

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

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Region: R 10.90		1997	Natasha Finlay, Manly Warringah	
State: S 10.54		16/03/1980	Annette Cavanagh, Blacktown	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Elena Chen	Ku-Ring-Gai	11.69Q	2
2	Rahni McNaughtan	Manly Warringah	11.90Q	1
3	Chelsea Coleman	Manly Warringah	12.30Q	2
4	Emily Cawthorne	Mosman	12.48Q	1
5	Eliza Pennings	Manly Warringah	12.34Q	2
6	Elle McDermott	Manly Warringah	12.50Q	1
7	Katrina Murphy	Nth Rocks Carlin	12.54q	1
8	Zana Hevesy	Nth Rocks Carlin	12.61q	1
9	Allegra Gulczynski	Cherrybrook	13.04	2
10	Anna Wang	Ku-Ring-Gai	13.07	1
11	Olivia Price	Northern Suburbs	13.11	2
11	Abby Spurr	Parramatta	13.11	1
13	Karina Wu	Nth Rocks Carlin	13.76	1
--	Joelle Truong	Nth Rocks Carlin	DNS	2
--	Meenakshi Jyothish	Parramatta	DNS	2
--	Tippi Acevedo	Manly Warringah	DNS	2

Girls U 8 - 70 Metre Sprint

=====				
Region: R 10.90		1997	Natasha Finlay, Manly Warringah	
State: S 10.54		16/03/1980	Annette Cavanagh, Blacktown	
Name	Age	Centre	Final	
=====				
Final				
1	Elena Chen	Ku-Ring-Gai	11.57	
2	Rahni McNaughtan	Manly Warringah	11.74	
3	Elle McDermott	Manly Warringah	12.18	
4	Chelsea Coleman	Manly Warringah	12.30	
5	Emily Cawthorne	Mosman	12.46	
6	Eliza Pennings	Manly Warringah	12.63	
7	Katrina Murphy	Nth Rocks Carlin	12.67	
8	Zana Hevesy	Nth Rocks Carlin	12.86	

Girls U 9 - 70 Metre Sprint

=====				
Region: R 10.20		1998	Emily Pollett, Manly Warringah	
State: S 10.14		22/03/1998	Briony Kanard, Port Hacking	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Abbie Weir	Manly Warringah	11.23Q	2
2	Lila Louis	Manly Warringah	11.48Q	1
3	IslaF Talaese	Manly Warringah	11.30Q	2
4	Amelia Esser	Manly Warringah	11.64Q	1
5	Brooke Debney	Manly Warringah	11.50Q	2
6	Emily Williams	Northern Suburbs	11.94Q	1
7	Evie Francis	Mosman	11.97q	2
8	Emma Mo	Ryde	11.97q	2
9	Aria Smith	Parramatta	11.97q	1
10	Annabel Dickson	Nth Rocks Carlin	12.00	2

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

11	Edwina Mair	Ku-Ring-Gai	12.10	1
12	Maddison Lin	Northern Suburbs	12.22	2
13	Amiya Pokharel	Nth Rocks Carlin	12.22	2
14	Amelia Scott	Ku-Ring-Gai	12.34	1
15	Georgia Paton	Ryde	12.45	1
16	Amba Bowden	Northern Suburbs	12.54	1

Girls U 9 - 70 Metre Sprint

Region: R 10.20 1998 Emily Pollett, Manly Warringah

State: S 10.14 22/03/1998 Briony Kanard, Port Hacking

Name Age Centre Final

Final

1	Abbie Weir	Manly Warringah	11.07
2	IslaF Talaese	Manly Warringah	11.15
3	Lila Louis	Manly Warringah	11.37
4	Brooke Debney	Manly Warringah	11.41
5	Amelia Esser	Manly Warringah	11.48
6	Aria Smith	Parramatta	11.71
7	Emily Williams	Northern Suburbs	11.91
8	Evie Francis	Mosman	12.00
9	Emma Mo	Ryde	J12.00

Girls U 10 - 70 Metre Sprint

Region: R 9.80 2000 Alice Wilson, Ku-ring-gai

State: S 9.84 19/03/2000 Grace Naseby, Griffith

Name Age Centre Prelims H#

Heats

1	Evie Rophail	Ku-Ring-Gai	10.82Q	2
2	Sierra Seale	Northern Suburbs	10.96Q	1
3	Frankie Jones	Manly Warringah	10.95Q	2
4	April Abboud	Mosman	11.11Q	1
5	Nicole Shih	Ku-Ring-Gai	11.16Q	2
6	Grace Coleman	Manly Warringah	11.41Q	1
7	Aria Broadhurst	Manly Warringah	11.47q	1
8	Isla Cleland	Mosman	11.55q	2
9	Serah Silva	Nth Rocks Carlin	11.58	1
10	Charlize June	Northern Suburbs	11.81	2
11	Elody Gibson	Ryde	12.02	2
--	Amelie Germon	Northern Suburbs	DNS	1
--	Lexie Beesley	Manly Warringah	DNS	1
--	Nadia Gasparini	Parramatta	DNS	2

Girls U 10 - 70 Metre Sprint

Region: R 9.80 2000 Alice Wilson, Ku-ring-gai

State: S 9.84 19/03/2000 Grace Naseby, Griffith

Name Age Centre Final

Final

1	Evie Rophail	Ku-Ring-Gai	10.69
2	Frankie Jones	Manly Warringah	10.78 Auto Qualifier

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 10 - 70 Metre Sprint

2	Nicole Shih	Ku-Ring-Gai	10.78
4	Sierra Seale	Northern Suburbs	10.95
5	Grace Coleman	Manly Warringah	11.24
6	April Abboud	Mosman	11.28
7	Isla Cleland	Mosman	11.54
8	Aria Broadhurst	Manly Warringah	11.91

Girls U 8 - 100 Metre Sprint

=====
 Region: R 15.20 2005 Lauren Gilbert, Parramatta
 State: S 14.44 23/03/1979 Helen Clarke, Orange

=====
 Name Age Centre Prelims H#
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Heats

1	Rahni McNaughtan	Manly Warringah	17.10Q	2
2	Siena Tisi	Northern Suburbs	17.53Q	1
3	Morgan Jones	Mosman	17.69Q	1
4	Chelsea Coleman	Manly Warringah	17.90Q	2
5	Vida Webber	Manly Warringah	17.88Q	1
6	Elle McDermott	Manly Warringah	18.12Q	2
7	Maddison Johansen	Cherrybrook	17.89q	1
8	Lucia Oppedisano	Ryde	18.06q	1
9	Taylor Crumpton	Ryde	18.15	2
10	Miranda Benitez	Ku-Ring-Gai	18.66	2
11	Sophia Lizzio	Ku-Ring-Gai	18.95	1
12	Parisa Shinde	Ryde	19.54	2
13	Allegra Gulczynski	Cherrybrook	19.71	2
14	Abby Spurr	Parramatta	19.78	1
--	Tippi Acevedo	Manly Warringah	DNS	2
--	Zana Hevesy	Nth Rocks Carlin	DNS	1

Girls U 8 - 100 Metre Sprint

=====
 Region: R 15.20 2005 Lauren Gilbert, Parramatta
 State: S 14.44 23/03/1979 Helen Clarke, Orange

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

Final

1	Rahni McNaughtan	Manly Warringah	16.83
2	Siena Tisi	Northern Suburbs	17.22
3	Morgan Jones	Mosman	17.53
4	Vida Webber	Manly Warringah	17.60
5	Chelsea Coleman	Manly Warringah	17.67
6	Maddison Johansen	Cherrybrook	17.69
7	Lucia Oppedisano	Ryde	17.80
8	Elle McDermott	Manly Warringah	17.92

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

Region: R 14.70 1998 Emily Pollett, Manly Warringah
 State: S 14.14 23/03/1979 Kate Farrell, Holroyd
 State: S 14.14 15/03/1980 Helen Clarke, Orange

Name	Age	Centre	Prelims	H#
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Heats

1	IslaF Talaese	Manly Warringah	16.04Q	2
2	Abbie Weir	Manly Warringah	16.07Q	1
3	Brooke Debney	Manly Warringah	16.34Q	1
4	Lila Louis	Manly Warringah	16.41Q	2
5	Izabel Ljubicic	Ryde	16.86Q	2
6	Juliet Allan	Hornsby	16.88Q	1
7	Aria Smith	Parramatta	16.87q	2
8	Annabel Dickson	Nth Rocks Carlin	16.92q	1
9	Emily Wigham	Cherrybrook	16.96	2
10	Sienna Fourie	Ku-Ring-Gai	17.00	1
11	Emma Mo	Ryde	17.09	2
12	Yichen Wu	Ryde	17.15	1
13	Emily Williams	Northern Suburbs	17.20	1
14	Emma Hales	Northern Districts	17.54	2
--	Ruby Losurdo	Manly Warringah	DNS	2

