manly Warringah	2:55.64
5 Nicholas Gersterkamp		Ku-Ring-Gai	2:58.41
6 Chase Villacorta		Manly Warringah	2:59.41
7 Oliver Trowell		Manly Warringah	3:01.29
8 Joel Ramsay		Hornsby	3:01.92
9 Charlie Burton		Mosman	3:04.12
10 Hugo Hetherington		Ku-Ring-Gai	3:06.49
11 Nicholas Watkins		Ku-Ring-Gai	3:06.74
12 Rhys Kirby		Manly Warringah	3:11.66
13 Benji Lynas		Ku-Ring-Gai	3:12.03
14 Daniel Sims		Hornsby	3:15.55
15 Jeremy Chen		Hornsby	3:20.92

Boys U 10 - 800 Metre Run

Zone: Z 2:29.10 7/02/1990 Frazer Dowling, Manly Warri			
Name	Age	Centre	Final
1 Jacob Barnes		Manly Warringah	2:37.25
2 William Derbyshire		Ku-Ring-Gai	2:39.04
3 Archie Hetherington		Ku-Ring-Gai	2:40.74
4 Saxon Smith		Mosman	2:42.52
5 Angus Seve		Manly Warringah	2:43.82
6 Andrew Guerin		Manly Warringah	2:45.39
7 Toby Ward		Mosman	2:46.74
8 William Durer		Ku-Ring-Gai	2:46.91
9 Albie Watt		Mosman	2:54.47
10 Harrison Henry		Manly Warringah	2:54.84
11 Remy Camus		Mosman	3:01.56
12 Kieran Lander		Ku-Ring-Gai	3:03.12
13 Samuel Vecchio		Mosman	3:06.28
14 Lucas Beven		Hornsby	3:06.77
15 Kurt Sanbrook		Manly Warringah	3:06.99
16 Rama Barnett		Hornsby	3:08.55
17 Oscar Hayes		Ku-Ring-Gai	3:08.72

Boys U 11 - 800 Metre Run

Zone: Z 2:24.80 6/02/2011 Elliot Metcalf, Manly Warri			
Name	Age	Centre	Final
1 Jacob Kimball		Manly Warringah	2:34.90
2 Hugo Stewart		Mosman	2:35.55
3 Saxon Lund		Manly Warringah	2:38.99
4 Tom Champion		Ku-Ring-Gai	2:42.06
5 Owen Dixon		Ku-Ring-Gai	2:43.01
6 Riley Grant		Mosman	2:43.84
7 Daniel Benoliel		Mosman	2:46.30
8 Ryan Mooney		Northern Districts	2:47.22
9 Dylan Mortimer		Manly Warringah	2:47.85
10 Benjamin Kinner		Manly Warringah	2:48.61
11 Daniel Gregory		Ku-Ring-Gai	2:50.15
12 Matthew Lipman		Northern Districts	2:50.34

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - 800 Metre Run**

13 Hugo Roderick	Ku-Ring-Gai	2:50.50
14 Charlie Parkes	Manly Warringah	2:56.29
15 Isaac Holt	Mosman	2:58.67

Boys U 12 - 800 Metre Run

=====			
Zone: Z 2:19.58 4/02/2012 Robert Dickinson, Ku-Ring-G			
Name	Age	Centre	Final
=====			
1 Alex Ingevics		Mosman	2:29.19
2 William Seve		Manly Warringah	2:30.42
3 Samuel Kay		Ku-Ring-Gai	2:34.13
4 William Taylor		Mosman	2:38.66
5 Ryan Sinclair		Manly Warringah	2:40.46
6 Max Dennett		Ku-Ring-Gai	2:42.63
7 Toby Healey		Mosman	3:00.56
8 Ethan Lander		Ku-Ring-Gai	3:02.47
9 Luke Woods		Hornsby	3:06.14
Section 2			
1 Nathan Holmes		Northern Districts	2:35.50
2 Liam Keep		Manly Warringah	2:35.74
3 Nicholas Kachel		Hornsby	2:52.69
4 Lochlann Neilan		Hornsby	3:04.87

Boys U 13 - 800 Metre Run

=====			
Zone: Z 2:10.38 13/12/2015 James Constable, Ku-Ring-Ga			
Name	Age	Centre	Final
=====			
Section 1			
1 Oliver White		Manly Warringah	2:14.45
2 Jasper Scamps-Magro		Manly Warringah	2:14.90
3 Christian Camus		Mosman	2:20.68
4 Chester Swaffer		Ku-Ring-Gai	2:21.30
5 Lucas Lund		Manly Warringah	2:27.14
6 Leo Brown		Manly Warringah	2:31.10
7 Logan Shepherd		Northern Districts	2:40.01
8 Zachary Worsfold		Ku-Ring-Gai	2:47.21
9 William Lipman		Northern Districts	2:57.21

Boys U 14 - 800 Metre Run

=====			
Zone: Z 2:04.04 14/12/2014 Bryn Lynch, Manly Warringah			
Name	Age	Centre	Final
=====			
1 Corban Ross		Hornsby	2:20.83
2 Sean Williams		Ku-Ring-Gai	2:20.98
3 Isaac Brooks		Mosman	2:23.44
4 Charlie Bradford		Ku-Ring-Gai	2:25.22
5 Charlie Kanu		Manly Warringah	2:26.67
6 Jensen Wiesenhaan		Ku-Ring-Gai	2:28.08
7 Lachlan McIntosh		Ku-Ring-Gai	2:33.10
8 Tom Parkes		Manly Warringah	2:37.03
9 Brandon Bakker		Manly Warringah	2:50.40

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - 800 Metre Run**

Zone: Z 2:00.32 13/12/2015 Bryn Lynch, Manly Warringah			
Name	Age	Centre	Final
1 Daniel Bradford		Ku-Ring-Gai	2:15.54
2 Joel Solomon		Manly Warringah	2:18.70
3 Finn Walsh		Hornsby	2:28.83
4 Charlie Bowtell		Manly Warringah	2:34.15
5 Ethan James		Manly Warringah	2:41.51
6 Ryan Colver		Manly Warringah	2:48.04

Boys U 17 - 800 Metre Run

Zone: Z 2:00.43 14/12/2014 Luke Gorman, Manly Warringah			
Name	Age	Centre	Final
1 Cameron Laytham		Manly Warringah	2:06.28
2 Marco DE Paulis		Northern Districts	2:12.07
3 Nicholas Hyde		Mosman	2:12.88
4 Liam Oliver		Northern Districts	2:14.18
5 William Collinson		Manly Warringah	2:14.89
6 Samuel Wright		Manly Warringah	2:54.01

Boys U 11 - 1500 Metre Run

Zone: Z 4:57.10 7/02/2009 Adam Halmy, Northern Distri			
Name	Age	Centre	Final
1 Jacob Kimball		Manly Warringah	5:14.39
2 Saxon Lund		Manly Warringah	5:23.15
3 Tom Champion		Ku-Ring-Gai	5:25.10
4 Owen Dixon		Ku-Ring-Gai	5:31.45
5 Dylan Mortimer		Manly Warringah	5:33.46
6 Charlie Parkes		Manly Warringah	5:39.91
7 Ryan Mooney		Northern Districts	5:41.82
8 Oliver Angyalffy		Ku-Ring-Gai	5:46.01
9 Matthew Lipman		Northern Districts	5:50.29
10 Matthew Searles		Northern Districts	6:02.53
11 Joshua Sandler		Ku-Ring-Gai	6:07.49
12 Ryan Whelan		Manly Warringah	6:21.85

Boys U 12 - 1500 Metre Run

Zone: Z 4:49.70 7/02/1992 Frazer Dowling, Manly Warri			
Name	Age	Centre	Final
1 Toby Healey		Mosman	5:25.55
2 Dylan Allabush		Ku-Ring-Gai	5:26.93
3 Ryan Sinclair		Manly Warringah	5:33.89
4 Ben Jones		Mosman	5:42.33
5 William Seve		Manly Warringah	5:50.29
6 Aidan Hall		Hornsby	5:53.56
7 Lochlann Neilan		Hornsby	6:17.15
8 Luke Woods		Hornsby	6:27.52

