

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

Zone: Z 8.80 2005 Brooke Jenkins, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Florence Webb		Ryde	10.17Q
2 Isla Passaro		Cherrybrook	10.53Q
3 Ziyu Fang		Cherrybrook	10.54q
4 Imogen Connell		Cherrybrook	10.65
5 JiaYing(Alicia) Sun		Cherrybrook	10.79
6 Angel Obi		Nth Rocks Carlin	12.20
Heat 2 Heats			
1 Gracie O'Leary		Northern Suburbs	9.97Q
2 Charlotte Fraser		Ryde	9.99Q
3 Floriana Mokofisi-Fielea		Parramatta	10.50q
4 Marieta Setefano		Parramatta	10.77
Heat 3 Heats			
1 ClaireSenam Fetrie		Parramatta	9.59Q
2 Charlotte Doak		Northern Suburbs	10.83Q
3 Amelia Oswald		Northern Suburbs	11.10
4 Zoe Fisher		Cherrybrook	11.19
5 Ziqi Chen		Parramatta	11.30

Girls U 7 - 50 Metre Sprint

Zone: Z 8.80 2005 Brooke Jenkins, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 ClaireSenam Fetrie		Parramatta	9.52
2 Gracie O'Leary		Northern Suburbs	9.59
3 Charlotte Fraser		Ryde	9.88
4 Florence Webb		Ryde	9.95
5 Charlotte Doak		Northern Suburbs	10.25
6 Isla Passaro		Cherrybrook	10.59
6 Floriana Mokofisi-Fielea		Parramatta	10.59
8 Ziyu Fang		Cherrybrook	10.66

Girls U 7 - 70 Metre Sprint

Zone: Z 11.60 1989 P Robertson, Hornsby District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Florence Lee		Nth Rocks Carlin	13.83Q
2 Anna Wegener		Cherrybrook	14.64Q
3 JiaYing(Alicia) Sun		Cherrybrook	14.66Q
4 Marieta Setefano		Parramatta	15.36q
Heat 2 Heats			
1 ClaireSenam Fetrie		Parramatta	13.34Q
2 Floriana Mokofisi-Fielea		Parramatta	14.82Q
3 Matilda Salter		Northern Suburbs	15.04Q
4 Siena Cuza		Cherrybrook	15.38q
5 Claire Mansell		Northern Suburbs	15.50
6 Zoe Fisher		Cherrybrook	15.75
7 Angel Obi		Nth Rocks Carlin	15.77

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

Zone: Z 11.60 1989 P Robertson, Hornsby District			
Name	Age	Centre	Final
Section 1 Final			
1 ClaireSenam Fetrie		Parramatta	13.48
2 Florence Lee		Nth Rocks Carlin	14.18
3 Anna Wegener		Cherrybrook	14.41
4 Matilda Salter		Northern Suburbs	15.30
5 JiaYing(Alicia) Sun		Cherrybrook	15.50
6 Siena Cuza		Cherrybrook	16.24

Girls U 8 - 70 Metre Sprint

Zone: Z 11.10 1993 A Hamilton, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emily Deverson		Cherrybrook	12.89Q
2 Eva Webb		Northern Suburbs	13.21Q
3 Iiyla Krishnasamy		Parramatta	13.75
4 Monica Araullo		Ryde	14.16
5 Iryssa Alley		Parramatta	14.24
Heat 2 Heats			
1 Abigail Wigham		Cherrybrook	12.70Q
2 Julia Perry		Nth Rocks Carlin	13.33Q
3 Natalie Higson		Northern Suburbs	13.66
4 Elizabeth Perry		Nth Rocks Carlin	13.74
5 Ashleigh Mansell		Cherrybrook	13.93
6 Sammi Smith		Nth Rocks Carlin	14.27
Heat 3 Heats			
1 Louisa Wright		Parramatta	12.33Q
2 Bonnie Castelllas		Northern Suburbs	12.63Q
3 Amia Kolman		Ryde	12.69q
4 Alofa Sauvao		Parramatta	12.75q
5 Ella Finnane		Ryde	12.84
6 Makenzie Deppeler		Cherrybrook	13.93

Girls U 8 - 70 Metre Sprint

Zone: Z 11.10 1993 A Hamilton, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Louisa Wright		Parramatta	12.17
2 Emily Deverson		Cherrybrook	12.37
3 Abigail Wigham		Cherrybrook	12.39
4 Amia Kolman		Ryde	12.47
5 Bonnie Castelllas		Northern Suburbs	12.56
6 Alofa Sauvao		Parramatta	12.70
7 Eva Webb		Northern Suburbs	12.90
8 Julia Perry		Nth Rocks Carlin	12.94

Girls U 9 - 70 Metre Sprint

Zone: Z 10.30 1999 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gabriella Oimage		Cherrybrook	12.04Q

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

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Results

....Girls U 9 - 70 Metre Sprint

2 Stuti Thakur	Parramatta	12.36Q
3 ChiquitaMarley Graham	Northern Suburbs	12.89Q
4 ShiyahElsa Fenil	Ryde	13.22q
5 Emily Hinson	Ryde	13.26q

Heat 2 Heats

1 Olivia Loring	Parramatta	12.36Q
2 Eva Ericoli	Cherrybrook	12.53Q
3 Nicol Hampel	Northern Suburbs	13.87Q

Girls U 9 - 70 Metre Sprint

=====
 Zone: Z 10.30 1999 Sarah Thomson, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1 Gabriella Omage	Cherrybrook	11.83
2 Stuti Thakur	Parramatta	12.09
3 Eva Ericoli	Cherrybrook	12.16
3 Olivia Loring	Parramatta	12.16
5 ChiquitaMarley Graham	Northern Suburbs	12.79
6 Emily Hinson	Ryde	13.14
7 ShiyahElsa Fenil	Ryde	13.42
8 Nicol Hampel	Northern Suburbs	13.50

Girls U 10 - 70 Metre Sprint

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 Zone: Z 10.20 2000 Sarah Thomson, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1 ClaraSeyramPrinces Fetri	Parramatta	10.85Q
2 Ruby Kernaghan	Parramatta	11.31Q
3 Tess James	Ryde	12.94Q
4 Milla Storgato	Cherrybrook	12.97
5 Raquel Tannous	Parramatta	13.12
6 Isabella Jurdeczka	Northern Suburbs	13.33

Heat 2 Heats

1 Harriet Aiken	Northern Suburbs	11.59Q
2 Evana Butler	Nth Rocks Carlin	11.73Q
3 Alanah O'Donovan	Parramatta	12.04Q
4 Scarlett Richards	Nth Rocks Carlin	12.87q
5 Star Millott	Parramatta	12.92q
6 Natalie Cobley	Nth Rocks Carlin	13.67

Girls U 10 - 70 Metre Sprint

=====
 Zone: Z 10.20 2000 Sarah Thomson, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1 ClaraSeyramPrinces Fetri	Parramatta	10.50
2 Ruby Kernaghan	Parramatta	10.96
3 Harriet Aiken	Northern Suburbs	11.36
4 Evana Butler	Nth Rocks Carlin	11.64
5 Alanah O'Donovan	Parramatta	11.74
6 Tess James	Ryde	12.58
7 Star Millott	Parramatta	12.60

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 100 Metre Sprint**

Zone: Z 16.60 1991 J Edwards, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 ClaireSenam Fetrie		Parramatta	19.67Q
2 Gracie O'Leary		Northern Suburbs	20.44Q
3 Serenity Nafai-Falelua		Parramatta	21.06Q
4 Charlotte Doak		Northern Suburbs	21.22
5 Imogen Connell		Cherrybrook	22.02
Heat 2 Heats			
1 Emma Barker		Nth Rocks Carlin	19.21Q
2 Charlotte Fraser		Ryde	19.70Q
3 Florence Lee		Nth Rocks Carlin	19.86Q
4 Floriana Mokofisi-Fielea		Parramatta	20.92q
5 Amelia Oswald		Northern Suburbs	21.08q
6 Ziyu Fang		Cherrybrook	21.56
7 Isla Passaro		Cherrybrook	21.63

Girls U 7 - 100 Metre Sprint

Zone: Z 16.60 1991 J Edwards, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 ClaireSenam Fetrie		Parramatta	19.37
2 Emma Barker		Nth Rocks Carlin	19.88
3 Charlotte Fraser		Ryde	19.99
4 Gracie O'Leary		Northern Suburbs	20.14
5 Florence Lee		Nth Rocks Carlin	20.30
6 Serenity Nafai-Falelua		Parramatta	21.80
7 Amelia Oswald		Northern Suburbs	22.02
8 Floriana Mokofisi-Fielea		Parramatta	22.08

Girls U 8 - 100 Metre Sprint

Zone: Z 15.40 1993 A Hamilton, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Abigail Wigham		Cherrybrook	17.69Q
2 Madison Tabrett		Cherrybrook	18.35q
3 Amia Kolman		Ryde	18.51q
4 Juliette Corne		Parramatta	19.38
5 Lesieli Moala		Ryde	21.70
6 Victoria Chung		Ryde	22.23
7 Amy Goldstiver		Cherrybrook	22.48
Heat 2 Heats			
1 Bonnie Castellas		Northern Suburbs	18.35Q
2 Emily Deverson		Cherrybrook	18.41q
3 Yazmyn Buonocore		Ryde	19.08
4 Eseta Fotu-Mokofisi		Nth Rocks Carlin	19.52
5 Jasmin Collier		Nth Rocks Carlin	20.20
6 Chanya Demel		Cherrybrook	21.59
Heat 3 Heats			
1 Louisa Wright		Parramatta	17.91Q
2 Fleur Motteram		Northern Suburbs	18.21q
3 Ella Finnane		Ryde	18.62q
4 Eva Webb		Northern Suburbs	18.93
5 Gia Greig		Ryde	19.34

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

6	Tiana Wang	Nth Rocks Carlin	19.44
7	Matilda Pearson	Nth Rocks Carlin	21.06

Girls U 8 - 100 Metre Sprint

=====			
	Zone: Z 15.40	1993	A Hamilton, Northern Suburbs
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Louisa Wright	Parramatta	17.31
2	Fleur Motteram	Northern Suburbs	17.76
3	Abigail Wigham	Cherrybrook	17.86
4	Emily Deverson	Cherrybrook	17.88
5	Bonnie Castellias	Northern Suburbs	17.89
6	Amia Kolman	Ryde	18.26
7	Ella Finnane	Ryde	18.35
8	Madison Tabrett	Cherrybrook	18.36

Girls U 9 - 100 Metre Sprint

=====			
	Zone: Z 14.60	1999	Sarah Thomson, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Gabriella Omage	Cherrybrook	16.25Q
2	Pippa Burke	Cherrybrook	17.70q
3	Emily Hinson	Ryde	18.55
4	Charlotte Barker	Nth Rocks Carlin	18.67
5	Christiana Cruz	Cherrybrook	19.68
6	Samanthi Mendis	Parramatta	22.26
Heat 2 Heats			
1	Naduli Kariyawasam	Parramatta	16.30Q
2	Stuti Thakur	Parramatta	16.84q
3	Eva Ericoli	Cherrybrook	17.04q
4	ChiquitaMarley Graham	Northern Suburbs	18.24
5	ShiyahElsa Fenil	Ryde	18.59
6	Abigail Damian	Northern Suburbs	18.74
Heat 3 Heats			
1	Jacqueline Pawsey	Ryde	17.08Q
2	Bella Fraser	Ryde	17.95
3	Anna Moresi	Cherrybrook	18.10
4	Skye Tse	Northern Suburbs	19.26
5	Natalie Tang	Nth Rocks Carlin	19.88
6	Rachel Goh	Nth Rocks Carlin	20.08
Heat 4 Heats			
1	Olivia Loring	Parramatta	17.20Q
2	Collette Lumley	Northern Suburbs	17.53q
3	Zara Drinkwater	Northern Suburbs	18.18
4	Sienna Wade	Northern Suburbs	18.31
5	MiaRose Everson	Ryde	18.37
6	Pare Nader	Parramatta	18.54

Girls U 9 - 100 Metre Sprint

=====			
	Zone: Z 14.60	1999	Sarah Thomson, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Gabriella Omage	Cherrybrook	16.10

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

2	Naduli Kariyawasam	Parramatta	16.42
3	Jacqueline Pawsey	Ryde	16.55
4	Stuti Thakur	Parramatta	16.77
5	Olivia Loring	Parramatta	17.10
6	Eva Ericoli	Cherrybrook	17.51
7	Collette Lumley	Northern Suburbs	17.63
8	Pippa Burke	Cherrybrook	17.71

Girls U 10 - 100 Metre Sprint

=====			
	Zone: Z 13.80	2000	E Wilson, North Rocks Carling
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Georgia Vella	Cherrybrook	16.51Q
2	Milla Storgato	Cherrybrook	17.75q
3	Scarlett Richards	Nth Rocks Carlin	18.36
4	Natalie Cobley	Nth Rocks Carlin	19.25
5	Summer Aiken	Parramatta	19.36
Heat 2 Heats			
1	Harriet Aiken	Northern Suburbs	16.11Q
2	Alanah O'Donovan	Parramatta	16.39q
3	Raquel Tannous	Parramatta	18.00
4	Melevea Mokofisi	Parramatta	18.32
5	Madeleine Gee	Northern Suburbs	18.33
6	Isabella Jurdeczka	Northern Suburbs	18.59
7	Miranda Araullo	Ryde	23.09
Heat 3 Heats			
1	ClaraSeyramPrinces Fetri	Parramatta	14.84Q
2	Zara Davies	Ryde	17.91
3	Star Millott	Parramatta	18.02
4	Chloe Yoon	Ryde	18.07
5	Alison Hubbard	Nth Rocks Carlin	18.17
6	Erin Armstrong	Ryde	18.86
Heat 4 Heats			
1	Evana Butler	Nth Rocks Carlin	16.51Q
2	Mackenzie McBain	Nth Rocks Carlin	17.27q
3	Alina Hollobon	Northern Suburbs	17.37q
4	Emma Yates	Northern Suburbs	17.78
5	Emily Smith	Northern Suburbs	17.90

Girls U 10 - 100 Metre Sprint

=====			
	Zone: Z 13.80	2000	E Wilson, North Rocks Carling
Name	Age	Centre	Final
=====			
Section 1 Final			
1	ClaraSeyramPrinces Fetri	Parramatta	15.21
2	Harriet Aiken	Northern Suburbs	16.21
3	Georgia Vella	Cherrybrook	16.41
4	Evana Butler	Nth Rocks Carlin	16.44
5	Alanah O'Donovan	Parramatta	16.54
6	Alina Hollobon	Northern Suburbs	17.38
7	Mackenzie McBain	Nth Rocks Carlin	17.40
8	Milla Storgato	Cherrybrook	17.81

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

Zone: Z 13.60 1989 E Wilson, North Rocks Carling			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Reena Son		Northern Suburbs	15.35Q
2 Mikaela Gavranic		Ryde	15.38Q
3 Kara Hazon		Nth Rocks Carlin	15.83
4 Sheba Amini		Ryde	16.13
5 Alisha Katafono		Parramatta	16.37
6 Emilia Webb		Ryde	16.80
7 Charlotte Grubisic		Northern Suburbs	16.93
Heat 2 Heats			
1 Sophie Durheim		Cherrybrook	14.96Q
2 Olivia Sidhu		Ryde	15.32Q
3 Hannah Storey		Cherrybrook	15.78q
4 Annabel Smeulders		Cherrybrook	16.11
5 Annabelle Twyman		Northern Suburbs	16.23
6 Risha Bhatia		Nth Rocks Carlin	17.06
Heat 3 Heats			
1 Tanna Kotulic		Ryde	15.03Q
2 Emmanuella Omage		Cherrybrook	15.69Q
3 Maddison Minard		Nth Rocks Carlin	15.76q
4 Hine Rikiti		Ryde	15.85
5 Princess Obi		Nth Rocks Carlin	16.09
6 Lily Scahill		Nth Rocks Carlin	16.50

Girls U 11 - 100 Metre Sprint

Zone: Z 13.60 1989 E Wilson, North Rocks Carling			
Name	Age	Centre	Final
Section 1 Final			
1 Tanna Kotulic		Ryde	15.18
2 Sophie Durheim		Cherrybrook	15.25
3 Reena Son		Northern Suburbs	15.43
4 Mikaela Gavranic		Ryde	15.55
5 Olivia Sidhu		Ryde	15.64
6 Emmanuella Omage		Cherrybrook	15.96
7 Maddison Minard		Nth Rocks Carlin	16.29
8 Hannah Storey		Cherrybrook	16.36

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 1999 Miriam Ramsay, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Catherine Mikan		Northern Suburbs	13.80Q
2 Caitlin Russell		Cherrybrook	13.83Q
3 Aqua Fisher		Northern Suburbs	14.51q
4 Sienna Braithwaite		Cherrybrook	15.64
5 PrabhjyotKaur Juneja		Parramatta	16.12
Heat 2 Heats			
1 Mila Burdett		Nth Rocks Carlin	14.83Q
2 Chloe Leivesley		Nth Rocks Carlin	14.97Q
3 Charlotte Nagle		Ryde	15.50
4 Tarnia Newton		Northern Suburbs	16.30
5 Shefali Bajpai		Nth Rocks Carlin	16.72
6 Serena Vanderklaw		Cherrybrook	16.89

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

7 Kirsten Lau	Nth Rocks Carlin	18.06
Heat 3 Heats		
1 Isabella Longley	Northern Suburbs	14.85Q
2 Talia Coffin	Ryde	15.42Q
3 Zaara Yip	Nth Rocks Carlin	15.48q
4 Helena Wright	Parramatta	15.78
5 Nakita Newton	Northern Suburbs	15.79
6 Leeyng Huang	Nth Rocks Carlin	16.34
7 Charlotte Mear	Parramatta	16.55

Girls U 12 - 100 Metre Sprint

=====			
Zone: Z 13.20 1999		Miriam Ramsay, Ryde	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Catherine Mikan	Northern Suburbs	13.87	
2 Caitlin Russell	Cherrybrook	14.08	
3 Aqua Fisher	Northern Suburbs	14.64	
4 Isabella Longley	Northern Suburbs	15.07	
5 Chloe Leivesley	Nth Rocks Carlin	15.20	
6 Mila Burdett	Nth Rocks Carlin	15.52	
7 Talia Coffin	Ryde	15.67	
8 Zaara Yip	Nth Rocks Carlin	15.72	

Girls U 13 - 100 Metre Sprint

=====			
Zone: Z 12.90 1992		E Wilson, North Rocks Carling	
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Eliza Matthews	Nth Rocks Carlin	14.60Q	
2 Ruby Perkins	Northern Suburbs	14.99Q	
3 Lucy Deayton	Parramatta	15.20q	
4 Kristen Tannous	Parramatta	15.54	
5 Olivia Sassen	Parramatta	15.55	
6 Elise Murray	Parramatta	15.84	
Heat 2 Heats			
1 Isabella Azizi	Northern Suburbs	14.56Q	
2 Madison Mitchell	Cherrybrook	14.93Q	
3 Megha Aravindaraja	Parramatta	15.77	
Heat 3 Heats			
1 Tianna Bertolissio	Parramatta	13.99Q	
2 Anika Sinha	Parramatta	14.70Q	
3 Anesha Busingye	Nth Rocks Carlin	15.22q	
4 Grace Carden	Northern Suburbs	16.20	
5 Nidhi Rao	Nth Rocks Carlin	16.38	
6 Caitlin Gurney	Cherrybrook	17.47	

Girls U 13 - 100 Metre Sprint

=====			
Zone: Z 12.90 1992		E Wilson, North Rocks Carling	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Tianna Bertolissio	Parramatta	13.84	
2 Isabella Azizi	Northern Suburbs	14.18	
3 Eliza Matthews	Nth Rocks Carlin	14.58	
4 Madison Mitchell	Cherrybrook	14.85	

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

5 Anika Sinha	Parramatta	14.90
6 Ruby Perkins	Northern Suburbs	14.94
7 Anesha Busingye	Nth Rocks Carlin	15.39
8 Lucy Deayton	Parramatta	15.73

Girls U 14 - 100 Metre Sprint

=====			
	Zone: Z 12.60	1991	J Horne, Parramatta
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Ruby Worrell		Ryde	12.93Q
2 Tara Webb		Cherrybrook	13.83Q
3 Maddison Duncombe		Ryde	14.52Q
4 Madeleine Gregg		Northern Suburbs	14.86
5 Hannah Anderson		Northern Suburbs	15.21
Heat 2 Heats			
1 XinMin Tan		Northern Suburbs	13.49Q
2 Aliana Moala		Ryde	13.63Q
3 Mia Marshall		Ryde	14.20Q
4 Ashlee Hu		Ryde	14.52q
5 Andrea MyaHan		Nth Rocks Carlin	14.78q
6 Cathy Yang		Nth Rocks Carlin	15.45
7 Cylest Benfell		Nth Rocks Carlin	15.46

Girls U 14 - 100 Metre Sprint

=====			
	Zone: Z 12.60	1991	J Horne, Parramatta
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Ruby Worrell		Ryde	12.97
2 XinMin Tan		Northern Suburbs	13.38
3 Aliana Moala		Ryde	13.84
4 Tara Webb		Cherrybrook	13.88
5 Mia Marshall		Ryde	14.05
6 Ashlee Hu		Ryde	14.65
7 Maddison Duncombe		Ryde	14.80
8 Andrea MyaHan		Nth Rocks Carlin	14.86

Girls U 15 - 100 Metre Sprint

=====			
	Zone: Z 12.40	2005	Sarah Thomson, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1			
1 Abigail Omage		Cherrybrook	13.21
2 Brooke Luksic		Parramatta	13.74
3 Emily Uslu		Parramatta	14.00
4 Jasmine Lowe		Northern Suburbs	14.18
5 Mikayla Kelleher		Ryde	14.32
6 Jessica Peterson		Parramatta	14.75

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

Zone: Z 12.34 12/12/2015 Katie Devitt, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alyssa Lowe		Ryde	12.71Q
2 Portia Amy-Wilson		Northern Suburbs	13.56Q
3 Sarah Brown		Ryde	13.87Q
4 Chelsea Smith		Nth Rocks Carlin	13.88q
5 Sophie Anderson		Northern Suburbs	13.92q
Heat 2 Heats			
1 Eliza DaSilva		Ryde	12.91Q
2 Sophie Kavanagh		Nth Rocks Carlin	13.49Q
3 Eleanor Partridge		Northern Suburbs	13.70Q
4 Adria McAndrew		Ryde	14.33
5 Alicia So		Parramatta	14.88
6 Alessandra Primrose		Nth Rocks Carlin	15.84

Girls U 17 - 100 Metre Sprint

Zone: Z 12.34 12/12/2015 Katie Devitt, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Alyssa Lowe		Ryde	12.78
2 Eliza DaSilva		Ryde	13.05
3 Sophie Kavanagh		Nth Rocks Carlin	13.57
4 Portia Amy-Wilson		Northern Suburbs	13.76
5 Sarah Brown		Ryde	13.83
6 Eleanor Partridge		Northern Suburbs	14.04
7 Chelsea Smith		Nth Rocks Carlin	14.05

Girls U 7 - 200 Metre Sprint

Zone: Z 36.00 1989 P Robertson, Hornsby District			
Name	Age	Centre	Final
Section 1			
1 Emma Barker		Nth Rocks Carlin	42.18
2 Charlotte Fraser		Ryde	42.94
Section 2			
1 Serenity Nafoi-Falelua		Parramatta	43.97
2 Laura Cunha		Nth Rocks Carlin	43.99
3 Florence Lee		Nth Rocks Carlin	44.45
4 Isla Passaro		Cherrybrook	45.47

Girls U 8 - 200 Metre Sprint

Zone: Z 33.80 1997 S Corio, Tiger Wests			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Emily Deverson		Cherrybrook	40.93Q
2 Bonnie Castellias		Northern Suburbs	42.45Q
3 Lesieli Moala		Ryde	44.60
4 Ashleigh Mansell		Cherrybrook	45.10
5 Amy Goldstiver		Cherrybrook	47.65
6 Hazel Holman		Parramatta	50.05
Heat 2 Heats			
1 Fleur Motteram		Northern Suburbs	37.72Q

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

2	Abigail Wigham	Cherrybrook	38.99Q
3	Iiyla Krishnasamy	Parramatta	42.00q
4	Kourtney Holl	Ryde	42.33
5	Eseta Fotu-Mokofisi	Nth Rocks Carlin	44.72
6	Bronte Jamieson	Nth Rocks Carlin	49.78

Heat 3 Heats

1	Amia Kolman	Ryde	38.74Q
2	Eva Webb	Northern Suburbs	41.04Q
3	Amy Codrington	Nth Rocks Carlin	42.20q
4	Tiana Wang	Nth Rocks Carlin	43.29
5	Monica Araullo	Ryde	43.95
6	Heidi Waddell	Nth Rocks Carlin	45.51

Girls U 8 - 200 Metre Sprint

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 Zone: Z 33.80 1997 S Corio, Tiger Wests

Name Age Centre Final
 =====

Section 1 Final

1	Fleur Motteram	Northern Suburbs	37.78
2	Bonnie Castellias	Northern Suburbs	38.33
3	Emily Deverson	Cherrybrook	38.35
3	Amia Kolman	Ryde	38.35
5	Abigail Wigham	Cherrybrook	39.34
6	Iiyla Krishnasamy	Parramatta	42.54
7	Eva Webb	Northern Suburbs	44.71
8	Amy Codrington	Nth Rocks Carlin	45.79

Girls U 9 - 200 Metre Sprint

=====
 Zone: Z 31.20 15/12/2013 Emily Crawford, Cherrybrook

Name Age Centre Heats
 =====

Heat 1 Heats

1	Gabriella Oimage	Cherrybrook	34.10Q
2	Bella Fraser	Ryde	37.74Q
3	Olivia Pisani	Ryde	39.24
4	Christiana Cruz	Cherrybrook	41.33
5	Nicol Hampel	Northern Suburbs	42.95
6	Olivia Rendall	Northern Suburbs	43.38

Heat 2 Heats

1	Naduli Kariyawasam	Parramatta	35.06Q
2	Lily Ruttley	Northern Suburbs	39.88Q
3	Charlotte Barker	Nth Rocks Carlin	40.83
4	Serena Li	Cherrybrook	42.65
5	ShiyahElsa Fenil	Ryde	42.90

Heat 3 Heats

1	Makenzi Gartner	Cherrybrook	36.14Q
2	Collette Lumley	Northern Suburbs	37.07Q
3	Eva Ericoli	Cherrybrook	37.63q
4	Sienna Wade	Northern Suburbs	38.20q
5	Aishi Wijesekera	Parramatta	38.38

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

Zone: Z 31.20 15/12/2013 Emily Crawford, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Gabriella Omage		Cherrybrook	34.02
2 Naduli Kariyawasam		Parramatta	35.17
3 Makenzi Gartner		Cherrybrook	35.69
4 Collette Lumley		Northern Suburbs	36.53
5 Bella Fraser		Ryde	36.85
6 Eva Ericoli		Cherrybrook	37.45
7 Sienna Wade		Northern Suburbs	37.88
8 Lily Ruttley		Northern Suburbs	39.91

Girls U 10 - 200 Metre Sprint

Zone: Z 29.00 2003 Rubeena King, Northern Suburb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Erin Campbell		Northern Suburbs	35.00Q
2 Zoe McGuire		Nth Rocks Carlin	35.66Q
3 Alison Hubbard		Nth Rocks Carlin	37.69Q
4 Caitlin Quirk		Ryde	37.77q
5 Zara Davies		Ryde	37.85q
6 Thehara Kariyawasam		Ryde	37.93
7 Chloe Yoon		Ryde	38.28
8 Raquel Tannous		Parramatta	38.79
Heat 2 Heats			
1 Claudia Wyatt		Cherrybrook	33.78Q
2 Alanah O'Donovan		Parramatta	36.68Q
3 Sarah Clemens		Northern Suburbs	38.57Q
4 Eliza Macpherson		Northern Suburbs	39.04
5 Tess James		Ryde	39.44
6 Annabel Cullen		Nth Rocks Carlin	40.00
7 Summer Aiken		Parramatta	43.00

Girls U 10 - 200 Metre Sprint

Zone: Z 29.00 2003 Rubeena King, Northern Suburb			
Name	Age	Centre	Final
Section 1 Final			
1 Claudia Wyatt		Cherrybrook	33.43
2 Alanah O'Donovan		Parramatta	34.66
3 Erin Campbell		Northern Suburbs	34.84
4 Zoe McGuire		Nth Rocks Carlin	36.38
5 Sarah Clemens		Northern Suburbs	38.26
6 Zara Davies		Ryde	38.73
7 Alison Hubbard		Nth Rocks Carlin	40.36

Girls U 11 - 200 Metre Sprint

Zone: Z 28.00 2004 Courtney Cross, Hornsby Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sophie Durheim		Cherrybrook	31.97Q
2 Tanna Kotulic		Ryde	32.36Q
3 Olivia Sidhu		Ryde	32.89q

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

4	Charlotte Grubisic	Northern Suburbs	35.52
5	Sophie Taylor	Nth Rocks Carlin	38.57
6	Lilly Hayhurst	Cherrybrook	41.18

Heat 2 Heats

1	Hannah Storey	Cherrybrook	34.43Q
2	Alisha Katafono	Parramatta	34.85Q
3	Indianna Wijeyesinghe	Cherrybrook	35.19
4	Rana Taumalolo	Northern Suburbs	36.43
5	Aurora Willard	Ryde	37.05