Girls U 9 - 100 Metre Sprint

Region: R 14.70 1998 Emily Pollett, Manly Warringah
 State: S 14.14 23/03/1979 Kate Farrell, Holroyd
 State: S 14.14 15/03/1980 Helen Clarke, Orange

Name	Age	Centre	Final
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Final

1	Abbie Weir	Manly Warringah	15.79
2	IslaF Talaese	Manly Warringah	16.08
3	Brooke Debney	Manly Warringah	16.24
4	Lila Louis	Manly Warringah	16.35
5	Annabel Dickson	Nth Rocks Carlin	16.90
5	Aria Smith	Parramatta	16.90
7	Izabel Ljubicic	Ryde	16.96
8	Juliet Allan	Hornsby	17.08

Girls U 10 - 100 Metre Sprint

Region: R 13.70 1991 Rosemary Hayward, Wyong
 State: S 13.54 12/03/1978 Annette Osborne, Lethbridge Park
 State: S 13.54 23/03/1991 Rosemary Hayward, Wyong

Name	Age	Centre	Prelims	H#
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Heats

1	Evie Rophail	Ku-Ring-Gai	15.92Q	2
2	Frankie Jones	Manly Warringah	15.97Q	1
3	April Abboud	Mosman	16.02Q	1
4	Indiana Mitchell	Ryde	16.05Q	2
5	Nicole Shih	Ku-Ring-Gai	16.04Q	1
6	Sherlyn NaLampoon	Mosman	16.28Q	2
7	Jacinta Price-Randall	Northern Suburbs	16.40q	1
8	Aria Broadhurst	Manly Warringah	16.72q	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 10 - 100 Metre Sprint

9	Grace Edwards	Ryde	16.74	1
10	Nadia Gasparini	Parramatta	16.76	1
11	Chloe Huang	Ku-Ring-Gai	16.82	2
--	Leona Huang	Cherrybrook	DNS	2
--	Lexie Beesley	Manly Warringah	DNS	2
--	Amelie Germon	Northern Suburbs	DNS	2

Girls U 10 - 100 Metre Sprint

=====
 Region: R 13.70 1991 Rosemary Hayward, Wyong
 State: S 13.54 12/03/1978 Annette Osborne, Lethbridge P
 State: S 13.54 23/03/1991 Rosemary Hayward, Wyong

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 Name Age Centre Final
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Final

1	Evie Rophail	Ku-Ring-Gai	15.36
2	Nicole Shih	Ku-Ring-Gai	15.44
3	Indiana Mitchell	Ryde	15.46
4	Frankie Jones	Manly Warringah	15.51
5	April Abboud	Mosman	15.79
6	Sherlyn NaLampoon	Mosman	15.81
7	Jacinta Price-Randall	Northern Suburbs	16.40
8	Aria Broadhurst	Manly Warringah	16.61

Girls U 11 - 100 Metre Sprint

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

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 Name Age Centre Prelims H#
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Heats

1	Havana Gray	Ku-Ring-Gai	14.43Q	1
2	Leanne Barayuga	Manly Warringah	14.81Q	2
3	Phoebe Dobson	Manly Warringah	15.02Q	3
4	Camilla Roderick	Ku-Ring-Gai	15.09Q	3
5	Claire Fetrie	Parramatta	15.50Q	1
6	Anieke Coetsee	Manly Warringah	15.84Q	2
7	Madeleine Lynch	Ryde	15.37q	3
8	Genevieve Dunnet	Manly Warringah	15.90q	2
9	Alexandra Frielingsdorf	Northern Suburbs	16.02	3
10	Emma Barker	Nth Rocks Carlin	16.08	3
11	Claudia Birrell	Ku-Ring-Gai	16.23	1
12	Eliza Bosnic	Ryde	16.34	2
13	Lucy Wilson	Manly Warringah	16.39	1
14	Eloise Eslick	Mosman	16.41	2
15	Tully Davies	Ryde	16.86	2
--	Bree Madigan Wong	Northern Suburbs	DNS	1
--	Jessy Yong	Parramatta	DNS	3

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Girls U 11 - 100 Metre Sprint

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=====
Region: R 13.40 1992 Rossemary Hayward, Toukley
State: S 12.94 12/03/1978 Michelle Moroney, Bankstown
Name Age Centre Final
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Final
1 Leanne Barayuga Manly Warringah 13.92
2 Havana Gray Ku-Ring-Gai 14.15
3 Phoebe Dobson Manly Warringah 14.61
4 Camilla Roderick Ku-Ring-Gai 14.93
5 Genevieve Dunnet Manly Warringah 14.94
6 Madeleine Lynch Ryde 15.36
7 Anieke Coetsee Manly Warringah 15.49
8 Claire Petrie Parramatta 15.89
    
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Girls U 12 - 100 Metre Sprint

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Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-gai
State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong City
State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking
State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-Gai
Name Age Centre Prelims H#
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Heats
1 Olivia Toshack Northern Suburbs 14.10Q 1
2 Ella Achike Ku-Ring-Gai 14.29Q 2
3 Valerie Pickup Manly Warringah 14.27Q 1
4 Florence Bowden Northern Suburbs 14.39Q 2
5 Maddie Burge Northern Suburbs 14.47Q 1
6 Madison Tabrett Cherrybrook 14.56Q 2
7 Abigail Wigham Cherrybrook 14.74q 2
8 Marley Scott-Faul Manly Warringah 14.92q 1
9 Emily Ng Nth Rocks Carlin 15.26 2
10 Manvi Arabolu Ku-Ring-Gai 15.36 2
11 Emilie Kucharski Nth Rocks Carlin 15.37 1
12 Milla Kacilala Manly Warringah 15.42 1
13 Grace Carlton Hornsby 15.59 1
14 Claudia Patfield Manly Warringah 15.73 1
-- Hannah Dawson Cherrybrook DNS 2
    
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Girls U 12 - 100 Metre Sprint

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Region: R 12.40 2005 Annaliese Gardiner, Ku-ring-g
State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong Ci
State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking
State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-G
Name Age Centre Final
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Final
1 Olivia Toshack Northern Suburbs 14.04
2 Ella Achike Ku-Ring-Gai 14.45
3 Maddie Burge Northern Suburbs 14.46
4 Florence Bowden Northern Suburbs 14.46
5 Madison Tabrett Cherrybrook 14.74
6 Valerie Pickup Manly Warringah 14.75
7 Abigail Wigham Cherrybrook 15.01
    
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 12 - 100 Metre Sprint

8 Marley Scott-Faul Manly Warringah 15.37

Girls U 13 - 100 Metre Sprint

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Region: R 12.30 2005 Jordan Lumley, Nortern Districts
State: S 12.34 15/03/1986 Jo-anne Swan, Camden
State: S 12.34 07/03/1987 Rebecca Vormister, Wollongong
State: S 12.34 17/03/1996 Haylee Mathieson, Wollongong
State: S 12.34 19/02/2005 Laura Turner, Port Hacking
    
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Name Age Centre Prelims H#
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Heats

1	Sienna Vassella	Ku-Ring-Gai	13.37Q	2
2	Sarah Mehta	Manly Warringah	13.47Q	3
3	Louisa Mehta	Manly Warringah	13.89Q	1
4	Naduli Kariyawasam	Parramatta	14.31Q	2
5	Michiko Paul	Cherrybrook	14.44Q	1
6	Madison Dellas	Nth Rocks Carlin	14.73Q	3
7	Lexi Hartigan	Mosman	14.43q	2
8	Emma Kramer	Manly Warringah	14.52q	1
9	Sophia Cottrell	Northern Districts	14.66	2
10	Jemma Wilsher	Manly Warringah	14.81	1
11	Olivia Loring	Parramatta	14.82	2
12	Bella Fraser	Ryde	14.91	2
13	Pippa Burke	Cherrybrook	14.96	1
14	Lucia Schnell	Northern Suburbs	14.97	3
15	Ava Beattie	Hornsby	15.10	3
16	Pilard Shephard	Manly Warringah	18.54	3
--	Ella Hazon	Nth Rocks Carlin	DNS	3