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 1500 Metre Run**

Zone: Z 4:33.62 30/11/2019 Oliver White, Manly Warring			
Name	Age	Centre	Final
1 Oliver White		Manly Warringah	4:33.62Z
2 Jasper Scamps-Magro		Manly Warringah	4:33.91
3 Chester Swaffer		Ku-Ring-Gai	4:47.58
4 Christian Camus		Mosman	4:59.49
5 Lucas Lund		Manly Warringah	5:00.11
6 Anton Ostryrn		Manly Warringah	5:26.79
7 Issac Tate		Manly Warringah	5:45.40
8 Archie Allen		Northern Districts	5:51.41
9 Nicholas Ariyan		Hornsby	5:53.79

Boys U 14 - 1500 Metre Run

Zone: Z 4:21.49 13/12/2014 Bryn Lynch, Manly Warringah			
Name	Age	Centre	Final
1 Sean Williams		Ku-Ring-Gai	4:54.01
2 Charlie Bradford		Ku-Ring-Gai	5:03.40
3 Tom Parkes		Manly Warringah	5:10.88
4 Jensen Wiesenhaan		Ku-Ring-Gai	5:12.73

Boys U 15 - 1500 Metre Run

Zone: Z 4:14.02 12/12/2015 Bryn Lynch, Manly Warringah			
Name	Age	Centre	Final
1 Daniel Bradford		Ku-Ring-Gai	4:37.26
2 Joel Solomon		Manly Warringah	4:40.65
3 Thomas Blewman		Manly Warringah	5:22.52

Boys U 17 - 1500 Metre Run

Zone: Z 4:18.41 10/12/2016 Jack Mills, Manly Warringah			
Name	Age	Centre	Final
1 Kalan McEvoy		Mosman	4:26.66
2 Cameron Laytham		Manly Warringah	4:30.51
3 Cameron Gorman		Manly Warringah	4:31.82
4 Rafi Gordon		Manly Warringah	4:35.87
5 Nicholas Hyde		Mosman	4:37.58
6 William Collinson		Manly Warringah	4:56.51
7 Samuel Wright		Manly Warringah	6:04.51

Boys U 13 - 3000 Metre Run

Zone: Z 9:51.23 30/11/2019 Oliver White, Manly Warring			
Name	Age	Centre	Final
1 Oliver White		Manly Warringah	9:51.23Z
2 Orlando Grinbergs		Manly Warringah	12:47.25

Boys U 14 - 3000 Metre Run

Zone: Z 9:43.89 3/02/2013 Joshua Phillips, Ku-Ring-Ga			
Name	Age	Centre	Final
1 Sean Williams		Ku-Ring-Gai	10:22.43

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - 3000 Metre Run**

2	Charlie Bradford	Ku-Ring-Gai	10:49.52
3	Charlie Kanu	Manly Warringah	10:51.63
4	Alejandro Briones	Manly Warringah	11:47.51

Boys U 15 - 3000 Metre Run

=====			
Zone: Z 9:39.85 11/12/2016 Ben Graham, Hornsby			
Name	Age	Centre	Final
=====			
1	Joel Solomon	Manly Warringah	10:00.27
2	Daniel Bradford	Ku-Ring-Gai	10:17.58
3	Ryan Colver	Manly Warringah	12:11.13

Boys U 17 - 3000 Metre Run

=====			
Zone: Z 9:27.21 1/12/2018 Kieran Gorman, Manly Warrin			
Name	Age	Centre	Final
=====			
1	Cameron Gorman	Manly Warringah	9:51.52
2	Nicholas Hyde	Mosman	10:29.65
3	William Collinson	Manly Warringah	10:44.11
4	Dale Mapstone	Manly Warringah	11:07.17

Boys U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.82 4/02/2012 Riley Hemsworth, Ku-Ring-Gai			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Emerson Ayres	Manly Warringah	11.62Q
2	Cameron Griffin	Manly Warringah	12.17Q
2	Benjamin Dickens	Ku-Ring-Gai	12.17Q
4	Teo Amineau	Manly Warringah	12.82q
5	Harry Ross	Hornsby	13.15q
6	Jay Cetinich	Mosman	13.16
7	Sean Ng	Hornsby	13.51
8	Jacob Selby	Mosman	13.53
Heat 2 Heats			
1	Toby Creelman	Manly Warringah	11.69Q
2	Oliver Waterford	Ku-Ring-Gai	12.51Q
3	Edward Barnsley	Ku-Ring-Gai	13.32Q
4	Sebastien The	Hornsby	13.86
5	Joseph Eisenhauer	Ku-Ring-Gai	13.87
--	Braxton van Bentum	Manly Warringah	DNF

Boys U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.82 4/02/2012 Riley Hemsworth, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Emerson Ayres	Manly Warringah	11.58
2	Toby Creelman	Manly Warringah	11.63
3	Benjamin Dickens	Ku-Ring-Gai	12.08
4	Cameron Griffin	Manly Warringah	12.10
5	Oliver Waterford	Ku-Ring-Gai	12.18
6	Harry Ross	Hornsby	12.91
7	Teo Amineau	Manly Warringah	12.96
8	Edward Barnsley	Ku-Ring-Gai	15.03

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.19 2/02/2013 Riley Hemsworth, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Joshua Nguyen		Ku-Ring-Gai	11.27Q
2 Ryan Waugh		Ku-Ring-Gai	11.37Q
3 James Atkins		Ku-Ring-Gai	11.62Q
4 Daniel Sims		Hornsby	11.82q
5 Kourosh Emamian Rad		Ku-Ring-Gai	12.52
6 Felix Staley		Mosman	13.11
Heat 2 Heats			
1 Zachary Morgan		Manly Warringah	11.04Q
2 Taten Rogers		Manly Warringah	11.42Q
3 Henry Smith		Manly Warringah	11.52Q
4 Beau Atkinson		Manly Warringah	11.86q
5 Jake Mears		Mosman	12.05
6 Chase Villacorta		Manly Warringah	12.94
7 Oliver Abbott		Hornsby	12.98

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.19 2/02/2013 Riley Hemsworth, Ku-Ring-Gai			
Name	Age	Centre	Final
Section 1 Final			
1 Zachary Morgan		Manly Warringah	11.00
2 Joshua Nguyen		Ku-Ring-Gai	11.17
3 Taten Rogers		Manly Warringah	11.32
4 Ryan Waugh		Ku-Ring-Gai	11.37
5 James Atkins		Ku-Ring-Gai	11.44
6 Henry Smith		Manly Warringah	11.47
7 Daniel Sims		Hornsby	11.59
8 Beau Atkinson		Manly Warringah	11.70

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 9.90 5/02/2005 Sam Mete, Ku-Ring-Gai			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Byron Borchert		Manly Warringah	11.69Q
2 William Durer		Ku-Ring-Gai	12.01Q
3 Toby Ward		Mosman	12.20Q
4 Aiden Freestone		Manly Warringah	12.28
5 Matthew Dicks		Ku-Ring-Gai	12.37
6 Daniel Smithies		Manly Warringah	12.46
7 Harrison Jeffs		Mosman	13.41
8 Alexander Braendle		Northern Districts	13.45
9 Riley Waddingham		Northern Districts	14.18
10 Kaelan Jones		Northern Districts	14.30
Heat 2 Heats			
1 Ethan McErlane		Manly Warringah	11.12Q
2 Monty Douglass		Mosman	12.01Q
3 William Derbyshire		Ku-Ring-Gai	12.15Q
4 William McKechnie		Ku-Ring-Gai	12.20q
5 Ethan Jauncey		Manly Warringah	12.22q
6 Kase Willis-Jansen		Ku-Ring-Gai	12.39
7 Samuel Vecchio		Mosman	13.53
8 Henry Whitehead		Mosman	13.79

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - 60 Metre Hurdles (60cm)**

9 Saia Enasio	Northern Districts	13.96
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Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 9.90 5/02/2005 Sam Mete, Ku-Ring-Gai

Name	Age Centre	Final
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Section 1 Final

1 Ethan McErlane	Manly Warringah	10.98
2 Monty Douglass	Mosman	11.43
3 Byron Borchert	Manly Warringah	11.44
4 William McKechnie	Ku-Ring-Gai	11.69
5 William Durer	Ku-Ring-Gai	11.74
6 William Derbyshire	Ku-Ring-Gai	11.91
7 Ethan Jauncey	Manly Warringah	12.26
8 Toby Ward	Mosman	14.04