Heat 3 Heats

1	Reena Son	Northern Suburbs	31.77Q
2	Princess Obi	Nth Rocks Carlin	32.86Q
3	Emmanuella Oimage	Cherrybrook	33.77q
4	Sheba Amini	Ryde	35.00
5	Aurelia Froud	Northern Suburbs	35.54
6	Jenaya Lubrano	Cherrybrook	36.96

Girls U 11 - 200 Metre Sprint

=====			
	Zone: Z 28.00	2004	Courtney Cross, Hornsby Distr
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Reena Son	Northern Suburbs	31.78
2	Tanna Kotulic	Ryde	31.96
3	Olivia Sidhu	Ryde	32.18
4	Sophie Durheim	Cherrybrook	32.28
5	Princess Obi	Nth Rocks Carlin	32.83
6	Hannah Storey	Cherrybrook	34.75
7	Emmanuella Oimage	Cherrybrook	34.79
8	Alisha Katafono	Parramatta	34.83

Girls U 12 - 200 Metre Sprint

=====			
	Zone: Z 27.07	2012	Taylor-Lee Marconi, Parramatt
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Mila Burdett	Nth Rocks Carlin	32.40Q
2	Helena Wright	Parramatta	33.64Q
3	KatelynMarieGo Velasco	Parramatta	34.82
4	Aleisha Mannie	Nth Rocks Carlin	36.15
Heat 2 Heats			
1	Caitlin Russell	Cherrybrook	28.99Q
2	Aqua Fisher	Northern Suburbs	30.85Q
3	Isabella Longley	Northern Suburbs	31.50q
4	Tarnia Newton	Northern Suburbs	34.43
5	Serena Vanderklaw	Cherrybrook	34.51
6	Madison Clarke	Cherrybrook	37.70
Heat 3 Heats			
1	Catherine Mikan	Northern Suburbs	29.42Q
2	Sienna Braithwaite	Cherrybrook	32.94Q
3	Nakita Newton	Northern Suburbs	33.41q
4	Charlotte Nagle	Ryde	33.50
5	Jessica Quirk	Ryde	36.60
6	Rebecca Madigan	Nth Rocks Carlin	36.62
7	Caitlyn Collier	Nth Rocks Carlin	37.24

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

Zone: Z 27.07 2012 Taylor-Lee Marconi, Parramatt			
Name	Age	Centre	Final
Section 1 Final			
1 Catherine Mikan		Northern Suburbs	28.68
2 Caitlin Russell		Cherrybrook	29.55
3 Aqua Fisher		Northern Suburbs	30.94
4 Isabella Longley		Northern Suburbs	31.61
5 Mila Burdett		Nth Rocks Carlin	32.32
6 Sienna Braithwaite		Cherrybrook	33.13
7 Helena Wright		Parramatta	33.76
8 Nakita Newton		Northern Suburbs	33.79

Girls U 13 - 200 Metre Sprint

Zone: Z 26.10 2003 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Madison Mitchell		Cherrybrook	30.85Q
2 Caitlin Brennan		Nth Rocks Carlin	31.34Q
3 Imogen Taylor-Thorne		Northern Suburbs	33.36
Heat 2 Heats			
1 Lara Klarich		Ryde	32.99Q
2 Elena Norquay		Northern Suburbs	34.92Q
Heat 3 Heats			
1 Isabella Fisher		Cherrybrook	28.83Q
2 Tianna Bertolissio		Parramatta	28.88Q
3 Sarah Sakr		Parramatta	31.64q
4 Anika Sinha		Parramatta	32.05q
5 Kristen Tannous		Parramatta	32.70

Girls U 13 - 200 Metre Sprint

Zone: Z 26.10 2003 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Isabella Fisher		Cherrybrook	28.64
2 Tianna Bertolissio		Parramatta	30.14
3 Madison Mitchell		Cherrybrook	30.44
4 Caitlin Brennan		Nth Rocks Carlin	30.94
5 Sarah Sakr		Parramatta	31.65
6 Anika Sinha		Parramatta	32.46
7 Lara Klarich		Ryde	33.18
8 Elena Norquay		Northern Suburbs	34.09

Girls U 14 - 200 Metre Sprint

Zone: Z 26.00 2004 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 XinMin Tan		Northern Suburbs	27.92Q
2 Tara Webb		Cherrybrook	29.22Q
3 Jenah Patel		Nth Rocks Carlin	29.77Q
4 Kaitlyn Martin		Ryde	30.63q
Heat 2 Heats			
1 Ruby Worrell		Ryde	26.94Q

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

2	Aliana Moala	Ryde	28.99Q
3	Hayley Reynolds	Nth Rocks Carlin	29.83Q
4	Ashlee Hu	Ryde	31.15q
5	Andrea MyaHan	Nth Rocks Carlin	31.90
6	Cylest Benfell	Nth Rocks Carlin	33.45

Girls U 14 - 200 Metre Sprint

=====			
	Zone: Z 26.00	2004	Sarah Thomson, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Ruby Worrell	Ryde	26.35
2	XinMin Tan	Northern Suburbs	27.10
3	Aliana Moala	Ryde	28.49
4	Tara Webb	Cherrybrook	28.69
5	Hayley Reynolds	Nth Rocks Carlin	29.43
6	Jenah Patel	Nth Rocks Carlin	29.63
7	Kaitlyn Martin	Ryde	30.50
8	Ashlee Hu	Ryde	30.65

Girls U 15 - 200 Metre Sprint

=====			
	Zone: Z 25.70	2002	A Attenborough, Hornsby Distr
Name	Age	Centre	Final
=====			
Section 1			
1	Brooke Luksic	Parramatta	28.38
2	Abigail Omage	Cherrybrook	28.54
3	Emily Uslu	Parramatta	29.55
4	Jasmine Lowe	Northern Suburbs	30.31
5	Sophie Smart	Nth Rocks Carlin	33.98

Girls U 17 - 200 Metre Sprint

=====			
	Zone: Z 25.20	2009	Michelle Jenneke, Cherrybrook
Name	Age	Centre	Final
=====			
1	Sophie Kavanagh	Nth Rocks Carlin	28.27
2	Chelsea Smith	Nth Rocks Carlin	29.46
3	Adria McAndrew	Ryde	30.44
Section 2			
1	Annika Lynch	Northern Suburbs	26.86
2	Eliza DaSilva	Ryde	26.94
3	Eleanor Partridge	Northern Suburbs	28.78
4	Emily Gathercole	Nth Rocks Carlin	29.83

Girls U 8 - 400 Metre Sprint

=====			
	Zone: Z 1:18.30	2010	Metiria Doyle, Northern Sub
Name	Age	Centre	Final
=====			
Section 1			
1	Eseta Fotu-Mokofisi	Nth Rocks Carlin	1:37.54
2	Juliette Corne	Parramatta	1:41.95
3	Heidi Waddell	Nth Rocks Carlin	1:42.07
4	Monica Araullo	Ryde	1:47.33
5	Hayley Carroll	Nth Rocks Carlin	1:47.92
6	Amy Codrington	Nth Rocks Carlin	1:49.20

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 8 - 400 Metre Sprint

7	Eva Webb	Northern Suburbs	1:49.54
Section 2			
1	Fleur Motteram	Northern Suburbs	1:27.19
2	Kourtney Holl	Ryde	1:35.47
3	Alexis Kernaghan	Parramatta	1:36.78
4	Aria Centellas	Ryde	1:38.50
5	Iiyla Krishnasamy	Parramatta	1:43.69
6	Tiana Wang	Nth Rocks Carlin	1:44.30
7	Lesieli Moala	Ryde	1:52.02

Girls U 9 - 400 Metre Sprint

=====
 Zone: Z 1:14.40 1999 L Willis, Hornsby District
 Name Age Centre Final
 =====

Section 1			
1	Alice Bannister	Northern Suburbs	1:33.55
2	MiaRose Everson	Ryde	1:36.51
3	Olivia Rendall	Northern Suburbs	1:36.93
4	Christiana Cruz	Cherrybrook	1:37.15
5	Skye Tse	Northern Suburbs	1:40.64
6	Ella Shannon	Cherrybrook	1:48.78
Section 2			
1	Naduli Kariyawasam	Parramatta	1:21.38
2	Hannah Lambert	Nth Rocks Carlin	1:22.02
3	Collette Lumley	Northern Suburbs	1:26.94
4	Aishi Wijesekera	Parramatta	1:27.00
5	Sienna Wade	Northern Suburbs	1:27.06
6	Grace Cooley	Ryde	1:35.06
7	Bella Fraser	Ryde	1:36.94

Girls U 10 - 400 Metre Sprint

=====
 Zone: Z 1:10.30 2008 Raukura Doyle, Northern Sub
 Name Age Centre Final
 =====

Section 1			
1	Erin Campbell	Northern Suburbs	1:22.73
2	Aimee Yap	Northern Suburbs	1:30.84
3	Savandi Weerasekara	Cherrybrook	1:32.90
4	Emily Smith	Northern Suburbs	1:34.02
5	Mary Powell	Nth Rocks Carlin	1:34.64
Section 2			
1	Ruby Kernaghan	Parramatta	1:14.79
2	Claudia Wyatt	Cherrybrook	1:15.54
3	Georgia Vella	Cherrybrook	1:17.69
4	Chloe McGregor	Ryde	1:21.59
5	Mackenzie McBain	Nth Rocks Carlin	1:22.48
6	Emma Yates	Northern Suburbs	1:24.52
7	Zoe McGuire	Nth Rocks Carlin	1:29.33
8	Laila Burkhardt	Cherrybrook	1:31.30

Girls U 11 - 400 Metre Sprint

=====
 Zone: Z 1:07.10 1995 R Junor, Tiger Wests
 Name Age Centre Final
 =====

Section 1			
1	Pia Goradia	Nth Rocks Carlin	1:26.67

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - 400 Metre Sprint**

2	Charlotte Grubisic	Northern Suburbs	1:26.86
3	Jess Roughan	Northern Suburbs	1:31.08
Section 2			
1	Katie Bowrey	Parramatta	1:14.58
2	Cooley Juliette	Ryde	1:18.39
3	Sabella Storey	Cherrybrook	1:20.39
4	Jenaya Lubrano	Cherrybrook	1:27.16
5	Rachel Fenson	Nth Rocks Carlin	1:28.13
6	Aurora Willard	Ryde	1:29.41
7	Natalie Dransfield	Northern Suburbs	1:32.28

Girls U 12 - 400 Metre Sprint

=====			
	Zone: Z 1:05.18	2012	Eliza Harvey, Nth Rocks C'f
Name	Age	Centre	Final
=====			
Section 1			
1	Ally Maclaine	Cherrybrook	1:31.92
Section 2			
1	PrabhjyotKaur Juneja	Parramatta	1:18.07
2	Aoife Murdock	Nth Rocks Carlin	1:18.26
3	KatelynMarieGo Velasco	Parramatta	1:21.99
4	Ella McGregor	Ryde	1:24.34
5	Rebecca Madigan	Nth Rocks Carlin	1:25.69
Section 3			
1	Catherine Mikan	Northern Suburbs	1:06.61
2	Charlotte O'Dowd	Northern Suburbs	1:07.87
3	Caitlin Russell	Cherrybrook	1:13.13
4	Zara Pawsey	Ryde	1:15.30
5	Annika Boys	Northern Suburbs	1:16.17
6	Mila Burdett	Nth Rocks Carlin	1:18.70
7	Amy Timms	Cherrybrook	1:19.44

Girls U 13 - 400 Metre Sprint

=====			
	Zone: Z 1:02.40	2011	Chelsea Loughrey, Parramatt
Name	Age	Centre	Final
=====			
Section 2			
1	Hannah Sacco	Northern Suburbs	1:16.19
2	Alicia Leggatt	Ryde	1:18.31
3	Elena Norquay	Northern Suburbs	1:19.55
4	Tharindi Balalle	Nth Rocks Carlin	1:27.31
5	Jocelyn Donald	Parramatta	1:29.25
Section 3			
1	Isabella Fisher	Cherrybrook	1:06.42
2	Caitlin Brennan	Nth Rocks Carlin	1:08.78
3	Olivia Moresi	Cherrybrook	1:09.65
4	Rani Sharma	Cherrybrook	1:10.23
5	Sienna Beram	Ryde	1:13.57

Girls U 14 - 400 Metre Sprint

=====			
	Zone: Z 1:00.30	2005	Elle-Maree Farrington, Nort
Name	Age	Centre	Final
=====			
Section 1			
1	XinMin Tan	Northern Suburbs	1:05.61
2	Annabel Macdonald	Ryde	1:10.99

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 14 - 400 Metre Sprint**

3	Zoe Banks	Northern Suburbs	1:12.44
Section 2			
1	Ruby Worrell	Ryde	1:02.27
2	Aliana Moala	Ryde	1:08.85
3	Claudia Wilson	Cherrybrook	1:09.14
4	Tara Webb	Cherrybrook	1:11.52
5	Alyssa Khaw	Nth Rocks Carlin	1:15.78
6	Lucy Proszenko	Ryde	1:19.63

Girls U 17 - 400 Metre Sprint

=====			
Zone: Z 59.80		2009 Jenny Blundell, Cherrybrook	
Name	Age	Centre	Final
=====			
Section 1			
1	Grace Chamberlain	Northern Suburbs	1:06.38
2	Eleanor Partridge	Northern Suburbs	1:06.68
3	Zahra Safi	Northern Suburbs	1:10.18
Section 2			
1	Lily Tilt	Nth Rocks Carlin	1:02.93
2	Kora Villa	Northern Suburbs	1:04.31
3	Sophie Boland	Ryde	1:09.33
4	Caitlin Roach	Parramatta	1:10.96
5	Angela Asikin	Northern Suburbs	1:13.70

Girls U 7 - 500 Metre Run Pack Start

=====			
Zone: Z 1:48.90		1998 M D'Arcy, Hornsby District	
Name	Age	Centre	Final
=====			
Section 1			
1	Emma Barker	Nth Rocks Carlin	2:11.26
2	Claire Mansell	Northern Suburbs	2:19.68
3	Amelia Oswald	Northern Suburbs	2:20.89
4	Serenity Nafai-Falelua	Parramatta	2:21.67
5	Laura Cunha	Nth Rocks Carlin	2:24.30
6	Matilda Salter	Northern Suburbs	2:26.05
7	Anna Wegener	Cherrybrook	2:26.49

Girls U 8 - 700 Metre Run Pack Start

=====			
Zone: Z 2:26.40		2010 Metiria Doyle, Northern Sub	
Name	Age	Centre	Final
=====			
1	Fleur Motteram	Northern Suburbs	2:46.39
2	Kourtney Holl	Ryde	3:00.74
3	Heidi Waddell	Nth Rocks Carlin	3:03.80
4	Alexis Kernaghan	Parramatta	3:06.03
5	Julia Perry	Nth Rocks Carlin	3:10.18
6	Ashleigh Mansell	Cherrybrook	3:11.46
7	Victoria Cai	Parramatta	3:12.76
8	Makenzie Deppeler	Cherrybrook	3:17.57
9	Amy Codrington	Nth Rocks Carlin	3:19.00
10	Hayley Carroll	Nth Rocks Carlin	3:23.57
11	Katherine Storey	Cherrybrook	3:29.38

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

Zone: Z 2:50.00 1999 L Willis, Hornsby District			
Name	Age	Centre	Final
1 Isla Bealby		Northern Suburbs	2:59.14
2 Hannah Lambert		Nth Rocks Carlin	3:02.41
3 Naduli Kariyawasam		Parramatta	3:08.27
4 Makenzi Gartner		Cherrybrook	3:12.25
5 Sienna Wade		Northern Suburbs	3:13.97
6 Aishi Wijesekera		Parramatta	3:22.81
7 Olivia Rendall		Northern Suburbs	3:33.15
8 MiaRose Everson		Ryde	3:33.35
9 Neve Taumalolo		Northern Suburbs	3:33.46
10 Christiana Cruz		Cherrybrook	3:48.24
11 Ella Shannon		Cherrybrook	3:56.21
12 Adele Jiang		Cherrybrook	3:56.41

Girls U 10 - 800 Metre Run

Zone: Z 2:39.60 2006 Patricia La Hood, Parramatt			
Name	Age	Centre	Final
1 Claudia Wyatt		Cherrybrook	2:49.81
2 Mackenzie McBain		Nth Rocks Carlin	3:01.03
3 Chloe McGregor		Ryde	3:03.89
4 Aliyah Bennett		Cherrybrook	3:06.31
5 Sophie Polkinghorne		Nth Rocks Carlin	3:08.78
6 Caitlin Quirk		Ryde	3:11.94
7 Kayla Wiberg		Cherrybrook	3:13.15
8 Alison Hubbard		Nth Rocks Carlin	3:15.18
9 Aimee Yap		Northern Suburbs	3:18.63
10 Erin Campbell		Northern Suburbs	3:23.02
11 Sofia Gasparini		Parramatta	3:23.33
12 Charlotte Butler		Parramatta	3:30.05
13 Annalise Boland		Ryde	3:35.94
14 Laila Burkhardt		Cherrybrook	3:36.97
15 Nancy Bridge		Nth Rocks Carlin	3:46.99

Girls U 11 - 800 Metre Run

Zone: Z 2:29.50 2004 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Katie Bowrey		Parramatta	2:44.56
2 Jessica Loring		Parramatta	2:55.95
3 Aurelia Froud		Northern Suburbs	2:59.91
4 Natalie Dransfield		Northern Suburbs	3:00.93
5 Cooley Juliette		Ryde	3:02.90
6 Tonya Andis		Parramatta	3:06.85
7 Sabella Storey		Cherrybrook	3:07.35
8 Jenaya Lubrano		Cherrybrook	3:17.00
9 Lilly Hayhurst		Cherrybrook	3:32.88

Girls U 12 - 800 Metre Run

Zone: Z 2:27.80 2004 Janine Liversage, Cherrybro			
Name	Age	Centre	Final
1 Charlotte O'Dowd		Northern Suburbs	2:38.70
2 Zara Pawsey		Ryde	2:49.29

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 12 - 800 Metre Run**

3	Rebecca Madigan	Nth Rocks Carlin	2:54.14
4	Amy Timms	Cherrybrook	2:55.22
5	Lola Jones	Northern Suburbs	2:57.98
6	Ella McGregor	Ryde	3:02.60
7	Annika Boys	Northern Suburbs	3:03.17
8	Dulanga Kariyawasam	Ryde	3:06.29
9	Aoife Murdock	Nth Rocks Carlin	3:07.58
10	PrabhjyotKaur Juneja	Parramatta	3:18.12
11	Bridget Butler	Parramatta	3:22.13
12	Caitlyn Collier	Nth Rocks Carlin	3:24.86
13	Madison Clarke	Cherrybrook	3:29.42
14	Ally Maclaine	Cherrybrook	3:37.47

Girls U 13 - 800 Metre Run

=====			
Zone: Z 2:17.60		2006	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Sarah Baker	Northern Suburbs	2:25.86
2	Isabella Fisher	Cherrybrook	2:30.84
3	Rani Sharma	Cherrybrook	2:36.89
4	Kaylah Bennett	Cherrybrook	2:37.42
5	Valentina Kuruc	Cherrybrook	2:38.51
6	Antonia Baranowski	Parramatta	2:41.96
7	Olivia Moresi	Cherrybrook	2:43.63
8	Zara McCaughey	Northern Suburbs	2:50.94
9	Miah O'Shea	Ryde	2:52.44
10	Nellie Bealby	Northern Suburbs	2:54.90
11	Victoria Andis	Parramatta	2:58.18
12	Elena Norquay	Northern Suburbs	3:00.02
13	Isabella Primrose	Nth Rocks Carlin	3:12.80
14	Katie Macpherson	Northern Suburbs	3:24.26

Girls U 14 - 800 Metre Run

=====			
Zone: Z 2:19.10		2007	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Zoe Banks	Northern Suburbs	2:33.05
2	Ingrid Kingsmill	Northern Suburbs	2:34.45
3	Claudia Wilson	Cherrybrook	2:35.73
4	Georgia Phillips	Ryde	2:41.97
5	Eloise Boys	Northern Suburbs	2:42.45
6	Abigail Goodacre	Nth Rocks Carlin	2:43.37
7	Kaitlyn Martin	Ryde	2:46.48
8	Angelina Perry	Nth Rocks Carlin	2:49.71
9	Alyssa Khaw	Nth Rocks Carlin	2:53.74
10	Sophia Archer	Northern Suburbs	2:58.55
11	Milni Kariyawasam	Ryde	3:08.30
12	Skye Mahony	Nth Rocks Carlin	3:08.95
13	Keira Parsons	Nth Rocks Carlin	3:39.17
--	Annabel Macdonald	Ryde	DNF

Girls U 15 - 800 Metre Run

=====			
Zone: Z 2:15.80		1989	M Wilson, North Rocks Carli
Name	Age	Centre	Final
=====			
1	Emma Thomas	Parramatta	2:34.59

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

2	Elli Barron	Ryde	2:39.50
3	Sarah Partridge	Ryde	2:44.55
4	Sofia Polson	Parramatta	3:11.11
5	Sophie Smart	Nth Rocks Carlin	3:16.24
--	Jesse Hartmann	Ryde	DQ

Girls U 17 - 800 Metre Run

=====			
	Zone: Z 2:21.60	2008	Hannah Munday, Cherrybrook
Name	Age	Centre	Final
=====			
1	Arabella Price	Nth Rocks Carlin	2:25.98
2	Georgia Arcus	Ryde	2:29.16
3	Kirsten Frykberg	Cherrybrook	2:31.09
4	Caitlin Roach	Parramatta	2:36.58
5	Grace Chamberlain	Northern Suburbs	2:37.91
6	Skye Grosvenor	Nth Rocks Carlin	2:42.68
7	Zahra Safi	Northern Suburbs	2:49.43

Girls U 11 - 1500 Metre Run

=====			
	Zone: Z 5:01.90	2004	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Katie Bowrey	Parramatta	5:25.50
2	Jessica Loring	Parramatta	6:05.20
3	Natalie Dransfield	Northern Suburbs	6:33.70
4	Emily Rundell	Nth Rocks Carlin	6:36.40
5	Eliza Damian	Northern Suburbs	7:22.20

Girls U 12 - 1500 Metre Run

=====			
	Zone: Z 4:58.70	2005	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Charlotte O'Dowd	Northern Suburbs	5:32.90
2	Rebecca Madigan	Nth Rocks Carlin	5:46.64
3	Zara Pawsey	Ryde	6:02.10
4	Ella McGregor	Ryde	6:07.52
5	Amy Timms	Cherrybrook	6:09.38
6	Aoife Murdock	Nth Rocks Carlin	6:15.52
7	Dulanga Kariyawasam	Ryde	6:16.50
8	Bella Odowd	Northern Suburbs	6:20.61
9	Lauren Taylor-Thorne	Northern Suburbs	6:35.37
10	Amelie Armstrong	Northern Suburbs	6:38.10
11	Caitlyn Collier	Nth Rocks Carlin	7:28.54
12	Ally Maclaine	Cherrybrook	8:35.59

Girls U 13 - 1500 Metre Run

=====			
	Zone: Z 4:53.80	2006	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Sarah Baker	Northern Suburbs	5:20.61
2	Rani Sharma	Cherrybrook	5:27.51
3	Valentina Kuruc	Cherrybrook	5:37.07
4	Antonia Baranowski	Parramatta	5:45.51
5	Charlize Gartner	Cherrybrook	6:03.03
6	Elena Norquay	Northern Suburbs	6:19.75

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 1500 Metre Run**

Zone: Z 5:01.30 1999 R Vanderberg, UTS			
Name	Age	Centre	Final
1 Ingrid Kingsmill		Northern Suburbs	5:20.75
2 Zoe Banks		Northern Suburbs	5:31.80
3 Georgia Phillips		Ryde	5:34.58
4 Elysha Pawsey		Ryde	5:59.61
5 Kaitlyn Martin		Ryde	6:12.15
6 Cameron Gurry		Northern Suburbs	6:28.95

Girls U 15 - 1500 Metre Run

Zone: Z 4:52.40 2009 Courtney Chamberlain, Cherr			
Name	Age	Centre	Final
1 Elli Barron		Ryde	5:31.90
2 Jasmine Khiroya		Nth Rocks Carlin	5:32.40
3 Sarah Partridge		Ryde	6:06.50
4 Jesse Hartmann		Ryde	6:24.50

Girls U 17 - 1500 Metre Run

Zone: Z 4:43.10 2011 Kate Spencer, Ryde			
Name	Age	Centre	Final
1 Arabella Price		Nth Rocks Carlin	5:15.90
2 Kirsten Frykberg		Cherrybrook	5:19.00
3 Georgia Arcus		Ryde	5:25.60
4 Caitlin Roach		Parramatta	5:34.00
5 Skye Grosvenor		Nth Rocks Carlin	5:37.20
6 Anastasia Lakic		Ryde	6:03.50
7 Natasha Ball		Parramatta	6:54.50

Girls U 13 - 3000 Metre Run

Zone: Z 10:57.80 2001 R Tancred, Northern Suburb			
Name	Age	Centre	Final
1 Sarah Baker		Northern Suburbs	10:51.64Z
2 Kaylah Bennett		Cherrybrook	11:43.83
3 Valentina Kuruc		Cherrybrook	12:23.81
4 Zara McCaughey		Northern Suburbs	12:35.19
5 Caitlin Brennan		Nth Rocks Carlin	12:56.61
6 Caitlin Gurney		Cherrybrook	14:10.67

Girls U 14 - 3000 Metre Run

Zone: Z 10:51.80 1999 K Archbold, North Rocks Ca			
Name	Age	Centre	Final
1 Ingrid Kingsmill		Northern Suburbs	11:09.11
2 Claudia Wilson		Cherrybrook	11:36.00
3 Georgia Phillips		Ryde	12:05.68
4 Eloise Boys		Northern Suburbs	12:14.91
5 Kaitlyn Martin		Ryde	13:14.36
6 Elysha Pawsey		Ryde	13:16.37
7 Cameron Gurry		Northern Suburbs	13:30.59

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 3000 Metre Run**

Zone: Z 10:42.00 1995 A Coyle, Parramatta			
Name	Age	Centre	Final
1 Elli Barron		Ryde	11:48.41
2 Jasmine Khiroya		Nth Rocks Carlin	12:22.07

Girls U 17 - 3000 Metre Run

Zone: Z 10:41.90 2011 Kate Spencer, Ryde			
Name	Age	Centre	Final
1 Kirsten Frykberg		Cherrybrook	11:31.73
2 Georgia Arcus		Ryde	12:03.07
3 Arabella Price		Nth Rocks Carlin	12:03.20
4 Skye Grosvenor		Nth Rocks Carlin	12:03.50
5 Caitlin Roach		Parramatta	12:57.41

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.40 1998 C Gomes, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Yazmyn Buonocore		Ryde	13.19Q
2 Gia Greig		Ryde	13.50Q
3 Amia Kolman		Ryde	13.83q
4 Aria Centellas		Ryde	15.10
5 Elizabeth Perry		Nth Rocks Carlin	15.31
6 Jasmin Collier		Nth Rocks Carlin	16.89
Heat 2 Heats			
1 Madison Tabrett		Cherrybrook	13.18Q
2 Matilda Pearson		Nth Rocks Carlin	16.86Q
3 Amy Goldstiver		Cherrybrook	16.90
4 Monica Araullo		Ryde	17.35
Heat 3 Heats			
1 Alexis Kernaghan		Parramatta	13.47Q
2 Emily Deverson		Cherrybrook	13.66Q
3 Juliette Corne		Parramatta	13.77q
4 Rachel Clemens		Northern Suburbs	14.76
5 Madeleine Kebblewhite		Northern Suburbs	15.81
6 Iryssa Alley		Parramatta	15.83
7 Bronte Jamieson		Nth Rocks Carlin	16.10

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.40 1998 C Gomes, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 Amia Kolman		Ryde	13.21
2 Alexis Kernaghan		Parramatta	13.26
3 Madison Tabrett		Cherrybrook	13.27
4 Emily Deverson		Cherrybrook	13.33
5 Gia Greig		Ryde	13.58
6 Juliette Corne		Parramatta	13.59
7 Yazmyn Buonocore		Ryde	15.58
8 Matilda Pearson		Nth Rocks Carlin	16.13

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

Zone: Z 10.70 1994 A Hamilton, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jacqueline Pawsey		Ryde	12.40Q
2 Emily Hinson		Ryde	13.38Q
3 Alice Bannister		Northern Suburbs	14.07
4 Natalie Tang		Nth Rocks Carlin	14.40
5 Lily Ruttley		Northern Suburbs	16.02
6 Samantha Mendis		Parramatta	17.98
Heat 2 Heats			
1 Pippa Burke		Cherrybrook	12.34Q
2 Hannah Lambert		Nth Rocks Carlin	12.41Q
3 Anna Moresi		Cherrybrook	13.23q
4 MiaRose Everson		Ryde	13.92
5 Bronte Nagle		Ryde	14.10
Heat 3 Heats			
1 Makenzi Gartner		Cherrybrook	11.98Q
2 Pare Nader		Parramatta	13.51Q
3 Zara Drinkwater		Northern Suburbs	13.89q
4 Ella Shannon		Cherrybrook	14.82

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 1994 A Hamilton, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Makenzi Gartner		Cherrybrook	11.69
2 Hannah Lambert		Nth Rocks Carlin	11.95
3 Jacqueline Pawsey		Ryde	12.11
4 Pippa Burke		Cherrybrook	12.57
5 Anna Moresi		Cherrybrook	12.93
6 Emily Hinson		Ryde	13.14
7 Pare Nader		Parramatta	13.41
8 Zara Drinkwater		Northern Suburbs	13.43