Girls U 13 - 100 Metre Sprint

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Region: R 12.30 2005 Jordan Lumley, Nortern Distri
State: S 12.34 15/03/1986 Jo-anne Swan, Camden
State: S 12.34 07/03/1987 Rebecca Vormister, Wollongong
State: S 12.34 17/03/1996 Haylee Mathieson, Wollongong
State: S 12.34 19/02/2005 Laura Turner, Port Hacking
    
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Name Age Centre Final
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Final

1	Sienna Vassella	Ku-Ring-Gai	12.82
2	Sarah Mehta	Manly Warringah	13.36
3	Louisa Mehta	Manly Warringah	13.69
4	Naduli Kariyawasam	Parramatta	14.12
5	Michiko Paul	Cherrybrook	14.17
6	Lexi Hartigan	Mosman	14.26
7	Emma Kramer	Manly Warringah	14.41
8	Madison Dellas	Nth Rocks Carlin	14.58

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

Region: R 12.10 2005 Sarah Thompson, Cherrybrook				
State: S 12.14 23/03/1991 Shelley Peattie, Macquarie Shore				
Name	Age	Centre	Prelims	H#
Heats				
1 Avie Russell		Manly Warringah	12.88Q	1
2 Naomi Krajancic		Manly Warringah	12.98Q	2
3 Clara Fetrie		Parramatta	12.99Q	1
4 Lily Hughes		Ku-Ring-Gai	13.66Q	2
5 Tanya Graham		Northern Suburbs	13.47Q	1
6 Alannah Pryor		Northern Districts	13.87Q	2
7 Ivy Vella		Ryde	13.71q	1
8 Annalise Cottrell		Northern Districts	14.16q	1
9 Nisini Rajapaksha Mudiya		Cherrybrook	14.38	2
10 Isla Scoular		Manly Warringah	14.59	2
11 Alanah O'Donovan		Parramatta	15.16	1
-- Amalia Bond		Ku-Ring-Gai	DNS	2

Girls U 14 - 100 Metre Sprint

Region: R 12.10 2005 Sarah Thompson, Cherrybrook				
State: S 12.14 23/03/1991 Shelley Peattie, Macquarie Sh				
Name	Age	Centre	Final	
Final				
1 Clara Fetrie		Parramatta	12.96	
2 Avie Russell		Manly Warringah	13.00	
3 Naomi Krajancic		Manly Warringah	13.06	
4 Tanya Graham		Northern Suburbs	13.54	
5 Lily Hughes		Ku-Ring-Gai	13.86	
6 Ivy Vella		Ryde	13.93	
7 Alannah Pryor		Northern Districts	14.07	
8 Annalise Cottrell		Northern Districts	14.42	

Girls U 15 - 100 Metre Sprint

Region: R 12.10 1991 R Massey, Ryde AA				
State: S 12.04 21/03/1992 Sonia Willis, Wagga PCYC				
State: S 12.04 20/03/1999 Preya Carey, Hills District				
Name	Age	Centre	Prelims	H#
Heats				
1 Olivia Achike		Ku-Ring-Gai	12.78Q	1
2 Arabella Lewis		Ku-Ring-Gai	13.52Q	2
3 Kaitlinn Dunne		Manly Warringah	13.37Q	1
4 Sophie Durheim		Cherrybrook	13.83Q	2
5 Kyras McMahon		Northern Districts	13.82Q	1
6 Sofia Ehnbon		Manly Warringah	14.35Q	2
7 Chiara Ewing		Parramatta	14.21q	1
8 Princess Obi		Nth Rocks Carlin	14.33q	1
9 Kara Hazon		Nth Rocks Carlin	15.09	2
-- Tayah Rubes		Manly Warringah	DNS	2
-- Emilia Webb		Ryde	DNS	2
-- Tanna Kotulic		Northern Suburbs	DNS	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Girls U 15 - 100 Metre Sprint

=====			
Region:	R 12.10	1991	R Massey, Ryde AA
State:	S 12.04	21/03/1992	Sonia Willis, Wagga PCYC
State:	S 12.04	20/03/1999	Preya Carey, Hills District
Name	Age	Centre	Final
=====			
Final			
1	Olivia Achike	Ku-Ring-Gai	12.62
2	Arabella Lewis	Ku-Ring-Gai	12.75
3	Sophie Durheim	Cherrybrook	13.13
4	Kaitlinn Dunne	Manly Warringah	13.38
5	Kyrah McMahon	Northern Districts	13.78
6	Sofia Ehnbohm	Manly Warringah	13.93
--	Chiara Ewing	Parramatta	DNS
--	Princess Obi	Nth Rocks Carlin	DNS

Girls U 17 - 100 Metre Sprint

=====				
Region:	R 12.08	09/02/2019	Greta Andrews, Northern Suburbs	
State:	S 11.89	28/01/2017	Maisie Stevens, Eastern Suburbs	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Tara Hollyoak	Manly Warringah	12.79Q	1
2	Maia MaddenKhan	Ku-Ring-Gai	12.80Q	2
3	Amelia Steventon	Parramatta	12.84Q	1
4	sienna kupceric	Manly Warringah	13.01Q	2
5	Amelie Gomez-Niewolik	Ryde	13.28Q	1
6	Catherine Mikan	Northern Suburbs	13.30Q	2
7	Sarah-anne Koot	Cherrybrook	13.39q	2
8	Charlotte Nagle	Ryde	14.28q	1
9	Sacha Jones	Northern Suburbs	14.34	2
--	Samara Bond	Ku-Ring-Gai	DNS	1
--	Caitlin Russell	Cherrybrook	DNS	1
--	Gemma McIntosh	Ku-Ring-Gai	DNS	1
--	Leila Broadley	Hornsby	DNS	2

Girls U 17 - 100 Metre Sprint

=====			
Region:	R 12.08	09/02/2019	Greta Andrews, Northern Subur
State:	S 11.89	28/01/2017	Maisie Stevens, Eastern Subur
Name	Age	Centre	Final
=====			
Final			
1	Maia MaddenKhan	Ku-Ring-Gai	12.51
2	sienna kupceric	Manly Warringah	12.51
3	Tara Hollyoak	Manly Warringah	12.64
4	Amelia Steventon	Parramatta	12.80
5	Amelie Gomez-Niewolik	Ryde	13.25
6	Catherine Mikan	Northern Suburbs	13.25
7	Sarah-anne Koot	Cherrybrook	13.99
8	Charlotte Nagle	Ryde	14.41

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Girls U 8 - 200 Metre Sprint

=====				
Region:	R 31.50	1997	Emily Pollett, Manly Warringah	
State:	S 31.74	18/03/1984	Bronwyn Piening, Nepean	
State:	S 31.74	16/02/1997	Emily Pollett, Manly Warringah	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Elena Chen	Ku-Ring-Gai	33.70Q	2
2	April Kim	Parramatta	36.18Q	1
3	Siena Tisi	Northern Suburbs	35.27Q	2
4	Lucia Oppedisano	Ryde	36.46Q	1
5	Rhyleiana Barnett-Palmer	Ryde	37.35Q	2
6	Piper Marshall	Manly Warringah	37.37Q	1
7	Eloise Debney	Manly Warringah	37.47q	1
8	Molly MooreMulcahy	Northern Districts	38.79q	2
9	Chelsea Coleman	Manly Warringah	40.02	1
10	Parisa Shinde	Ryde	41.09	2
--	Tippi Acevedo	Manly Warringah	DNS	1
--	Georgia Atkins	Manly Warringah	DNS	2
--	Joelle Truong	Nth Rocks Carlin	DNS	1

Girls U 8 - 200 Metre Sprint

=====				
Region:	R 31.50	1997	Emily Pollett, Manly Warringa	
State:	S 31.74	18/03/1984	Bronwyn Piening, Nepean	
State:	S 31.74	16/02/1997	Emily Pollett, Manly Warringa	
Name	Age	Centre	Final	
=====				
Final				
1	Elena Chen	Ku-Ring-Gai	34.27	
2	Eloise Debney	Manly Warringah	35.79	
3	Siena Tisi	Northern Suburbs	35.94	
4	April Kim	Parramatta	37.02	
5	Lucia Oppedisano	Ryde	37.47	
6	Rhyleiana Barnett-Palmer	Ryde	37.98	
7	Piper Marshall	Manly Warringah	38.04	
8	Molly MooreMulcahy	Northern Districts	39.71	