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Heats
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Heat 1 Heats

1 Fredrick Chidambaram	Manly Warringah	14.50Q
2 Daniel Benoliel	Mosman	14.96Q
3 Luke Photios	Hornsby	15.88Q
4 Marco Naidoo	Ku-Ring-Gai	16.53
5 Charlie Parkes	Manly Warringah	17.06
6 Cody Saunders	Ku-Ring-Gai	17.39

Heat 2 Heats

1 Jake Fourie	Ku-Ring-Gai	13.66Q
2 Joel Daily	Mosman	14.41Q
3 Jack Procter	Ku-Ring-Gai	15.00Q
3 Connor Ward	Manly Warringah	15.00Q
5 Jeffrey Benoliel	Mosman	15.12q
6 Jack Delaney	Manly Warringah	15.84
7 Kieran Bott	Ku-Ring-Gai	16.11

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Final
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Section 1 Final

1 Jake Fourie	Ku-Ring-Gai	13.66
2 Daniel Benoliel	Mosman	14.22
3 Fredrick Chidambaram	Manly Warringah	14.26
4 Joel Daily	Mosman	14.47
5 Jack Procter	Ku-Ring-Gai	14.79
6 Connor Ward	Manly Warringah	14.91
7 Jeffrey Benoliel	Mosman	15.17
8 Luke Photios	Hornsby	15.77

Boys U 12 - 80 Metre Hurdles (68cm)

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

Heat 1 Heats

1 Jackson Twells	Manly Warringah	13.70Q
2 Jack Stockley	Manly Warringah	15.08Q
3 Oliver Sanbrook	Manly Warringah	15.42Q

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - 80 Metre Hurdles (68cm)**

4 Harper Enasio	Northern Districts	15.71
5 Alex Jones	Northern Districts	16.30
Heat 2 Heats		
1 Ryan Parkes	Manly Warringah	14.50Q
2 William Carter	Manly Warringah	14.57Q
3 Mitchell Henwood	Ku-Ring-Gai	14.90Q
4 Chase Burrows	Mosman	15.00q
5 Conrad Blackwell-Smith	Mosman	15.28q
6 Tristan Benjamin	Ku-Ring-Gai	15.66
7 Zane Carter	Manly Warringah	15.96
8 Joshua Colpani	Mosman	16.04

Boys U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Final
Section 1 Final		
1 Jackson Twells	Manly Warringah	14.05
2 Ryan Parkes	Manly Warringah	14.27
3 Chase Burrows	Mosman	14.43
4 Jack Stockley	Manly Warringah	14.47
5 Mitchell Henwood	Ku-Ring-Gai	14.74
6 Oliver Sanbrook	Manly Warringah	14.85

Boys U 13 - 80 Metre Hurdles (76cm)

Name	Age Centre	Final
Zone: Z 12.30 4/02/2006 Kane Thompson, Manly Warringah		
Section 1		
1 Will Soden	Ku-Ring-Gai	14.09
2 Alex McIlwraith	Northern Districts	14.37
3 Freddie BensonSparkes	Manly Warringah	14.68
4 Kalan Harding	Northern Districts	14.88
5 Leo Brown	Manly Warringah	15.18
6 Cruz Cookson	Manly Warringah	15.37

Boys U 14 - 90 Metre Hurdles (76cm)

Name	Age Centre	Final
Zone: Z 13.07 26/01/2014 Ben Carter, Manly Warringah		
1 Finnlay Bartlett	Mosman	14.97
2 Mitchell Hatfield	Manly Warringah	15.78
3 William Tye	Hornsby	16.23
4 Tom Parkes	Manly Warringah	17.06
5 Cameron Nicholas	Manly Warringah	18.95

Boys U 15 - 100 Metre Hurdles (76cm)

Name	Age Centre	Final
Zone: Z 13.50 5/02/2008 Matthew Hulme, Manly Warringah		
1 Timothy Forster	Hornsby	15.05
2 Gauthier Sanchez	Manly Warringah	15.56
3 Evan Neal	Manly Warringah	16.11
4 Finn Bellerby	Manly Warringah	17.47
5 Zac Cleary	Manly Warringah	17.64

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - 110 Metre Hurdles (76cm)**

Zone: Z 14.76 3/02/2013 Jack McArdle, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Sam Bates		Ku-Ring-Gai	16.50
2 Curtis Feldman		Hornsby	16.65
3 Ryan Crane		Manly Warringah	17.48
4 Martin Allen		Manly Warringah	17.62
5 Lachlan Farquhar		Manly Warringah	18.60
6 Cody Feldman		Hornsby	18.86

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 26.30 4/02/2006 Kane Thompson, Manly Warringah			
Name	Age	Centre	Final
1 Will Soden		Ku-Ring-Gai	30.27
2 Alex McIlwraith		Northern Districts	30.76
3 Leo Brown		Manly Warringah	32.95
4 Caleb Ashton		Ku-Ring-Gai	33.22
5 Archie Allen		Northern Districts	34.89
6 Nicholas Ariyan		Hornsby	36.21

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 24.70 7/02/1999 Ivan Scannell, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Mitchell Hatfield		Manly Warringah	31.25
2 Billy Peek		Manly Warringah	32.12
3 Gabriel Bertozzi		Manly Warringah	33.82
4 Cameron Nicholas		Manly Warringah	35.36
5 Brandon Bakker		Manly Warringah	37.40

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 41.83 1/12/2018 Dylan Charlier, Manly Warringah			
Name	Age	Centre	Final
1 Zachary Flynn		Manly Warringah	42.69
2 Daniel Hatch		Northern Districts	44.74
3 Finn Bellerby		Manly Warringah	46.67
4 Gauthier Sanchez		Manly Warringah	47.30

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 40.14 30/11/2019 Dylan Charlier, Manly Warringah			
Name	Age	Centre	Final
1 Dylan Charlier		Manly Warringah	40.14Z
2 Curtis Feldman		Hornsby	41.68
3 Ryan Crane		Manly Warringah	44.03
4 Ethan Oliver		Northern Districts	45.48
5 Lachlan Farquhar		Manly Warringah	46.14
6 Martin Allen		Manly Warringah	49.73
7 Byron Bakker		Manly Warringah	51.19

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9-12 4x100 Metre Relay (Jnr)**

Zone: Z 55.33 11/12/2016 Ku-Ring-Gai, Ku-Ring-Gai			
L Ackland, D Hall, L Herbert, A Jones			
Centre			Final
1 Manly Warringah			57.72
1) Taten Rogers 9	2) Kaiden Grace 10		
3) Zac Gedz 11	4) Leo Robinson 12		
2 Mosman			58.57
1) Jake Mears 9	2) Angus Edwards 10		
3) Joel Daily 11	4) William Taylor 12		
3 Northern Districts			59.06
1) William Scodellaro 9	2) Kai Gibbons 10		
3) Ryan Mooney 11	4) Harper Enasio 12		
4 Hornsby			59.12
1) Joel Ramsay 9	2) Preston Geisker 10		
3) Luke Photios 11	4) Wol Albino 12		
5 Ku-Ring-Gai			59.30
1) Callum Gilchrist 9	2) Adrian Kwan 10		
3) Jimmy Thebridge 11	4) Brodie Shearer 12		

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

Zone: Z 46.42 5/02/2012 Mosman			
Centre			Final
1 Ku-Ring-Gai			46.11Z
1) Dylan Hall 13	2) Lachlan Herbert 14		
3) Aidan Jones 15	4) Sebastian Doney 17		
2 Manly Warringah			47.26
1) Hunter Stark 13	2) Ben Meredith 14		
3) Zachary Flynn 15	4) Archie Saunders 17		
3 Mosman			48.75
1) Brody Folkes 13	2) Daniel Nemeth 14		
3) Marcus Warner 14	4) Max Currie 17		
4 Hornsby			50.49
1) Edward Lockley 13	2) Corban Ross 14		
3) Finn Walsh 15	4) Andrew Hill 17		
5 Northern Districts			52.88
1) Nathan Holmes 12	2) Alex McIlwraith 13		
3) Malakye Enasio 15	4) Liam Oliver 17		