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.46 9/12/2017 Catherine Mikan, Northern Sub			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ruby Kernaghan		Parramatta	12.23Q
2 Georgia Vella		Cherrybrook	12.69q
3 Star Millott		Parramatta	13.84
4 Melevea Mokofisi		Parramatta	14.07
4 Zoe McGuire		Nth Rocks Carlin	14.07
6 Sophie Polkinghorne		Nth Rocks Carlin	15.56
Heat 2 Heats			
1 Evana Butler		Nth Rocks Carlin	12.74Q
2 Emily Smith		Northern Suburbs	13.21q
3 Chavindi Balalle		Nth Rocks Carlin	17.42
4 Liana Madeleine		Nth Rocks Carlin	17.70
Heat 3 Heats			
1 Chloe McGregor		Ryde	12.61Q
2 Laila Burkhardt		Cherrybrook	13.18q
3 Bianca Harizanov		Ryde	14.29
4 Thehara Kariyawasam		Ryde	14.42

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

5	Zara Davies	Ryde	14.71
6	Sarah Clemens	Northern Suburbs	15.03
Heat 4 Heats			
1	Claudia Wyatt	Cherrybrook	12.56Q
2	Heidi Vercoe	Cherrybrook	13.36q
3	Chloe Yoon	Ryde	13.58q
4	Ruby Penn	Cherrybrook	14.63

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.46 9/12/2017 Catherine Mikan, Northern Sub			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Ruby Kernaghan	Parramatta	11.78
2	Claudia Wyatt	Cherrybrook	11.94
3	Chloe McGregor	Ryde	12.13
4	Georgia Vella	Cherrybrook	12.16
5	Evana Butler	Nth Rocks Carlin	12.32
6	Heidi Vercoe	Cherrybrook	13.13
7	Laila Burkhardt	Cherrybrook	13.16
8	Annabel Cullen	Nth Rocks Carlin	14.35
9	Emily Smith	Northern Suburbs	19.76

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Erin Blayney	Northern Suburbs	15.39Q
2	Ella Drinkwater	Northern Suburbs	16.69Q
3	Carys Byrnes	Nth Rocks Carlin	16.80Q
4	Audrey Venning	Northern Suburbs	18.65q
5	Jess Roughan	Northern Suburbs	18.80
6	Lisara Seneviratne	Parramatta	19.04
Heat 2 Heats			
1	Emmanuella Oimage	Cherrybrook	17.13Q
2	Ruby Semaganda	Cherrybrook	17.34Q
3	Reena Son	Northern Suburbs	17.94Q
4	Kara Hazon	Nth Rocks Carlin	18.78q
5	Aurora Willard	Ryde	19.36
6	Jade Deppeler	Cherrybrook	19.50

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Erin Blayney	Northern Suburbs	15.29
2	Ella Drinkwater	Northern Suburbs	16.43
3	Carys Byrnes	Nth Rocks Carlin	16.67
4	Reena Son	Northern Suburbs	17.56
5	Emmanuella Oimage	Cherrybrook	17.65
6	Ruby Semaganda	Cherrybrook	18.11
7	Audrey Venning	Northern Suburbs	18.99
8	Kara Hazon	Nth Rocks Carlin	20.29

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

Name	Age Centre	Heats
Heat 1 Heats		
1 Catherine Mikan	Northern Suburbs	13.98Q
2 Lani Khiroya	Nth Rocks Carlin	15.17Q
3 Annika Boys	Northern Suburbs	16.39Q
4 Charlotte Mear	Parramatta	17.37q
5 Sienna Braithwaite	Cherrybrook	17.97q
6 Gabriela Marczyk	Northern Suburbs	17.99
7 Chloe Leivesley	Nth Rocks Carlin	18.48
8 Meegan Sewell	Parramatta	18.59
Heat 2 Heats		
1 Zara Pawsey	Ryde	16.30Q
2 Charlotte Nagle	Ryde	16.38Q
3 Amelie Armstrong	Northern Suburbs	18.06Q
4 Caitlyn Collier	Nth Rocks Carlin	20.40

Girls U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Final
Section 1 Final		
1 Catherine Mikan	Northern Suburbs	13.61
2 Lani Khiroya	Nth Rocks Carlin	14.98
3 Charlotte Nagle	Ryde	16.06
4 Annika Boys	Northern Suburbs	16.26
5 Sienna Braithwaite	Cherrybrook	16.84
6 Amelie Armstrong	Northern Suburbs	17.08
7 Charlotte Mear	Parramatta	17.28
8 Zara Pawsey	Ryde	17.42

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.90 2006 Courtney Cross, Hornsby Distr		
Name	Age Centre	Heats
Heat 1 Heats		
1 Sarah-anne Koot	Cherrybrook	14.38Q
2 Hariclia Kolosakas	Nth Rocks Carlin	18.71Q
3 Zoey DeGioia	Ryde	19.59Q
4 Alicia Leggatt	Ryde	19.64q
5 Jocelyn Donald	Parramatta	21.61
Heat 2 Heats		
1 Emilia Massaro	Northern Suburbs	15.97Q
2 Elise Murray	Parramatta	18.14Q
3 Lara Boccabella	Ryde	18.30Q
4 Anesha Busingye	Nth Rocks Carlin	18.59q
5 Grace Carden	Northern Suburbs	19.73
6 Elena Norquay	Northern Suburbs	22.54

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.90 2006 Courtney Cross, Hornsby Distr		
Name	Age Centre	Final
Section 1 Final		
1 Sarah-anne Koot	Cherrybrook	14.06
2 Emilia Massaro	Northern Suburbs	15.59
3 Anesha Busingye	Nth Rocks Carlin	17.22

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

4	Elise Murray	Parramatta	17.42
5	Lara Boccabella	Ryde	18.12
6	Hariclia Kolosakas	Nth Rocks Carlin	18.18
7	Alicia Leggatt	Ryde	18.92
8	Zoey DeGioia	Ryde	20.10

Girls U 14 - 80 Metre Hurdles (76cm)

=====			
	Zone: Z 12.50	1996	S Gabrael, Parramatta
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Hayley Reynolds	Nth Rocks Carlin	14.44Q
2	Krishani Coffin	Ryde	14.52Q
3	Tara Webb	Cherrybrook	15.89Q
4	Chloe Krklinski	Parramatta	16.03q
5	Angelina Perry	Nth Rocks Carlin	17.41q
6	Hirandi Kariyawasam	Parramatta	20.50
Heat 2 Heats			
1	Madeleine Gregg	Northern Suburbs	14.95Q
2	Nicole McCrostie	Cherrybrook	15.17Q
3	Lucy Proszenko	Ryde	18.88Q
4	Cylest Benfell	Nth Rocks Carlin	19.69

Girls U 14 - 80 Metre Hurdles (76cm)

=====			
	Zone: Z 12.50	1996	S Gabrael, Parramatta
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Hayley Reynolds	Nth Rocks Carlin	14.21
2	Madeleine Gregg	Northern Suburbs	14.42
2	Krishani Coffin	Ryde	14.42
4	Nicole McCrostie	Cherrybrook	15.10
5	Chloe Krklinski	Parramatta	15.58
6	Tara Webb	Cherrybrook	16.58
7	Angelina Perry	Nth Rocks Carlin	17.12
8	Lucy Proszenko	Ryde	18.30

Girls U 15 - 90 Metre Hurdles (76cm)

=====			
	Zone: Z 13.30	2009	Melissa Farrington, Northern
Name	Age	Centre	Final
=====			
Section 1			
1	Abigail Omage	Cherrybrook	16.80
2	Mikayla Kelleher	Ryde	16.99
3	Isabelle Nilon	Nth Rocks Carlin	20.77

Girls U 17 - 100 Metre Hurdles (76cm)

=====			
	Zone: Z 14.40	2009	Michelle Jenneke, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1			
1	Alyssa Lowe	Ryde	15.20
2	Portia Amy-Wilson	Northern Suburbs	18.06
3	Genevieve McKeown	Nth Rocks Carlin	18.50
Section 2			
1	Annika Lynch	Northern Suburbs	15.65

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 17 - 100 Metre Hurdles (76cm)**

2 Lily Tilt	Nth Rocks Carlin	16.68
3 Emily Gathercole	Nth Rocks Carlin	17.55
4 Angela Asikin	Northern Suburbs	17.95
5 Chelsea Smith	Nth Rocks Carlin	18.28

Girls U 13 - 200 Metre Hurdles (68cm)

=====			
Zone: Z 29.52 10/12/2016 Annika Lynch, Northern Suburb			
Name	Age Centre		Final
=====			
Section 1			
1 Madison Mitchell	Cherrybrook		33.56
2 Elise Murray	Parramatta		37.33
3 Nidhi Rao	Nth Rocks Carlin		41.98
Section 2			
1 Hannah Sacco	Northern Suburbs		35.70
2 Hariclia Kolosakas	Nth Rocks Carlin		37.42
3 Alicia Leggatt	Ryde		38.25
4 Kristen Tannous	Parramatta		39.14
5 Zoey DeGioia	Ryde		43.97
Section 3			
1 Sarah-anne Koot	Cherrybrook		33.12
2 Caitlin Brennan	Nth Rocks Carlin		34.29
3 Sarah Sakr	Parramatta		35.40
4 Emilia Massaro	Northern Suburbs		35.43
5 Anesha Busingye	Nth Rocks Carlin		35.76
6 Anika Sinha	Parramatta		36.66
7 Jocelyn Donald	Parramatta		41.31

Girls U 14 - 200 Metre Hurdles (76cm)

=====			
Zone: Z 28.50 1996 Jana Pittman, Parramatta			
Name	Age Centre		Final
=====			
Section 1			
1 Hayley Reynolds	Nth Rocks Carlin		32.69
2 Madeleine Gregg	Northern Suburbs		33.48
3 Chloe Krklinski	Parramatta		34.66
4 Annabel Macdonald	Ryde		35.60
5 Ingrid Kingsmill	Northern Suburbs		36.77
6 Cathy Yang	Nth Rocks Carlin		37.50
7 Lucy Proszenko	Ryde		38.30
8 Hirandi Kariyawasam	Parramatta		41.93

Girls U 17 - 300 Metre Hurdles (76cm)

=====			
Zone: Z 52.44 2016 Lauryn Walker, Northern Suburb			
Name	Age Centre		Final
=====			
1 Annika Lynch	Northern Suburbs		46.98Z
2 Lily Tilt	Nth Rocks Carlin		50.23Z
3 Emily Gathercole	Nth Rocks Carlin		51.98Z
4 Angela Asikin	Northern Suburbs		55.20

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

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

Zone: Z 58.30 17/12/2000 Cherrybrook, Cherrybrook			
Centre			Final
1 Cherrybrook			1:01.15
1) Gabriella Omage 9	2) Claudia Wyatt 10		
3) Sophie Durheim 11	4) Caitlin Russell 12		
2 Northern Suburbs			1:02.67
1) Collette Lumley 9	2) Erin Campbell 10		
3) Annabelle Twyman 11	4) Catherine Mikan 12		
3 Ryde			1:02.83
1) Jacqueline Pawsey 9	2) Olivia Sidhu 11		
3) Chloe McGregor 10	4) Zara Pawsey 12		
4 North Rocks Carlingford			1:03.74
1) Hannah Lambert 9	2) Evana Butler 10		
3) Kara Hazon 11	4) Chloe Leivesley 12		
5 Parramatta			1:04.29
1) Naduli Kariyawasam 9	2) Katie Bowrey 11		
3) Jessica Loring 11	4) Ruby Kernaghan 10		

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

Zone: Z 50.52 11/12/2016 Northern Suburbs, Northern Su			
E Cramer, A Dixon, A Fisher, N D'onofrio			
Centre			Final
1 Northern Suburbs			53.88
1) Ruby Perkins 13	2) XinMin Tan 14		
3) Jasmine Lowe 15	4) Annika Lynch 17		
2 Ryde			54.72
1) Mikayla Kelleher 15	2) Aliana Moala 14		
3) Mia Marshall 14	4) Jessica Johnston 13		
3 Cherrybrook			55.10
1) Madison Mitchell 13	2) Nicole McCrostie 14		
3) Tara Webb 14	4) Abigail Omage 15		
4 North Rocks Carlingford			55.50
1) Eliza Matthews 13	2) Hayley Reynolds 14		
3) Jasmine Khiroya 15	4) Chelsea Smith 17		
5 Parramatta			57.36
1) Anika Sinha 13	2) Tianna Bertolissio 13		
3) Caitlin Roach 17	4) Brooke Luksic 15		

Girls U 9 - High Jump (S/H 0.80m)

Zone: Z 1.21m 2006 Madeleine Jones, Hornsby Dist			
Name	Age	Centre	Final
Flight 1			
1 Hannah Lambert		Nth Rocks Carlin	1.10m
2 Jacqueline Pawsey		Ryde	1.08m
3 Anna Moresi		Cherrybrook	1.00m
4 Collette Lumley		Northern Suburbs	0.98m
5 Alice Bannister		Northern Suburbs	0.92m
5 Bronte Nagle		Ryde	J0.92m
7 Ella Hazon		Nth Rocks Carlin	0.80m
-- Zara Drinkwater		Northern Suburbs	NH

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - High Jump (S/H 0.90m)**

Zone: Z 1.38m 2001 F Sombroek, Northern Suburbs			
Name	Age	Centre	Final
1 Bianca Harizanov		Ryde	J1.14m
1 Georgia Vella		Cherrybrook	1.14m
3 Chloe McGregor		Ryde	1.12m
4 Zahra Warden		Northern Suburbs	J1.10m
4 Nisini RajapakshaMudiyan		Cherrybrook	1.10m
6 Mackenzie McBain		Nth Rocks Carlin	1.05m
6 Kayla Wiberg		Cherrybrook	J1.05m
6 Sarah Clemens		Northern Suburbs	J1.05m
9 Charlotte Butler		Parramatta	J1.00m
9 Heidi Vercoe		Cherrybrook	1.00m
9 Zoe McGuire		Nth Rocks Carlin	1.00m
12 Melevea Mokofisi		Parramatta	0.95m
12 Tess James		Ryde	J0.95m
12 Scarlett Richards		Nth Rocks Carlin	J0.95m
15 Savandi Weerasekara		Cherrybrook	0.90m
-- Sofia Gasparini		Parramatta	NH

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

Zone: Z 1.40m 1989 C Mortleman, Hornsby District			
Name	Age	Centre	Final
1 Erin Blayney		Northern Suburbs	1.24m
1 Mia Stewart		Cherrybrook	J1.24m
3 Katie Bowrey		Parramatta	1.20m
3 Lily Scahill		Nth Rocks Carlin	J1.20m
3 Annabelle Twyman		Northern Suburbs	J1.20m
6 Emilia Webb		Ryde	J1.15m
6 Tanna Kotulic		Ryde	J1.15m
6 Ruby Semaganda		Cherrybrook	1.15m
9 Hine Rikiti		Ryde	J1.10m
9 Aurelia Froud		Northern Suburbs	1.10m
9 Carys Byrnes		Nth Rocks Carlin	J1.10m
12 Sheba Amini		Ryde	J1.05m
12 Ella Drinkwater		Northern Suburbs	1.05m

Girls U 12 - High Jump (S/H 1.10m)

Zone: Z 1.47m 2002 R Lodewijks, Hornsby District			
Name	Age	Centre	Final
1 Lani Khiroya		Nth Rocks Carlin	1.34m
2 Charlotte Nagle		Ryde	1.29m
3 Isabella Longley		Northern Suburbs	1.25m
4 Bella Odowd		Northern Suburbs	1.20m
4 Annika Boys		Northern Suburbs	1.20m
6 Mila Burdett		Nth Rocks Carlin	J1.15m
6 Chloe Leivesley		Nth Rocks Carlin	J1.15m
6 Aleisha Mannie		Nth Rocks Carlin	J1.15m
6 Amelia Shepherd		Parramatta	J1.15m
6 Emily Govers		Northern Suburbs	J1.15m
6 Sienna Braithwaite		Cherrybrook	J1.15m
6 Gabriela Marczyk		Northern Suburbs	1.15m
6 Caitlin Russell		Cherrybrook	J1.15m
14 Helena Wright		Parramatta	1.10m
-- Serena Vanderklauw		Cherrybrook	NH

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

-- Nakita Newton	Northern Suburbs	NH
-- Rebecca Madigan	Nth Rocks Carlin	NH

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

=====			
Zone: Z 1.64m 8/12/2018 Viktorija Calusic, Cherrybrook			
Name	Age	Centre	Final
=====			
1 Isabella Azizi		Northern Suburbs	1.50m
1 Jessica Johnston		Ryde	J1.50m
3 Olivia Moresi		Cherrybrook	1.46m
4 Ruby Perkins		Northern Suburbs	1.42m
5 Lara Boccabella		Ryde	1.32m
6 Eliza Matthews		Nth Rocks Carlin	1.30m
7 Grace Carden		Northern Suburbs	1.25m
8 Amelia Boccabella		Ryde	1.20m
9 Anika Sinha		Parramatta	J1.15m
9 Megha Aravindaraja		Parramatta	1.15m

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

=====			
Zone: Z 1.65m 2006 Amy Pejkoivic, Cherrybrook			
Name	Age	Centre	Final
=====			
1 Mia Marshall		Ryde	1.45m
2 Viktorija Calusic		Cherrybrook	1.43m
2 Krishani Coffin		Ryde	J1.43m
4 Chloe Krklinski		Parramatta	1.41m
5 Nicole McCrostie		Cherrybrook	1.39m
6 Aliana Moala		Ryde	1.35m
7 Georgia Phillips		Ryde	1.30m
8 Cameron Gurry		Northern Suburbs	1.25m
-- Jenah Patel		Nth Rocks Carlin	NH

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

=====			
Zone: Z 1.75m 2007 Amy Pejkoivic, Cherrybrook			
Name	Age	Centre	Final
=====			
1 Brooke Luksic		Parramatta	1.50m
2 Jasmine Lowe		Northern Suburbs	1.34m
3 Nicole Pitchfork		Parramatta	1.32m
-- Caitlin Waldron		Nth Rocks Carlin	NH

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

=====			
Zone: Z 1.65m 2009 Amy Pejkoivic, Cherrybrook			
Name	Age	Centre	Final
=====			
1 Annika Lynch		Northern Suburbs	J1.63m
1 Sophie Anderson		Northern Suburbs	1.63m
3 Sophie Kavanagh		Nth Rocks Carlin	1.57m
-- Anna Cahill		Cherrybrook	NH

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - Long Jump**

Zone: Z 3.09m 1989 M Harrison, Hornsby District			
Name	Age	Centre	Final
1 ClaireSenam Fetrie		Parramatta	2.59m
2 Emma Barker		Nth Rocks Carlin	2.52m
3 Charlotte Doak		Northern Suburbs	2.50m
4 Isla Passaro		Cherrybrook	2.45m
5 Imogen Connell		Cherrybrook	2.44m
6 Florence Webb		Ryde	2.41m
7 Gracie O'Leary		Northern Suburbs	2.31m
8 Claire Mansell		Northern Suburbs	2.30m
9 Zoe Fisher		Cherrybrook	2.21m
10 JiaYing(Alicia) Sun		Cherrybrook	2.20m
11 Olivia Lalor		Cherrybrook	2.19m
12 Emily Moore		Ryde	1.87m
13 Serenity Nafai-Falelua		Parramatta	1.86m
14 Chloe Donnellan		Parramatta	1.66m
-- Charlotte Fraser		Ryde	ND

Girls U 8 - Long Jump

Zone: Z 3.59m 1994 E Bornstein, Northern Suburbs			
Name	Age	Centre	Final
1 Alofa Sauvao		Parramatta	3.25m
2 Julia Perry		Nth Rocks Carlin	3.00m
3 Yazmyn Buonocore		Ryde	2.89m
3 Victoria Cai		Parramatta	2.89m
5 Madison Tabrett		Cherrybrook	2.88m
5 Amara Tsen-Braddock		Ryde	2.88m
7 Abigail Wigham		Cherrybrook	2.79m
8 Lilyana Kelly		Ryde	2.69m
9 Caroline Smeulders		Cherrybrook	2.67m
10 Aria Centellas		Ryde	2.65m
11 Madeleine Kebblewhite		Northern Suburbs	2.63m
12 Elizabeth Perry		Nth Rocks Carlin	2.59m
13 Gia Greig		Ryde	2.58m
14 Alexis Kernaghan		Parramatta	2.56m
15 Heidi Waddell		Nth Rocks Carlin	2.46m
16 Jasmin Collier		Nth Rocks Carlin	2.30m
17 Rachel Clemens		Northern Suburbs	2.28m
18 Chanya Demel		Cherrybrook	2.08m
19 Bronte Jamieson		Nth Rocks Carlin	2.06m
20 Victoria Chung		Ryde	1.81m
21 Hannah Codrington		Nth Rocks Carlin	1.79m

Girls U 9 - Long Jump

Zone: Z 4.06m 11/12/2016 Catherine Mikan, Northern Sub			
Name	Age	Centre	Final
1 Olivia Loring		Parramatta	3.76m
2 Gabriella Omage		Cherrybrook	3.68m
3 Makenzi Gartner		Cherrybrook	3.47m
4 Jacqueline Pawsey		Ryde	3.43m
5 Pippa Burke		Cherrybrook	3.38m
6 Sian Stewart		Cherrybrook	3.28m
7 Isla Bealby		Northern Suburbs	3.24m
8 Pare Nader		Parramatta	3.08m

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

9	Anna Moresi	Cherrybrook	3.05m
10	Ella Hazon	Nth Rocks Carlin	2.97m
11	Neve Taumalolo	Northern Suburbs	2.90m
12	Olivia Pisani	Ryde	2.83m
13	Serena Li	Cherrybrook	J2.82m
13	Lily Ruttley	Northern Suburbs	2.82m
15	ChiquitaMarley Graham	Northern Suburbs	2.78m
16	Nicol Hampel	Northern Suburbs	2.67m
17	Rachel Goh	Nth Rocks Carlin	2.40m
18	Samanthi Mendis	Parramatta	2.31m
--	Bella Fraser	Ryde	ND

Girls U 10 - Long Jump

=====			
	Zone: Z 4.40m	2000	M Gault, Ryde
Name	Age	Centre	Final
=====			
1	ClaraSeyramPrinces Fetri	Parramatta	4.15m
2	Bianca Harizanov	Ryde	3.83m
3	Nisini RajapakshaMudiyan	Cherrybrook	3.66m
4	Harriet Aiken	Northern Suburbs	3.58m
5	Ruby Kelly	Ryde	3.55m
6	Sofia Gasparini	Parramatta	3.42m
7	Zahra Warden	Northern Suburbs	3.37m
7	Heidi Vercoe	Cherrybrook	J3.37m
9	Laila Burkhardt	Cherrybrook	3.24m
10	Aliyah Bennett	Cherrybrook	3.22m
11	Aimee Yap	Northern Suburbs	3.20m
12	Chloe Yoon	Ryde	3.12m
13	Ava Greig	Ryde	3.09m
14	Emily Smith	Northern Suburbs	3.02m
15	Charlotte Butler	Parramatta	3.01m
16	Alison Hubbard	Nth Rocks Carlin	2.96m
16	Manda Lu	Parramatta	J2.96m
18	Emma Yates	Northern Suburbs	2.93m
19	Ruby Penn	Cherrybrook	2.79m
20	Annabel Cullen	Nth Rocks Carlin	2.75m
21	Chloe Janda	Ryde	2.17m

Girls U 11 - Long Jump

=====			
	Zone: Z 4.74m	13/12/2015	Sienna Bond, Cherrybrook
Name	Age	Centre	Final
=====			
1	Tanna Kotulic	Ryde	4.04m
2	Lisara Seneviratne	Parramatta	3.75m
3	Ruby Semaganda	Cherrybrook	3.74m
4	Sophie Durheim	Cherrybrook	3.65m
5	Erin Blayne	Northern Suburbs	3.64m
6	Annabelle Twyman	Northern Suburbs	3.63m
7	Emmanuella Omage	Cherrybrook	3.59m
8	Olivia Sidhu	Ryde	3.56m
9	Maddison Minard	Nth Rocks Carlin	3.38m
10	Carys Byrnes	Nth Rocks Carlin	3.37m
11	Layla Tawbe	Cherrybrook	J3.30m
11	Reena Son	Northern Suburbs	3.30m
13	Kara Hazon	Nth Rocks Carlin	3.13m
14	Alisha Katafono	Parramatta	3.09m
15	Ebony Klarich	Ryde	3.01m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 11 - Long Jump**

16	Abigail Gathercole	Nth Rocks Carlin	3.00m
17	Audrey Venning	Northern Suburbs	2.88m
18	Jade Deppeler	Cherrybrook	2.73m
19	Lilly Hayhurst	Cherrybrook	2.46m

Girls U 12 - Long Jump

=====			
	Zone: Z 5.26m 2005	Courtney Cross, Hornsby Distr	
Name	Age	Centre	Final
=====			
1	Catherine Mikan	Northern Suburbs	4.73m
2	Lani Khiroya	Nth Rocks Carlin	4.40m
3	Isabella Longley	Northern Suburbs	4.32m
4	Aqua Fisher	Northern Suburbs	4.05m
5	Zaara Yip	Nth Rocks Carlin	J4.04m
5	Lola Jones	Northern Suburbs	4.04m
7	Mila Burdett	Nth Rocks Carlin	3.98m
8	Zara Pawsey	Ryde	3.85m
9	Charlotte Nagle	Ryde	3.55m
10	Chloe Leivesley	Nth Rocks Carlin	3.52m
11	Olivia Xu	Ryde	3.46m
12	KatelynMarieGo Velasco	Parramatta	3.44m
13	PrahjyotKaur Juneja	Parramatta	3.39m
14	Bella Odowd	Northern Suburbs	3.32m
14	Dulanga Kariyawasam	Ryde	J3.32m
16	Serena Vanderklaw	Cherrybrook	3.18m
17	Aleisha Mannie	Nth Rocks Carlin	3.16m
18	Ella McGregor	Ryde	J3.08m
18	Bridget Butler	Parramatta	3.08m
20	Sophie Quinnell	Northern Suburbs	2.93m
21	Caitlyn Collier	Nth Rocks Carlin	2.73m

Girls U 13 - Long Jump

=====			
	Zone: Z 4.99m 1997	A Cahill, Northern Suburbs	
Name	Age	Centre	Final
=====			
1	Isabella Azizi	Northern Suburbs	5.03mZ
2	Jessica Johnston	Ryde	4.70m
3	Eliza Matthews	Nth Rocks Carlin	4.34m
4	Miah O'Shea	Ryde	4.32m
5	Lara Klarich	Ryde	4.18m
6	Madison Mitchell	Cherrybrook	4.15m
7	Ruby Perkins	Northern Suburbs	4.14m
8	Grace Carden	Northern Suburbs	3.94m
9	Olivia Sassen	Parramatta	3.89m
10	Anesha Busingye	Nth Rocks Carlin	3.85m
11	Annika Lee	Northern Suburbs	3.65m
12	Elise Murray	Parramatta	J3.65m
13	Megha Aravindaraja	Parramatta	3.44m
14	Amelia Boccabella	Ryde	3.41m
15	Nidhi Rao	Nth Rocks Carlin	3.39m
16	Caitlin Gurney	Cherrybrook	3.38m
17	Hariclia Kolosakas	Nth Rocks Carlin	3.33m
18	Kristen Tannous	Parramatta	3.30m
19	Lucy Deayton	Parramatta	3.28m
20	Sarah Sakr	Parramatta	3.24m
21	Anika Sinha	Parramatta	3.21m
22	Lara Boccabella	Ryde	3.12m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 13 - Long Jump**

22	Isabella Primrose	Nth Rocks Carlin	3.12m
24	Zoey DeGioia	Ryde	3.00m

Girls U 14 - Long Jump

=====			
Zone: Z 5.38m 2007		Courtney Cross, Hornsby Distr	
Name	Age	Centre	Final
=====			
1	Tara Webb	Cherrybrook	4.90m
2	Hayley Reynolds	Nth Rocks Carlin	4.70m
3	Mia Marshall	Ryde	4.56m
4	Hannah Anderson	Northern Suburbs	4.18m
5	Kaitlyn Martin	Ryde	4.15m
6	Madeleine Gregg	Northern Suburbs	4.12m
7	Amelia Thompson	Parramatta	3.21m

Girls U 15 - Long Jump

=====			
Zone: Z 5.64m 2011		Katrina Hunt, Norths	
Name	Age	Centre	Final
=====			
1	Abigail Omage	Cherrybrook	5.15m
2	Jasmine Khiroya	Nth Rocks Carlin	4.52m
3	Shirlene Su	Nth Rocks Carlin	4.50m
4	Mikayla Kelleher	Ryde	4.41m
5	Katelyn Johnson	Parramatta	4.09m
6	Jasmine Lowe	Northern Suburbs	4.05m
7	Isabelle Nilon	Nth Rocks Carlin	3.65m
8	Sophie Smart	Nth Rocks Carlin	3.34m