Girls U 9 - 200 Metre Sprint

=====				
Region:	R 30.30	22/02/2009	Mikayla Mestoussis, Ryde	
State:	S 28.74	25/03/1990	Rosemary Hayward, Wyong	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Abbie Weir	Manly Warringah	32.73Q	2
2	Ella Harding	Manly Warringah	33.15Q	1
3	Abigail Maher	Manly Warringah	33.36Q	2
4	Lila Louis	Manly Warringah	33.75Q	1
5	Scarlett Docherty	Ku-Ring-Gai	33.90Q	1
6	Nalinga Albino	Hornsby	34.23Q	2
7	Emily Wigham	Cherrybrook	34.39q	2
8	Juliet Allan	Hornsby	34.63q	2
9	Aria Smith	Parramatta	35.11	1
10	Eden De Pomeroy	Nth Rocks Carlin	35.51	1
11	Tabitha Williams	Northern Suburbs	35.95	2

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

12	Isabella Dobe	Nth Rocks Carlin	35.97	1
13	Kiara Liyanage	Cherrybrook	37.64	1
14	Amiya Pokharel	Nth Rocks Carlin	38.08	2
--	Teara Obrien	Nth Rocks Carlin	DNS	2
--	Ruby Losurdo	Manly Warringah	DNS	1

Girls U 9 - 200 Metre Sprint

Region: R 30.30 22/02/2009 Mikayla Mestoussis, Ryde

State: S 28.74 25/03/1990 Rosemary Hayward, Wyong

Name Age Centre Final

Final

1	Abbie Weir	Manly Warringah	32.29
2	Ella Harding	Manly Warringah	32.93
3	Abigail Maher	Manly Warringah	33.03
4	Lila Louis	Manly Warringah	34.08
5	Nalinga Albino	Hornsby	34.31
6	Scarlett Docherty	Ku-Ring-Gai	34.86
7	Emily Wigham	Cherrybrook	34.97
8	Juliet Allan	Hornsby	36.32

Girls U 10 - 200 Metre Sprint

Region: R 28.40 1991 Rosemary Hayward, Wyong

State: S 28.22 21/03/2010 Kristie Edwards, Manly Warringah

Name Age Centre Prelims H#

Heats

1	Stella Wade	Northern Suburbs	30.72Q	1
2	Josephine Han	Manly Warringah	31.30Q	2
3	Lucy Turner	Manly Warringah	31.70Q	1
4	Indiana Mitchell	Ryde	32.20Q	2
5	Frankie Jones	Manly Warringah	32.18Q	1
6	Evelyn Finley	Ku-Ring-Gai	32.43Q	2
7	Jude Alkhateeb	Cherrybrook	32.30q	1
8	Alice Orth	Manly Warringah	33.03q	1
9	Ajabu Gebhard	Northern Suburbs	35.48	2
10	Ananshi Chopra	Northern Suburbs	37.19	1
--	Lexie Beesley	Manly Warringah	DNS	2
--	April Abboud	Mosman	DNS	1
--	Amelie Germon	Northern Suburbs	DNS	2
--	Evie Rophail	Ku-Ring-Gai	DNS	2

Girls U 10 - 200 Metre Sprint

Region: R 28.40 1991 Rosemary Hayward, Wyong

State: S 28.22 21/03/2010 Kristie Edwards, Manly Warringah

Name Age Centre Final

Final

1	Josephine Han	Manly Warringah	30.22
2	Stella Wade	Northern Suburbs	30.62
3	Lucy Turner	Manly Warringah	31.43
4	Indiana Mitchell	Ryde	31.47

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 10 - 200 Metre Sprint

5	Frankie Jones	Manly Warringah	32.32
6	Evelyn Finley	Ku-Ring-Gai	32.56
7	Jude Alkhateeb	Cherrybrook	32.59
8	Alice Orth	Manly Warringah	32.93

Girls U 11 - 200 Metre Sprint

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=====
Region: R 27.50 1992 Rosemary Hayward, Toukley
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park
Name Age Centre Prelims H#
=====
    
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Heats

1	Leanne Barayuga	Manly Warringah	28.10Q	1
2	Evie MooreMulcahy	Northern Districts	29.47Q	2
3	Genevieve Dunnet	Manly Warringah	30.47Q	3
4	Havana Gray	Ku-Ring-Gai	29.40Q	1
5	Madeleine Lynch	Ryde	31.54Q	3
6	Anieke Coetsee	Manly Warringah	32.18Q	2
7	Lucy C Tazewell	Parramatta	31.12q	1
8	Liv Havenstein	Manly Warringah	31.46q	1
9	Lily Dunne	Manly Warringah	31.74	1
10	Willow Hickey	Hornsby	32.00	1
11	Eliza Bosnic	Ryde	32.12	3
12	Zoe Jordan	Cherrybrook	32.64	2
13	Anna Wegener	Cherrybrook	33.12	3
14	Safina Burgess	Ku-Ring-Gai	33.51	1
15	Lucy Wilson	Manly Warringah	33.71	2
16	Imogen Newey	Ku-Ring-Gai	34.29	3
--	Claire Fetrie	Parramatta	DNS	2
--	Jessy Yong	Parramatta	DNS	3
--	Tully Davies	Ryde	DNS	2

Girls U 11 - 200 Metre Sprint

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=====
Region: R 27.50 1992 Rosemary Hayward, Toukley
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park
Name Age Centre Final
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Final

1	Leanne Barayuga	Manly Warringah	28.41
2	Evie MooreMulcahy	Northern Districts	28.99
3	Havana Gray	Ku-Ring-Gai	29.36
4	Genevieve Dunnet	Manly Warringah	30.93
5	Anieke Coetsee	Manly Warringah	31.24
6	Madeleine Lynch	Ryde	31.92
7	Lucy C Tazewell	Parramatta	32.38
8	Liv Havenstein	Manly Warringah	32.60

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

=====				
Region:	R 26.30	2005	Karlie Morton, Manly Warringah	
State:	S 25.69	25/03/2018	Chelsea Ezeoke, Wollongong City	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Valerie Pickup	Manly Warringah	28.84Q	2
2	Madison Tabrett	Cherrybrook	29.21Q	3
3	Hannah Dawson	Cherrybrook	29.84Q	1
4	Miranda Yu	Ku-Ring-Gai	29.55Q	2
5	Abigail Wigham	Cherrybrook	30.04Q	3
6	Lotte Roessler	Manly Warringah	30.13Q	1
7	Claudia Patfield	Manly Warringah	30.66q	2
8	Emily Ng	Nth Rocks Carlin	30.67q	3
9	Estelle Creek	Northern Districts	30.74	1
10	Grace Carlton	Hornsby	30.84	1
11	Sophie Tazewell	Parramatta	30.92	2
12	Arabella Cellacay	Ryde	31.41	2
13	Marley Scott-Faul	Manly Warringah	32.00	3
14	Jolin Wirianata	Nth Rocks Carlin	33.35	3
15	Manvi Arabolu	Ku-Ring-Gai	34.79	1
--	Julia Perry	Nth Rocks Carlin	DNS	3
--	Charlotte Selinas	Manly Warringah	DNS	1

Girls U 12 - 200 Metre Sprint

=====				
Region:	R 26.30	2005	Karlie Morton, Manly Warringa	
State:	S 25.69	25/03/2018	Chelsea Ezeoke, Wollongong Ci	
Name	Age	Centre	Final	
=====				
Final				
1	Valerie Pickup	Manly Warringah	28.58	
2	Madison Tabrett	Cherrybrook	29.00	
3	Miranda Yu	Ku-Ring-Gai	29.07	
4	Abigail Wigham	Cherrybrook	29.97	
5	Lotte Roessler	Manly Warringah	30.11	
6	Hannah Dawson	Cherrybrook	30.33	
7	Claudia Patfield	Manly Warringah	31.68	
--	Emily Ng	Nth Rocks Carlin	DNS	

Girls U 13 - 200 Metre Sprint

=====				
Region:	R 25.80	1994	Rosemary Hayward, Toukley	
State:	S 24.96	19/03/2017	Alice Dixon, Northern Suburbs	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Sarah Mehta	Manly Warringah	27.29Q	1
2	Louisa Mehta	Manly Warringah	27.59Q	2
3	Sienna Vassella	Ku-Ring-Gai	27.82Q	3
4	Sienna Wade	Northern Suburbs	28.01Q	3
5	Pilard Shephard	Manly Warringah	28.19Q	1
6	Naduli Kariyawasam	Parramatta	28.35Q	2
7	Michiko Paul	Cherrybrook	28.40q	3
8	Lexi Hartigan	Mosman	28.47q	2
9	Jacqueline Pawsey	Ryde	29.17	1