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

Zone: Z 1.33m 4/02/2008 Emile Mau'u, Manly Warringah			
Name	Age	Centre	Final
Flight 1			
1 Ludvig Persson		Manly Warringah	1.17m
2 William Scodellaro		Northern Districts	1.11m
3 James Atkins		Ku-Ring-Gai	1.08m
4 Maximilian Nemeth		Mosman	1.07m
5 Bailey McMillan		Hornsby	1.05m
6 Henry Smith		Manly Warringah	1.05m
7 Ryan Waugh		Ku-Ring-Gai	1.00m
8 Joshua Nguyen		Ku-Ring-Gai	1.00m
9 Noah Satchithanatha		Ku-Ring-Gai	1.00m
10 Zachary Morgan		Manly Warringah	1.00m
11 Oliver Mcpherson		Hornsby	1.00m
12 Nicholas Watkins		Ku-Ring-Gai	1.00m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - High Jump (S/H 0.85m)**

13 Chase Villacorta	Manly Warringah	0.95m
13 Sebastian Tizzard	Manly Warringah	0.95m
15 Felix Staley	Mosman	0.90m
15 Jeremy Chen	Hornsby	0.90m
15 James Ross	Hornsby	0.90m

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

Zone: Z 1.41m 13/12/2015 Jed Wigley, Ku-Ring-Gai		
Name	Age Centre	Final
1 Kaiden Grace	Manly Warringah	1.20m
2 Dominic Davis	Manly Warringah	1.15m
3 Aiden Freestone	Manly Warringah	1.15m
4 William Durer	Ku-Ring-Gai	1.15m
4 Angus Seve	Manly Warringah	1.15m
6 Toby Ward	Mosman	1.10m
7 Ethan Jauncey	Manly Warringah	1.10m
8 William McKechnie	Ku-Ring-Gai	1.10m
9 Oscar Needham	Mosman	1.10m
10 Ned Alexander	Mosman	1.05m
11 Fergus Keogh	Ku-Ring-Gai	1.00m
12 Kieran Lander	Ku-Ring-Gai	0.95m
-- Tyler Powell	Ku-Ring-Gai	NH

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

Zone: Z 1.57m 4/02/2008 Thomas Cheel, Ku-Ring-Gai		
Name	Age Centre	Final
1 Connor Ward	Manly Warringah	1.45m
2 Marco Naidoo	Ku-Ring-Gai	1.40m
3 Lucca Holbert	Ku-Ring-Gai	1.30m
4 Ollie Colivas	Manly Warringah	1.30m
5 Jackson Welsh	Manly Warringah	1.30m
6 Samuel Collett	Ku-Ring-Gai	1.25m
7 Lachlan Boyle	Manly Warringah	1.25m
8 Alberto Jordan	Manly Warringah	1.25m
9 Kieran Bott	Ku-Ring-Gai	1.20m
10 Marco Cardinale	Ku-Ring-Gai	1.15m
11 Riley Grant	Mosman	1.15m
12 Harry Donohoe	Mosman	1.15m

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

Zone: Z 1.59m 5/02/2005 Kane Thompson, Manly Warringah		
Name	Age Centre	Final
1 Maksimir Saravanja	Ku-Ring-Gai	1.49m
2 Dexter Staley	Mosman	1.47m
3 Juan VanDeventer	Manly Warringah	1.35m
4 Cameron Tizzard	Manly Warringah	1.35m
5 Conrad Blackwell-Smith	Mosman	1.35m
6 Ryan Parkes	Manly Warringah	1.30m
7 Aidan Hall	Hornsby	1.30m
8 Lachlan Blackwell	Hornsby	1.30m
9 Kennedy Feldman	Hornsby	1.25m
9 Kai Herbert	Ku-Ring-Gai	1.25m
11 Liam Keep	Manly Warringah	1.20m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - High Jump (S/H 1.15m)**

-- Angus Power Manly Warringah NH

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

Zone: Z 1.78m 7/02/1995 Richard Baird, Ku-Ring-Gai

Name	Age Centre	Final
1 Joshua Smith	Manly Warringah	1.50m
2 Mikel Martin	Manly Warringah	1.48m
3 Sam Hildebrandt	Manly Warringah	1.44m
4 Thomas Haslam	Ku-Ring-Gai	1.44m
5 Logan Shepherd	Northern Districts	1.35m
6 Caleb Ashton	Ku-Ring-Gai	1.30m
7 Zac Herbert	Ku-Ring-Gai	1.30m
8 John Engledew	Manly Warringah	1.25m
9 Archie Allen	Northern Districts	1.25m
10 Daniel Photios	Hornsby	1.20m

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

Zone: Z 1.90m 7/02/1999 James Watson, Manly Warringah

Name	Age Centre	Final
1 Mitchell Hatfield	Manly Warringah	1.65m
2 Ivan Prizmic	Manly Warringah	1.63m
3 Charlie Moriarty	Mosman	1.60m
4 Daniel Nemeth	Mosman	1.55m
5 Tom Parkes	Manly Warringah	1.45m
5 Will Matheson	Mosman	1.45m

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

Zone: Z 2.07m 7/02/2000 James Watson, Manly Warringah

Name	Age Centre	Final
1 Evan Neal	Manly Warringah	1.70m
2 Finn Bellerby	Manly Warringah	1.45m
3 Lucas Hamill	Manly Warringah	0.16m

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

Zone: Z 2.00m 30/01/2010 Miles Coles-Clarke, Manly War

Name	Age Centre	Final
1 Dylan Charlier	Manly Warringah	1.70m
2 Martin Allen	Manly Warringah	1.60m
3 Byron Bakker	Manly Warringah	1.60m
4 Liam Oliver	Northern Districts	1.60m
5 Cody Feldman	Hornsby	1.55m

Boys U 7 - Long Jump

Zone: Z 3.45m 5/02/2005 Oscar Smith, Manly Warringah

Name	Age Centre	Final
1 Raphael Froggatt	Manly Warringah	3.22m
2 Jack Dorrans	Hornsby	2.96m
3 Harley Ehnbon	Manly Warringah	2.66m
4 Finn McPherson	Hornsby	2.60m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 7 - Long Jump**

5	Jake Maillet	Manly Warringah	2.60m
6	Hunter Smith	Manly Warringah	2.59m
7	Tomasi Lowe	Manly Warringah	2.50m
8	Brody Johnson	Ku-Ring-Gai	2.48m
9	Robbie Spurway	Ku-Ring-Gai	2.48m
10	Riley Wootton	Ku-Ring-Gai	2.36m
11	Zachary Meacock	Mosman	1.82m
12	Ishan Ponnuru	Ku-Ring-Gai	1.63m

Boys U 8 - Long Jump

Zone: Z 3.99m 7/02/1994 Benn Rintala, Ku-Ring-Gai

Name	Age	Centre	Final
1	Toby Creelman	Manly Warringah	3.42m
2	Salvador Apfel	Mosman	3.38m
3	Finn Wilson	Ku-Ring-Gai	3.37m
4	Sean Ng	Hornsby	3.26m
5	Sebastien The	Hornsby	3.03m
6	Michael Baxter	Manly Warringah	3.01m
7	Caelan Drysdale	Ku-Ring-Gai	2.90m
8	Lachlan Ward	Manly Warringah	2.90m
9	Dominic Alouisa	Ku-Ring-Gai	2.80m
10	Jacob Selby	Mosman	2.75m
11	Connor Matthews	Manly Warringah	2.74m
12	Alexandros Tsaousidis	Hornsby	2.60m
13	Joseph Eisenhauer	Ku-Ring-Gai	2.50m

Boys U 9 - Long Jump

Zone: Z 4.31m 7/02/2000 Michael Oldfield, Manly Warri

Name	Age	Centre	Final
1	Ludvig Persson	Manly Warringah	3.76m
2	Joshua Nguyen	Ku-Ring-Gai	3.70m
3	William Scodellaro	Northern Districts	3.68m
4	Oscar Zylberberg	Ku-Ring-Gai	3.62m
5	Henry Smith	Manly Warringah	3.49m
6	Jacoby Neal	Ku-Ring-Gai	3.40m
7	Rhys Kirby	Manly Warringah	3.29m
8	James Atkins	Ku-Ring-Gai	3.24m
9	Benji Lynas	Ku-Ring-Gai	3.15m
10	Daniel Sims	Hornsby	3.15m
11	Darius Gillett	Manly Warringah	3.01m
12	Oliver Mcpherson	Hornsby	3.01m
13	Harrison Kyme	Manly Warringah	2.97m
14	Felix Staley	Mosman	2.96m
15	Maximilian Nemeth	Mosman	2.93m
16	Oliver Abbott	Hornsby	2.80m