Girls U 17 - Long Jump

=====			
Zone: Z 5.64m 13/12/2015		Maya Leverett, Nth Rocks Carl	
Name	Age	Centre	Final
=====			
1	Alyssa Lowe	Ryde	5.96mZ
2	Annika Lynch	Northern Suburbs	5.54m
3	Sophie Kavanagh	Nth Rocks Carlin	5.26m
3	Lily Tilt	Nth Rocks Carlin	J5.26m
5	Portia Amy-Wilson	Northern Suburbs	5.06m
6	Sarah Brown	Ryde	4.96m
7	Tarsha Wayne	Northern Suburbs	4.75m
8	Emily Gathercole	Nth Rocks Carlin	4.67m
9	Chelsea Smith	Nth Rocks Carlin	4.60m
10	Adria McAndrew	Ryde	4.35m
11	Angela Asikin	Northern Suburbs	4.24m
12	Alessandra Primrose	Nth Rocks Carlin	3.80m
13	Sofia Gately	Nth Rocks Carlin	3.50m
14	Chanel El-Chaar	Parramatta	3.41m

Girls U 11 - Triple Jump

=====			
Zone: Z 9.61m 12/12/2015		Sienna Bond, Cherrybrook	
Name	Age	Centre	Final
=====			
1	Ruby Semaganda	Cherrybrook	8.00m
2	Annabelle Twyman	Northern Suburbs	7.96m
3	Lisara Seneviratne	Parramatta	7.76m
4	Maddison Minard	Nth Rocks Carlin	7.72m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - Triple Jump**

5	Carys Byrnes	Nth Rocks Carlin	7.64m
6	Olivia Sidhu	Ryde	7.49m
7	Erin Blayne	Northern Suburbs	7.47m
8	Sophie Durheim	Cherrybrook	7.20m
9	Ella Drinkwater	Northern Suburbs	7.06m
10	Jessica Loring	Parramatta	7.00m
11	Emilia Webb	Ryde	6.78m
12	Layla Tawbe	Cherrybrook	6.48m
13	Audrey Venning	Northern Suburbs	6.46m
14	Alisha Katafono	Parramatta	6.45m
15	Rachel Fenson	Nth Rocks Carlin	6.43m
16	Sheba Amini	Ryde	6.08m

Girls U 12 - Triple Jump

=====			
Zone: Z 10.16m		2010	Chelsea Loughrey, Parramatta
Name	Age	Centre	Final
=====			
1	Catherine Mikan	Northern Suburbs	9.84m
2	Lani Khiroya	Nth Rocks Carlin	9.35m
3	Lola Jones	Northern Suburbs	8.72m
4	Charlotte Nagle	Ryde	8.46m
5	Aqua Fisher	Northern Suburbs	8.42m
6	Isabella Longley	Northern Suburbs	8.40m
7	Zara Pawsey	Ryde	8.39m
8	Zaara Yip	Nth Rocks Carlin	7.81m
9	Mila Burdett	Nth Rocks Carlin	7.79m
10	Talia Coffin	Ryde	7.66m
11	Annika Boys	Northern Suburbs	7.48m
12	Charlotte Mear	Parramatta	7.12m
13	Amy Timms	Cherrybrook	7.09m
14	Rithaja Sankaran	Nth Rocks Carlin	6.87m
15	Flora PagottoScomparim	Ryde	6.80m
16	Madison Clarke	Cherrybrook	6.73m
17	Aleisha Mannie	Nth Rocks Carlin	6.34m

Girls U 13 - Triple Jump

=====			
Zone: Z 11.04m		1994	C Morris, Hornsby District
Name	Age	Centre	Final
=====			
1	Isabella Azizi	Northern Suburbs	10.44m
2	Jessica Johnston	Ryde	10.07m
3	Ruby Perkins	Northern Suburbs	9.10m
4	Eliza Matthews	Nth Rocks Carlin	9.03m
5	Sarah-anne Koot	Cherrybrook	8.99m
6	Miah O'Shea	Ryde	8.86m
7	Nellie Bealby	Northern Suburbs	J8.29m
7	Grace Carden	Northern Suburbs	8.29m
9	Anesha Busingye	Nth Rocks Carlin	8.03m
10	Olivia Sassen	Parramatta	7.94m
11	Annika Lee	Northern Suburbs	7.74m
11	Claudia Barlow	Ryde	J7.74m
13	Isabella Primrose	Nth Rocks Carlin	7.54m
14	Jocelyn Donald	Parramatta	7.53m
15	Amelia Boccabella	Ryde	7.50m
16	Megha Aravindaraja	Parramatta	7.38m
17	Sarah Sakr	Parramatta	7.05m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - Triple Jump**

Zone: Z 11.48m 10/12/2017 Annika Lynch, Northern Subur			
Name	Age	Centre	Final
1 Tara Webb		Cherrybrook	10.47m
2 Hayley Reynolds		Nth Rocks Carlin	9.83m
3 Aliana Moala		Ryde	9.82m
4 Mia Marshall		Ryde	9.80m
5 Chloe Krklinski		Parramatta	8.99m
6 Georgia Phillips		Ryde	8.95m
7 Andrea MyaHan		Nth Rocks Carlin	8.89m
8 Ashlee Hu		Ryde	8.79m
9 Kaitlyn Martin		Ryde	8.57m
10 Abigail Goodacre		Nth Rocks Carlin	7.71m
11 Skye Mahony		Nth Rocks Carlin	7.67m

Girls U 15 - Triple Jump

Zone: Z 11.62m 2007 Amy PejkoVIC, Cherrybrook			
Name	Age	Centre	Final
1 Abigail Oimage		Cherrybrook	10.55m
2 Mikayla Kelleher		Ryde	9.51m
3 Shirlene Su		Nth Rocks Carlin	9.09m
4 Katelyn Johnson		Parramatta	8.90m
5 Caitlin Waldron		Nth Rocks Carlin	7.25m

Girls U 17 - Triple Jump

Zone: Z 12.11m 12/12/2015 Maya Leverett, Nth Rocks Car			
Name	Age	Centre	Final
1 Annika Lynch		Northern Suburbs	11.58m
2 Alyssa Lowe		Ryde	11.02m
3 Sophie Anderson		Northern Suburbs	10.64m
4 Lily Tilt		Nth Rocks Carlin	10.42m
5 Emily Gathercole		Nth Rocks Carlin	10.26m
6 Sarah Brown		Ryde	10.04m
7 Tarsha Wayne		Northern Suburbs	9.72m
8 Chelsea Smith		Nth Rocks Carlin	9.23m
9 Maxine Mannasz		Ryde	9.14m
10 Grace Chamberlain		Northern Suburbs	8.96m
11 Alessandra Primrose		Nth Rocks Carlin	8.48m
12 Chanel El-Chaar		Parramatta	7.74m
13 Sofia Gately		Nth Rocks Carlin	7.53m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.71m 2006 Mallory Bassett, Hornsby Dist			
Name	Age	Centre	Final
1 Marieta Setefano		Parramatta	4.11m
2 Laura Cunha		Nth Rocks Carlin	4.04m
3 Angel Obi		Nth Rocks Carlin	3.97m
4 Gwenevieve Darby		Cherrybrook	3.74m
5 Zoe Fisher		Cherrybrook	3.13m
6 Florence Webb		Ryde	3.09m
7 Siena Cuza		Cherrybrook	2.58m
8 Olivia Lalor		Cherrybrook	2.55m
9 Chloe Donnellan		Parramatta	2.24m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - Shot Put (1.5 Kg)**

Zone: Z 7.01m 11/12/2016 Tayla Moore, Cherrybrook			
Name	Age	Centre	Final
1 Ella Finnane		Ryde	4.76m
2 Alofa Sauvao		Parramatta	4.07m
3 Rachel Clemens		Northern Suburbs	3.55m
4 Hayley Carroll		Nth Rocks Carlin	3.53m
5 Madeleine Kebblewhite		Northern Suburbs	3.49m
6 Lesieli Moala		Ryde	3.10m
7 Ashleigh Mansell		Cherrybrook	2.80m
8 Amy Codrington		Nth Rocks Carlin	2.78m
9 Hannah Codrington		Nth Rocks Carlin	2.25m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.75m 9/12/2017 Tayla Moore, Cherrybrook			
Name	Age	Centre	Final
1 Sian Stewart		Cherrybrook	5.86m
2 Abigail Damian		Northern Suburbs	5.43m
3 ChiquitaMarley Graham		Northern Suburbs	4.67m
4 Bronte Nagle		Ryde	3.80m
5 Olivia Pisani		Ryde	3.74m
6 Pare Nader		Parramatta	3.63m
7 Emily Hinson		Ryde	3.58m
8 Mahesa Griffiths		Ryde	3.57m
9 Haasini Anandhan		Cherrybrook	2.61m
10 Rachel Goh		Nth Rocks Carlin	2.41m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 8.98m 2009 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1 Evana Butler		Nth Rocks Carlin	7.41m
2 Nisini RajapakshaMudiyan		Cherrybrook	6.81m
3 Juliette Harvey		Northern Suburbs	5.39m
4 Kate Shepherd		Parramatta	5.26m
5 Annalise Boland		Ryde	5.16m
6 Ava Greig		Ryde	4.79m
7 Heidi Vercoe		Cherrybrook	4.66m
8 Tess James		Ryde	4.40m
9 Charlotte Butler		Parramatta	4.17m
10 Savandi Weerasekara		Cherrybrook	4.00m
11 Miranda Araullo		Ryde	3.36m
12 Nancy Bridge		Nth Rocks Carlin	2.52m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 10.79m 1995 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Mikayla Duncombe		Ryde	7.38m
2 Mia Stewart		Cherrybrook	6.70m
3 Princess Obi		Nth Rocks Carlin	6.56m
4 Eliza Damian		Northern Suburbs	6.51m
5 Maddison Minard		Nth Rocks Carlin	6.29m
6 Hine Rikiti		Ryde	6.23m
7 Stella White		Parramatta	6.13m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - Shot Put (2.0 Kg)**

8	Risha Bhatia	Nth Rocks Carlin	6.04m
9	Cyla O'Donahue	Nth Rocks Carlin	5.72m
10	Lily Scahill	Nth Rocks Carlin	5.43m
11	Aurora Willard	Ryde	5.14m
12	Ella Drinkwater	Northern Suburbs	4.93m
13	Leela Appleby	Parramatta	4.32m

Girls U 12 - Shot Put (2.0 Kg)

=====			
Zone: Z 13.18m 13/12/2015 Chiara Lillis, Ryde			
Name	Age	Centre	Final
=====			
1	Tayla Moore	Cherrybrook	10.60m
2	Emily Govers	Northern Suburbs	9.51m
3	Maddison Kernaghan	Parramatta	8.49m
3	Rithaja Sankaran	Nth Rocks Carlin	J8.49m
5	Flora PagottoScomparim	Ryde	6.96m
6	Madison Clarke	Cherrybrook	6.60m
7	Aoife Murdock	Nth Rocks Carlin	6.43m
8	Taylor Jamieson	Nth Rocks Carlin	5.99m
9	Amelia Shepherd	Parramatta	5.57m
10	Aleisha Mannie	Nth Rocks Carlin	5.56m
11	Sophie Quinnell	Northern Suburbs	5.32m
12	Serena Vanderklaw	Cherrybrook	4.61m

Girls U 13 - Shot Put (3.0 Kg)

=====			
Zone: Z 11.78m 2012 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
=====			
1	Jessica Johnston	Ryde	9.18m
2	Isabella Barbara	Ryde	8.64m
3	Tianna Bertolissio	Parramatta	8.59m
4	Eliza Matthews	Nth Rocks Carlin	8.56m
5	Amelia Boccabella	Ryde	8.36m
6	Macda Berhane	Parramatta	7.78m
7	Amelia Nagy	Nth Rocks Carlin	7.42m
8	Claudia Barlow	Ryde	7.00m
9	Anesha Busingye	Nth Rocks Carlin	6.99m

Girls U 14 - Shot Put (3.0 Kg)

=====			
Zone: Z 12.48m 1998 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
=====			
1	Jessica Coppolelli	Cherrybrook	10.83m
2	Aliana Moala	Ryde	9.96m
3	Natasha Fairhall	Ryde	9.28m
4	Maddison Duncombe	Ryde	8.20m
5	Cylest Benfell	Nth Rocks Carlin	7.67m
6	Skye Mahony	Nth Rocks Carlin	7.48m
7	Alyssa Khaw	Nth Rocks Carlin	6.96m
8	Diyoni Seneviratne	Parramatta	5.88m
9	Amy White	Parramatta	5.76m
10	Cameron Gurry	Northern Suburbs	5.54m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - Shot Put (3.0 Kg)**

Zone: Z 13.62m 1999 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Elianna Hemakumara		Parramatta	10.96m
2 Caitlin Waldron		Nth Rocks Carlin	10.35m
3 Thinaya Jayasinghe		Parramatta	8.68m
4 Katelyn Johnson		Parramatta	7.57m
5 Sophie Smart		Nth Rocks Carlin	7.36m
6 Shirlene Su		Nth Rocks Carlin	7.27m
7 Isabelle Nilon		Nth Rocks Carlin	6.69m
8 Nicole Pitchfork		Parramatta	6.66m
9 Zoe Parlevliet		Nth Rocks Carlin	5.97m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.96m 11/12/2016 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1 Anna Kely		Cherrybrook	11.54m
2 Hannah Morgan		Northern Suburbs	10.97m
2 Bronte Hodson		Northern Suburbs	J10.97m
4 Lily Tilt		Nth Rocks Carlin	10.61m
5 Tarsha Wayne		Northern Suburbs	10.29m
6 Portia Amy-Wilson		Northern Suburbs	10.04m
7 Emily Gathercole		Nth Rocks Carlin	9.08m
8 Sofia Gately		Nth Rocks Carlin	8.58m
9 Sophie Boland		Ryde	8.43m
10 Alana Shehadie		Parramatta	8.33m
11 Caitlin Rodriguez		Parramatta	7.24m
12 Chanel El-Chaar		Parramatta	6.39m

Girls U 7 - Discus (350 Gram)

Zone: Z 18.80m 2006 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Claire Mansell		Northern Suburbs	10.56m
2 Floriana Mokofisi-Fielea		Parramatta	9.74m
3 Laura Cunha		Nth Rocks Carlin	9.34m
4 Gwenevieve Darby		Cherrybrook	8.70m
5 Angel Obi		Nth Rocks Carlin	8.00m
6 Florence Lee		Nth Rocks Carlin	7.99m
7 Emily Moore		Ryde	6.25m
8 Marieta Setefano		Parramatta	4.57m
9 Olivia Lalor		Cherrybrook	4.08m
-- Chloe Donnellan		Parramatta	ND

Girls U 8 - Discus (500 Gram)

Zone: Z 19.89m 2007 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Alofa Sauvao		Parramatta	12.05m
2 Madeleine Kebblewhite		Northern Suburbs	10.81m
3 Aria Centellas		Ryde	8.36m
4 Bonnie Castelllas		Northern Suburbs	7.97m
5 Julia Perry		Nth Rocks Carlin	7.31m
6 Rachel Clemens		Northern Suburbs	7.27m
7 Elizabeth Perry		Nth Rocks Carlin	6.96m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 8 - Discus (500 Gram)**

8	Hannah Codrington	Nth Rocks Carlin	6.74m
9	Hayley Carroll	Nth Rocks Carlin	5.34m
10	Sammi Smith	Nth Rocks Carlin	4.25m
11	Amy Goldstiver	Cherrybrook	3.90m

Girls U 9 - Discus (500 Gram)

=====			
	Zone: Z 24.53m	2008	Mallory Bassett, Hornsby Dis
Name	Age	Centre	Final
=====			
1	Edan-Grace El-Chaar	Parramatta	15.30m
2	Sian Stewart	Cherrybrook	15.05m
3	Abigail Damian	Northern Suburbs	14.87m
4	Zara Drinkwater	Northern Suburbs	12.65m
5	Isla Bealby	Northern Suburbs	11.19m
6	Bronte Nagle	Ryde	10.03m
7	Haasini Anandhan	Cherrybrook	10.00m
8	Neve Taumalolo	Northern Suburbs	9.85m
9	Charlotte Barker	Nth Rocks Carlin	9.26m
10	Olivia Pisani	Ryde	9.24m
11	Ella Hazon	Nth Rocks Carlin	8.52m
12	Samanthi Mendis	Parramatta	8.31m
13	Serena Li	Cherrybrook	8.23m
14	Rachel Goh	Nth Rocks Carlin	7.78m
15	Allison Deng	Cherrybrook	6.85m
16	Adele Jiang	Cherrybrook	6.56m

Girls U 10 - Discus (500 Gram)

=====			
	Zone: Z 30.54m	2009	Kristina Moore, Cherrybrook
Name	Age	Centre	Final
=====			
1	Nisini RajapakshaMudiyan	Cherrybrook	28.26m
2	Kate Shepherd	Parramatta	15.69m
3	Sofia Gasparini	Parramatta	14.62m
4	Juliette Harvey	Northern Suburbs	14.33m
5	Madeleine Gee	Northern Suburbs	14.14m
6	Melevea Mokofisi	Parramatta	14.03m
7	Star Millott	Parramatta	13.03m
8	Annalise Boland	Ryde	12.60m
9	Lily Zihlmann	Northern Suburbs	11.07m
10	Sophie Polkinghorne	Nth Rocks Carlin	10.01m
11	Annabel Cullen	Nth Rocks Carlin	9.89m
12	Sarah Clemens	Northern Suburbs	9.70m
13	Aliyah Bennett	Cherrybrook	9.63m
14	Chloe Janda	Ryde	8.84m
15	Natalie Cobleby	Nth Rocks Carlin	8.77m
16	Liana Madeleine	Nth Rocks Carlin	8.72m
17	Erin Armstrong	Ryde	8.18m
18	Mary Powell	Nth Rocks Carlin	8.06m
19	Summer Aiken	Parramatta	7.48m
20	Miranda Araullo	Ryde	5.94m

Girls U 11 - Discus (500 Gram)

=====			
	Zone: Z 30.26m	9/12/2018	Tayla Moore, Cherrybrook
Name	Age	Centre	Final
=====			
1	Indianna Wijeyesinghe	Cherrybrook	25.67m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - Discus (500 Gram)**

2	Mia Stewart	Cherrybrook	23.97m
3	Mikayla Duncombe	Ryde	18.69m
4	Princess Obi	Nth Rocks Carlin	18.02m
5	Rachel Fenson	Nth Rocks Carlin	17.60m
6	Leela Appleby	Parramatta	17.07m
7	Brinleigh Grosvenor	Nth Rocks Carlin	16.01m
8	Stella White	Parramatta	14.14m
9	Eliza Damian	Northern Suburbs	13.89m
10	Kara Hazon	Nth Rocks Carlin	13.56m
11	Layla Tawbe	Cherrybrook	13.19m
12	Rana Taumalolo	Northern Suburbs	11.87m
13	Lilly Hayhurst	Cherrybrook	11.82m
14	Jess Roughan	Northern Suburbs	11.05m

Girls U 12 - Discus (750 Gram)

=====			
	Zone: Z 36.97m	2011	Kristina Moore, Cherrybrook
Name	Age	Centre	Final
=====			
1	Tayla Moore	Cherrybrook	28.00m
2	Emily Govers	Northern Suburbs	27.88m
3	Madison Clarke	Cherrybrook	24.83m
4	Maddison Kernaghan	Parramatta	23.69m
5	Lani Khiroya	Nth Rocks Carlin	18.82m
6	Isabella Longley	Northern Suburbs	18.78m
7	Olivia Xu	Ryde	17.88m
8	Amelia Shepherd	Parramatta	17.78m
9	Serena Vanderklaw	Cherrybrook	15.33m
10	Aoife Murdock	Nth Rocks Carlin	14.74m
11	Charlotte Mear	Parramatta	13.94m
12	Tarnia Newton	Northern Suburbs	13.10m
13	Dulanga Kariyawasam	Ryde	13.05m
14	Sophie Quinnell	Northern Suburbs	12.45m
15	Nakita Newton	Northern Suburbs	11.61m
16	KatelynMarieGo Velasco	Parramatta	9.53m
17	Bella Odowd	Northern Suburbs	9.52m
18	Taylor Jamieson	Nth Rocks Carlin	9.14m
19	Rithaja Sankaran	Nth Rocks Carlin	4.68m

Girls U 13 - Discus (750 Gram)

=====			
	Zone: Z 39.68m	2000	S Vale, Parramatta
Name	Age	Centre	Final
=====			
1	Jessica Johnston	Ryde	37.17m
2	Rani Sharma	Cherrybrook	25.54m
3	Isabella Barbara	Ryde	24.50m
4	Ruby Perkins	Northern Suburbs	22.95m
5	Macda Berhane	Parramatta	22.47m
6	Amelia Nagy	Nth Rocks Carlin	20.61m
7	Lara Klarich	Ryde	19.26m
8	Lara Boccabella	Ryde	18.26m
9	Claudia Barlow	Ryde	17.40m
10	Tianna Bertolissio	Parramatta	15.76m
11	Caitlin Gurney	Cherrybrook	15.70m
12	Amelia Boccabella	Ryde	14.25m
13	Katie Macpherson	Northern Suburbs	12.75m
14	Isabella Primrose	Nth Rocks Carlin	10.96m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - Discus (1.0 Kg)**

Zone: Z 37.46m 15/12/2013 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1	Jessica Coppolelli	Cherrybrook	32.83m
2	Natasha Fairhall	Ryde	22.45m
3	Maddison Duncombe	Ryde	20.14m
4	Cylest Benfell	Nth Rocks Carlin	19.15m
5	Skye Mahony	Nth Rocks Carlin	18.26m
6	Mia Marshall	Ryde	18.12m
7	Elise Bogнар	Parramatta	16.76m
8	Cameron Gurry	Northern Suburbs	16.43m
9	Milni Kariyawasam	Ryde	15.64m
10	Amy White	Parramatta	15.02m
11	Hirandi Kariyawasam	Parramatta	14.80m
12	Abigail Goodacre	Nth Rocks Carlin	14.17m
13	Diyoni Seneviratne	Parramatta	13.77m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 38.82m 13/12/2014 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1	Caitlin Waldron	Nth Rocks Carlin	31.65m
2	Elianna Hemakumara	Parramatta	31.38m
3	Thinaya Jayasinghe	Parramatta	23.56m
4	Jessica Peterson	Parramatta	23.35m
5	Mikayla Kelleher	Ryde	22.90m
6	Katelyn Johnson	Parramatta	19.44m
7	Zoe Parlevliet	Nth Rocks Carlin	18.54m
8	Nicole Pitchfork	Parramatta	18.20m
9	Caitlin Arnaoutis	Nth Rocks Carlin	11.50m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 46.25m 10/12/2016 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1	Bronte Hodson	Northern Suburbs	35.21m
2	Anna Kely	Cherrybrook	33.48m
3	Hannah Morgan	Northern Suburbs	33.46m
4	Caitlin Rodriguez	Parramatta	27.41m
5	Chanel El-Chaar	Parramatta	21.85m
6	Tarsha Wayne	Northern Suburbs	20.01m
7	Alessandra Primrose	Nth Rocks Carlin	15.38m
8	Sofia Gately	Nth Rocks Carlin	14.15m

Girls U 11 - Javelin (400 Gram)

Zone: Z 20.95m 10/12/2016 Natasha Fairhall, Ryde			
Name	Age	Centre	Final
1	Indianna Wijeyesinghe	Cherrybrook	17.16m
2	Rana Taumalolo	Northern Suburbs	12.12m
3	Layla Tawbe	Cherrybrook	11.01m
4	Rachel Fenson	Nth Rocks Carlin	9.94m
5	Brinleigh Grosvenor	Nth Rocks Carlin	9.28m
6	Jess Roughan	Northern Suburbs	8.87m
7	Stella White	Parramatta	8.83m
8	Leela Appleby	Parramatta	8.31m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - Javelin (400 Gram)**

Zone: Z 29.54m 9/12/2017 Elianna Hemakumara, Parramat			
Name	Age	Centre	Final
1 Maddison Kernaghan		Parramatta	20.88m
2 Lani Khiroya		Nth Rocks Carlin	18.46m
3 Sophie Quinnell		Northern Suburbs	15.89m
4 Emily Govers		Northern Suburbs	15.19m
5 Amelia Shepherd		Parramatta	14.90m
6 Rithaja Sankaran		Nth Rocks Carlin	14.42m
7 Grace Harkin		Northern Suburbs	13.35m
8 Gabriela Marczyk		Northern Suburbs	12.41m
9 Bridget Butler		Parramatta	11.73m
10 Ella McGregor		Ryde	11.35m
11 Chloe Leivesley		Nth Rocks Carlin	11.33m
12 Caitlyn Collier		Nth Rocks Carlin	7.80m
13 Ally Maclaine		Cherrybrook	6.22m

Girls U 13 - Javelin (400 Gram)

Zone: Z 35.85m 15/12/2013 Kate Collett, Cherrybrook			
Name	Age	Centre	Final
1 Jessica Johnston		Ryde	34.82m
2 Amelia Nagy		Nth Rocks Carlin	27.22m
3 Ruby Perkins		Northern Suburbs	23.95m
4 Macda Berhane		Parramatta	23.68m
5 Amelia Boccabella		Ryde	20.31m
6 Caitlin Gurney		Cherrybrook	19.45m
7 Lara Boccabella		Ryde	16.63m
8 Tianna Bertolissio		Parramatta	16.06m
9 Claudia Barlow		Ryde	13.43m

Girls U 14 - Javelin (400 Gram)

Zone: Z 37.85m 10/12/2016 Kate Peterson, Parramatta			
Name	Age	Centre	Final
1 Natasha Fairhall		Ryde	27.22m
2 Chloe Krklinski		Parramatta	25.78m
3 Skye Mahony		Nth Rocks Carlin	23.71m
4 Maddison Duncombe		Ryde	20.79m
5 Jessica Coppolelli		Cherrybrook	20.17m
6 Cameron Gurry		Northern Suburbs	16.27m
7 Diyoni Seneviratne		Parramatta	14.23m

Girls U 15 - Javelin (500 Gram)

Zone: Z 38.62m 11/12/2016 Amie Bowrey, Cherrybrook			
Name	Age	Centre	Final
1 Elianna Hemakumara		Parramatta	29.66m
2 Jessica Peterson		Parramatta	27.75m
3 Isabelle Nilon		Nth Rocks Carlin	23.99m
4 Katelyn Johnson		Parramatta	23.16m
5 Sophie Smart		Nth Rocks Carlin	22.91m
6 Nicole Pitchfork		Parramatta	22.45m
7 Caitlin Waldron		Nth Rocks Carlin	21.24m
8 Zoe Parlevliet		Nth Rocks Carlin	16.87m
9 Jasmine Khiroya		Nth Rocks Carlin	14.38m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 17 - Javelin (500 Gram)**

Zone: Z 39.73m 8/12/2018 Kate Peterson, Parramatta			
Name	Age	Centre	Final
1 Sophie Kavanagh		Nth Rocks Carlin	31.55m
2 Anna Kely		Cherrybrook	31.14m
3 Portia Amy-Wilson		Northern Suburbs	30.98m
4 Bronte Hodson		Northern Suburbs	29.95m
5 Genevieve McKeown		Nth Rocks Carlin	29.70m
6 Tarsha Wayne		Northern Suburbs	29.29m
7 Hannah Morgan		Northern Suburbs	28.60m
8 Sofia Gately		Nth Rocks Carlin	27.89m
9 Bianca Minguillan		Ryde	21.53m
10 Angela Asikin		Northern Suburbs	20.86m

Girls U 9 - 700 Metre Walk

Zone: Z 4:10.60 1998 K Barros, Hornsby District			
Name	Age	Centre	Final
Section 1			
1 Olivia Loring		Parramatta	4:46.60
2 Sian Stewart		Cherrybrook	4:50.50
3 Neve Taumalolo		Northern Suburbs	4:50.70
4 Charlotte Barker		Nth Rocks Carlin	5:05.80
5 Pippa Burke		Cherrybrook	5:24.40
6 Aishi Wijesekera		Parramatta	5:59.00
7 Ella Shannon		Cherrybrook	6:20.10

Girls U 10 - 1100 Metre Walk

Zone: Z 6:05.18 9/12/2018 Natasha Flahey, Cherrybrook			
Name	Age	Centre	Final
1 Ruby Kernaghan		Parramatta	6:32.49
2 Sophie Polkinghorne		Nth Rocks Carlin	6:35.84
3 Ruby Penn		Cherrybrook	8:02.89
4 Annalise Boland		Ryde	8:18.94
-- Miranda Araullo		Ryde	DQ

Girls U 11 - 1100 Metre Walk

Zone: Z 5:38.10 2011 Eliza DeLaine, Norths			
Name	Age	Centre	Final
1 Jessica Loring		Parramatta	6:11.71
2 Mia Stewart		Cherrybrook	6:26.13
3 Lily Scahill		Nth Rocks Carlin	7:20.54
4 Rana Taumalolo		Northern Suburbs	7:29.57
5 Abigail Gathercole		Nth Rocks Carlin	7:49.01
6 Lisara Seneviratne		Parramatta	7:55.58

Girls U 12 - 1500 Metre Walk

Zone: Z 7:31.80 2003 Jessica Bennett, Parramatta			
Name	Age	Centre	Final
1 Grace Harkin		Northern Suburbs	9:30.81
2 Aoife Murdock		Nth Rocks Carlin	10:05.92
3 Maddison Kernaghan		Parramatta	10:21.53