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

10	Madison Dellas	Nth Rocks Carlin	29.51	2
11	Jemma Wilsher	Manly Warringah	29.79	3
12	Amy Campbell	Hornsby	30.18	1
13	Sophie Rogerson	Manly Warringah	30.28	2
14	Eden McNaughtan	Manly Warringah	31.07	3
15	Alice Truong	Nth Rocks Carlin	31.25	1
16	Natalie Tang	Nth Rocks Carlin	34.45	3
--	Lucia Schnell	Northern Suburbs	DNS	1

Girls U 13 - 200 Metre Sprint

Region: R 25.80 1994 Rosemary Hayward, Toukley
 State: S 24.96 19/03/2017 Alice Dixon, Northern Suburbs

Name Age Centre Final

Final

1	Sienna Vassella	Ku-Ring-Gai	26.41
2	Sarah Mehta	Manly Warringah	27.32
3	Louisa Mehta	Manly Warringah	27.62
4	Sienna Wade	Northern Suburbs	27.71
5	Pilard Shephard	Manly Warringah	28.41
6	Lexi Hartigan	Mosman	28.71
7	Michiko Paul	Cherrybrook	28.93
--	Naduli Kariyawasam	Parramatta	DNS

Girls U 14 - 200 Metre Sprint

Region: R 24.60 1995 Rosemary Hayward, Toukley

State: S 24.54 16/03/2008 Ella Nelson, Sutherland

Name Age Centre Prelims H#

Heats

1	Clara Fetrie	Parramatta	25.59Q	1
2	Naomi Krajancic	Manly Warringah	27.07Q	2
3	Amalia Bond	Ku-Ring-Gai	26.63Q	1
4	Tanya Graham	Northern Suburbs	27.59Q	2
5	Alannah Pryor	Northern Districts	28.10Q	2
6	Ivy Vella	Ryde	28.48Q	1
7	Camila Iorio	Hornsby	28.84q	2
8	Sophie Irvine	Manly Warringah	29.15q	1
9	Olivia Pickup	Manly Warringah	29.28	2
10	Pranaya Prasath	Parramatta	33.89	2
--	Isla Scoular	Manly Warringah	DNS	1
--	Alanah O'Donovan	Parramatta	DNS	1

Girls U 14 - 200 Metre Sprint

Region: R 24.60 1995 Rosemary Hayward, Toukley

State: S 24.54 16/03/2008 Ella Nelson, Sutherland

Name Age Centre Final

Final

1	Naomi Krajancic	Manly Warringah	25.26
2	Clara Fetrie	Parramatta	25.62
3	Amalia Bond	Ku-Ring-Gai	26.46

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

4	Tanya Graham	Northern Suburbs	27.25
5	Alannah Pryor	Northern Districts	27.91
6	Camila Iorio	Hornsby	28.19
--	Ivy Vella	Ryde	DNS
--	Sophie Irvine	Manly Warringah	DNS

Girls U 15 - 200 Metre Sprint

=====
 Region: R 25.20 1998 Jana Pittman, Parramatta
 State: S 24.24 20/03/2005 Olivia Tauro, Kurri Kurri
 State: S 24.24 22/02/2009 Ella Nelson, Sutherland
 =====

Name	Age Centre	Prelims	H#
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Heats

1	Eden Herring	Hornsby	26.93Q	1
2	Arabella Lewis	Ku-Ring-Gai	27.35Q	2
3	Sophie Durheim	Cherrybrook	27.09Q	1
4	Kaitlinn Dunne	Manly Warringah	27.41Q	2
5	Kyrah McMahon	Northern Districts	27.71Q	2
6	Chiara Ewing	Parramatta	29.30Q	1
7	Princess Obi	Nth Rocks Carlin	29.22q	2
8	Josie Clayton	Hornsby	29.35q	2
9	Reena Son	Northern Suburbs	29.88	2
10	Lisara Seneviratne	Parramatta	30.62	1
11	Tiffany Fong	Hornsby	30.96	2
--	Sofia Ehnbohm	Manly Warringah	DNS	1
--	Tayah Rubes	Manly Warringah	DNS	1

Girls U 15 - 200 Metre Sprint

=====
 Region: R 25.20 1998 Jana Pittman, Parramatta
 State: S 24.24 20/03/2005 Olivia Tauro, Kurri Kurri
 State: S 24.24 22/02/2009 Ella Nelson, Sutherland
 =====

Name	Age Centre	Final
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Final

1	Eden Herring	Hornsby	26.24
2	Arabella Lewis	Ku-Ring-Gai	26.26
3	Sophie Durheim	Cherrybrook	26.87
4	Kaitlinn Dunne	Manly Warringah	27.74
5	Kyrah McMahon	Northern Districts	27.86
6	Chiara Ewing	Parramatta	29.58
7	Princess Obi	Nth Rocks Carlin	29.81
8	Josie Clayton	Hornsby	30.29

Girls U 17 - 200 Metre Sprint

=====
 Region: R 24.95 05/02/2023 Maia Madden Khan, Ku-Ring-Gai
 State: S 24.08 25/03/2018 Caitlin Ferrier, Kurrajong Bilpi
 =====

Name	Age Centre	Prelims	H#
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Heats

1	Tara Hollyoak	Manly Warringah	25.97Q	2
2	Samara Bond	Ku-Ring-Gai	26.30Q	1
3	Estelle Walsh	Manly Warringah	26.02Q	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 17 - 200 Metre Sprint

4	Jasmine Rintel	Manly Warringah	26.43Q	1
5	sienna kupceric	Manly Warringah	26.03Q	2
6	Maia MaddenKhan	Ku-Ring-Gai	26.51Q	1
7	Amelia Steventon	Parramatta	26.64q	1
8	Amelie Gomez-Niewolik	Ryde	26.88q	2
9	Zara Pawsey	Ryde	27.27	2
10	Olivia Moresi	Cherrybrook	27.57	1
11	Elise Oliver	Northern Districts	28.10	2
12	Sacha Jones	Northern Suburbs	28.33	2
13	Ashlee O'Reilly	Manly Warringah	35.75	1
--	Leela Ingram	Cherrybrook	DNS	1
--	Kaley Roach	Parramatta	DNS	1

Girls U 17 - 200 Metre Sprint

Region: R 24.95 05/02/2023 Maia Madden Khan, Ku-Ring-Gai

State: S 24.08 25/03/2018 Caitlin Ferrier, Kurrajong Bi

Name Age Centre Final

Final

1	Tara Hollyoak	Manly Warringah	25.19
2	sienna kupceric	Manly Warringah	25.37
3	Maia MaddenKhan	Ku-Ring-Gai	25.63
4	Jasmine Rintel	Manly Warringah	25.66
5	Estelle Walsh	Manly Warringah	25.89
6	Samara Bond	Ku-Ring-Gai	25.97
7	Amelia Steventon	Parramatta	26.29
8	Amelie Gomez-Niewolik	Ryde	26.70

Girls U 9 - 400 Metre Sprint

Region: R 1:09.29 04/02/2023 Josephine Han, Manly Warringah

State: S 1:06.64 24/03/1990 Rosemary Hayward, Wyong

Name Age Centre Final H#

1	Ella Harding	Manly Warringah	1:14.87	2
2	Abigail Maher	Manly Warringah	1:16.35	2
3	Scarlett Docherty	Ku-Ring-Gai	1:17.57	2
4	Emily Wigham	Cherrybrook	1:21.02	1
5	Tabitha Williams	Northern Suburbs	1:21.70	1
6	Amelia Esser	Manly Warringah	1:23.17	2
7	Harlow Campbell	Ku-Ring-Gai	1:24.64	2
7	Yichen Wu	Ryde	1:24.64	1
9	Kinsley Harvey	Ku-Ring-Gai	1:24.81	2
10	Morgan Duncan	Ku-Ring-Gai	1:25.52	2
11	Millar Hicks	Mosman	1:25.96	1
12	Isabella Dobe	Nth Rocks Carlin	1:26.16	1
13	Isla Gudmunson	Ryde	1:28.13	1
14	Philippa Stewart	Northern Suburbs	1:30.34	1
--	Ruby Losurdo	Manly Warringah	DNS	2
--	Brooke Debney	Manly Warringah	DNS	1