Boys U 10 - Long Jump

Zone: Z 4.84m 7/02/1997 Andrew Fitzgerald, Manly Warr

Name	Age	Centre	Final
1	Kaiden Grace	Manly Warringah	4.45m
2	Adrian Kwan	Ku-Ring-Gai	4.17m
2	Edward Godfrey	Mosman	4.17m
4	Byron Borchert	Manly Warringah	4.16m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - Long Jump**

5	Dominic Davis	Manly Warringah	4.04m
6	Ewan Keep	Manly Warringah	3.88m
6	Angus Edwards	Mosman	3.88m
8	Ned Alexander	Mosman	3.80m
9	Matthew Dicks	Ku-Ring-Gai	3.73m
10	Kai Gibbons	Northern Districts	3.60m
11	William Durer	Ku-Ring-Gai	3.49m
12	Daniel Smithies	Manly Warringah	3.48m
13	Ziv Danieli	Ku-Ring-Gai	3.40m
13	Kieran Lander	Ku-Ring-Gai	3.40m
15	Kaelan Jones	Northern Districts	3.07m
16	Oscar Needham	Mosman	3.01m

Boys U 11 - Long Jump

=====
 Zone: Z 5.00m 4/02/2012 Alex Willett, Manly Warringah

Name	Age	Centre	Final
1	Thomas Scodellaro	Northern Districts	4.68m
2	Jimmy Thebridge	Ku-Ring-Gai	4.54m
3	Joel Daily	Mosman	4.46m
4	Fredrick Chidambaram	Manly Warringah	4.32m
5	Daniel Benoliel	Mosman	4.30m
6	Marco Naidoo	Ku-Ring-Gai	4.17m
7	Zac Gedz	Manly Warringah	4.16m
8	Gerhardus Burger	Ku-Ring-Gai	4.05m
9	Samuel Collett	Ku-Ring-Gai	3.97m
10	Jeffrey Benoliel	Mosman	3.95m
11	Ollie Colivas	Manly Warringah	3.72m
12	Lucas Tsui	Ku-Ring-Gai	3.56m
13	Finnlay Daly	Manly Warringah	3.54m
14	Jackson Welsh	Manly Warringah	3.26m
15	Isaac Holt	Mosman	3.22m
16	Matthew Sims	Hornsby	2.75m

Boys U 12 - Long Jump

=====
 Zone: Z 5.49m 7/02/2003 Justin Haywood, Manly Warringah

Name	Age	Centre	Final
1	Leo Robinson	Manly Warringah	4.51m
2	Oliver Sanbrook	Manly Warringah	4.44m
3	Ryan Parkes	Manly Warringah	4.41m
4	Finn Pereira	Mosman	4.24m
5	Harper Enasio	Northern Districts	4.24m
6	Wilber Kingma	Manly Warringah	4.22m
7	Sebastian Jolly	Manly Warringah	4.14m
8	Aidan Hall	Hornsby	4.08m
9	Juan VanDeventer	Manly Warringah	4.05m
10	William Taylor	Mosman	3.95m
11	Tristan Benjamin	Ku-Ring-Gai	3.91m
12	Nathan Holmes	Northern Districts	3.89m
13	Kennedy Feldman	Hornsby	3.88m
14	Kai Herbert	Ku-Ring-Gai	3.83m
15	Cameron Tizzard	Manly Warringah	3.82m
16	Tyson Neal	Ku-Ring-Gai	3.81m
17	Lachlan Blackwell	Hornsby	3.78m
18	Maksimir Saravanja	Ku-Ring-Gai	3.71m
19	Wol Albino	Hornsby	3.69m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - Long Jump**

20	Lennox Cleary	Manly Warringah	3.64m
21	Toby Healey	Mosman	3.62m
22	Alex Jones	Northern Districts	3.53m
23	Finley Forbes	Manly Warringah	3.38m
24	Jesse Duke	Manly Warringah	3.24m

Boys U 13 - Long Jump

=====			
Zone: Z 5.58m 7/02/1995 David Geddes, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Dylan Hall	Ku-Ring-Gai	5.85mZ
2	Brody Folkes	Mosman	4.99m
3	Hunter Stark	Manly Warringah	4.68m
4	Will Soden	Ku-Ring-Gai	4.44m
5	Mikel Martin	Manly Warringah	4.39m
6	Caleb Ashton	Ku-Ring-Gai	4.33m
6	Lars Ackland	Ku-Ring-Gai	4.33m
8	Alex McIlwraith	Northern Districts	4.28m
9	Sam Hildebrandt	Manly Warringah	4.12m
10	Sidney Gosschalk	Hornsby	3.94m
11	Archie Allen	Northern Districts	3.65m

Boys U 14 - Long Jump

=====			
Zone: Z 6.03m 7/02/1995 Stephen Byles, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Lachlan Herbert	Ku-Ring-Gai	5.85m
2	Corban Ross	Hornsby	5.31m
3	Mitchell Hatfield	Manly Warringah	5.07m
4	Ivan Prizmic	Manly Warringah	4.81m
5	Brodie Waldock	Ku-Ring-Gai	4.77m
6	Ben Meredith	Manly Warringah	4.55m
7	Charlie Kanu	Manly Warringah	4.45m

Boys U 15 - Long Jump

=====			
Zone: Z 6.46m 7/02/2003 Matthew Walker, UTS Norths			
Name	Age	Centre	Final
=====			
1	Zachary Flynn	Manly Warringah	5.44m
2	Evan Neal	Manly Warringah	5.36m
3	Malakye Enasio	Northern Districts	5.15m
4	Justin George	Manly Warringah	4.82m
5	Ethan James	Manly Warringah	4.65m

Boys U 17 - Long Jump

=====			
Zone: Z 6.64m 12/12/2015 Willson Lowe, Manly Warringah			
Name	Age	Centre	Final
=====			
1	Liam Oliver	Northern Districts	5.51m
2	Dale Mapstone	Manly Warringah	5.43m
3	Jack Giffin	Manly Warringah	5.38m
4	Ethan Oliver	Northern Districts	5.31m
5	Charlie Hamill	Manly Warringah	5.06m
6	Jesse Diamond-Williams	Hornsby	4.59m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - Triple Jump**

Zone: Z 10.42m 7/02/1993 David Geddes, Manly Warringah			
Name	Age	Centre	Final
1 Jimmy Thebridge		Ku-Ring-Gai	9.33m
2 Thomas Scodellaro		Northern Districts	8.70m
3 Alexander Wenzel		Manly Warringah	8.42m
4 Kieran Bott		Ku-Ring-Gai	8.22m
5 Lachlan Boyle		Manly Warringah	7.90m
6 Jacob Kimball		Manly Warringah	7.43m
7 Charlie Parkes		Manly Warringah	7.38m
8 Luke Photios		Hornsby	6.83m
9 Lucas Tsui		Ku-Ring-Gai	6.82m
10 Hugo Reynolds		Ku-Ring-Gai	6.52m
11 Thomas Greenaway		Manly Warringah	6.43m

Boys U 12 - Triple Jump

Zone: Z 10.75m 7/02/1994 David Geddes, Manly Warringah			
Name	Age	Centre	Final
1 Leo Robinson		Manly Warringah	9.89m
2 Oliver Sanbrook		Manly Warringah	9.41m
3 Wilber Kingma		Manly Warringah	9.25m
4 Harper Enasio		Northern Districts	9.16m
5 Ryan Parkes		Manly Warringah	9.09m
6 Kennedy Feldman		Hornsby	8.86m
7 Tyson Neal		Ku-Ring-Gai	8.85m
8 Aidan Hall		Hornsby	8.81m
9 Zane Carter		Manly Warringah	8.57m
10 Lennox Cleary		Manly Warringah	8.33m
11 Tristan Benjamin		Ku-Ring-Gai	8.29m
12 Nicholas Kachel		Hornsby	7.34m