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - 1500 Metre Walk**

4 Ella McGregor	Ryde	10:57.96
5 Ally MacLaine	Cherrybrook	12:37.43
-- Annika Boys	Northern Suburbs	DQ

Girls U 13 - 1500 Metre Walk

=====			
	Zone: Z	7:19.80	2004
			Jessica Bennett, Parramatta
Name	Age	Centre	Final
=====			
1 Olivia Sassen		Parramatta	8:42.26
2 Eliza Matthews		Nth Rocks Carlin	9:27.74
3 Annika Lee		Northern Suburbs	9:28.25
4 Charlize Gartner		Cherrybrook	9:31.14
5 Caitlin Gurney		Cherrybrook	9:47.02
6 Lara Klarich		Ryde	9:56.51
7 Isabella Primrose		Nth Rocks Carlin	10:42.10
8 Nellie Bealby		Northern Suburbs	11:08.09

Girls U 14 - 1500 Metre Walk

=====			
	Zone: Z	7:17.33	14/12/2014
			Samantha Brown, Parramatta
Name	Age	Centre	Final
=====			
1 Chloe Krklinski		Parramatta	8:14.24
2 Lucy Proszenko		Ryde	9:49.64

Girls U 15 - 1500 Metre Walk

=====			
	Zone: Z	6:50.79	13/12/2015
			Samantha Brown, Parramatta
Name	Age	Centre	Final
=====			
1 Emma Thomas		Parramatta	7:35.09
2 Isabelle Nilon		Nth Rocks Carlin	9:12.18
3 Caitlin Waldron		Nth Rocks Carlin	11:33.67

Girls U 17 - 1500 Metre Walk

=====			
	Zone: Z	7:06.40	14/12/2014
			Jasmyn Mc Donald, Parramatt
Name	Age	Centre	Final
=====			
1 Sophie Boland		Ryde	9:42.88

Boys U 7 - 50 Metre Sprint

=====			
	Zone: Z	8.60	2005
			Jordan Idiare, Parramatta
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Tyler O'Connell		Cherrybrook	9.58Q
2 Alexander Economides		Ryde	9.78Q
3 Zen Bhandari		Cherrybrook	10.53
4 Zachary Quinnell		Northern Suburbs	10.85
5 Elliot Kiproviski		Parramatta	10.95
Heat 2 Heats			
1 Jack Cullen		Parramatta	9.43Q
2 Thomas Norquay		Northern Suburbs	9.73Q
3 Senn Katapodik		Cherrybrook	10.07q
3 Donovan Lin		Northern Suburbs	J10.07q
5 Samuel Andrews		Parramatta	11.32

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 7 - 50 Metre Sprint

6 Rylan Mansell	Northern Suburbs	11.49
Heat 3 Heats		
1 Manuele Sauvao	Parramatta	9.61Q
2 Finn Casamento	Parramatta	9.84Q
3 Jinbo Li	Ryde	9.91q
4 Adam Evans	Northern Suburbs	10.48
5 Ethan Ryan	Nth Rocks Carlin	10.96
6 Joshua Aydin	Cherrybrook	11.21
7 Joshua Kearsley	Parramatta	11.45

Boys U 7 - 50 Metre Sprint

=====			
Zone: Z	8.60	2005	Jordan Idiare, Parramatta
Name	Age	Centre	Final
=====			
Section 1	Final		
1 Alexander Economides	Ryde		9.25
2 Manuele Sauvao	Parramatta		9.31
3 Tyler O'Connell	Cherrybrook		9.36
4 Thomas Norquay	Northern Suburbs		9.44
5 Jack Cullen	Parramatta		9.47
6 Finn Casamento	Parramatta		9.79
7 Jinbo Li	Ryde		9.83
8 Donovan Lin	Northern Suburbs		9.88
9 Senn Katapodik	Cherrybrook		12.88

Boys U 7 - 70 Metre Sprint

=====			
Zone: Z	11.30	1989	J Blackett, North Rocks Carli
Name	Age	Centre	Heats
=====			
Heat 1	Heats		
1 Alexander Economides	Ryde		12.99Q
2 Manuele Sauvao	Parramatta		13.44Q
3 Thomas Norquay	Northern Suburbs		13.68q
4 Oliver Fratini	Northern Suburbs		13.83
5 Fotu Taiamoni	Nth Rocks Carlin		15.60
Heat 2	Heats		
1 Jack Cullen	Parramatta		13.22Q
1 Lachlan Vercoe	Cherrybrook		13.22Q
3 Gerard Mokofisi	Parramatta		15.70
4 Cooper Bruster	Parramatta		16.27
Heat 3	Heats		
1 Liam Lawson	Nth Rocks Carlin		12.80Q
2 Tyler O'Connell	Cherrybrook		12.90Q
3 Senn Katapodik	Cherrybrook		13.77q
4 Ethan Ryan	Nth Rocks Carlin		15.09
5 Joshua Kearsley	Parramatta		16.50
6 Donovan Lin	Northern Suburbs		17.50

Boys U 7 - 70 Metre Sprint

=====			
Zone: Z	11.30	1989	J Blackett, North Rocks Carli
Name	Age	Centre	Final
=====			
Section 1	Final		
1 Liam Lawson	Nth Rocks Carlin		12.67
2 Alexander Economides	Ryde		13.02
3 Jack Cullen	Parramatta		13.17

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

4	Tyler O'Connell	Cherrybrook	13.21
5	Lachlan Vercoe	Cherrybrook	13.48
6	Manuele Sauvao	Parramatta	13.68
7	Thomas Norquay	Northern Suburbs	14.08
8	Senn Katapodik	Cherrybrook	14.39

Boys U 8 - 70 Metre Sprint

=====			
	Zone: Z 10.60	2008	Ben Kinasch, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Jackson Aiken	Parramatta	12.29Q
2	Mitchell Cox	Ryde	12.55Q
3	Arjun Bakal	Parramatta	13.26
4	Liam Forsyth	Parramatta	13.29
5	Hamish McBain	Nth Rocks Carlin	13.35
Heat 2 Heats			
1	Aharshan Sivaniruban	Parramatta	12.18Q
2	Ethan Louttit	Ryde	12.30Q
3	Hugo Rossetto	Parramatta	12.44q
4	Tobias Butler	Nth Rocks Carlin	13.52
5	Sebastian Bale	Cherrybrook	13.73
6	Daymon Wong	Nth Rocks Carlin	13.98
Heat 3 Heats			
1	Marco Mandrini	Nth Rocks Carlin	12.55Q
2	Leon Temelkovski	Northern Suburbs	12.56Q
3	Lachlan Kong	Northern Suburbs	12.58q
4	Michael D'Souza	Parramatta	12.71
5	Daniel Koot	Cherrybrook	14.82
6	Vivek Rao	Ryde	15.32

Boys U 8 - 70 Metre Sprint

=====			
	Zone: Z 10.60	2008	Ben Kinasch, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Aharshan Sivaniruban	Parramatta	11.98
2	Ethan Louttit	Ryde	12.17
3	Jackson Aiken	Parramatta	12.24
4	Hugo Rossetto	Parramatta	12.32
5	Lachlan Kong	Northern Suburbs	12.40
6	Mitchell Cox	Ryde	12.48
7	Marco Mandrini	Nth Rocks Carlin	12.68
8	Leon Temelkovski	Northern Suburbs	12.79

Boys U 9 - 70 Metre Sprint

=====			
	Zone: Z 10.30	2009	Ben Kinasch, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	James Mikan	Northern Suburbs	11.55Q
2	Marco Sassen	Parramatta	12.16Q
3	Michael Cullen	Parramatta	12.40Q
4	Daniel Kearsley	Parramatta	13.07
5	James Bishop	Nth Rocks Carlin	13.29
6	Kerwin Shao	Cherrybrook	16.77

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 9 - 70 Metre Sprint

Heat 2 Heats

1	Abdulraman Kabia	Parramatta	11.33Q
2	Alexander Song	Nth Rocks Carlin	11.38Q
3	Charithu Demel	Cherrybrook	11.98Q
4	Harry McClellan	Northern Suburbs	12.23q
5	Noah Collier	Nth Rocks Carlin	12.88q
6	John Wechsler	Northern Suburbs	13.19
7	Lewis Wechsler	Northern Suburbs	13.24
8	John Reville	Northern Suburbs	14.10

Boys U 9 - 70 Metre Sprint

=====
 Zone: Z 10.30 2009 Ben Kinasch, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1	Abdulraman Kabia	Parramatta	11.02
2	James Mikan	Northern Suburbs	11.03
3	Alexander Song	Nth Rocks Carlin	11.07
4	Charithu Demel	Cherrybrook	11.73
5	Harry McClellan	Northern Suburbs	12.03
6	Marco Sassen	Parramatta	12.05
7	Michael Cullen	Parramatta	12.08
8	Noah Collier	Nth Rocks Carlin	12.41

Boys U 10 - 70 Metre Sprint

=====
 Zone: Z 9.80 2009 Lewis Clabburn, Northern Subu
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Eric Qiu	Northern Suburbs	11.21Q
2	Andrew(Ellis) Wright	Parramatta	11.45Q
3	Liam Castellias	Northern Suburbs	11.68
4	Justin Guo	Nth Rocks Carlin	11.72
5	James Zhang	Ryde	12.13
6	Dean Mansell	Cherrybrook	12.91

Heat 2 Heats

1	Owen Smith	Ryde	11.16Q
2	Joseph Saba	Parramatta	12.58Q
3	Owen Bragg	Parramatta	12.86
3	EthanMarcGo Velasco	Parramatta	12.86

Heat 3 Heats

1	SevyTom Fenil	Ryde	10.52Q
2	Harry Wigham	Cherrybrook	10.75Q
3	Ethan Baird	Northern Suburbs	10.85q
4	Benjamin Howarth	Northern Suburbs	11.39q
5	Cooper Kebblewhite	Northern Suburbs	11.60
6	Thenuk Wijesekera	Parramatta	11.64

Boys U 10 - 70 Metre Sprint

=====
 Zone: Z 9.80 2009 Lewis Clabburn, Northern Subu
 Name Age Centre Final
 =====

Section 1 Final

1	SevyTom Fenil	Ryde	10.45
2	Harry Wigham	Cherrybrook	10.48
3	Owen Smith	Ryde	10.63

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

4	Ethan Baird	Northern Suburbs	10.76
5	Eric Qiu	Northern Suburbs	10.99
6	Andrew(Ellis) Wright	Parramatta	11.19
7	Benjamin Howarth	Northern Suburbs	11.35
8	Joseph Saba	Parramatta	11.97

Boys U 7 - 100 Metre Sprint

=====			
	Zone: Z 15.90	1999	L Thomson, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Liam Lawson	Nth Rocks Carlin	18.01Q
2	Manuele Sauvao	Parramatta	19.10Q
3	Thomas Norquay	Northern Suburbs	19.14q
4	Jinbo Li	Ryde	19.34q
5	Maxwell Petersen	Parramatta	21.28
6	Joshua Kearsley	Parramatta	24.59
Heat 2 Heats			
1	Alexander Economides	Ryde	18.22Q
2	Lachlan Vercoe	Cherrybrook	18.79Q
3	Senn Katapodik	Cherrybrook	20.13
4	Ethan Ryan	Nth Rocks Carlin	21.01
5	James Pisani	Ryde	21.08
6	Fotu Taiamoni	Nth Rocks Carlin	22.26
7	Rylan Mansell	Northern Suburbs	24.23
Heat 3 Heats			
1	Tyler O'Connell	Cherrybrook	18.24Q
2	Jack Cullen	Parramatta	18.88Q
3	Rory McClellan	Northern Suburbs	19.75
4	Zen Bhandari	Cherrybrook	20.59
5	Gerard Mokofisi	Parramatta	24.18

Boys U 7 - 100 Metre Sprint

=====			
	Zone: Z 15.90	1999	L Thomson, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Liam Lawson	Nth Rocks Carlin	17.73
2	Tyler O'Connell	Cherrybrook	18.34
2	Jack Cullen	Parramatta	18.34
2	Alexander Economides	Ryde	18.34
5	Manuele Sauvao	Parramatta	18.61
6	Lachlan Vercoe	Cherrybrook	18.86
7	Jinbo Li	Ryde	19.50
8	Thomas Norquay	Northern Suburbs	19.71

Boys U 8 - 100 Metre Sprint

=====			
	Zone: Z 15.20	2008	Ben Kinasch, Cherrybrook
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Marco Mandrini	Nth Rocks Carlin	18.37Q
2	Ike Blackwell	Ryde	18.67Q
3	Michael D'Souza	Parramatta	19.47
4	Tobias Butler	Nth Rocks Carlin	19.89
5	Damon Gasic	Northern Suburbs	20.38

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

6 Aiden Forsyth	Parramatta	20.45
7 Ariv Bahura	Nth Rocks Carlin	23.53
Heat 2 Heats		
1 Aharshan Sivaniruban	Parramatta	17.41Q
2 Lachlan Kong	Northern Suburbs	18.11Q
3 Rhys Griffiths	Northern Suburbs	18.30
4 Hamish McBain	Nth Rocks Carlin	18.89
5 Sebastian Bale	Cherrybrook	19.02
6 Panav Gounder	Parramatta	19.04
7 Vivek Rao	Ryde	21.36
Heat 3 Heats		
1 Ethan Louttit	Ryde	17.13Q
2 Leon Temelkovski	Northern Suburbs	17.29Q
3 Mitchell Cox	Ryde	17.95q
4 Jayden Sit	Northern Suburbs	18.28q
5 Karl Gasic	Northern Suburbs	19.35
6 Mohammed MianFizaan	Ryde	19.97
7 Nimal Mendis	Parramatta	20.81

Boys U 8 - 100 Metre Sprint

=====			
Zone: Z 15.20 2008		Ben Kinasch, Cherrybrook	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Ethan Louttit	Ryde	17.31	
2 Aharshan Sivaniruban	Parramatta	17.37	
3 Mitchell Cox	Ryde	17.83	
4 Marco Mandrini	Nth Rocks Carlin	17.99	
5 Leon Temelkovski	Northern Suburbs	18.00	
6 Lachlan Kong	Northern Suburbs	18.19	
7 Ike Blackwell	Ryde	18.66	

Boys U 9 - 100 Metre Sprint

=====			
Zone: Z 14.30 2001		Alexander Pettigrew, Hornsby	
Name	Age Centre	Heats	
=====			
Heat 1 Heats			
1 Charithu Demel	Cherrybrook	16.73Q	
2 Marco Sassen	Parramatta	16.82	
3 Ryan Lim	Nth Rocks Carlin	18.15	
4 Zane ElSayedAhmad	Parramatta	18.67	
5 Marcus Du	Parramatta	18.78	
6 James Ryan	Nth Rocks Carlin	18.83	
Heat 2 Heats			
1 Abdulraman Kabia	Parramatta	15.66Q	
2 Keshav Rao	Ryde	15.90q	
3 Samuel Carden	Northern Suburbs	15.94q	
4 Mason Abram	Cherrybrook	16.07q	
5 Micah Tinsley	Nth Rocks Carlin	17.46	
6 HaydenYuSum Cheung	Ryde	20.59	
Heat 3 Heats			
1 Harry McClellan	Northern Suburbs	16.68Q	
2 Michael Cullen	Parramatta	17.03	
3 Kobe Turkal	Ryde	17.18	
4 Zephyr Lusted	Parramatta	18.01	
5 Neil Warren	Nth Rocks Carlin	21.53	
Heat 4 Heats			

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

1	James Mikan	Northern Suburbs	15.94Q
2	Kyan Seale	Northern Suburbs	16.05q
3	Xavier Mitchell	Ryde	16.66
4	James Bishop	Nth Rocks Carlin	17.77
5	Leo Son	Northern Suburbs	18.43
6	Yiannis MacRitis	Ryde	19.66
7	Zixuan Ma	Ryde	19.81

Boys U 9 - 100 Metre Sprint

=====			
	Zone: Z 14.30	2001	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Abdulraman Kabia	Parramatta	15.05
2	James Mikan	Northern Suburbs	15.65
3	Keshav Rao	Ryde	15.91
3	Samuel Carden	Northern Suburbs	15.91
5	Mason Abram	Cherrybrook	15.99
6	Kyan Seale	Northern Suburbs	16.00
7	Charithu Demel	Cherrybrook	16.18
8	Harry McClellan	Northern Suburbs	17.16

Boys U 10 - 100 Metre Sprint

=====			
	Zone: Z 13.50	2009	Lewis Clabburn, Northern Subu
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Ethan Baird	Northern Suburbs	15.06Q
2	Oliver Leivesley	Nth Rocks Carlin	15.18Q
3	Viktor Grigorov	Ryde	15.28q
4	Owen Smith	Ryde	15.41
5	Eric Qiu	Northern Suburbs	15.68
6	Nicholas Klamer	Nth Rocks Carlin	15.76
7	Joseph Saba	Parramatta	16.83
8	George Andrews	Parramatta	17.95
Heat 2 Heats			
1	SevyTom Fenil	Ryde	14.62Q
2	Harry Wigham	Cherrybrook	15.27Q
3	Andrew(Ellis) Wright	Parramatta	15.35q
4	Liam Castellias	Northern Suburbs	15.93
5	Liam Zoncape	Northern Suburbs	16.01
6	Jerome Solomonides	Nth Rocks Carlin	16.13
7	Marcus Wong	Nth Rocks Carlin	16.20
8	Lincoln Griffiths	Ryde	16.45
Heat 3 Heats			
1	Alexander Atkinson	Parramatta	16.21Q
2	James Zhang	Ryde	16.58Q
3	Nathaniel Basha	Nth Rocks Carlin	16.75
4	Henry Smith-Broadbent	Northern Suburbs	17.21
5	Alexander SU	Nth Rocks Carlin	17.45
6	Owen Bragg	Parramatta	17.50
7	Marcus Goldstiver	Cherrybrook	17.60

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

Zone: Z 13.50 2009 Lewis Clabburn, Northern Subu			
Name	Age	Centre	Final
Section 1 Final			
1 SevyTom Fenil		Ryde	14.69
2 Ethan Baird		Northern Suburbs	15.12
3 Harry Wigham		Cherrybrook	15.19
4 Viktor Grigorov		Ryde	15.50
5 Andrew(Ellis) Wright		Parramatta	15.63
6 Oliver Leivesley		Nth Rocks Carlin	15.92
7 Alexander Atkinson		Parramatta	16.34
8 James Zhang		Ryde	16.75

Boys U 11 - 100 Metre Sprint

Zone: Z 13.40 1990 A Leon, North Rocks Carlingfo			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Benjamin Perry		Nth Rocks Carlin	15.27Q
2 Kyros Ghadiali		Parramatta	15.47Q
2 Toby Cochrane		Northern Suburbs	15.47Q
4 Henry Salter		Northern Suburbs	16.64
5 Zakar Balian		Ryde	17.64
Heat 2 Heats			
1 Daniel Cox		Ryde	14.69Q
2 KaiZhe Tan		Northern Suburbs	15.00Q
3 Benton Setefano		Parramatta	15.02q
4 James Hughes		Northern Suburbs	15.62
5 Zach Peake		Northern Suburbs	15.92
6 Martin Hu		Nth Rocks Carlin	17.24
Heat 3 Heats			
1 Thomas Aroyan		Parramatta	15.91Q
2 Cody Kolman		Ryde	16.34Q
3 Brandon Goh		Nth Rocks Carlin	16.48
4 Aarav Bahura		Nth Rocks Carlin	20.03

Boys U 11 - 100 Metre Sprint

Zone: Z 13.40 1990 A Leon, North Rocks Carlingfo			
Name	Age	Centre	Final
Section 1 Final			
1 Daniel Cox		Ryde	14.80
2 KaiZhe Tan		Northern Suburbs	14.97
3 Benton Setefano		Parramatta	15.10
4 Benjamin Perry		Nth Rocks Carlin	15.47
5 Toby Cochrane		Northern Suburbs	15.58
6 Thomas Aroyan		Parramatta	15.79
7 Kyros Ghadiali		Parramatta	15.88
8 Cody Kolman		Ryde	16.29

Boys U 12 - 100 Metre Sprint

Zone: Z 12.87 12/12/2015 Jason Ho, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Julian Bognar		Parramatta	14.40Q

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 12 - 100 Metre Sprint

2	John Lawson	Nth Rocks Carlin	14.61Q
3	James Woods	Ryde	14.63
4	Toby Burney	Ryde	14.82
5	William Perry	Nth Rocks Carlin	14.94
6	Landon Mansell	Northern Suburbs	15.25
7	Zenith Duggal	Cherrybrook	15.47

Heat 2 Heats

1	Yahya Ali	Ryde	13.79Q
2	Andres Hampel	Northern Suburbs	13.94Q
3	Dominic Lee	Northern Suburbs	14.22q
4	Sebastian Oswald	Northern Suburbs	15.12
5	Rashaan KatapodiK	Cherrybrook	15.26

Heat 3 Heats

1	Ethan Temelkovski	Northern Suburbs	14.04Q
2	Hugo Doak	Northern Suburbs	14.17Q
3	Fergus Cheng	Cherrybrook	14.27q
4	Joshua Smith	Ryde	14.48
5	Christopher Moala	Ryde	14.81
6	Lewis Wong	Nth Rocks Carlin	14.98
7	Julian Emmerson	Ryde	15.53
8	Isaak Bale	Cherrybrook	15.58

Boys U 12 - 100 Metre Sprint

=====
 Zone: Z 12.87 12/12/2015 Jason Ho, Northern Suburbs
 Name Age Centre Final
 =====

Section 1 Final

1	Yahya Ali	Ryde	13.41
2	Andres Hampel	Northern Suburbs	14.01
3	Ethan Temelkovski	Northern Suburbs	14.21
4	Dominic Lee	Northern Suburbs	14.27
5	Fergus Cheng	Cherrybrook	14.33
6	Hugo Doak	Northern Suburbs	14.36
7	Julian Bognar	Parramatta	14.76
8	John Lawson	Nth Rocks Carlin	15.11

Boys U 13 - 100 Metre Sprint

=====
 Zone: Z 11.80 10/12/2016 Donovan Bradshaw, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Michael Ajaka	Parramatta	13.86Q
2	Oliver Edwards	Northern Suburbs	13.97Q
3	Oliver McNicol	Parramatta	14.22Q
4	Ethan Lee	Cherrybrook	14.59q
5	Jope Rauqe	Ryde	14.79q
6	Owen Lloyd	Parramatta	14.93

Heat 2 Heats

1	Matthew Gough	Nth Rocks Carlin	13.65Q
2	Zach Bannister	Northern Suburbs	14.22Q
3	Marco Boccaletti	Cherrybrook	14.28Q
4	Lucas Neal	Nth Rocks Carlin	15.02
5	Braeden Cansdale	Cherrybrook	15.22
6	Yousef Hamad	Parramatta	15.26
7	Declan Reidy	Parramatta	15.44

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

Zone: Z 11.80 10/12/2016 Donovan Bradshaw, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Matthew Gough		Nth Rocks Carlin	13.49
2 Michael Ajaka		Parramatta	13.51
3 Oliver Edwards		Northern Suburbs	13.94
4 Zach Bannister		Northern Suburbs	14.16
5 Ethan Lee		Cherrybrook	14.34
6 Marco Boccaletti		Cherrybrook	14.48
7 Oliver McNicol		Parramatta	14.69
8 Jope Rauqe		Ryde	15.07

Boys U 14 - 100 Metre Sprint

Zone: Z 11.80 1999 M Roberts, Northern Suburbs			
Name	Age	Centre	Final
Section 1			
1 Wario Duba		Parramatta	12.12
2 Jacob Taylor		Nth Rocks Carlin	12.16
3 James Hanlon		Cherrybrook	12.37
4 Daniel White		Northern Suburbs	13.61
5 Patrick Faulkner		Ryde	14.13

Boys U 15 - 100 Metre Sprint

Zone: Z 11.40 2005 Len Pearce, Ryde			
Name	Age	Centre	Final
1 Davide Rossetto		Parramatta	11.91
2 Cormac Morrison		Northern Suburbs	12.23
3 Aidan Mannasz		Ryde	12.44
4 Jeremy Plummer		Ryde	12.74
5 Joshua Tse		Nth Rocks Carlin	13.04
6 Eric Hahn		Parramatta	13.55
7 Thimuthu Weerasekara		Cherrybrook	13.59

Boys U 17 - 100 Metre Sprint

Zone: Z 11.00 14/12/2013 Jordan Shelley, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Nicholas Dowling		Northern Suburbs	11.91Q
2 Zachary Sheraton		Parramatta	11.93Q
3 Noah Liu		Cherrybrook	12.00Q
4 Joseph Ayoade		Cherrybrook	12.15q
5 Savi Moala		Ryde	12.68
Heat 2 Heats			
1 Alexander Mina		Parramatta	11.85Q
2 Ajaiy Mohanraja		Cherrybrook	12.00Q
3 LanceJoseph David		Ryde	12.48Q
4 Rajan Ravinthan		Nth Rocks Carlin	12.55q
5 Samiuela Moala		Ryde	12.75
6 Samuel Wallbank		Northern Suburbs	12.80

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

Zone: Z 11.00 14/12/2013 Jordan Shelley, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Ajaiy Mohanraja		Cherrybrook	11.75
2 Alexander Mina		Parramatta	11.77
3 Nicholas Dowling		Northern Suburbs	12.00
4 Zachary Sheraton		Parramatta	12.16
4 Joseph Ayoade		Cherrybrook	12.16
6 Noah Liu		Cherrybrook	12.47
7 LanceJoseph David		Ryde	12.53
8 Rajan Ravinthran		Nth Rocks Carlin	12.71

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1989 T Harrington, North Rocks Car			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Finn Leivesley		Nth Rocks Carlin	42.08Q
2 Senn Katapodik		Cherrybrook	45.04Q
3 Fotu Taiamoni		Nth Rocks Carlin	50.76
4 Mohammad Barham		Parramatta	56.50
Heat 2 Heats			
1 Tyler O'Connell		Cherrybrook	39.13Q
2 Hugh Giffin		Cherrybrook	43.99Q
3 Cooper Bruster		Parramatta	51.48
4 Rylan Mansell		Northern Suburbs	53.10
Heat 3 Heats			
1 Liam Lawson		Nth Rocks Carlin	39.69Q
2 Mitchell McGregor		Ryde	41.25Q
3 Rory McClellan		Northern Suburbs	41.88q
4 Oliver Fratini		Northern Suburbs	42.06q
5 Liam Reville		Northern Suburbs	43.44

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1989 T Harrington, North Rocks Car			
Name	Age	Centre	Final
Section 1 Final			
1 Liam Lawson		Nth Rocks Carlin	38.58
2 Tyler O'Connell		Cherrybrook	39.71
3 Finn Leivesley		Nth Rocks Carlin	39.92
4 Oliver Fratini		Northern Suburbs	40.71
5 Hugh Giffin		Cherrybrook	40.79
6 Rory McClellan		Northern Suburbs	40.92
7 Mitchell McGregor		Ryde	41.07
8 Senn Katapodik		Cherrybrook	44.77

Boys U 8 - 200 Metre Sprint

Zone: Z 31.00 2000 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Aharshan Sivaniruban		Parramatta	37.31Q
2 Swarthik Thushyanthan		Parramatta	42.20Q
3 Daymon Wong		Nth Rocks Carlin	43.14

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

4 Aiden Forsyth	Parramatta	43.19
Heat 2 Heats		
1 Arjun Bakal	Parramatta	39.10Q
2 Hamish McBain	Nth Rocks Carlin	39.54Q
3 Liam Forsyth	Parramatta	41.54
4 Bailey Williams	Nth Rocks Carlin	43.63
5 Nimal Mendis	Parramatta	45.22
Heat 3 Heats		
1 John Brivulis	Ryde	36.36Q
2 Ike Blackwell	Ryde	37.69Q
3 Leon Temelkovski	Northern Suburbs	38.49q
4 Lachlan Kong	Northern Suburbs	38.50q
5 Misha Holodenko	Ryde	40.66
6 Vivek Rao	Ryde	47.62

Boys U 8 - 200 Metre Sprint

=====			
Zone: Z 31.00	2000	Alexander Pettigrew, Hornsby	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 John Brivulis		Ryde	36.29
2 Aharshan Sivaniruban		Parramatta	36.37
3 Ike Blackwell		Ryde	38.14
4 Leon Temelkovski		Northern Suburbs	38.64
5 Lachlan Kong		Northern Suburbs	39.69
6 Arjun Bakal		Parramatta	40.24
7 Swarthik Thushyanthan		Parramatta	41.65
8 Hamish McBain		Nth Rocks Carlin	1:03.77

Boys U 9 - 200 Metre Sprint

=====			
Zone: Z 29.80	2001	Alexander Pettigrew, Hornsby	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Liam Martin		Ryde	33.22Q
2 Mason Abram		Cherrybrook	34.29q
3 Zion Svensson		Cherrybrook	34.71q
4 Benjamin Bowrey		Parramatta	34.80
5 Rohan Sharma		Cherrybrook	34.81
6 Lewis Wechsler		Northern Suburbs	36.64
Heat 2 Heats			
1 Charithu Demel		Cherrybrook	33.86Q
2 Harry McClellan		Northern Suburbs	34.79q
3 Marco Sassen		Parramatta	35.97
4 Noah Collier		Nth Rocks Carlin	38.07
5 Ashton Vaz		Nth Rocks Carlin	38.97
Heat 3 Heats			
1 John Wechsler		Northern Suburbs	36.36Q
2 Nathan Sarah		Nth Rocks Carlin	37.25
3 Max Bealby		Northern Suburbs	37.39
4 Marcus Du		Parramatta	40.01
5 HaydenYuSum Cheung		Ryde	43.88
6 Zack Watmore		Parramatta	44.17
Heat 4 Heats			
1 Xavier Mitchell		Ryde	33.59Q
2 Keshav Rao		Ryde	33.69q
3 Ryan Lim		Nth Rocks Carlin	38.39