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

=====				
Region: R 1:05.60		1991	Rosemary Hayward, Wyong	
State: S 1:03.84		15/03/2003	Paige Fenech, Albion Park	
Name	Age	Centre	Final	H#
=====				
1	Josephine Han	Manly Warringah	1:07.33	2
2	Stella Wade	Northern Suburbs	1:09.15	2
3	evelyn vale	Manly Warringah	1:11.92	2
4	Grace Coleman	Manly Warringah	1:12.51	2
5	Aurelia Stewart	Mosman	1:12.61	2
6	Amelia Berry	Manly Warringah	1:14.91	1
7	Stephanie Ross	Northern Districts	1:15.19	2
8	Evelyn Finley	Ku-Ring-Gai	1:16.47	1
9	Emmanuelle Julliard	Northern Suburbs	1:18.20	1
10	Natalie Young	Ryde	1:18.32	1
11	Casey Fowler	Parramatta	1:18.81	1
12	Ellie Boers	Ku-Ring-Gai	1:20.84	1
13	Sabella Sewell	Mosman	1:23.65	1
14	Savannah Aroyan	Parramatta	1:26.78	1
--	Leona Huang	Cherrybrook	DNS	2
--	Lexie Beesley	Manly Warringah	DNS	2

Girls U 11 - 400 Metre Sprint

=====				
Region: R 1:01.90		17/02/2008	Sara Marshall, Gosford	
State: S 1:01.34		12/03/1978	Michelle Moroney, Bankstown	
State: S 1:01.34		17/03/2001	Jacinta Doyle, Port Hacking	
Name	Age	Centre	Final	H#
=====				
1	Evie MooreMulcahy	Northern Districts	1:05.52	3
2	Feriel BesodiBoujemaoui	Manly Warringah	1:07.95	3
3	Zoe Jordan	Cherrybrook	1:10.43	2
4	Amity Batchler	Manly Warringah	1:11.25	3
5	Katelyn ThorinDembo	Ku-Ring-Gai	1:12.26	3
6	Hayley Marshall	Manly Warringah	1:12.70	2
7	Camilla Roderick	Ku-Ring-Gai	1:13.55	3
8	Chloe Peaper	Manly Warringah	1:13.76	3
9	Katherine Bennett	Ryde	1:14.05	2
10	Alexandra Frielingsdorf	Northern Suburbs	1:14.76	2
11	Evelyn Lulli	Manly Warringah	1:14.97	3
12	Kira Ekers	Ryde	1:19.76	2
13	Matilda Corbett	Ku-Ring-Gai	1:20.13	2

Girls U 12 - 400 Metre Sprint

=====				
Region: R 59.87		17/02/2018	Lara Williams, Manly Warringah	
State: S 57.74		21/02/1979	Nicole Leistenschneider, Manly W	
Name	Age	Centre	Final	H#
=====				
1	Valerie Pickup	Manly Warringah	1:03.96	2
2	Meredith Lee	Northern Suburbs	1:05.82	2
3	Claudia Patfield	Manly Warringah	1:06.53	2
4	Kyah Ryals	Manly Warringah	1:08.28	2
5	Juliet Erickson	Hornsby	1:09.04	2
5	Madison Tabrett	Cherrybrook	1:09.04	1
7	Isabella Ross	Manly Warringah	1:09.10	2

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

8	Ashleigh Mansell	Cherrybrook	1:10.81	1
9	Emily Ng	Nth Rocks Carlin	1:12.13	1
10	Emily PereiradeJesus	Mosman	1:12.63	2
11	Lotte Roessler	Manly Warringah	1:13.77	2
12	Madison Gatfield-Davis	Northern Suburbs	1:16.75	1
13	Kenzie Wark	Manly Warringah	1:17.60	1
14	Zara Cox	Ryde	1:19.32	1
--	Zara Denney	Ku-Ring-Gai	DNS	1

Girls U 13 - 400 Metre Sprint

Region: R 58.60 1994 Rosemary Hayward, Toukley

State: S 57.24 16/03/1986 Jo-anne Swan, Camden

Name	Age	Centre	Final	H#
1	Sienna Wade	Northern Suburbs	1:00.56	2
2	Alessandra McWilliam	Mosman	1:02.38	2
3	Alexandra Bova	Mosman	1:02.88	2
4	Anais Biasi	Manly Warringah	1:04.36	2
5	Pilard Shephard	Manly Warringah	1:05.11	2
6	Naduli Kariyawasam	Parramatta	1:06.70	2
7	Eden McNaughtan	Manly Warringah	1:07.23	1
8	Ridhi Jasrotia	Cherrybrook	1:07.62	1
9	Billie Fallows	Mosman	1:08.02	1
10	Alexis Tague	Manly Warringah	1:08.56	2
11	Olivia Loring	Parramatta	1:09.69	1
12	Sayah Weeding	Mosman	1:10.36	1
13	Lucy Edgar	Northern Districts	1:11.55	1
14	Madison Dellas	Nth Rocks Carlin	1:12.28	1
--	Josie Perkins	Manly Warringah	DNS	2

Girls U 14 - 400 Metre Sprint

Region: R 56.20 1995 Rosemary Hayward, Toukley

State: S 56.02 23/03/2012 Molly Blakey, South Eastern

Name	Age	Centre	Final	H#
1	Naomi Krajancic	Manly Warringah	57.94	2
2	Mia Hooton	Ku-Ring-Gai	58.91	2
3	Eliza Williams	Manly Warringah	1:01.45	2
4	Tara Gilkeson	Hornsby	1:05.01	2
5	Belinda Matthews	Manly Warringah	1:05.23	2
6	Millie Morrison	Mosman	1:06.01	2
7	Sophie Irvine	Manly Warringah	1:06.18	2
8	emily kupceric	Manly Warringah	1:07.17	2
9	Camila Iorio	Hornsby	1:09.44	1
10	Eva Pavlovic	Northern Suburbs	1:17.84	1
11	Alicia Connell	Northern Suburbs	1:21.41	1
--	Charlotte Palmer	Ku-Ring-Gai	DNS	1
--	Scarlett Richards	Nth Rocks Carlin	DNS	1
--	Erin Campbell	Northern Suburbs	DNS	1

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

Region: R 55.60 1996 Rosemary Hayward, Toukley				
State: S 55.74 18/02/1996 Rosemary Hayward, Toukley				
Name	Age	Centre	Final	H#
1 Eden Herring		Hornsby	1:01.09	2
2 Aniela Knight		Northern Districts	1:02.24	2
3 Annabelle Cigna		Mosman	1:04.64	2
4 Hannah Storey		Cherrybrook	1:04.91	2
5 Jessica Loring		Parramatta	1:06.33	2
6 Chiara Ewing		Parramatta	1:09.69	2
7 Reena Son		Northern Suburbs	1:11.33	1
8 Mia Million		Ryde	1:16.05	1
9 Evelyn Cheung		Nth Rocks Carlin	1:22.79	1
-- Indianna Vale		Manly Warringah	DNS	1
-- Emma Garden		Manly Warringah	DNS	2
-- Stella Stirling		Parramatta	DNS	2

Girls U 17 - 400 Metre Sprint

Region: R 57.54 13/02/2016 Rowena Craker, Manly Warringah				
State: S 55.25 24/03/2018 Caitlin Ferrier, Kurrajong Bilpi				
Name	Age	Centre	Final	H#
1 Samara Bond		Ku-Ring-Gai	57.81	2
2 Jasmine Rintel		Manly Warringah	58.13	2
3 Estelle Walsh		Manly Warringah	1:00.43	2
4 Annika Boys		Manly Warringah	1:02.20	2
5 Eve Simpson		Manly Warringah	1:03.31	2
6 Freya Tonkin		Northern Districts	1:05.04	2
7 Sacha Jones		Northern Suburbs	1:05.72	1
8 Charlotte Nagle		Ryde	1:06.98	1
9 Ellie van der Poorten		Ryde	1:07.45	1
10 Elizabeth Toynbee		Northern Districts	1:12.96	1
11 Kristina Prizmic		Manly Warringah	1:14.09	2
-- Eliza Heys		Ku-Ring-Gai	DNS	1
-- Amia Tan		Parramatta	DNS	1
-- Zara Pawsey		Ryde	DNS	2

Girls U 8 - 400 Metre Run Pack Start

Region: R 1:13.90 2002 Courtney Cross, Hornsby Dis				
State: S 1:11.44 21/03/1981 Jo-anne Swan, Camden				
Name	Age	Centre	Final	
1 Elena Chen		Ku-Ring-Gai	1:17.99	
2 Eloise Debney		Manly Warringah	1:18.46	
3 Zoe Marinkovich		Ku-Ring-Gai	1:21.54	
4 Rahni McNaughtan		Manly Warringah	1:22.10	
5 Lauren Bennett		Ryde	1:24.94	
6 Sophie Dong		Northern Suburbs	1:27.66	
7 Aliska Reitano		Northern Suburbs	1:29.37	
8 Piper Marshall		Manly Warringah	1:29.41	
9 Sophie Hunt		Manly Warringah	1:30.42	
10 Chelsea Coleman		Manly Warringah	1:30.85	
11 Parisa Shinde		Ryde	1:31.57	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - 400 Metre Run Pack Start**