Boys U 13 - Triple Jump

Zone: Z 11.14m 25/01/2014 Alex Willett, Manly Warringah			
Name	Age	Centre	Final
1 Brody Folkes		Mosman	10.92m
2 Nathanael Ramsay		Hornsby	9.90m
3 Sam Hildebrandt		Manly Warringah	9.62m
4 Charlie Mott		Mosman	9.60m
5 Zach Rowland		Manly Warringah	9.32m
6 Cruz Cookson		Manly Warringah	9.27m
7 Matthew Walter		Ku-Ring-Gai	9.18m
8 Oliver Ashley		Northern Districts	9.09m
9 Zac Herbert		Ku-Ring-Gai	8.76m
10 Daniel Photios		Hornsby	8.23m

Boys U 14 - Triple Jump

Zone: Z 12.83m 7/02/1996 David Geddes, Manly Warringah			
Name	Age	Centre	Final
1 Mitchell Hatfield		Manly Warringah	10.49m
2 Ivan Prizmic		Manly Warringah	10.18m
3 Ben Meredith		Manly Warringah	9.69m
4 Billy Peek		Manly Warringah	9.50m
5 Tom Parkes		Manly Warringah	9.06m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - Triple Jump**

Zone: Z 12.90m 7/02/2003 Matthew Walker, UTS Norths			
Name	Age	Centre	Final
1 Evan Neal		Manly Warringah	11.27m
2 Malakye Enasio		Northern Districts	10.66m
3 Justin George		Manly Warringah	10.53m
4 Oliver BensonSparkes		Manly Warringah	10.27m
5 Ethan James		Manly Warringah	9.09m
6 Ryan Colver		Manly Warringah	8.63m

Boys U 17 - Triple Jump

Zone: Z 14.63m 2/12/2018 Ryan Marshall, Manly Warring			
Name	Age	Centre	Final
1 Alexander Norris		Manly Warringah	12.01m
2 Dale Mapstone		Manly Warringah	11.89m
3 Byron Bakker		Manly Warringah	10.77m
4 Ethan Oliver		Northern Districts	10.61m
5 Jesse Diamond-Williams		Hornsby	10.34m
6 Nicholas Hyde		Mosman	10.10m
7 Charlie Hamill		Manly Warringah	10.08m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 8.26m 7/02/1990 Chris Reynolds, Northern Dist			
Name	Age	Centre	Final
1 Hunter Smith		Manly Warringah	5.23m
2 Jack Dorrans		Hornsby	5.19m
3 Harley Edwards		Manly Warringah	5.04m
4 Finn McPherson		Hornsby	4.89m
5 Liam Dicks		Hornsby	4.85m
6 Oliver Thrum		Ku-Ring-Gai	4.76m
7 Beau Lynas		Ku-Ring-Gai	4.71m
8 Marco Tropiano		Ku-Ring-Gai	4.20m
9 Brody Johnson		Ku-Ring-Gai	4.08m
10 Flynn Jauncey		Manly Warringah	3.74m
11 Tomasi Lowe		Manly Warringah	3.67m
12 Liam Bilbe		Ku-Ring-Gai	3.54m
13 Charlie Kramer		Manly Warringah	3.07m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.61m 30/01/2010 Jack McFadden, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Callan Atherton		Ku-Ring-Gai	5.94m
2 Alexandros Tsaousidis		Hornsby	5.76m
3 Braxton van Bentum		Manly Warringah	5.62m
4 Michael Baxter		Manly Warringah	5.35m
5 Jacob Selby		Mosman	5.03m
6 Jack Vella		Ku-Ring-Gai	4.59m
7 Joseph Eisenhower		Ku-Ring-Gai	4.53m
8 Tasman Vale		Manly Warringah	4.00m
9 Edward Barnsley		Ku-Ring-Gai	3.59m
10 Lachlan Ward		Manly Warringah	3.39m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - Shot Put (2.0 Kg)**

Zone: Z 9.42m 7/02/2009 Nicholas Frost, Northern Dist			
Name	Age	Centre	Final
1 Ludvig Persson		Manly Warringah	8.90m
2 Owen Holbert		Ku-Ring-Gai	6.55m
3 Jacoby Neal		Ku-Ring-Gai	6.23m
4 Zachary Morgan		Manly Warringah	5.99m
5 William King		Manly Warringah	5.71m
6 Oliver Mcpherson		Hornsby	5.55m
7 Gustav Burger		Ku-Ring-Gai	5.40m
8 Harvey Colivas		Manly Warringah	5.35m
9 Matthew McGregor		Hornsby	5.03m
10 Sonny Bailey		Manly Warringah	4.93m
11 Orlando Stewart		Mosman	4.68m
12 William Rodsjo		Ku-Ring-Gai	4.54m
-- Maximilian Nemeth		Mosman	ND

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.96m 5/02/2005 Duane Matulick, Manly Warrin			
Name	Age	Centre	Final
1 Aiden Freestone		Manly Warringah	7.78m
2 Oliver Fisher		Ku-Ring-Gai	7.33m
3 Nicolas Chaseling		Mosman	7.28m
4 Dylan Baxter		Manly Warringah	7.23m
5 Zach Fourie		Ku-Ring-Gai	7.19m
6 Bailey Bartlett		Mosman	7.15m
7 Archie Hetherington		Ku-Ring-Gai	6.46m
8 Saia Enasio		Northern Districts	6.23m
9 Kurt Sanbrook		Manly Warringah	5.68m
10 Cian Collett		Ku-Ring-Gai	5.67m
11 Oliver Lewis		Manly Warringah	5.47m
12 Thomas Bell		Mosman	5.46m
13 James Maher		Manly Warringah	5.23m
14 Alexander Braendle		Northern Districts	5.08m
15 Samuel Vecchio		Mosman	4.75m
16 William Derbyshire		Ku-Ring-Gai	4.74m
17 Mathias Almeida Mendes		Northern Districts	3.97m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.51m 7/02/2004 Kane Thompson, Manly Warring			
Name	Age	Centre	Final
1 Gerhardus Burger		Ku-Ring-Gai	10.75m
2 Rian Connors		Ku-Ring-Gai	9.07m
3 Zac Gedz		Manly Warringah	8.49m
4 Lucca Holbert		Ku-Ring-Gai	8.12m
5 Jordan Smith		Ku-Ring-Gai	7.84m
6 Prescott Williams		Manly Warringah	7.81m
7 Alberto Jordan		Manly Warringah	7.75m
8 Thomas Greenaway		Manly Warringah	6.19m
9 Ryan Gatsi		Northern Districts	4.97m
10 Henry Quilkey		Ku-Ring-Gai	4.93m
-- Harry Donohoe		Mosman	ND

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 12 - Shot Put (2.0 Kg)**

Zone: Z 12.06m 3/02/2013 Kevin Yang, Ku-Ring-Gai			
Name	Age	Centre	Final
1	Juan VanDeventer	Manly Warringah	10.00m
2	Finn Pereira	Mosman	9.50m
3	Harper Enasio	Northern Districts	9.13m
4	Toby Hall	Manly Warringah	9.08m
5	Josh Arundel	Manly Warringah	8.78m
6	Zane Carter	Manly Warringah	8.74m
7	Jack Stockley	Manly Warringah	8.58m
8	Luke Woods	Hornsby	8.46m
9	Thomas Kierse	Mosman	7.96m
10	Tyson Neal	Ku-Ring-Gai	7.87m
11	Dylan Allabush	Ku-Ring-Gai	7.46m
12	Nathan Holmes	Northern Districts	7.40m
13	Joshua Colpani	Mosman	7.18m
14	Lachlan Blackwell	Hornsby	6.22m
15	Eduardo Briones	Manly Warringah	5.89m
16	Benjamin Flynn	Manly Warringah	5.84m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 14.56m 4/02/2007 Elliot Lang, Northern Distri			
Name	Age	Centre	Final
1	Thomas Haslam	Ku-Ring-Gai	11.21m
2	Freddie BensonSparkes	Manly Warringah	10.61m
3	Kalan Harding	Northern Districts	9.68m
4	Ruann Eksteen	Manly Warringah	9.44m
5	Will Soden	Ku-Ring-Gai	8.42m
6	Joshua Harding	Northern Districts	7.64m
7	Lachlan Dickinson	Manly Warringah	6.94m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 15.65m 7/02/1994 Peter Elvy, Manly Warringah			
Name	Age	Centre	Final
1	Brodie Waldock	Ku-Ring-Gai	14.30m
2	Finnlay Bartlett	Mosman	12.30m
3	Samuel Langridge	Ku-Ring-Gai	12.06m
4	Lachlan Herbert	Ku-Ring-Gai	11.76m
5	Gabriel Bertozzi	Manly Warringah	10.96m
6	Daniel Nemeth	Mosman	9.96m
7	Ben Meredith	Manly Warringah	8.95m
8	Brandon Bakker	Manly Warringah	8.86m
9	Cameron Nicholas	Manly Warringah	7.57m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 17.04m 7/02/1998 Peter Elvy, Manly Warringah			
Name	Age	Centre	Final
1	Malakye Enasio	Northern Districts	9.97m
2	Zac Cleary	Manly Warringah	7.82m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - Shot Put (5.0 Kg)**