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 9 - 200 Metre Sprint

4 Leo Son	Northern Suburbs	39.89
5 Kerwin Shao	Cherrybrook	49.33

Boys U 9 - 200 Metre Sprint

=====			
Zone: Z 29.80	2001	Alexander Pettigrew, Hornsby	
Name	Age	Centre	Final
=====			

Section 1 Final

1 Xavier Mitchell	Ryde	32.50
2 Charithu Demel	Cherrybrook	32.55
3 Keshav Rao	Ryde	32.74
4 Liam Martin	Ryde	33.02
5 Mason Abram	Cherrybrook	33.34
6 Zion Svensson	Cherrybrook	33.87
7 Harry McClellan	Northern Suburbs	35.19
8 John Wechsler	Northern Suburbs	35.89

Boys U 10 - 200 Metre Sprint

=====			
Zone: Z 28.10	2002	Alexander Pettigrew, Parramat	
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Ethan Baird	Northern Suburbs	32.93Q	
2 Harry Wigham	Cherrybrook	33.24Q	
3 Justin Guo	Nth Rocks Carlin	34.79Q	
4 Lachlan Quinell	Northern Suburbs	J37.33	Runoff for 8th 36.2s
5 Alexander SU	Nth Rocks Carlin	38.45	
6 Linus Patel	Northern Suburbs	39.93	

Heat 2 Heats

1 Oliver Leivesley	Nth Rocks Carlin	32.70Q	
2 Alexander Atkinson	Parramatta	33.52Q	
3 Rhys Chandler	Ryde	34.92Q	
4 James Zhang	Ryde	36.05q	
5 Henry Smith-Broadbent	Northern Suburbs	37.33q	Runoff for 8th 35.9s
6 Dean Mansell	Cherrybrook	41.32	
7 Henry Bridge	Nth Rocks Carlin	46.16	

Boys U 10 - 200 Metre Sprint

=====			
Zone: Z 28.10	2002	Alexander Pettigrew, Parramat	
Name	Age	Centre	Final
=====			

Section 1 Final

1 Oliver Leivesley	Nth Rocks Carlin	31.83
1 Ethan Baird	Northern Suburbs	31.83
3 Harry Wigham	Cherrybrook	32.50
4 Alexander Atkinson	Parramatta	33.12
5 Justin Guo	Nth Rocks Carlin	33.28
6 Rhys Chandler	Ryde	34.54
7 James Zhang	Ryde	35.29
8 Henry Smith-Broadbent	Northern Suburbs	38.45

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

Zone: Z 27.90 2008 Alex Nguyen-Ha, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Matteo Shipman		Northern Suburbs	31.18Q
2 Daniel Cox		Ryde	31.64Q
3 KaiZhe Tan		Northern Suburbs	31.83Q
4 Joshua Tilt		Nth Rocks Carlin	31.92q
5 Lachlan Norquay		Northern Suburbs	34.70
6 Joshua Reynolds		Nth Rocks Carlin	35.79
Heat 2 Heats			
1 Peadar Lyons		Northern Suburbs	32.08Q
2 Samuel Price		Nth Rocks Carlin	32.48Q
3 Thomas Aroyan		Parramatta	33.23Q
4 Leon Danks		Ryde	33.47q
5 Tyler Cansdale		Cherrybrook	33.63
6 Leo Petersen		Parramatta	34.89
7 Joshua Leggatt		Parramatta	35.15
8 Martin Hu		Nth Rocks Carlin	37.80

Boys U 11 - 200 Metre Sprint

Zone: Z 27.90 2008 Alex Nguyen-Ha, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Samuel Price		Nth Rocks Carlin	30.45
2 Matteo Shipman		Northern Suburbs	30.56
3 Daniel Cox		Ryde	30.96
4 KaiZhe Tan		Northern Suburbs	31.34
5 Peadar Lyons		Northern Suburbs	32.12
6 Leon Danks		Ryde	32.59
7 Joshua Tilt		Nth Rocks Carlin	32.74
8 Thomas Aroyan		Parramatta	33.32

Boys U 12 - 200 Metre Sprint

Zone: Z 26.80 2000 T Bateman, Hornsby District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ethan Temelkovski		Northern Suburbs	29.62Q
2 John Lawson		Nth Rocks Carlin	31.13Q
3 Evan Holman		Parramatta	31.28q
4 Lachlan Waldron		Parramatta	31.40
Heat 2 Heats			
1 Andres Hampel		Northern Suburbs	30.37Q
2 Hugo Doak		Northern Suburbs	30.52Q
3 James Woods		Ryde	33.29
4 Lewis Wong		Nth Rocks Carlin	34.19
5 Dylan Patel		Northern Suburbs	34.87
6 Julian Emmerson		Ryde	35.61
7 Isaak Bale		Cherrybrook	36.34
8 River Lusted		Parramatta	38.79
Heat 3 Heats			
1 Yahya Ali		Ryde	28.56Q
2 Joshua Smith		Ryde	30.29Q
3 Toby Burney		Ryde	31.31q
4 Alexander Holodenko		Ryde	32.04

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 12 - 200 Metre Sprint

5 Landon Mansell	Northern Suburbs	32.08
6 Rashaan KatapodiK	Cherrybrook	32.56
7 Zenith Duggal	Cherrybrook	33.10

Boys U 12 - 200 Metre Sprint

=====
 Zone: Z 26.80 2000 T Bateman, Hornsby District
 Name Age Centre Final
 =====

Section 1 Final

1 Yahya Ali	Ryde	28.58
2 Ethan Temelkovski	Northern Suburbs	29.69
3 Joshua Smith	Ryde	29.98
4 Andres Hampel	Northern Suburbs	30.58
5 Toby Burney	Ryde	31.03
6 Hugo Doak	Northern Suburbs	31.41
7 Evan Holman	Parramatta	31.45

Boys U 13 - 200 Metre Sprint

=====
 Zone: Z 24.17 11/12/2016 Donovan Bradshaw, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Xavier Hennessey	Cherrybrook	30.21Q
2 Lucas Neal	Nth Rocks Carlin	30.69Q
3 Kieren Patel	Northern Suburbs	32.72
4 Braeden Cansdale	Cherrybrook	32.91
5 Oliver Corne	Parramatta	33.58

Heat 2 Heats

1 Oliver McNicol	Parramatta	29.25Q
2 Jope Rauqe	Ryde	29.95Q
3 Yousef Hamad	Parramatta	30.85q
4 Angus Hunt	Northern Suburbs	31.07

Heat 3 Heats

1 Owen Chandler	Ryde	28.38Q
2 Michael Ajaka	Parramatta	28.57Q
3 Marco Boccaletti	Cherrybrook	30.20q
4 David McGuire	Nth Rocks Carlin	32.62
5 Hugo Matthews	Nth Rocks Carlin	33.88

Boys U 13 - 200 Metre Sprint

=====
 Zone: Z 24.17 11/12/2016 Donovan Bradshaw, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1 Michael Ajaka	Parramatta	28.15
2 Owen Chandler	Ryde	28.35
3 Marco Boccaletti	Cherrybrook	29.19
4 Jope Rauqe	Ryde	29.94
5 Oliver McNicol	Parramatta	30.34
6 Xavier Hennessey	Cherrybrook	30.63
7 Yousef Hamad	Parramatta	31.24
8 Lucas Neal	Nth Rocks Carlin	31.50

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

Zone: Z 24.00 2007 Ben Jaworski, Cherrybrook			
Name	Age	Centre	Final
Section 1			
1 Jacob Taylor		Nth Rocks Carlin	24.60
2 Wario Duba		Parramatta	25.01
3 James Hanlon		Cherrybrook	26.04
4 Nicholas Woodhouse		Nth Rocks Carlin	29.46
5 Matthew Hunt		Northern Suburbs	30.02

Boys U 15 - 200 Metre Sprint

Zone: Z 23.44 2012 Jordan Shelley, Cherrybrook			
Name	Age	Centre	Final
Section 1			
1 Cormac Morrison		Northern Suburbs	25.48
2 Joshua Tse		Nth Rocks Carlin	27.36
3 Julian Lee		Northern Suburbs	27.49
4 Thimuthu Weerasekara		Cherrybrook	28.69
Section 2			
1 Davide Rossetto		Parramatta	24.88
2 Max Milani		Northern Suburbs	25.69
3 Aidan Mannasz		Ryde	25.99
4 Lachlan Roberts		Parramatta	27.02

Boys U 17 - 200 Metre Sprint

Zone: Z 22.28 15/12/2013 Jordan Shelley, Cherrybrook			
Name	Age	Centre	Final
Section 1			
1 Nicholas Dowling		Northern Suburbs	23.98
2 Alexander Mina		Parramatta	24.48
3 Tate Mahony		Nth Rocks Carlin	26.26
4 Samiuela Moala		Ryde	27.20
Section 2			
1 Joseph Ayoade		Cherrybrook	24.79
2 Rajan Ravinthan		Nth Rocks Carlin	25.58
3 LanceJoseph David		Ryde	25.80
4 Kale Burton		Nth Rocks Carlin	25.89

Boys U 8 - 400 Metre Sprint

Zone: Z 1:12.10 2000 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
Section 1			
1 Bailey Williams		Nth Rocks Carlin	1:41.51
2 Nimal Mendis		Parramatta	1:45.02
3 Adhrith Mallya		Parramatta	1:49.34
Section 2			
1 John Brivulis		Ryde	1:24.54
2 Maksymilian Marczyk		Northern Suburbs	1:25.00
3 Tejas Sankaran		Nth Rocks Carlin	1:34.52
4 Ike Blackwell		Ryde	1:35.82
5 Charlie Shiel		Ryde	1:39.07
6 Karl Gasic		Northern Suburbs	1:42.15
7 Damon Gasic		Northern Suburbs	1:43.20
8 Mohammed MianFizaan		Ryde	1:44.80

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

Zone: Z 1:10.50 2010 Riley Leverett, North Rocks			
Name	Age	Centre	Final
Section 1			
1 Kyan Seale		Northern Suburbs	1:21.46
2 Samuel Carden		Northern Suburbs	1:28.02
3 Zephyr Lusted		Parramatta	1:35.22
4 JingYang Zhu		Parramatta	1:36.68
Section 2			
1 Nathan Sarah		Nth Rocks Carlin	1:24.79
2 Charlie Salter		Northern Suburbs	1:29.63
3 Ryan Lim		Nth Rocks Carlin	1:30.01
4 James Ryan		Nth Rocks Carlin	1:30.32
5 Ashton Vaz		Nth Rocks Carlin	1:30.33
6 Zane ElSayedAhmad		Parramatta	1:36.88
7 HaydenYuSum Cheung		Ryde	1:42.25
Section 3			
1 Benjamin Bowrey		Parramatta	1:18.30
2 Harry McClellan		Northern Suburbs	1:18.85
3 Liam Martin		Ryde	1:19.95
4 Rohan Sharma		Cherrybrook	1:21.46
5 Xavier Mitchell		Ryde	1:25.80
6 Dominic Trigwell		Ryde	1:27.80

Boys U 10 - 400 Metre Sprint

Zone: Z 1:06.50 2002 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
Section 1			
1 Lachlan Boys		Northern Suburbs	1:21.96
2 George Andrews		Parramatta	1:29.35
3 Ethan Chang		Northern Suburbs	1:31.77
4 Henry Bridge		Nth Rocks Carlin	1:38.41
Section 2			
1 Alexander Atkinson		Parramatta	1:20.07
2 Jerome Solomonides		Nth Rocks Carlin	1:21.52
3 Joseph Saba		Parramatta	1:22.94
4 Thenuk Wijesekera		Parramatta	1:25.86
5 Linus Patel		Northern Suburbs	1:30.14
6 Owen Bragg		Parramatta	1:35.32
7 Lachlan Donnellan		Parramatta	1:41.00
Section 3			
1 Ethan Baird		Northern Suburbs	1:13.84
2 Davin Yap		Northern Suburbs	1:13.88
3 Harry Wigham		Cherrybrook	1:17.41
4 Nicholas Klamer		Nth Rocks Carlin	1:20.95
5 Henry O'Neil		Nth Rocks Carlin	1:21.10
6 Neo Parlevliet		Nth Rocks Carlin	1:21.54
7 James Zhang		Ryde	1:21.98
8 Ivan Gavranic		Ryde	1:26.80

Boys U 11 - 400 Metre Sprint

Zone: Z 1:01.20 2003 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
Section 1			
1 Peadar Lyons		Northern Suburbs	1:13.39

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 11 - 400 Metre Sprint

2	Lachlan Norquay	Northern Suburbs	1:17.41
3	Edward Goldstiver	Cherrybrook	1:20.49
4	Leo Petersen	Parramatta	1:20.90
5	Cody Kolman	Ryde	1:21.29
6	Benjamin Perry	Nth Rocks Carlin	1:24.64
7	Aarav Bahura	Nth Rocks Carlin	1:41.01

Section 2

1	Luke Moscos	Ryde	1:07.93
2	Joel Moresi	Cherrybrook	1:12.27
3	Joshua Tilt	Nth Rocks Carlin	1:13.78
4	Ned Attrill	Northern Suburbs	1:15.55
5	Tyler Cansdale	Cherrybrook	1:16.97
6	Cooper Shanahan	Parramatta	1:19.47
7	Zach Peake	Northern Suburbs	1:22.01
8	Leon Danks	Ryde	1:22.63

Boys U 12 - 400 Metre Sprint

=====
 Zone: Z 59.30 2004 Alexander Pettigrew, Parramat

Name	Age	Centre	Final
1	Lachlan Waldron	Parramatta	1:15.35
2	Dylan Patel	Northern Suburbs	1:18.82
3	Tyler Boyd	Nth Rocks Carlin	1:20.84
4	Henry Nicholson	Northern Suburbs	1:22.11
5	Julian Gasparini	Parramatta	1:22.82
6	Thomas Petersen	Parramatta	1:23.69
7	Julian Smith	Ryde	1:28.41

Section 3

1	Benjamin Woodhouse	Nth Rocks Carlin	1:05.24
2	Ethan Temelkovski	Northern Suburbs	1:07.38
3	Joshua Smith	Ryde	1:10.79
4	Toby Burney	Ryde	1:14.28
5	Landon Mansell	Northern Suburbs	1:16.72
6	Karanvir Singh	Parramatta	1:21.43
7	James Woods	Ryde	1:22.51

Boys U 13 - 400 Metre Sprint

=====
 Zone: Z 57.88 10/12/2016 Donovan Bradshaw, Cherrybrook

Name	Age	Centre	Final
1	Declan Bragg	Parramatta	1:11.77
2	Max Byrnes	Nth Rocks Carlin	1:12.78
3	Oliver Corne	Parramatta	1:21.13
4	Marcus Milat	Nth Rocks Carlin	1:24.99

Section 2

1	Bronsen Brown	Cherrybrook	1:05.82
2	Owen Chandler	Ryde	1:06.22
3	Finn Parlevliet	Nth Rocks Carlin	1:07.24
4	David McGuire	Nth Rocks Carlin	1:11.23
5	Maxwell Mayhew	Ryde	1:14.35
6	Ethan Lee	Cherrybrook	1:15.54
7	Kieren Patel	Northern Suburbs	1:17.07
8	Lucas Neal	Nth Rocks Carlin	1:18.94

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 14 - 400 Metre Sprint**

Zone: Z 54.80 2007 Kyle Plant, Parramatta			
Name	Age	Centre	Final
Section 1			
1 Joseph Harvey		Nth Rocks Carlin	59.22
2 Matthew Hunt		Northern Suburbs	1:07.11
3 Lachlan Lee		Cherrybrook	1:08.00
4 Charlie Roughan		Northern Suburbs	1:08.37
5 Oliver Smith		Ryde	1:14.62
6 Thomas Shannon		Cherrybrook	1:17.45

Boys U 15 - 400 Metre Sprint

Zone: Z 53.20 1990 J Robinson, Parramatta			
Name	Age	Centre	Final
1 Lachlan Dewar		Cherrybrook	57.86
2 Jeremy Plummer		Ryde	59.40
3 Alex Mills		Cherrybrook	1:00.38
4 Corey Dewar		Cherrybrook	1:01.46
5 Julian Lee		Northern Suburbs	1:01.86
6 Joshua Tse		Nth Rocks Carlin	1:02.28
7 Christopher Mansfield		Ryde	1:04.74
8 Thimuthu Weerasekara		Cherrybrook	1:08.30

Boys U 17 - 400 Metre Sprint

Zone: Z 51.48 14/12/2013 Alex Moore, Cherrybrook			
Name	Age	Centre	Final
1 Robbie Cullen		Cherrybrook	59.01
Section 2			
1 Isaac Cheng		Cherrybrook	54.76
2 George Davis		Ryde	55.70
3 Jack Baker		Ryde	57.09
4 Jacob Uslu		Parramatta	57.85
5 James Hunt		Northern Suburbs	1:00.43

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:39.40 2006 Rory Barkley, Northern Subu			
Name	Age	Centre	Final
Section 1			
1 Hugh Giffin		Cherrybrook	2:00.76
2 Oliver Fratini		Northern Suburbs	2:02.80
3 Mitchell McGregor		Ryde	2:04.21
4 Thomas Norquay		Northern Suburbs	2:05.80
5 Liam Reville		Northern Suburbs	2:10.61
6 Louis Caldwell		Ryde	2:10.79
7 Adam Evans		Northern Suburbs	2:27.44
8 Rylan Mansell		Northern Suburbs	2:28.81

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:14.30 2000 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
1 John Brivulis		Ryde	2:40.15

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

2	Maksymilian Marczyk	Northern Suburbs	2:42.66
3	Tejas Sankaran	Nth Rocks Carlin	2:51.16
4	Misha Holodenko	Ryde	2:51.31
5	Charlie Shiel	Ryde	3:02.17
6	Oliver Penn	Cherrybrook	3:03.33
7	Bailey Williams	Nth Rocks Carlin	3:09.48
8	Nimal Mendis	Parramatta	3:15.27

Boys U 9 - 800 Metre Run

Zone: Z 2:37.73 10/12/2017 Benjamin Woodhouse, Nth Roc

Name Age Centre Final

1	Benjamin Bowrey	Parramatta	2:51.84
2	Liam Martin	Ryde	2:53.65
3	Max Bealby	Northern Suburbs	2:55.13
4	Rohan Sharma	Cherrybrook	2:58.22
5	Zion Svensson	Cherrybrook	2:58.35
6	Xavier Mitchell	Ryde	2:59.47
7	Lucas Ajaka	Parramatta	2:59.63
8	Isaac Wegener	Cherrybrook	3:07.50
9	Nathan Sarah	Nth Rocks Carlin	3:07.65
10	Dominic Trigwell	Ryde	3:08.75
11	John Wechsler	Northern Suburbs	3:08.89
12	Lewis Wechsler	Northern Suburbs	3:11.13
13	William Castrisos	Ryde	3:13.76
14	John Reville	Northern Suburbs	3:23.63
15	Wade Billingsley	Cherrybrook	3:32.24
16	Aston Maclaine	Cherrybrook	3:36.59
17	HaydenYuSum Cheung	Ryde	3:36.76
18	James Bishop	Nth Rocks Carlin	3:46.20
19	Kerwin Shao	Cherrybrook	4:01.47

Boys U 10 - 800 Metre Run

Zone: Z 2:27.70 2002 Alexander Pettigrew, Parram

Name Age Centre Final

1	Henry O'Neil	Nth Rocks Carlin	2:48.01
2	Davin Yap	Northern Suburbs	2:49.75
3	Dean Mansell	Northern Suburbs	2:52.91
4	Lachlan Boys	Northern Suburbs	2:53.58
5	Rhys Chandler	Ryde	2:55.56
6	Joseph Saba	Parramatta	2:57.07
7	Nicholas Klamer	Nth Rocks Carlin	2:59.48
8	Alexander Atkinson	Parramatta	3:04.61
9	Thenuk Wijesekera	Parramatta	3:05.71
10	Linus Patel	Northern Suburbs	3:15.21
11	Lachlan Donnellan	Parramatta	3:33.93
12	Henry Bridge	Nth Rocks Carlin	3:45.50

Boys U 11 - 800 Metre Run

Zone: Z 2:22.30 2003 Alexander Pettigrew, Parram

Name Age Centre Final

1	Joel Moresi	Cherrybrook	2:29.21
2	Luke Moscos	Ryde	2:38.82
3	Lachlan Norquay	Northern Suburbs	2:46.34

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

4	Harrison Cullen	Nth Rocks Carlin	2:47.69
5	Benjamin Proszenko	Ryde	2:51.36
6	Edward Goldstiver	Cherrybrook	2:54.50
7	James Hughes	Northern Suburbs	2:57.12
8	Cooper Shanahan	Parramatta	2:57.61
9	Henry Salter	Northern Suburbs	2:59.64
10	Oscar Brivulis	Ryde	3:02.84

Boys U 12 - 800 Metre Run

=====			
	Zone: Z 2:15.30	2004	Alexander Pettigrew, Parram
Name	Age	Centre	Final
=====			
1	Benjamin Woodhouse	Nth Rocks Carlin	2:26.77
2	Axel Bruntsch	Ryde	2:36.51
3	Jude Bealby	Northern Suburbs	2:38.28
4	Harley Grace	Cherrybrook	2:41.64
5	Harry Jordan	Ryde	2:42.06
6	Evan Holman	Parramatta	2:42.29
7	Adam Shawara	Northern Suburbs	2:44.20
8	Alexander Holodenko	Ryde	2:45.74
9	Landon Mansell	Northern Suburbs	2:45.89
10	Dylan Patel	Northern Suburbs	2:51.89
11	Max Barr	Northern Suburbs	2:53.19
12	Julian Smith	Ryde	2:54.13
13	Harrison Lowe	Northern Suburbs	2:55.20
14	James Woods	Ryde	2:57.66
15	Joshua Pellarini	Cherrybrook	3:02.98
16	Tyler Boyd	Nth Rocks Carlin	3:05.02
17	Sanderson Keyser	Parramatta	3:16.15
18	River Lusted	Parramatta	3:25.82

Boys U 13 - 800 Metre Run

=====			
	Zone: Z 2:14.00	2004	Michael Todd, Ryde
Name	Age	Centre	Final
=====			
1	Bronsen Brown	Cherrybrook	2:27.10
2	Idris Burkhardt	Cherrybrook	2:28.07
3	Cody Burton	Nth Rocks Carlin	2:31.64
4	David McGuire	Nth Rocks Carlin	2:37.93
5	Noah Chamberlain	Northern Suburbs	2:43.37
6	Declan Bragg	Parramatta	2:45.09
7	Maxwell Mayhew	Ryde	2:48.93
8	Ethan Lee	Cherrybrook	2:53.11
9	Kieren Patel	Northern Suburbs	2:59.81
10	Kieran Arnott	Parramatta	3:05.94
11	Lucas Neal	Nth Rocks Carlin	3:14.57

Boys U 14 - 800 Metre Run

=====			
	Zone: Z 2:09.01	15/12/2013	Harrison Wade, Ryde
Name	Age	Centre	Final
=====			
1	Joseph Harvey	Nth Rocks Carlin	2:18.31
2	Oliver Smith	Ryde	2:26.44
3	Nicholas Woodhouse	Nth Rocks Carlin	2:32.82
4	Lachlan Lee	Cherrybrook	2:34.88
5	William Austin	Cherrybrook	2:39.33

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - 800 Metre Run**

6 Thomas Shannon	Cherrybrook	2:56.18
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Boys U 15 - 800 Metre Run

=====		
Zone: Z	2:07.70	1992
	G Cremer,	Ryde
Name	Age Centre	Final
=====		
1 Lachlan Roberts	Parramatta	2:14.20
2 Lachlan Dewar	Cherrybrook	2:16.07
3 Corey Dewar	Cherrybrook	2:19.10
4 Alex Mills	Cherrybrook	2:30.18
5 Christopher Mansfield	Ryde	2:46.93

Boys U 17 - 800 Metre Run

=====		
Zone: Z	2:04.69	13/12/2015
	Oliver Clarke,	Cherrybrook
Name	Age Centre	Final
=====		
1 Adam Bruntsch	Ryde	2:07.00
2 Jacob Uslu	Parramatta	2:09.72
3 Isaac Cheng	Cherrybrook	2:11.12
4 Ashton Hanna	Ryde	2:14.26
5 Joseph Boyd	Nth Rocks Carlin	2:14.41
6 Jack Baker	Ryde	2:14.55
7 William Colman	Northern Suburbs	2:15.21
8 Benjamin Maestri	Parramatta	2:20.02

Boys U 11 - 1500 Metre Run

=====		
Zone: Z	5:01.20	2011
	Ben Bishop,	Cherrybrook
Name	Age Centre	Final
=====		
1 Joel Moresi	Cherrybrook	5:06.33
2 Luke Moscos	Ryde	5:27.12
3 Peadar Lyons	Northern Suburbs	5:37.02
4 James Hughes	Northern Suburbs	5:41.26
5 Lachlan Norquay	Northern Suburbs	5:41.47
6 Benjamin Proszenko	Ryde	5:45.92
7 Edward Goldstiver	Cherrybrook	5:58.55
8 Oscar Brivulis	Ryde	6:09.96
9 Leo Petersen	Parramatta	6:33.67

Boys U 12 - 1500 Metre Run

=====		
Zone: Z	4:41.70	2004
	Alexander Pettigrew,	Parram
Name	Age Centre	Final
=====		
1 Benjamin Woodhouse	Nth Rocks Carlin	5:00.33
2 Axel Bruntsch	Ryde	5:23.89
3 Julian Smith	Ryde	5:45.06
4 Alexander Holodenko	Ryde	5:46.68
5 Adam Shawara	Northern Suburbs	5:48.60
6 Max Barr	Northern Suburbs	5:51.03
7 Tyler Boyd	Nth Rocks Carlin	5:58.17
8 Karanvir Singh	Parramatta	6:02.93
9 Harrison Lowe	Northern Suburbs	6:03.65
10 Harley Grace	Cherrybrook	6:43.34
11 William Perry	Nth Rocks Carlin	7:02.05

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

Zone: Z 4:42.34 14/12/2013 Benjamin Bishop, Cherrybrook			
Name	Age	Centre	Final
1 Idris Burkhardt		Cherrybrook	4:58.42
2 Zach Bannister		Northern Suburbs	5:05.92
3 Bronsen Brown		Cherrybrook	5:06.21
4 Cody Burton		Nth Rocks Carlin	5:16.56
5 Maxwell Mayhew		Ryde	5:41.37

Boys U 14 - 1500 Metre Run

Zone: Z 4:26.75 14/12/2013 Harrison Wade, Ryde			
Name	Age	Centre	Final
1 Jacob Magner		Northern Suburbs	5:02.15
2 Oliver Smith		Ryde	5:02.48
3 Lachlan Lee		Cherrybrook	5:07.55
4 Nicholas Woodhouse		Nth Rocks Carlin	5:12.13
5 Mitchell Dean		Ryde	5:13.51

Boys U 15 - 1500 Metre Run

Zone: Z 4:23.60 1998 J Fitzgerald, Northern Subu			
Name	Age	Centre	Final
1 Ethan McKenzie		Northern Suburbs	4:45.20
2 Lachlan Dewar		Cherrybrook	4:46.50
3 Lachlan Roberts		Parramatta	4:59.20
4 Ryan Frykberg		Cherrybrook	5:11.70
5 Christopher Mansfield		Ryde	5:43.50

Boys U 17 - 1500 Metre Run

Zone: Z 4:12.93 12/12/2015 Harrison Wade, Ryde			
Name	Age	Centre	Final
1 Adam Bruntsch		Ryde	4:28.50
2 Simon Magner		Northern Suburbs	4:33.70
3 Jacob Uslu		Parramatta	4:36.60
4 William Colman		Northern Suburbs	4:43.00
5 Ashton Hanna		Ryde	4:43.50
6 Joseph Boyd		Nth Rocks Carlin	4:53.50
7 Benjamin Maestri		Parramatta	4:57.50
8 Andrew Phillips		Ryde	5:01.70

Boys U 13 - 3000 Metre Run

Zone: Z 9:57.80 2007 Jack Stapleton, Parramatta			
Name	Age	Centre	Final
1 Idris Burkhardt		Cherrybrook	10:39.00
2 Cody Burton		Nth Rocks Carlin	11:42.50
3 Marcus Milat		Nth Rocks Carlin	13:29.88

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

Zone: Z 9:40.10 14/12/2013 Harrison Wade, Ryde			
Name	Age Centre		Final
1 Jacob Magner	Northern Suburbs		10:43.28
2 Oliver Smith	Ryde		11:17.35
3 Lachlan Lee	Cherrybrook		11:26.79
4 Nicholas Woodhouse	Nth Rocks Carlin		12:31.73

Boys U 15 - 3000 Metre Run

Zone: Z 9:34.40 13/12/2014 Harrison Wade, Ryde			
Name	Age Centre		Final
1 Ethan McKenzie	Northern Suburbs		10:11.28
2 Lachlan Roberts	Parramatta		11:32.89
3 Rory Wilson	Nth Rocks Carlin		11:44.35
4 Christopher Mansfield	Ryde		12:51.73
5 Samuel Moore	Parramatta		13:02.89

Boys U 17 - 3000 Metre Run

Zone: Z 9:02.93 12/12/2015 Harrison Wade, Ryde			
Name	Age Centre		Final
1 Adam Bruntsch	Ryde		9:48.96
2 Ashton Hanna	Ryde		10:13.12
3 William Colman	Northern Suburbs		10:21.97
4 Joseph Boyd	Nth Rocks Carlin		10:42.00
5 Benjamin Maestri	Parramatta		10:47.18
6 Andrew Phillips	Ryde		10:59.40
-- Simon Magner	Northern Suburbs	DQ	163.3 (b)