12	Miranda Benitez	Ku-Ring-Gai	1:32.49
--	Maddison Johansen	Cherrybrook	DNS
--	Grace Dyson	Hornsby	DNS

Girls U 8 - 700 Metre Run Pack Start

=====			
Region: R 2:20.20 28/02/2010 Abbey Rockliff, Ku-ring-gai			
Name	Age	Centre	Final
=====			
1	Elena Chen	Ku-Ring-Gai	2:36.87
2	Zoe Marinkovich	Ku-Ring-Gai	2:40.61
3	Morgan Jones	Mosman	2:43.00
4	Lauren Bennett	Ryde	2:43.21
5	Halina Erihe	Mosman	2:47.02
6	Piper Marshall	Manly Warringah	2:52.99
7	April Kim	Parramatta	2:53.65
8	Matilda Alexander	Manly Warringah	2:56.42
9	Parisa Shinde	Ryde	2:57.94
10	Sophie Dong	Northern Suburbs	2:59.71
11	Katrina Murphy	Nth Rocks Carlin	3:02.62
12	Emily Hosie	Ku-Ring-Gai	3:04.94
13	Aliska Reitano	Northern Suburbs	3:06.65
14	Sophie Hunt	Manly Warringah	3:07.67
--	Abigail Morgan	Ku-Ring-Gai	DNS
--	Eloise Debney	Manly Warringah	DNS

Girls U 9 - 800 Metre Run

=====			
Region: R 2:34.80 20/02/2011 Abbey Rockliff, Ku-ring-gai			
State: S 2:33.00 20/03/2011 Abbey Rockliff, Ku-Ring-Gai			
Name	Age	Centre	Final
=====			
1	Ella Harding	Manly Warringah	2:50.38
2	Rose Benson	Ku-Ring-Gai	2:52.85
3	Harlow Campbell	Ku-Ring-Gai	2:56.11
4	Abigail Maher	Manly Warringah	2:57.52
5	Ashleigh dewhurst	Hornsby	3:03.00
6	Tabitha Williams	Northern Suburbs	3:03.95
7	Kinsley Harvey	Ku-Ring-Gai	3:04.09
8	Millar Hicks	Mosman	3:08.50
9	Philippa Stewart	Northern Suburbs	3:11.14
10	Isabella Dobe	Nth Rocks Carlin	3:13.35
11	Eden De Pomeroy	Nth Rocks Carlin	3:13.85
12	Morgan Duncan	Ku-Ring-Gai	3:17.43
13	Lucy Armstrong	Ryde	3:34.05
--	Mila Ward	Manly Warringah	DNS
--	Arelie Doria	Manly Warringah	DNS
--	Sofia Lam	Nth Rocks Carlin	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 800 Metre Run**

=====			
Region:	R 2:27.26	19/02/2012	Abbey Rockliff, Ku-ring-gai
State:	S 2:27.30	19/02/2012	Abbey Rockliff, Ku-Ring-Gai
Name	Age	Centre	Final
=====			
1	Josephine Han	Manly Warringah	2:36.42
2	evelyn vale	Manly Warringah	2:38.27
3	Leona Huang	Cherrybrook	2:43.42
4	Aurelia Stewart	Mosman	2:46.45
5	Grace Coleman	Manly Warringah	2:50.76
6	Chella Shields	Ku-Ring-Gai	2:56.92
7	Stephanie Ross	Northern Districts	2:58.57
8	Sienna Flower	Northern Suburbs	2:59.59
9	Natalie Young	Ryde	2:59.78
10	Milena Mok	Cherrybrook	2:59.87
11	Casey Fowler	Parramatta	3:00.31
12	Elodie Mcinnes	Hornsby	3:03.40
--	Annaliese Lulli	Manly Warringah	DNS
--	Ellie Boers	Ku-Ring-Gai	DNS
--	Emmanuelle Julliard	Northern Suburbs	DNS
--	Amelia Berry	Manly Warringah	DNS

Girls U 11 - 800 Metre Run

=====			
Region:	R 2:26.06	17/02/2013	Abbey Rockliff, Ku-Ring-Gai
State:	S 2:21.80	20/03/2016	Imogen Stewart, Illawong
Name	Age	Centre	Final
=====			
1	Feriel BesodiBoujemaoui	Manly Warringah	2:36.33
2	Zoe Jordan	Cherrybrook	2:40.73
3	Anna Wegener	Cherrybrook	2:42.45
4	Lily Dunne	Manly Warringah	2:42.68
5	Katherine Saber	Northern Suburbs	2:47.21
6	Sarah Covich	Manly Warringah	J2:47.21
7	Olivia Felicity Lau	Northern Suburbs	2:50.66
8	Katherine Bennett	Ryde	2:51.93
9	Hayley Marshall	Manly Warringah	2:52.45
10	Beatrice Mathers	Northern Districts	2:54.58
11	Lucy C Tazewell	Parramatta	2:56.82
12	Katelyn ThorinDembo	Ku-Ring-Gai	2:58.52
13	Georgie Mathers	Northern Districts	3:04.78
14	Arya Dixon	Northern Districts	3:32.66
--	Evelyn Lulli	Manly Warringah	DNS
--	Annabel Lew	Ku-Ring-Gai	DNS

Girls U 12 - 800 Metre Run

=====			
Region:	R 2:20.46	13/02/2022	Eliza Lawton, Manly Warring
State:	S 2:16.34	23/03/2014	Abbey Rockliff, Ku-Ring-Gai
Name	Age	Centre	Final
=====			
1	Valerie Pickup	Manly Warringah	2:27.93
2	Miranda Yu	Ku-Ring-Gai	2:29.71
3	Kyah Ryals	Manly Warringah	2:31.21
4	Meredith Lee	Northern Suburbs	2:32.23
5	Hana Horii	Mosman	2:36.27

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

6	Juliet Erickson	Hornsby	2:41.38
7	Beatrice Garnys	Ku-Ring-Gai	2:43.38
8	Claudia Patfield	Manly Warringah	2:46.28
9	Ashley Temple	Ku-Ring-Gai	2:50.61
10	Ashleigh Mansell	Cherrybrook	2:51.35
11	Chantelle Huang	Cherrybrook	2:53.94
12	Ayla Baraniak	Ryde	2:55.49
13	Eve Bodley	Cherrybrook	3:00.37
14	Emma Lim	Ryde	3:01.98
--	Yazmyn Buonocore	Ryde	DNS
--	Natalie Rice	Mosman	DNS
--	Emma Jones	Mosman	DNS

Girls U 13 - 800 Metre Run

Region: R 2:15.60 12/02/2017 Jessica Bird, Ku-Ring-Gai

State: S 2:14.30 25/03/2018 Imogen Stewart, Illawong

Name Age Centre Final

1	Alessandra McWilliam	Mosman	2:21.20
2	Alexandra Bova	Mosman	2:23.32
3	Sienna Wade	Northern Suburbs	2:26.33
4	Anais Biasi	Manly Warringah	2:27.20
5	Alexis Tague	Manly Warringah	2:29.74
6	Isla Bealby	Northern Suburbs	2:37.20
7	Billie Fallows	Mosman	2:41.25
8	Ridhi Jasrotia	Cherrybrook	2:43.66
9	Sayah Weeding	Mosman	2:44.52
10	Miarose Everson	Ryde	2:44.78
11	Olivia Gouws	Hornsby	2:59.14
--	Arpita Cherian	Nth Rocks Carlin	DNS
--	Makenzi Gartner	Cherrybrook	DNS
--	Elsie Clatworthy	Ku-Ring-Gai	DNS
--	Josie Perkins	Manly Warringah	DNS
--	Olivia Rendall	Northern Suburbs	DNS
--	Alana Lulli	Manly Warringah	DNS