Zone: Z 16.20m 2/02/2013 Tyson Davis, Manly Warringah			
Name	Age	Centre	Final
1 Archie Saunders		Manly Warringah	12.26m
2 Alexander Norris		Manly Warringah	11.16m
3 Cameron Ross-Egarr		Northern Districts	10.32m
4 Byron Bakker		Manly Warringah	8.80m
5 Charlie Hamill		Manly Warringah	8.58m

Boys U 7 - Discus (350 Gram)

Zone: Z 24.04m 7/02/1993 Andrew Frith, Manly Warringah			
Name	Age	Centre	Final
1 Lewis McNaughtan		Manly Warringah	15.77m
2 Hunter Smith		Manly Warringah	14.63m
3 Jack Dorrans		Hornsby	14.44m
4 Liam Dicks		Hornsby	12.86m
5 Brody Johnson		Ku-Ring-Gai	11.47m
6 Finn McPherson		Hornsby	10.82m
7 Lucas Jia		Ku-Ring-Gai	10.22m
8 Arkadi Stubenböck		Manly Warringah	9.41m
9 Angus Quilkey		Ku-Ring-Gai	8.38m
10 Robbie Spurway		Ku-Ring-Gai	7.82m
11 Harley Edwards		Manly Warringah	6.32m
12 Liam Bilbe		Ku-Ring-Gai	5.56m

Boys U 8 - Discus (500 Gram)

Zone: Z 27.48m 7/02/1993 Christopher Burnett, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Callan Atherton		Ku-Ring-Gai	16.31m
2 Connor Matthews		Manly Warringah	15.98m
3 Braxton van Bentum		Manly Warringah	15.97m
4 Alexandros Tsaousidis		Hornsby	15.14m
5 Benjamin Dickens		Ku-Ring-Gai	14.60m
6 Dominic Alouisa		Ku-Ring-Gai	12.49m
7 William Greenaway		Manly Warringah	11.08m
8 Isaac Robinson		Mosman	10.17m
9 Tasman Vale		Manly Warringah	9.80m
10 Michael Baxter		Manly Warringah	9.11m
11 Edward Barnsley		Ku-Ring-Gai	6.67m

Boys U 9 - Discus (500 Gram)

Zone: Z 32.01m 6/02/2001 Jack McFadden, Ku-Ring-Gai			
Name	Age	Centre	Final
1 Daniel Sims		Hornsby	20.56m
2 Chase Villacorta		Manly Warringah	20.54m
3 Benji Lynas		Ku-Ring-Gai	20.23m
4 Jacoby Neal		Ku-Ring-Gai	18.49m
5 Zac Soden		Ku-Ring-Gai	18.48m
6 Gustav Burger		Ku-Ring-Gai	18.00m
7 Oliver Mcpherson		Hornsby	15.60m
8 William King		Manly Warringah	14.05m
9 William Lowe		Manly Warringah	13.79m
10 Owen Holbert		Ku-Ring-Gai	12.59m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - Discus (500 Gram)**

11 James Ross	Hornsby	12.03m
12 Sebastian Tizzard	Manly Warringah	11.21m
13 Kane Ross-Egarr	Northern Districts	11.11m
-- Ludvig Persson	Manly Warringah	ND

Boys U 10 - Discus (500 Gram)

=====			
Zone: Z 38.37m 8/02/2008 Lachlan Behagg, Manly Warrin			
Name	Age Centre		Final
=====			
1 Oliver Fisher	Ku-Ring-Gai		22.64m
2 Aiden Freestone	Manly Warringah		22.44m
3 Zach Fourie	Ku-Ring-Gai		21.20m
4 Dylan Baxter	Manly Warringah		20.72m
5 Nicolas Chaseling	Mosman		20.54m
6 Bailey Bartlett	Mosman		17.76m
7 Archie Hetherington	Ku-Ring-Gai		17.24m
8 Alexander Grant	Ku-Ring-Gai		16.43m
9 Dominic Davis	Manly Warringah		15.89m
10 Kai Gibbons	Northern Districts		15.27m
11 Samuel Vecchio	Mosman		14.98m
12 Albie Watt	Mosman		14.89m
13 Saia Enasio	Northern Districts		14.88m
14 Preston Geisker	Hornsby		14.69m
15 Ethan Jauncey	Manly Warringah		14.27m
16 James Maher	Manly Warringah		13.79m
17 Rama Barnett	Hornsby		12.51m
18 Cian Collett	Ku-Ring-Gai		12.30m
19 Lucas Beven	Hornsby		10.25m

Boys U 11 - Discus 500 Gram)

=====			
Zone: Z 35.02m 6/02/2011 Nicholas Frost, Northern Dis			
Name	Age Centre		Final
=====			
1 Gerhardus Burger	Ku-Ring-Gai		31.82m
2 Rian Connors	Ku-Ring-Gai		30.39m
3 Jake Fourie	Ku-Ring-Gai		29.76m
4 Alberto Jordan	Manly Warringah		28.85m
5 Joel Daily	Mosman		27.17m
6 Zac Gedz	Manly Warringah		26.99m
7 Lucca Holbert	Ku-Ring-Gai		23.73m
8 Campbell Whalan	Hornsby		21.71m
9 Jack Procter	Ku-Ring-Gai		19.92m
10 Luke Photios	Hornsby		17.71m
11 Harvey Matheson	Mosman		17.17m
12 Tyler Mawson	Hornsby		16.81m
13 Finnlay Daly	Manly Warringah		16.38m
14 Alexander Wenzel	Manly Warringah		14.10m
15 Thomas Greenaway	Manly Warringah		11.53m
16 Matthew Sims	Hornsby		10.66m

Boys U 12 - Discus (750 Gram)

=====			
Zone: Z 39.82m 5/02/2011 Cameron McEntyre, Ku-Ring-Ga			
Name	Age Centre		Final
=====			
1 Samuel Kay	Ku-Ring-Gai		25.39m
2 Harper Enasio	Northern Districts		23.80m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - Discus (750 Gram)**

3	William Carter	Manly Warringah	22.79m
4	Joshua Colpani	Mosman	21.22m
5	Hayden McLellan	Mosman	20.55m
6	Lachlan Blackwell	Hornsby	19.79m
7	Tyson Neal	Ku-Ring-Gai	19.28m
8	Dylan Allabush	Ku-Ring-Gai	18.31m
9	Luke Woods	Hornsby	17.11m
10	Benjamin Flynn	Manly Warringah	16.65m
11	Lennox Cleary	Manly Warringah	16.41m
12	Jesse Duke	Manly Warringah	14.57m
13	Maksimir Saravanja	Ku-Ring-Gai	14.43m
14	Darcy Kirkland	Manly Warringah	14.31m

Boys U 13 - Discus (750 Gram)

=====
 Zone: Z 41.22m 7/02/1993 Peter Elvy, Manly Warringah

Name	Age Centre	Final
1	Freddie BensonSparkes	Manly Warringah 35.21m
2	Kalan Harding	Northern Districts 34.07m
3	Ruann Eksteen	Manly Warringah 30.23m
4	Orlando Grinbergs	Manly Warringah 29.94m
5	Thomas Haslam	Ku-Ring-Gai 27.97m
6	Alex McIlwraith	Northern Districts 27.61m
7	Will Soden	Ku-Ring-Gai 25.86m
8	Oliver Ashley	Northern Districts 22.10m
9	Lachlan Dickinson	Manly Warringah 21.07m
10	Matthew Walter	Ku-Ring-Gai 20.89m
11	Joshua Harding	Northern Districts 19.78m
12	Daniel Photios	Hornsby 19.27m
13	Nicholas Ariyan	Hornsby 14.44m