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 2000 Alexander Pettigrew, Hornsby			
Name	Age Centre		Heats
Heat 1 Heats			
1 Jackson Aiken	Parramatta		12.53Q
2 Ike Blackwell	Ryde		12.88Q
3 Tejas Sankaran	Nth Rocks Carlin		13.68q
4 Jayden Sit	Northern Suburbs		13.73
5 Sebastian Bale	Cherrybrook		14.52
6 Marcus Azevedo	Parramatta		16.83
Heat 2 Heats			
1 Mitchell Cox	Ryde		13.38Q
2 Marco Mandrini	Nth Rocks Carlin		13.39Q
3 Charlie Shiel	Ryde		13.94
4 Daniel Koot	Cherrybrook		14.07
5 Mohammed MianFizaan	Ryde		15.17
6 Adhrith Mallya	Parramatta		15.77
Heat 3 Heats			
1 Maksymilian Marczyk	Northern Suburbs		12.28Q
2 Swarthik Thushyanthan	Parramatta		13.28Q
3 Tobias Butler	Nth Rocks Carlin		13.68q
4 Ariv Bahura	Nth Rocks Carlin		13.95
5 Daymon Wong	Nth Rocks Carlin		14.15
6 Michael D'Souza	Parramatta		14.32
7 Aiden Forsyth	Parramatta		14.46

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

Zone: Z 10.70 2000 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Jackson Aiken		Parramatta	11.86
2 Maksymilian Marczyk		Northern Suburbs	11.93
3 Ike Blackwell		Ryde	12.21
4 Mitchell Cox		Ryde	12.77
5 Swarthik Thushyanthan		Parramatta	12.83
6 Tobias Butler		Nth Rocks Carlin	13.17
7 Marco Mandrini		Nth Rocks Carlin	13.30
8 Tejas Sankaran		Nth Rocks Carlin	13.42

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 9.80 2008 Rory Barkley, Northern Suburb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Abdulraman Kabia		Parramatta	11.96Q
2 William Castrisos		Ryde	12.49Q
3 James Bishop		Nth Rocks Carlin	12.76q
4 Zixuan Ma		Ryde	13.63
5 Dominic Trigwell		Ryde	13.69
Heat 2 Heats			
1 Alexander Song		Nth Rocks Carlin	11.30Q
2 James Mikan		Northern Suburbs	11.35Q
3 Callum Laurie		Ryde	12.27q
4 Felix Wang		Nth Rocks Carlin	13.07
5 James Ryan		Nth Rocks Carlin	14.56
6 Zack Watmore		Parramatta	15.62
Heat 3 Heats			
1 Kyan Seale		Northern Suburbs	11.04Q
2 Kobe Turkal		Ryde	12.83Q
3 Daniel Kearsley		Parramatta	13.06
4 Micah Tinsley		Nth Rocks Carlin	13.19
5 Ryan Lim		Nth Rocks Carlin	13.34
6 Yiannis MacRitis		Ryde	13.53

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 9.80 2008 Rory Barkley, Northern Suburb			
Name	Age	Centre	Final
Section 1 Final			
1 Kyan Seale		Northern Suburbs	10.45
2 James Mikan		Northern Suburbs	10.90
3 Alexander Song		Nth Rocks Carlin	10.97
4 Abdulraman Kabia		Parramatta	11.20
5 William Castrisos		Ryde	11.64
6 Callum Laurie		Ryde	12.11
7 Kobe Turkal		Ryde	12.22
8 James Bishop		Nth Rocks Carlin	13.77

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

Zone: Z 10.00 2009 Rory Barkley, Northern Suburb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Marcus Wong		Nth Rocks Carlin	12.46Q
2 Owen Smith		Ryde	12.74Q
3 Vinuka Kankanige		Parramatta	13.11q
4 Xander Coffin		Ryde	13.79
5 Luca Bale		Cherrybrook	14.22
Heat 2 Heats			
1 Benjamin Howarth		Northern Suburbs	12.27Q
2 Lachlan Quinnell		Northern Suburbs	13.04Q
3 Andrew Butler		Northern Suburbs	13.16q
4 George Andrews		Parramatta	13.71
5 Henry Smith-Broadbent		Northern Suburbs	14.88
Heat 3 Heats			
1 Cooper Kebblewhite		Northern Suburbs	11.84Q
2 Henry O'Neil		Nth Rocks Carlin	12.40Q
3 Alexander SU		Nth Rocks Carlin	14.45
4 EthanMarcGo Velasco		Parramatta	14.53
5 Jack Thompson		Parramatta	14.94

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.00 2009 Rory Barkley, Northern Suburb			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper Kebblewhite		Northern Suburbs	11.41
2 Henry O'Neil		Nth Rocks Carlin	11.62
3 Benjamin Howarth		Northern Suburbs	11.84
4 Owen Smith		Ryde	12.18
5 Marcus Wong		Nth Rocks Carlin	12.31
6 Andrew Butler		Northern Suburbs	12.66
7 Lachlan Quinnell		Northern Suburbs	12.73
8 Vinuka Kankanige		Parramatta	12.88

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age	Centre	Heats
Heat 1 Heats			
1 Zak Evans		Northern Suburbs	13.83Q
2 Samuel Price		Nth Rocks Carlin	13.88Q
3 Benton Setefano		Parramatta	14.53Q
4 Jude Lumley		Northern Suburbs	14.55q
5 Henry Salter		Northern Suburbs	15.40q
6 Tyler Cansdale		Cherrybrook	17.87
Heat 2 Heats			
1 Harrison Cullen		Nth Rocks Carlin	16.48Q
2 Joshua Leggatt		Parramatta	17.86Q
3 Brandon Goh		Nth Rocks Carlin	18.27Q
4 Benjamin Higson		Northern Suburbs	18.43

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

Boys U 11 - 80 Metre Hurdles (60cm)

Name	Age Centre	Final
Section 1 Final		
1 Zak Evans	Northern Suburbs	13.83
2 Samuel Price	Nth Rocks Carlin	14.32
3 Jude Lumley	Northern Suburbs	14.37
4 Benton Setefano	Parramatta	14.46
5 Henry Salter	Northern Suburbs	15.13
6 Harrison Cullen	Nth Rocks Carlin	16.58
7 Joshua Leggatt	Parramatta	17.04
8 Brandon Goh	Nth Rocks Carlin	17.43

Boys U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Heats
Heat 1 Heats		
1 Dominic Lee	Northern Suburbs	14.58Q
2 Julian Bognar	Parramatta	15.80Q
3 Julian Emmerson	Ryde	16.27q
4 Edward Hampton	Cherrybrook	17.70
5 Manson Lu	Parramatta	17.73
Heat 2 Heats		
1 Hugo Doak	Northern Suburbs	16.09Q
2 Isaak Bale	Cherrybrook	17.06Q
3 Simon Forsyth	Parramatta	17.24
4 Oscar Watmore	Parramatta	20.21
5 Joshua Pellarini	Cherrybrook	21.70
Heat 3 Heats		
1 Andres Hampel	Northern Suburbs	14.65Q
2 John Lawson	Nth Rocks Carlin	15.19Q
3 Lewis Wong	Nth Rocks Carlin	15.98q
4 Henry Nicholson	Northern Suburbs	17.41
5 Landon Mansell	Northern Suburbs	18.18

Boys U 12 - 80 Metre Hurdles (68cm)

Name	Age Centre	Final
Section 1 Final		
1 Dominic Lee	Northern Suburbs	14.03
2 Andres Hampel	Northern Suburbs	14.07
3 Julian Bognar	Parramatta	15.33
3 John Lawson	Nth Rocks Carlin	J15.33
5 Lewis Wong	Nth Rocks Carlin	15.75
6 Hugo Doak	Northern Suburbs	15.86
7 Julian Emmerson	Ryde	16.01
8 Isaak Bale	Cherrybrook	16.76

Boys U 13 - 80 Metre Hurdles (76cm)

Name	Age Centre	Heats
Zone: Z 12.70 1997 M Crooks, Ryde		
Heat 1 Heats		
1 Bronsen Brown	Cherrybrook	14.83Q
2 Max Byrnes	Nth Rocks Carlin	15.53Q
3 Isaac Wong	Nth Rocks Carlin	17.42Q
4 Braeden Cansdale	Cherrybrook	17.70q

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

5 Declan Bragg	Parramatta	18.95
Heat 2 Heats		
1 Angus Hunt	Northern Suburbs	14.04Q
2 Akith Ekanayake	Cherrybrook	14.64Q
3 Llewyn Morrison	Northern Suburbs	15.06Q
4 Ethan Lee	Cherrybrook	18.33q

Boys U 13 - 80 Metre Hurdles (76cm)

=====		
Zone: Z 12.70	1997	M Crooks, Ryde
Name	Age Centre	Final
=====		
Section 1 Final		
1 Angus Hunt	Northern Suburbs	13.89
2 Akith Ekanayake	Cherrybrook	14.23
3 Llewyn Morrison	Northern Suburbs	14.84
4 Bronsen Brown	Cherrybrook	15.08
5 Max Byrnes	Nth Rocks Carlin	15.88
6 Isaac Wong	Nth Rocks Carlin	16.07
7 Braeden Cansdale	Cherrybrook	17.01
8 Ethan Lee	Cherrybrook	18.29

Boys U 14 - 90 Metre Hurdles (76cm)

=====		
Zone: Z 12.80	2009	William Richardsom, Northern
Name	Age Centre	Final
=====		
Section 1		
1 William Austin	Cherrybrook	14.55
2 Matthew Hunt	Northern Suburbs	14.56
3 Daniel White	Northern Suburbs	14.75
4 Evan Venning	Northern Suburbs	15.17
5 Charlie Roughan	Northern Suburbs	16.18
6 Angelo Mihos	Ryde	16.22
7 Lachlan Tilt	Nth Rocks Carlin	16.51

Boys U 15 - 100 Metre Hurdles (76cm)

=====		
Zone: Z 13.20	1996	J Harwod, Hornsby District
Name	Age Centre	Final
=====		
1 Max Milani	Northern Suburbs	15.39
2 Davide Rossetto	Parramatta	15.89
3 Rory Davison	Ryde	16.19
4 Julian Lee	Northern Suburbs	16.57
5 Aidan Mannasz	Ryde	16.74
6 Jeremy Plummer	Ryde	17.03
7 Thomas Ralph	Ryde	18.29

Boys U 17 - 110 Metre Hurdles (76cm)

=====		
Zone: Z 14.56	2012	Bryce Collins, Norths
Name	Age Centre	Final
=====		
1 Robbie Cullen	Cherrybrook	16.51
2 James Hunt	Northern Suburbs	17.05
3 Savi Moala	Ryde	17.84
4 Luke Fisher	Northern Suburbs	17.95

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 27.80 1998 T Spencer, Ryde			
Name	Age	Centre	Final
Section 2			
1 Llewyn Morrison		Northern Suburbs	31.47
2 Marco Boccaletti		Cherrybrook	31.87
3 Maxwell Mayhew		Ryde	35.48
4 Hugo Matthews		Nth Rocks Carlin	36.26
1 Angus Hunt		Northern Suburbs	31.40
2 Finn Parlevliet		Nth Rocks Carlin	31.52
3 Bronsen Brown		Cherrybrook	32.14
4 Max Byrnes		Nth Rocks Carlin	33.02
5 Akith Ekanayake		Cherrybrook	33.13
6 Daryl Yau		Ryde	34.51

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 26.60 1996 C Birdsall, Ryde			
Name	Age	Centre	Final
Section 1			
1 James Hanlon		Cherrybrook	29.25
2 Matthew Hunt		Northern Suburbs	29.88
3 Evan Venning		Northern Suburbs	30.26
4 William Austin		Cherrybrook	30.43
5 Nicholas Woodhouse		Nth Rocks Carlin	31.17
6 Charlie Roughan		Northern Suburbs	32.95

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 40.99 2016 Thomas Hunt, Northern Suburbs			
Name	Age	Centre	Final
1 Aidan Mannasz		Ryde	45.90
2 Alex Mills		Cherrybrook	46.10
3 Max Milani		Northern Suburbs	46.65
4 Julian Lee		Northern Suburbs	47.69
5 Lachlan Roberts		Parramatta	49.87
6 Thomas Ralph		Ryde	50.22

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 40.56 2017 Thomas Hunt, Northern Suburbs			
Name	Age	Centre	Final
1 Robbie Cullen		Cherrybrook	42.59
2 Kale Burton		Nth Rocks Carlin	43.57
3 James Hunt		Northern Suburbs	44.19
4 George Davis		Ryde	45.24
5 Tate Mahony		Nth Rocks Carlin	46.07
6 Michael Foote		Parramatta	46.20
7 Jack Baker		Ryde	47.86

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

Zone: Z 56.80 11/12/2011 Cherrybrook, Cherrybrook			
Centre	Age	Centre	Final
1 North Rocks Carlingford			58.80

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

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

1) Alexander Song 9	2) Samuel Price 11
3) Oliver Leivesley 10	4) Benjamin Woodhouse 12
2 Northern Suburbs	59.78
1) James Mikan 9	2) Ethan Baird 10
3) Zak Evans 11	4) Andres Hampel 12
3 Cherrybrook	1:00.12
1) Mason Abram 9	2) Harry Wigham 10
3) Joel Moresi 11	4) Fergus Cheng 12
4 Parramatta	1:01.40
1) Abdulraman Kabia 9	2) Alexander Atkinson 10
3) Benton Setefano 11	4) Julian Bognar 12
5 Ryde	1:02.20
1) Viktor Grigorov 10	2) Xavier Mitchell 9
3) Benjamin Proszenko 11	4) Toby Burney 12

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

=====
 Zone: Z 47.60 12/12/2010 Parramatta, Parramatta
 Centre Final
 =====

1 Parramatta	49.32
1) Alexander Mina 17	2) Davide Rossetto 15
3) Michael Ajaka 13	4) Wario Duba 14
2 North Rocks Carlingford	50.12
1) Finn Parlevliet 13	2) Joshua Tse 15
3) Jacob Taylor 14	4) Rajan Ravintran 17
3 Cherrybrook	52.12
1) Marco Boccaletti 13	2) James Hanlon 14
3) Robbie Cullen 17	4) Thimuthu Weerasekara 15
4 Ryde	54.10
1) Oliver Smith 14	2) Jope Rauqe 13
3) LanceJoseph David 17	4) Jeremy Plummer 15
5 Northern Suburbs	54.46
1) Daniel White 14	2) Matthew Hunt 14
3) Nicholas Dowling 17	4) Angus Hunt 13

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

=====
 Zone: Z 1.28m 1997 R Murphy, Hornsby Dirstrict
 Name Age Centre Final
 =====

Flight 1		
1 Max Bealby	Northern Suburbs	1.10m
2 Benjamin Bowrey	Parramatta	1.08m
3 Mason Abram	Cherrybrook	1.06m
3 William Castrisos	Ryde	J1.06m
5 Jett Cuza	Cherrybrook	1.04m
6 Callum Laurie	Ryde	1.00m
7 Keshav Rao	Ryde	0.95m
7 Nathan Sarah	Nth Rocks Carlin	J0.95m
7 Alexander Song	Nth Rocks Carlin	0.95m
10 Charlie Salter	Northern Suburbs	J0.90m
10 Leo Son	Northern Suburbs	0.90m
10 Ashton Vaz	Nth Rocks Carlin	J0.90m
10 Dominic Trigwell	Ryde	J0.90m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 10 - High Jump (S/H 0.95m)**

Zone: Z 1.38m 2006 Alec Diamond, Northern Suburb			
Name	Age	Centre	Final
1 Benjamin Govers		Northern Suburbs	1.18m
2 Henry O'Neil		Nth Rocks Carlin	1.16m
3 Liam Zoncabe		Northern Suburbs	1.14m
4 Davin Yap		Northern Suburbs	1.12m
5 Marcus Wong		Nth Rocks Carlin	1.10m
5 Rhys Chandler		Ryde	J1.10m
7 Oliver Leivesley		Nth Rocks Carlin	J1.05m
7 Matthew Lawrence		Nth Rocks Carlin	1.05m
7 Xander Coffin		Ryde	J1.05m
7 Andrew(Ellis) Wright		Parramatta	J1.05m
7 Marcus Goldstiver		Cherrybrook	J1.05m
7 Lachlan Boys		Northern Suburbs	1.05m
7 Benjamin Howarth		Northern Suburbs	1.05m
14 Luke Butcher		Parramatta	1.00m
14 Luca Bale		Cherrybrook	J1.00m
16 Roi Costis		Northern Suburbs	J0.95m
16 Owen Smith		Ryde	0.95m
16 Senuka Kankanige		Parramatta	0.95m
16 George Andrews		Parramatta	0.95m
-- EthanMarcGo Velasco		Parramatta	NH

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

Zone: Z 1.51m 2001 J Faint, Northern Suburbs			
Name	Age	Centre	Final
1 Joel Moresi		Cherrybrook	1.45m
2 Daniel Cox		Ryde	1.26m
3 Benton Setefano		Parramatta	J1.24m
3 Jude Lumley		Northern Suburbs	1.24m
3 Ambrose Feng		Ryde	J1.24m
6 James Hughes		Northern Suburbs	1.15m
7 Oscar Brivulis		Ryde	J1.10m
7 Benjamin Higson		Northern Suburbs	J1.10m
7 Harrison Cullen		Nth Rocks Carlin	1.10m
7 Ned Attrill		Northern Suburbs	1.10m
11 Luke Moscos		Ryde	1.05m
11 Brandon Goh		Nth Rocks Carlin	1.05m
11 Edward Goldstiver		Cherrybrook	1.05m
-- Martin Hu		Nth Rocks Carlin	NH

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

Zone: Z 1.55m 2002 M Richards, Parramatta			
Name	Age	Centre	Final
1 Cadel Holmes		Northern Suburbs	1.56mZ
2 Sebastian Oswald		Northern Suburbs	J1.39m
2 Edward Hampton		Cherrybrook	1.39m
4 Ethan Temelkovski		Northern Suburbs	1.37m
4 John Lawson		Nth Rocks Carlin	J1.37m
4 Julian Emmerson		Ryde	1.37m
7 Yahya Ali		Ryde	J1.30m
7 Zenith Duggal		Cherrybrook	1.30m
9 Alexander Holodenko		Ryde	J1.25m
9 Harry Jordan		Ryde	1.25m

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

9	Jude Bealby	Northern Suburbs	J1.25m
9	Christopher Moala	Ryde	J1.25m
13	James Woods	Ryde	1.20m
13	Thomas Schneider	Nth Rocks Carlin	J1.20m
13	Isaak Bale	Cherrybrook	1.20m
13	Terry Koinusis	Nth Rocks Carlin	J1.20m
17	Julian Gasparini	Parramatta	1.15m
--	Adam Ilic	Nth Rocks Carlin	NH
--	Lewis Wong	Nth Rocks Carlin	NH
--	William Perry	Nth Rocks Carlin	NH
--	Thomas Petersen	Parramatta	NH
--	Karanvir Singh	Parramatta	NH

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

=====			
Zone: Z 1.69m		2008	Morgan Paterson, North Rocks
Name	Age	Centre	Final
=====			
1	Angus Hunt	Northern Suburbs	1.48m
2	Jope Rauge	Ryde	1.46m
2	Mitchell Healy	Northern Suburbs	J1.46m
4	Finn Parlevliet	Nth Rocks Carlin	J1.40m
4	Owen Chandler	Ryde	1.40m
6	Marco Boccaletti	Cherrybrook	J1.35m
6	Braeden Cansdale	Cherrybrook	J1.35m
6	Owen Lloyd	Parramatta	J1.35m
6	Oliver McNicol	Parramatta	1.35m

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

=====			
Zone: Z 1.83m		2009	Morgan Paterson, Northern Sub
Name	Age	Centre	Final
=====			
1	Wario Duba	Parramatta	1.75m
2	Evan Venning	Northern Suburbs	1.60m
3	Angelo Mihos	Ryde	J1.50m
3	James Hanlon	Cherrybrook	1.50m

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

=====			
Zone: Z 1.90m		15/12/2013	Joshua Baddock, Cherrybrook
Name	Age	Centre	Final
=====			
1	Brendan Mannasz	Ryde	1.68m
2	Rory Davison	Ryde	1.58m
3	Samuel Moore	Parramatta	1.54m
4	Aidan Mannasz	Ryde	J1.50m
4	Julian Ajaka	Parramatta	1.50m
6	Rory Wilson	Nth Rocks Carlin	J1.45m
6	Lachlan Roberts	Parramatta	1.45m
8	Joshua Tse	Nth Rocks Carlin	1.40m

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

=====			
Zone: Z 2.00m		2009	Brandon Starc, Parramatta
Name	Age	Centre	Final
=====			
1	Darcy Holmes	Northern Suburbs	1.90m
2	Robbie Cullen	Cherrybrook	1.88m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - High Jump (S/H 1.30m)**

3	Michael Gardiner	Northern Suburbs	1.84m
4	George Davis	Ryde	1.70m
5	Alexander Mina	Parramatta	J1.65m
5	Kyle Fisher	Northern Suburbs	J1.65m
5	Michael Foote	Parramatta	1.65m
8	Owen Mickan	Ryde	1.55m

Boys U 7 - Long Jump

=====			
	Zone: Z 3.83m	1989	T Harrington, North Rocks Car
Name	Age	Centre	Final
=====			
1	Liam Lawson	Nth Rocks Carlin	3.00m
2	Jack Cullen	Parramatta	2.79m
3	Mitchell McGregor	Ryde	2.77m
4	Finn Leivesley	Nth Rocks Carlin	2.66m
5	Manuele Sauvao	Parramatta	2.65m
6	Donovan Lin	Northern Suburbs	2.57m
7	Adam Evans	Northern Suburbs	2.41m
8	Maxwell Petersen	Parramatta	2.36m
9	Lachlan Vercoe	Cherrybrook	2.33m
10	James Pisani	Ryde	2.27m
11	Jinbo Li	Ryde	2.19m
12	Hugh Giffin	Cherrybrook	2.17m
13	Nicholas Thompson	Parramatta	1.86m
14	Zachary Quinnell	Northern Suburbs	1.84m
14	Gerard Mokofisi	Parramatta	1.84m
16	Joshua Aydin	Cherrybrook	1.73m

Boys U 8 - Long Jump

=====			
	Zone: Z 3.89m	1989	M DePomeroy, North Rocks Carl
Name	Age	Centre	Final
=====			
1	John Brivulis	Ryde	3.32m
2	Hugo Rossetto	Parramatta	3.17m
3	Rhys Griffiths	Northern Suburbs	3.15m
4	Ethan Louttit	Ryde	3.14m
5	Aharshan Sivaniruban	Parramatta	3.06m
6	Jackson Aiken	Parramatta	3.02m
7	Mitchell Cox	Ryde	3.00m
8	Harlen Danks	Ryde	2.81m
9	Oliver Penn	Cherrybrook	2.80m
10	Jayden Sit	Northern Suburbs	2.77m
11	Daymon Wong	Nth Rocks Carlin	2.70m
12	Swarthik Thushyanthan	Parramatta	2.65m
12	Haig Balian	Ryde	J2.65m
14	Misha Holodenko	Ryde	2.45m
15	Daniel Koot	Cherrybrook	2.40m
16	Maxwell Penn	Cherrybrook	2.08m
17	Liam Forsyth	Parramatta	1.94m

Boys U 9 - Long Jump

=====			
	Zone: Z 4.32m	2009	Ben Kinasch, Cherrybrook
Name	Age	Centre	Final
=====			
1	Alexander Song	Nth Rocks Carlin	4.14m
2	James Mikan	Northern Suburbs	4.10m

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

3	Lucas Ajaka	Parramatta	3.69m
4	Rohan Sharma	Cherrybrook	J3.68m
4	Kyan Seale	Northern Suburbs	3.68m
6	Callum Laurie	Ryde	3.62m
7	Liam Martin	Ryde	3.56m
8	Kobe Turkal	Ryde	3.45m
9	Samuel Carden	Northern Suburbs	3.34m
10	Michael Cullen	Parramatta	3.25m
11	Marco Sassen	Parramatta	3.20m
12	William Castrisos	Ryde	3.18m
13	Lucas Wei	Nth Rocks Carlin	3.13m
13	Felix Wang	Nth Rocks Carlin	J3.13m
15	Yiannis MacRitis	Ryde	2.98m
16	Michael Kolosakas	Nth Rocks Carlin	2.96m
17	Wade Billingsley	Cherrybrook	2.79m
18	Zixuan Ma	Ryde	2.75m
18	Abdulraman Kabia	Parramatta	J2.75m
20	Marcus Du	Parramatta	2.55m

Boys U 10 - Long Jump

Zone: Z 4.74m 1989		A Bosward, Hornsby District	
Name	Age	Centre	Final
1	Nicholas Klamer	Nth Rocks Carlin	4.12m
2	Benjamin Govers	Northern Suburbs	4.05m
3	Viktor Grigorov	Ryde	4.00m
4	Benjamin Howarth	Northern Suburbs	3.90m
5	Justin Guo	Nth Rocks Carlin	3.83m
6	Marcus Wong	Nth Rocks Carlin	3.79m
7	Oliver Leivesley	Nth Rocks Carlin	3.73m
8	Liam Zoncaped	Northern Suburbs	3.71m
9	Vinuka Kankanige	Parramatta	J3.50m
9	Dean Mansell	Northern Suburbs	3.50m
11	Cooper Kebblewhite	Northern Suburbs	3.45m
12	Thenuk Wijesekera	Parramatta	3.39m
13	Xander Coffin	Ryde	3.33m
14	Marcus Goldstiver	Cherrybrook	3.19m
15	Dean Mansell	Cherrybrook	2.99m
16	Senuka Kankanige	Parramatta	2.98m
17	Henry Smith-Broadbent	Northern Suburbs	2.94m
18	Blake Billingsley	Cherrybrook	2.81m
19	Luca Bale	Cherrybrook	2.48m
20	Vetrimaran Tamilarasan	Parramatta	1.96m
--	Nathan Timms	Cherrybrook	ND

Boys U 11 - Long Jump

Zone: Z 5.21m 2003		Alexander Pettigrew, Parramat	
Name	Age	Centre	Final
1	Matteo Shipman	Northern Suburbs	4.30m
2	Jude Lumley	Northern Suburbs	4.19m
3	Benton Setefano	Parramatta	4.08m
4	Henry Salter	Northern Suburbs	4.06m
5	KaiZhe Tan	Northern Suburbs	4.05m
6	Kyros Ghadiali	Parramatta	3.96m
7	Toby Cochrane	Northern Suburbs	3.72m
8	Ambrose Feng	Ryde	3.70m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - Long Jump**

9	Leon Danks	Ryde	3.54m
10	Leo Petersen	Parramatta	3.45m
11	Tyler Cansdale	Cherrybrook	3.38m
12	Martin Hu	Nth Rocks Carlin	3.05m
13	Zach Peake	Northern Suburbs	2.97m
14	Aarav Bahura	Nth Rocks Carlin	2.81m

Boys U 12 - Long Jump

=====			
	Zone: Z 5.55m	2004	Alexander Pettigrew, Parramat
Name	Age	Centre	Final
=====			
1	Sebastian Oswald	Northern Suburbs	4.73m
2	Fergus Cheng	Cherrybrook	4.64m
3	Cadel Holmes	Northern Suburbs	4.59m
4	Dominic Lee	Northern Suburbs	4.44m
5	Christopher Moala	Ryde	4.29m
6	Alexander Holodenko	Ryde	4.26m
7	Max Barr	Northern Suburbs	4.21m
8	Joshua Smith	Ryde	4.05m
9	Edward Hampton	Cherrybrook	3.92m
10	Julian Emmerson	Ryde	3.90m
11	John Lawson	Nth Rocks Carlin	3.89m
12	Karanvir Singh	Parramatta	3.87m
13	Adam Shawara	Northern Suburbs	3.77m
14	Harley Grace	Cherrybrook	3.75m
15	Lewis Wong	Nth Rocks Carlin	3.72m
16	Isaak Bale	Cherrybrook	3.63m
17	Julian Gasparini	Parramatta	3.57m
18	Harry Jordan	Ryde	3.48m
19	William Perry	Nth Rocks Carlin	3.40m
20	Zenith Duggal	Cherrybrook	3.25m

Boys U 13 - Long Jump

=====			
	Zone: Z 5.89m	2005	Alexander Pettigrew, Parramat
Name	Age	Centre	Final
=====			
1	Finn Parlevliet	Nth Rocks Carlin	J4.62m
1	Owen Chandler	Ryde	4.62m
3	Llewyn Morrison	Northern Suburbs	4.46m
4	Mitchell Healy	Northern Suburbs	4.37m
5	Braeden Cansdale	Cherrybrook	4.26m
6	Daryl Yau	Ryde	4.14m
7	Lucas Neal	Nth Rocks Carlin	4.10m
8	David McGuire	Nth Rocks Carlin	4.03m
9	Xavier Hennessey	Cherrybrook	3.98m
10	Ethan Lee	Cherrybrook	3.94m
11	Yousef Hamad	Parramatta	3.78m
12	Oliver Corne	Parramatta	3.15m

Boys U 14 - Long Jump

=====			
	Zone: Z 6.08m	1989	J Robinson, North Rocks Carli
Name	Age	Centre	Final
=====			
1	Wario Duba	Parramatta	5.95m
2	Jacob Taylor	Nth Rocks Carlin	5.33m
3	Evan Venning	Northern Suburbs	5.21m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - Long Jump**

4	James Hanlon	Cherrybrook	4.71m
5	Lachlan Tilt	Nth Rocks Carlin	4.63m
6	William Austin	Cherrybrook	4.56m
7	Daniel White	Northern Suburbs	4.50m
8	Angelo Mihos	Ryde	4.24m
9	Lachlan Lee	Cherrybrook	4.20m
10	Patrick Faulkner	Ryde	4.19m

Boys U 15 - Long Jump

=====			
	Zone: Z 6.51m	2010	Morgan Paterson, Northern Sub
Name	Age	Centre	Final
=====			
1	Davide Rossetto	Parramatta	6.09m
2	Jeremy Plummer	Ryde	5.71m
2	Cormac Morrison	Northern Suburbs	5.71m
4	Rory Davison	Ryde	5.52m
5	Lachlan Dewar	Cherrybrook	5.17m
6	Eric Hahn	Parramatta	5.15m
7	Alex Mills	Cherrybrook	4.65m

Boys U 17 - Long Jump

=====			
	Zone: Z 6.80m	12/12/2015	Josh Baddock, Cherrybrook
Name	Age	Centre	Final
=====			
1	Alexander Mina	Parramatta	6.51m
2	Darcy Holmes	Northern Suburbs	5.58m
3	Rajan Ravinthran	Nth Rocks Carlin	5.53m
4	Tate Mahony	Nth Rocks Carlin	5.32m
5	Savi Moala	Ryde	5.14m
6	Jonathan Reid	Cherrybrook	5.09m
7	Stuart Downie	Northern Suburbs	5.03m

Boys U 11 - Triple Jump

=====			
	Zone: Z 10.27m	2010	William Freyer, Northern Sub
Name	Age	Centre	Final
=====			
1	Matteo Shipman	Northern Suburbs	9.33m
2	Zak Evans	Northern Suburbs	9.02m
3	Jude Lumley	Northern Suburbs	8.71m
4	Daniel Cox	Ryde	8.63m
5	Kyros Ghadiali	Parramatta	8.22m
6	Joshua Tilt	Nth Rocks Carlin	7.94m
7	Benjamin Lawrence	Nth Rocks Carlin	7.75m
8	Cooper Shanahan	Parramatta	7.69m
9	Harrison Cullen	Nth Rocks Carlin	7.62m
10	Ned Attrill	Northern Suburbs	7.50m
11	Ambrose Feng	Ryde	7.41m
12	Joshua Reynolds	Nth Rocks Carlin	7.32m
13	Thomas Aroyan	Parramatta	7.31m
14	Cody Kolman	Ryde	7.06m
15	Joshua Leggatt	Parramatta	7.00m
--	Brandon Goh	Nth Rocks Carlin	ND

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 12 - Triple Jump**

Zone: Z 11.06m 2003			Martin Stonis, Northern Subu
Name	Age Centre		Final
1 Fergus Cheng	Cherrybrook		9.71m
2 Christopher Moala	Ryde		9.41m
3 Cadel Holmes	Northern Suburbs		9.34m
4 Jude Bealby	Northern Suburbs		9.29m
5 Lewis Wong	Nth Rocks Carlin		8.59m
6 Julian Gasparini	Parramatta		8.47m
6 Max Barr	Northern Suburbs	J8.47m	
8 Harry Jordan	Ryde		8.37m
9 Edward Hampton	Cherrybrook		8.19m
10 Lachlan Waldron	Parramatta		8.13m
11 Sebastian Oswald	Northern Suburbs	J7.99m	
11 Harley Grace	Cherrybrook		7.99m
13 Evan Holman	Parramatta		7.81m
14 Isaak Bale	Cherrybrook		7.68m
15 Henry Nicholson	Northern Suburbs		7.62m
-- William Perry	Nth Rocks Carlin		ND

Boys U 13 - Triple Jump

Zone: Z 11.65m 2009			Alec Diamond, Northern Subur
Name	Age Centre		Final
1 Matthew Gough	Nth Rocks Carlin		10.13m
2 Michael Ajaka	Parramatta		9.83m
3 Owen Chandler	Ryde		9.80m
4 Finn Parlevliet	Nth Rocks Carlin		9.76m
5 Llewyn Morrison	Northern Suburbs		9.61m
6 Xavier Hennessey	Cherrybrook		9.58m
7 James Archer	Northern Suburbs		9.40m
8 Mitchell Healy	Northern Suburbs		8.67m
9 David McGuire	Nth Rocks Carlin		8.44m
10 Zach Bannister	Northern Suburbs		8.35m
11 Marco Boccaletti	Cherrybrook		8.25m
12 Marc Lambert	Northern Suburbs		8.21m
12 Max Byrnes	Nth Rocks Carlin	J8.21m	
14 Braeden Cansdale	Cherrybrook		7.21m
15 Declan Reidy	Parramatta		7.11m

Boys U 14 - Triple Jump

Zone: Z 12.62m 2009			Morgan Paterson, Northern Su
Name	Age Centre		Final
1 Evan Venning	Northern Suburbs		11.02m
2 Daniel White	Northern Suburbs		10.49m
3 James Hanlon	Cherrybrook		10.11m
4 Charlie Roughan	Northern Suburbs		9.90m
5 Lachlan Tilt	Nth Rocks Carlin		9.80m
6 Nicholas Woodhouse	Nth Rocks Carlin		9.60m
7 Patrick Faulkner	Ryde		8.98m

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

Zone: Z 13.36m 2010 Cameron Pappas, Ryde			
Name	Age	Centre	Final
1 Davide Rossetto		Parramatta	12.54m
2 Rory Davison		Ryde	12.19m
3 Aidan Mannasz		Ryde	11.59m
4 Alex Mills		Cherrybrook	11.08m
5 Joshua Tse		Nth Rocks Carlin	10.22m
6 Samuel Moore		Parramatta	10.08m
7 Rory Wilson		Nth Rocks Carlin	9.71m
8 Thimuthu Weerasekara		Cherrybrook	8.08m

Boys U 17 - Triple Jump

Zone: Z 14.94m 2012 Emmanuel Fakiye, Nth Rocks C			
Name	Age	Centre	Final
1 Jonathan Reid		Cherrybrook	13.76m
2 Kyle Fisher		Northern Suburbs	12.63m
3 Darcy Holmes		Northern Suburbs	12.10m
4 Tate Mahony		Nth Rocks Carlin	11.70m
5 Rajan Ravinthran		Nth Rocks Carlin	11.63m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 8.16m 2008 Matthew Mikhael, Hornsby Dist			
Name	Age	Centre	Final
1 Finn Leivesley		Nth Rocks Carlin	4.98m
2 Rory McClellan		Northern Suburbs	4.14m
3 Lachlan Vercoe		Cherrybrook	3.92m
4 Zachary Quinnell		Northern Suburbs	3.47m
5 Gerard Mokofisi		Parramatta	3.34m
6 Patrick Butcher		Parramatta	3.28m
7 James Pisani		Ryde	2.69m
8 Samuel Andrews		Parramatta	2.47m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.59m 2010 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Tobias Butler		Nth Rocks Carlin	5.69m
2 Leon Temelkovski		Northern Suburbs	4.95m
3 Haig Balian		Ryde	4.82m
4 Panav Gounder		Parramatta	4.75m
5 Harlen Danks		Ryde	4.52m
6 Hamish McBain		Nth Rocks Carlin	4.50m
7 Arjun Bakal		Parramatta	4.43m
8 Liam Forsyth		Parramatta	3.45m
9 Vivek Rao		Ryde	3.12m
10 Damon Gasic		Northern Suburbs	2.44m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 10.21m 2011 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Lucas Ajaka		Parramatta	7.23m

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

2	Felix Wang	Nth Rocks Carlin	4.85m
3	Archibald Darby	Cherrybrook	4.65m
4	Zack Watmore	Parramatta	4.60m
5	Noah Collier	Nth Rocks Carlin	4.58m
6	Marcus Du	Parramatta	4.45m
7	Leo Son	Northern Suburbs	4.09m
8	Mason Abram	Cherrybrook	4.08m
9	John Reville	Northern Suburbs	3.57m
10	Wade Billingsley	Cherrybrook	3.20m
11	Kieran Webb	Ryde	3.17m
12	Jett Cuza	Cherrybrook	3.11m

Boys U 10 - Shot Put (2.0 Kg)

=====			
	Zone: Z 11.33m	2012	Daniel Menin, Parramatta
Name	Age	Centre	Final
=====			
1	Benjamin Govers	Northern Suburbs	8.25m
2	Ibrahim Abedi	Nth Rocks Carlin	7.37m
3	Vinuka Kankanige	Parramatta	7.32m
4	Davin Yap	Northern Suburbs	7.25m
5	Nathaniel Basha	Nth Rocks Carlin	7.18m
6	Matthew Lawrence	Nth Rocks Carlin	6.83m
7	Ben Finnane	Ryde	6.55m
8	Roi Costis	Northern Suburbs	6.27m
9	Jerome Solomonides	Nth Rocks Carlin	6.00m
10	Lachlan Quinnell	Northern Suburbs	5.96m
11	Luca Bale	Cherrybrook	5.79m
12	Blake Billingsley	Cherrybrook	5.46m
13	Senuka Kankanige	Parramatta	5.37m
14	Liam Castellias	Northern Suburbs	4.43m
15	Ethan Chang	Northern Suburbs	4.32m
16	Vetrimaran Tamaralarasan	Parramatta	3.00m

Boys U 11 - Shot Put (2.0 Kg)

=====			
	Zone: Z 12.85m	14/12/2013	Daniel Menin, Parramatta
Name	Age	Centre	Final
=====			
1	Samuel Price	Nth Rocks Carlin	9.86m
2	Zak Evans	Northern Suburbs	8.82m
3	Edward Darby	Cherrybrook	8.57m
4	Zakar Balian	Ryde	6.82m
5	Joshua Reynolds	Nth Rocks Carlin	6.56m
6	Benjamin Lawrence	Nth Rocks Carlin	6.09m
7	Peadar Lyons	Northern Suburbs	5.68m
8	Angus Louttit	Ryde	5.30m

Boys U 12 - Shot Put (2.0 Kg)

=====			
	Zone: Z 13.82m	9/12/2018	Michael Ajaka, Parramatta
Name	Age	Centre	Final
=====			
1	Ethan Hemakumara	Parramatta	11.32m
2	Lachlan Waldron	Parramatta	10.70m
3	Dominic Lee	Northern Suburbs	9.63m
4	Christopher Moala	Ryde	9.37m
5	Terry Koinusis	Nth Rocks Carlin	8.85m
6	Sebastian Oswald	Northern Suburbs	8.71m

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

7	Thomas Schneider	Nth Rocks Carlin	8.57m
8	Harry Jordan	Ryde	7.93m
9	Carl Wiberg	Cherrybrook	7.89m
10	Justin Billingsley	Cherrybrook	7.70m
11	Joshua Smith	Ryde	7.53m
12	Karanvir Singh	Parramatta	7.21m
13	River Lusted	Parramatta	6.61m
14	Simon Forsyth	Parramatta	6.33m
15	Joshua Pellarini	Cherrybrook	4.88m

Boys U 13 - Shot Put (3.0 Kg)

=====			
Zone: Z 15.96m		1997	A Tee, Tiger Wests
Name	Age	Centre	Final
=====			
1	Michael Ajaka	Parramatta	13.81m
2	Ryan Croan	Parramatta	11.23m
3	Andrew Kalos	Ryde	10.28m
4	Jope Rauqe	Ryde	9.92m
5	Yousef Hamad	Parramatta	8.88m
5	Xavier Hennessey	Cherrybrook	J8.88m
7	William Basha	Nth Rocks Carlin	8.13m
8	Hugo Matthews	Nth Rocks Carlin	7.60m
9	Mark Su	Nth Rocks Carlin	5.37m

Boys U 14 - Shot Put (3.0 Kg)

=====			
Zone: Z 15.94m		11/12/2016	Daniel Menin, Parramatta
Name	Age	Centre	Final
=====			
1	William Austin	Cherrybrook	11.97m
2	Marcus-Adam El-Chaar	Parramatta	10.74m
3	Adam Butcher	Parramatta	9.65m
4	Lachlan Tilt	Nth Rocks Carlin	9.19m

Boys U 15 - Shot Put (4.0 Kg)

=====			
Zone: Z 16.70m		1996	J Harwood, Hornsby District
Name	Age	Centre	Final
=====			
1	Benjamin Stevens	Ryde	16.15m
2	Max Milani	Northern Suburbs	13.61m
3	Julian Ajaka	Parramatta	13.48m
4	George Shahla	Nth Rocks Carlin	11.21m
5	Rory Davison	Ryde	10.18m

Boys U 17 - Shot Put (5.0 Kg)

=====			
Zone: Z 15.10m		2012	Mattai Meafou, Parramatta
Name	Age	Centre	Final
=====			
1	Alexander Shahla	Nth Rocks Carlin	15.59mZ
2	Maxi Zihlmann	Northern Suburbs	13.03m
3	Matthew Butler	Northern Suburbs	11.95m
4	Stuart Downie	Northern Suburbs	11.50m
5	Lachlan Schneider	Nth Rocks Carlin	11.30m

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

Zone: Z 20.65m 2008 Matthew Mikhael, Hornsby Dis			
Name	Age	Centre	Final
1 Adam Evans		Northern Suburbs	12.18m
2 Rory McClellan		Northern Suburbs	10.87m
3 Finn Leivesley		Nth Rocks Carlin	10.60m
4 Mitchell McGregor		Ryde	10.03m
5 James Pisani		Ryde	9.85m
6 Liam Reville		Northern Suburbs	9.48m
7 Donovan Lin		Northern Suburbs	9.25m
8 Cooper Bruster		Parramatta	8.61m
9 Fotu Taiamoni		Nth Rocks Carlin	5.99m

Boys U 8 - Discus (500 Gram)

Zone: Z 24.09m 2002 D Williams, Parramatta			
Name	Age	Centre	Final
1 Charlie Shiel		Ryde	14.07m
2 Maksymilian Marczyk		Northern Suburbs	13.49m
3 Harlen Danks		Ryde	13.28m
4 Tejas Sankaran		Nth Rocks Carlin	12.12m
5 Ethan Louttit		Ryde	11.37m
6 Misha Holodenko		Ryde	11.01m
7 Swarthik Thushyanthan		Parramatta	10.95m
8 Haig Balian		Ryde	9.57m
9 Jackson Aiken		Parramatta	9.00m
10 Arjun Bakal		Parramatta	7.62m
11 Marco Mandrini		Nth Rocks Carlin	7.29m
12 Sebastian Bale		Cherrybrook	7.18m
13 Aiden Forsyth		Parramatta	4.79m

Boys U 9 - Discus (500 Gram)

Zone: Z 39.46m 1997 Chris Bassett, Hornsby Dirst			
Name	Age	Centre	Final
1 Lucas Ajaka		Parramatta	23.60m
2 Keshav Rao		Ryde	15.76m
3 Aston Maclaine		Cherrybrook	14.05m
4 Michael Kolosakas		Nth Rocks Carlin	13.37m
5 Felix Wang		Nth Rocks Carlin	13.30m
6 Archibald Darby		Cherrybrook	11.91m
7 Wade Billingsley		Cherrybrook	10.91m
8 Michael Cullen		Parramatta	10.52m
9 Yiannis MacRitis		Ryde	10.50m
10 Zack Watmore		Parramatta	10.49m
11 Daniel Kearsley		Parramatta	9.32m
12 Zixuan Ma		Ryde	9.19m
13 Jacob Armstrong		Ryde	7.39m

Boys U 10 - Discus (500 Gram)

Zone: Z 39.46m 1998 Chris Bassett, Hornsby Distr			
Name	Age	Centre	Final
1 Vinuka Kankanige		Parramatta	25.81m
2 Viktor Grigorov		Ryde	23.26m
3 Benjamin Govers		Northern Suburbs	22.89m

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

4	Matthew Lawrence	Nth Rocks Carlin	22.21m
5	Nathaniel Basha	Nth Rocks Carlin	21.21m
6	Senuka Kankanige	Parramatta	21.18m
7	Cooper Kebblewhite	Northern Suburbs	20.82m
8	Blake Billingsley	Cherrybrook	20.35m
9	Lachlan Quinnell	Northern Suburbs	19.63m
10	Ibrahim Abedi	Nth Rocks Carlin	17.26m
11	Owen Bragg	Parramatta	16.78m
12	Roi Costis	Northern Suburbs	15.79m
13	Xander Coffin	Ryde	15.14m
14	Justin Guo	Nth Rocks Carlin	13.97m
15	Luke Butcher	Parramatta	13.46m
16	Liam Castellias	Northern Suburbs	12.85m
17	Lachlan Donnellan	Parramatta	11.45m
18	Dean Mansell	Cherrybrook	11.09m

Boys U 11 - Discus 500 Gram)

=====			
Zone: Z 34.05m		1999	Chris Bassett, Hornsby
Name	Age	Centre	Final
=====			
1	Samuel Price	Nth Rocks Carlin	31.35m
2	Zak Evans	Northern Suburbs	31.13m
3	Matteo Shipman	Northern Suburbs	29.16m
4	Diggy Atkins	Northern Suburbs	26.08m
5	Benjamin Lawrence	Nth Rocks Carlin	25.64m
6	Edward Darby	Cherrybrook	24.81m
7	Thomas Aroyan	Parramatta	24.50m
8	Joshua Reynolds	Nth Rocks Carlin	23.40m
9	Ned Attrill	Northern Suburbs	19.50m
10	Leon Danks	Ryde	19.31m
11	Zakar Balian	Ryde	17.27m
12	Xavier Moran	Ryde	16.45m
13	Toby Cochrane	Northern Suburbs	16.32m
14	Zach Peake	Northern Suburbs	14.95m
15	Cody Kolman	Ryde	14.94m
16	Ambrose Feng	Ryde	14.91m

Boys U 12 - Discus (750 Gram)

=====			
Zone: Z 38.43m		10/12/2016	Benjamin Stevens, Ryde
Name	Age	Centre	Final
=====			
1	Lachlan Waldron	Parramatta	31.76m
2	Ethan Hemakumara	Parramatta	29.62m
3	Dominic Lee	Northern Suburbs	25.38m
4	Harry Jordan	Ryde	24.54m
5	Simon Forsyth	Parramatta	22.09m
6	Carl Wiberg	Cherrybrook	21.83m
7	Terry Koinusis	Nth Rocks Carlin	21.49m
8	Thomas Schneider	Nth Rocks Carlin	20.73m
9	Justin Billingsley	Cherrybrook	19.23m
10	Joshua Smith	Ryde	18.59m
11	John Lawson	Nth Rocks Carlin	16.42m
12	Harrison Lowe	Northern Suburbs	16.33m
13	Julian Gasparini	Parramatta	16.12m
14	Julian Smith	Ryde	15.77m
15	Alexander Holodenko	Ryde	13.97m
16	William Perry	Nth Rocks Carlin	13.44m

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

17 Oscar Watmore	Parramatta	12.43m
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Boys U 13 - Discus (750 Gram)

=====			
Zone: Z 43.21m		2012	Nicholas Frost, Parramatta
Name	Age	Centre	Final
=====			
1 Michael Ajaka		Parramatta	56.15mZ
2 Ryan Croan		Parramatta	34.46m
3 Jope Rauqe		Ryde	27.82m
4 William Basha		Nth Rocks Carlin	27.51m
5 Xavier Hennessey		Cherrybrook	25.89m
6 Samuel Condon		Cherrybrook	25.85m
6 James Archer		Northern Suburbs	J25.85m
8 Yousef Hamad		Parramatta	23.42m
9 Matthew Gough		Nth Rocks Carlin	23.37m
10 Mitchell Healy		Northern Suburbs	23.03m
11 Marcus Milat		Nth Rocks Carlin	19.23m
12 Hugo Matthews		Nth Rocks Carlin	14.38m
13 Ethan Lee		Cherrybrook	14.05m
14 Cooper Jamieson		Nth Rocks Carlin	11.64m
15 Mark Su		Nth Rocks Carlin	9.85m

Boys U 14 - Discus (1.0 Kg)

=====			
Zone: Z 52.84m		14/12/2013	Nicholas Frost, Parramatta
Name	Age	Centre	Final
=====			
1 William Austin		Cherrybrook	38.22m
2 Daniel White		Northern Suburbs	33.62m
3 Adam Butcher		Parramatta	26.64m
4 Marcus-Adam El-Chaar		Parramatta	25.39m
5 Charlie Roughan		Northern Suburbs	25.10m
6 Lachlan Tilt		Nth Rocks Carlin	23.58m

Boys U 15 - Discus (1.0 Kg)

=====			
Zone: Z 59.12m		14/12/2014	Nicholas Frost, Parramatta
Name	Age	Centre	Final
=====			
1 Benjamin Stevens		Ryde	56.62m
2 Julian Ajaka		Parramatta	41.45m
3 Bensen Liu		Northern Suburbs	39.12m
4 George Shahla		Nth Rocks Carlin	37.70m

Boys U 17 - Discus (1.5 Kg)

=====			
Zone: Z 52.10m		13/12/2015	Nicholas Frost, Parramatta
Name	Age	Centre	Final
=====			
1 Alexander Shahla		Nth Rocks Carlin	41.47m
2 Stuart Downie		Northern Suburbs	39.53m
3 Maxi Zihlmann		Northern Suburbs	33.99m
4 Robbie Cullen		Cherrybrook	32.91m
5 Lachlan Schneider		Nth Rocks Carlin	27.02m

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

Zone: Z 25.20m 9/12/2018 Ethan Hemakumara, Parramatta			
Name	Age	Centre	Final
1 Benjamin Lawrence		Nth Rocks Carlin	22.82m
2 Diggy Atkins		Northern Suburbs	20.53m
3 Cooper Shanahan		Parramatta	18.35m
4 Benjamin Proszenko		Ryde	17.21m
5 Joshua Tilt		Nth Rocks Carlin	16.51m
6 Oscar Brivulis		Ryde	13.04m
7 Christopher Nilon		Nth Rocks Carlin	12.67m
8 Kyros Ghadiali		Parramatta	11.90m

Boys U 12 - Javelin (400 Gram)

Zone: Z 38.00m 14/12/2014 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Lachlan Waldron		Parramatta	30.89m
2 Cadell Holmes		Northern Suburbs	28.93m
3 Ethan Hemakumara		Parramatta	27.64m
4 Justin Billingsley		Cherrybrook	22.92m
5 Christopher Moala		Ryde	22.64m
6 Simon Forsyth		Parramatta	22.16m
7 Adam Shawara		Northern Suburbs	17.45m
8 Thomas Schneider		Nth Rocks Carlin	17.14m
9 Edward Hampton		Cherrybrook	14.66m
10 Tyler Boyd		Nth Rocks Carlin	13.60m
-- Henry Nicholson		Northern Suburbs	ND

Boys U 13 - Javelin (600 Gram)

Zone: Z 39.48m 2003 Dean Milroy, Parramatta			
Name	Age	Centre	Final
1 Michael Ajaka		Parramatta	33.60m
2 Andrew Kalos		Ryde	29.69m
3 Jope Rauqe		Ryde	24.19m
4 Finn Parlevliet		Nth Rocks Carlin	21.16m
5 Marco Boccaletti		Cherrybrook	20.88m
6 Hugo Matthews		Nth Rocks Carlin	20.23m
7 Declan Bragg		Parramatta	19.23m
8 Matthew Gough		Nth Rocks Carlin	19.18m
9 Isaac Wong		Nth Rocks Carlin	16.86m
10 Ryan Croan		Parramatta	16.81m
11 James Archer		Northern Suburbs	15.90m
12 Declan Reidy		Parramatta	12.77m
-- Xavier Hennessey		Cherrybrook	ND

Boys U 14 - Javelin (600 Gram)

Zone: Z 46.08m 15/12/2013 Matthew McVey, Parramatta			
Name	Age	Centre	Final
1 Charlie Roughan		Northern Suburbs	25.72m
2 Lachlan Tilt		Nth Rocks Carlin	23.59m
3 Patrick Faulkner		Ryde	19.74m
4 Marcus-Adam El-Chaar		Parramatta	18.07m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - Javelin (700 Gram)**

Zone: Z 54.20m 9/12/2017 Daniel Menin, Parramatta			
Name	Age	Centre	Final
1 Julian Ajaka		Parramatta	39.00m
2 Max Milani		Northern Suburbs	33.62m
3 Jeremy Plummer		Ryde	30.04m
4 Samuel Moore		Parramatta	28.68m
5 George Shahla		Nth Rocks Carlin	27.42m
6 Thomas Ralph		Ryde	22.02m

Boys U 17 - Javelin (700 Gram)

Zone: Z 54.39m 11/12/2016 Matthew McVey, Parramatta			
Name	Age	Centre	Final
1 Bayden Little		Cherrybrook	54.70mZ
2 Stuart Downie		Northern Suburbs	45.93m
3 George Davis		Ryde	43.09m
4 Robbie Cullen		Cherrybrook	42.26m
5 Tate Mahony		Nth Rocks Carlin	41.46m
6 Lachlan Schneider		Nth Rocks Carlin	41.38m
7 Alexander Shahla		Nth Rocks Carlin	36.93m
8 Darcy Holmes		Northern Suburbs	31.09m

Boys U 9 - 700 Metre Walk

Zone: Z 4:07.35 10/12/2017 Christopher Nilon, Nth Rock			
Name	Age	Centre	Final
Section 1			
1 John Reville		Northern Suburbs	4:52.60
2 Callum Laurie		Ryde	4:54.00
3 Aston Maclaine		Cherrybrook	4:54.90
4 Mitchell McCarthy		Ryde	4:55.10

Boys U 10 - 1100 Metre Walk

Zone: Z 6:10.34 2012 Bayden Little, Cherrybrook			
Name	Age	Centre	Final
1 Matthew Lawrence		Nth Rocks Carlin	6:26.15
2 Roi Costis		Northern Suburbs	6:41.82
3 Rhys Chandler		Ryde	6:55.84
4 Neo Parlevliet		Nth Rocks Carlin	8:19.07
5 Lachlan Donnellan		Parramatta	9:22.61
6 Vetrimaran Tamilarasan		Parramatta	9:23.13

Boys U 11 - 1100 Metre Walk

Zone: Z 6:00.70 2003 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
1 Christopher Nilon		Nth Rocks Carlin	7:42.66
2 Benjamin Proszenko		Ryde	7:44.90

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 12 - 1500 Metre Walk**

Zone: Z 7:48.50 1998 A Rutter, Hornsby District			
Name	Age	Centre	Final
1 Jordan Turkal		Ryde	9:11.58
2 Jethro Penn		Cherrybrook	9:15.86
3 Sanderson Keyser		Parramatta	10:55.12
4 Oscar Watmore		Parramatta	12:19.92
5 Tyler Boyd		Nth Rocks Carlin	12:22.52

Boys U 13 - 1500 Metre Walk

Zone: Z 7:17.30 2005 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
1 Maxwell Mayhew		Ryde	7:47.85
2 Kieran Arnott		Parramatta	11:32.36
3 Hugo Matthews		Nth Rocks Carlin	12:10.89

Boys U 14 - 1500 Metre Walk

Zone: Z 6:51.30 2000 A Rutter, Hornsby District			
Name	Age	Centre	Final
1 Thomas Shannon		Cherrybrook	9:30.30

Boys U 15 - 1500 Metre Walk

Zone: Z 6:34.30 2000 Adam Rutter, Hornsby Distri			
Name	Age	Centre	Final
1 Jeremy Plummer		Ryde	9:08.11

Boys U 17 - 1500 Metre Walk

Zone: Z 6:21.30 2009 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
1 George Davis		Ryde	8:07.47
2 William Mills		Cherrybrook	8:36.32

Mixed U 7-17 100 Metre Multi Class Run

Name	Age	Centre	Final
1 Alexander Evans	M	Nth Rocks Carlin	21.41
2 Jeng-Wei Chen	M	Nth Rocks Carlin	22.51
3 Michael Sitaramayya	M	Nth Rocks Carlin	23.21
Section 2			
1 Loki Skwarko	M	Nth Rocks Carlin	18.53
2 Keira Parsons	W	Nth Rocks Carlin	19.58
3 Benjamin Parsons	M	Nth Rocks Carlin	19.60

Mixed U 7-17 Multi Class Discus

Name	Age	Centre	Final
Flight 1			
1 Brendan John	M	Parramatta	10.70m
2 Michael Sitaramayya	M	Nth Rocks Carlin	10.27m

NTH MET ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Mixed U 7-17 Multi Class Discus

2	Loki Skwarko	M Nth Rocks Carlin	J10.27m
4	Alexander Evans	M Nth Rocks Carlin	9.95m
5	Keira Parsons	W Nth Rocks Carlin	7.80m
6	Benjamin Parsons	M Nth Rocks Carlin	4.65m
7	Jeng-Wei Chen	M Nth Rocks Carlin	3.84m

Mixed U 7-17 Multi Class Long Jump

Name	Age Centre	Final
1 Keira Parsons	W Nth Rocks Carlin	2.71m
2 Loki Skwarko	M Nth Rocks Carlin	2.69m
3 Alexander Evans	M Nth Rocks Carlin	2.66m
4 Michael Sitaramayya	M Nth Rocks Carlin	2.21m
5 Benjamin Parsons	M Nth Rocks Carlin	1.85m
6 Jeng-Wei Chen	M Nth Rocks Carlin	1.75m