Boys U 14 - Discus (1.0 Kg)

=====
 Zone: Z 49.50m 7/02/1994 Peter Elvy, Manly Warringah

Name	Age Centre	Final
1	Brodie Waldock	Ku-Ring-Gai 42.02m
2	Felix Scholle	Ku-Ring-Gai 38.88m
3	Samuel Langridge	Ku-Ring-Gai 38.13m
4	Kyan McDougall	Manly Warringah 34.70m
5	Lachlan Herbert	Ku-Ring-Gai 30.29m
6	Will Matheson	Mosman 29.74m
7	Mitchell Hatfield	Manly Warringah 24.74m
8	Brandon Bakker	Manly Warringah 22.08m

Boys U 15 - Discus (1.0 Kg)

=====
 Zone: Z 56.36m 7/02/1994 James Murphy, Manly Warringah

Name	Age Centre	Final
1	Malakye Enasio	Northern Districts 33.64m
2	Oliver BensonSparkes	Manly Warringah 32.89m
3	Justin George	Manly Warringah 28.11m
4	Noah Pereira	Mosman 24.00m
5	Ryan Colver	Manly Warringah 20.62m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - Discus (1.5 Kg)**

Zone: Z 46.86m 26/01/2014 William Brown, Manly Warring			
Name	Age	Centre	Final
1 Alexander Norris		Manly Warringah	30.28m
2 Jesse Diamond-Williams		Hornsby	27.56m
3 Byron Bakker		Manly Warringah	23.75m

Boys U 11 - Javelin (400 Gram)

Zone: Z 30.02m 13/12/2015 Ethan Oliver, Northern Distr			
Name	Age	Centre	Final
1 Alberto Jordan		Manly Warringah	19.63m
2 Kieran Bott		Ku-Ring-Gai	18.82m
3 Zac Stante		Manly Warringah	16.97m
4 Luka Prizmic		Manly Warringah	15.34m
5 Tyler Mawson		Hornsby	14.84m
6 Ollie Colivas		Manly Warringah	14.36m
7 Prescott Williams		Manly Warringah	14.07m
8 Hugo Reynolds		Ku-Ring-Gai	8.25m

Boys U 12 - Javelin (400 Gram)

Zone: Z 35.50m 11/12/2016 Ethan Oliver, Northern Distr			
Name	Age	Centre	Final
1 Toby Hall		Manly Warringah	28.85m
2 Josh Arundel		Manly Warringah	24.29m
3 Aidan Hall		Hornsby	22.71m
4 Hayden McLellan		Mosman	22.35m
5 Juan VanDeventer		Manly Warringah	22.19m
6 Nicholas Kachel		Hornsby	18.95m
7 Alex Ross		Hornsby	16.99m
8 Eduardo Briones		Manly Warringah	14.63m
9 Jesse Duke		Manly Warringah	14.37m

Boys U 13 - Javelin (600 Gram)

Zone: Z 43.20m 4/02/2012 Cameron McEntyre, Ku-ring-ga			
Name	Age	Centre	Final
1 Ruann Eksteen		Manly Warringah	30.45m
2 Nathanael Ramsay		Hornsby	30.04m
3 Freddie BensonSparkes		Manly Warringah	29.53m
4 Thomas Haslam		Ku-Ring-Gai	21.84m
5 Lachlan Dickinson		Manly Warringah	21.52m
6 Daniel Powrie		Ku-Ring-Gai	19.18m
7 Daniel Photios		Hornsby	16.66m
8 Issac Tate		Manly Warringah	13.78m

Boys U 14 - Javelin (600 Gram)

Zone: Z 55.84m 3/02/2013 Cameron McEntyre, Ku-ring-ga			
Name	Age	Centre	Final
1 Brodie Waldock		Ku-Ring-Gai	35.36m
2 Samuel Langridge		Ku-Ring-Gai	33.61m
3 Felix Scholle		Ku-Ring-Gai	32.62m
4 Brendan Markey		Manly Warringah	29.99m

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - Javelin (600 Gram)**

5 Gabriel Bertozzi	Manly Warringah	28.56m
6 Ivan Prizmic	Manly Warringah	24.45m

Boys U 15 - Javelin (700 Gram)

=====			
Zone: Z 61.62m 25/01/2014 Cameron McEntyre, Ku-ring-ga			
Name	Age	Centre	Final
=====			
1 Oliver BensonSparkes		Manly Warringah	31.71m
2 Noah Pereira		Mosman	20.18m

Boys U 17 - Javelin (700 Gram)

=====			
Zone: Z 63.87m 3/02/2013 Tyson Davis, Manly Warringah			
Name	Age	Centre	Final
=====			
1 Ethan Oliver		Northern Districts	40.08m
2 Liam Oliver		Northern Districts	38.48m
3 Alexander Norris		Manly Warringah	37.62m
4 Andrew Hill		Hornsby	19.73m
5 Martin Allen		Manly Warringah	15.85m

Boys U 9 - 700 Metre Walk

=====			
Zone: Z 2:49.41 4/02/2012 Dion Currothers, Manly Warr			
Name	Age	Centre	Final
=====			
Section 1			
1 Owen Holbert		Ku-Ring-Gai	4:47.18
2 Rhys Kirby		Manly Warringah	4:54.67
3 Beau Atkinson		Manly Warringah	4:54.91
4 Max Donald		Manly Warringah	4:55.45
5 Nicholas Watkins		Ku-Ring-Gai	4:55.60
6 Harvey Colivas		Manly Warringah	4:55.74
7 Benjamin Huisman		Ku-Ring-Gai	4:59.24
8 William Lowe		Manly Warringah	5:02.21
-- Cameron Green		Ku-Ring-Gai	DQ

Boys U 10 - 1100 Metre Walk

=====			
Zone: Z 5:47.20 7/02/2000 Cameron Williams, Ku-Ring-G			
Name	Age	Centre	Final
=====			
1 Andrew Guerin		Manly Warringah	6:49.71
2 Alexander Braendle		Northern Districts	7:12.64
3 Riley Waddingham		Northern Districts	8:47.68
-- James Maher		Manly Warringah	DQ
-- Ethan Jauncey		Manly Warringah	DQ

Boys U 11 - 1100 Metre Walk

=====			
Zone: Z 5:26.73 3/02/2013 Hayden Blaskett, Manly Warr			
Name	Age	Centre	Final
=====			
1 Dylan Mortimer		Manly Warringah	6:29.25
2 Zac Stante		Manly Warringah	8:02.01
3 Alexander Wenzel		Manly Warringah	8:04.31
4 Luka Prizmic		Manly Warringah	8:44.58
5 Charles Witts		Ku-Ring-Gai	9:01.99

NTH EAST MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - 1100 Metre Walk**

-- Daragh Ronald	Ku-Ring-Gai	DQ
-- Thomas Greenaway	Manly Warringah	DQ

Boys U 12 - 1500 Metre Walk

=====			
Zone: Z 7:24.00 7/02/1992 Andrew Nappin, Manly Warrin			
Name	Age Centre		Final
=====			
1 Dylan Allabush	Ku-Ring-Gai		9:05.81
2 Eduardo Briones	Manly Warringah		10:34.06
-- Mitchell Henwood	Ku-Ring-Gai		DQ

Boys U 13 - 1500 Metre Walk

=====			
Zone: Z 7:12.20 7/02/1993 Andrew Nappin, Manly Warrin			
Name	Age Centre		Final
=====			
1 Issac Tate	Manly Warringah		9:12.88
2 Orlando Grinbergs	Manly Warringah		9:29.52
3 Matthew Walter	Ku-Ring-Gai		9:51.31

Boys U 14 - 1500 Metre Walk

=====			
Zone: Z 6:57.33 3/02/2013 Aidan Kerr, Ku-Ring-Gai			
Name	Age Centre		Final
=====			
1 Alejandro Briones	Manly Warringah		8:47.53
2 Felix Scholle	Ku-Ring-Gai		8:55.28

Boys U 17 - 1500 Metre Walk

=====			
Zone: Z 6:43.12 14/12/2014 Aidan Kerr, Ku-Ring-Gai			
Name	Age Centre		Final
=====			
1 Dale Mapstone	Manly Warringah		8:47.14