Girls U 14 - 800 Metre Run

Region: R 2:14.69 14/02/2016 Abbey Rockliff, Ku-Ring-Gai

State: S 2:13.20 20/03/1988 Suzy Walsham, Ku-Ring-Gai

Name Age Centre Final

1	Mia Hooton	Ku-Ring-Gai	2:17.89
2	Aliyah Bennett	Cherrybrook	2:19.35
3	Eliza Williams	Manly Warringah	2:22.34
4	Belinda Matthews	Manly Warringah	2:26.90
5	Sophie Polkinghorne	Nth Rocks Carlin	2:31.69
6	Alison Hubbard	Nth Rocks Carlin	2:44.64
7	Abigail Soper	Ku-Ring-Gai	2:55.53
--	Scarlett Richards	Nth Rocks Carlin	DNS
--	Erin Campbell	Northern Suburbs	DNS
--	Charlotte Palmer	Ku-Ring-Gai	DNS
--	Harriet Barnett	Ku-Ring-Gai	DNS

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

=====			
Region: R 2:10.90		22/02/2009	Jenny Blundell, Cherrybrook
State: S 2:09.57		20/03/2016	Carley Thomas, Hills Distri
Name	Age	Centre	Final
=====			
1 Anielsa Knight		Northern Districts	2:19.95
2 Annabelle Cigna		Mosman	2:27.84
3 Alice Lyng		Hornsby	2:28.68
4 Jessica Loring		Parramatta	2:39.16
5 Indianna Vale		Manly Warringah	2:40.51
6 Sophie Hinds		Manly Warringah	2:41.19
7 Skye Blair		Manly Warringah	2:51.32
-- Hannah Storey		Cherrybrook	DNS

Girls U 17 - 800 Metre Run

=====			
Region: R 2:12.75		18/02/2018	Imogen Gardner, Northern Su
State: S 2:12.59		25/03/2012	Kate Spencer, Ryde
Name	Age	Centre	Final
=====			
1 Ava Garnys		Ku-Ring-Gai	2:29.06
2 Amy Timms		Cherrybrook	2:36.87
3 Ava Gray		Manly Warringah	2:39.04
4 Isabella Primrose		Nth Rocks Carlin	2:54.21
5 Jeslyn Kaur		Parramatta	3:08.48
-- Tahlia Butcher		Parramatta	DNS
-- Kaley Roach		Parramatta	DNS
-- Alicia Leggatt		Ryde	DNS
-- Kristina Prizmic		Manly Warringah	DNS
-- Matilda Bridge		Manly Warringah	DNS
-- Ally Maclaine		Hornsby	DNS
-- Charlotte Clayton		Hornsby	DNS

Girls U 11 - 1500 Metre Run

=====			
Region: R 4:54.70		2005	Jenny Blundell, Cherrybrook
State: S 4:44.07		19/03/2016	Imogen Stewart, Illawong
Name	Age	Centre	Final
=====			
1 Evelyn Lulli		Manly Warringah	5:21.56
2 Feriel BesodiBoujemaoui		Manly Warringah	5:27.52
3 Zoe Jordan		Cherrybrook	5:36.83
4 Sarah Covich		Manly Warringah	5:38.75
5 Hayley Marshall		Manly Warringah	5:43.01
6 Katherine Saber		Northern Suburbs	5:51.02
7 Clio Hong		Manly Warringah	5:56.14
8 Lucy C Tazewell		Parramatta	5:56.86
9 Beatrice Mathers		Northern Districts	5:59.26
10 Ella Hartwig		Ku-Ring-Gai	6:12.23
11 Georgie Mathers		Northern Districts	6:19.19
12 Claire Holder		Northern Districts	6:22.38
13 Mirabelle Dickson		Northern Suburbs	6:25.73
14 Kate McLean		Ku-Ring-Gai	6:33.45
15 Sarah Lettice		Cherrybrook	6:36.54
-- Skye Spiden		Ryde	DNS

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

=====			
Region: R 4:40.94		15/02/2014	Abbey Rockliff, Ku-Ring-Gai
State: S 4:34.47		22/03/2014	Abbey Rockliff, Ku-Ring-Gai
Name	Age	Centre	Final
=====			
1	Kyah Ryals	Manly Warringah	5:06.87
2	Meredith Lee	Northern Suburbs	5:12.79
3	Beatrice Garnys	Ku-Ring-Gai	5:24.19
4	Hallie Owers	Manly Warringah	5:25.76
5	Miranda Yu	Ku-Ring-Gai	5:26.69
6	Juliet Erickson	Hornsby	5:31.39
7	Ashleigh Mansell	Cherrybrook	5:36.21
8	Coco Blundell	Manly Warringah	5:48.93
9	Claudia Patfield	Manly Warringah	5:51.29
10	Zoe Balcombe	Northern Suburbs	5:57.68
11	Ayla Baraniak	Ryde	6:05.35
12	Jolin Wirianata	Nth Rocks Carlin	6:38.83
13	Hayley Carroll	Nth Rocks Carlin	6:54.64
--	Sophie Palmer	Ku-Ring-Gai	DNS
--	Ashley Temple	Ku-Ring-Gai	DNS
--	Kourtney Holl	Ryde	DNS
--	Scout Linton	Ku-Ring-Gai	DNS

Girls U 13 - 1500 Metre Run

=====			
Region: R 4:37.06		11/02/2017	Nicola Hogg, Mosman
State: S 4:33.78		24/03/2018	Imogen Stewart, Illawong
Name	Age	Centre	Final
=====			
1	Alessandra McWilliam	Mosman	4:58.52
2	Gemma Dixon	Manly Warringah	5:01.69
3	Amelia Mandalinic	Manly Warringah	5:04.93
4	Alexis Tague	Manly Warringah	5:07.04
5	Miarose Everson	Ryde	5:24.32
6	Alana Lulli	Manly Warringah	5:24.98
7	Elsie Clatworthy	Ku-Ring-Gai	5:48.83
8	Olivia Rendall	Northern Suburbs	6:22.19
9	Alicia La Vinh	Nth Rocks Carlin	6:28.11
10	Natalie Tang	Nth Rocks Carlin	6:55.93
11	Ella Shannon	Cherrybrook	6:56.48
--	Alexandra Bova	Mosman	DNF
--	Annabelle Cahill	Mosman	DNS
--	Makenzi Gartner	Cherrybrook	DNS
--	Josie Perkins	Manly Warringah	DNS
--	Sienna Wade	Northern Suburbs	DNS
--	Ella Lin	Nth Rocks Carlin	DNS

Girls U 14 - 1500 Metre Run

=====			
Region: R 4:36.10		13/02/2016	Abbey Rockliff, Ku-Ring-Gai
State: S 4:33.92		24/03/2018	Sarah Schiffmann, Myall Coa
Name	Age	Centre	Final
=====			
1	Eliza Lawton	Manly Warringah	4:41.54
2	Aliyah Bennett	Cherrybrook	4:50.61
3	Sophie Polkinghorne	Nth Rocks Carlin	4:52.66

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

4	Belinda Matthews	Manly Warringah	5:10.61
5	Eva Pavlovic	Northern Suburbs	6:58.50
--	Abigail Soper	Ku-Ring-Gai	DNS
--	Charlotte Palmer	Ku-Ring-Gai	DNS
--	Maddison Ross	Manly Warringah	DNS

Girls U 15 - 1500 Metre Run

=====			
Region: R 4:38.31 16/02/2013 Emily Hopper, MOSMAN			
State: S 4:30.10 19/03/2016 Emily Schneider, Sutherland			
Name	Age	Centre	Final
=====			
1	Aniela Knight	Northern Districts	4:51.37
2	Alice Lyng	Hornsby	4:52.74
3	Annabelle Cigna	Mosman	5:07.96
4	Jessica Loring	Parramatta	5:13.99
5	Sophie Hinds	Manly Warringah	5:32.54
6	Skye Blair	Manly Warringah	5:37.72
7	Zoey Loo	Nth Rocks Carlin	6:11.04
8	Kayla Mason	Nth Rocks Carlin	6:42.59
--	Indianna Vale	Manly Warringah	DNS
--	Stella Stirling	Parramatta	DNS

Girls U 17 - 1500 Metre Run

=====			
Region: R 4:34.41 17/02/2018 Imogen Gardner, Northern Su			
State: S 4:29.51 24/03/2018 Imogen Gardner, Northern Su			
Name	Age	Centre	Final
=====			
1	Ava Garnys	Ku-Ring-Gai	5:16.85
2	Freya Tonkin	Northern Districts	5:29.22
3	Amy Timms	Cherrybrook	5:33.37
4	Ava Gray	Manly Warringah	5:54.29
5	Ally Maclaine	Hornsby	6:57.15
--	Kaley Roach	Parramatta	DNS
--	Alicia Leggatt	Ryde	DNS
--	Tahlia Butcher	Parramatta	DNS

Girls U 13 - 3000 Metre Run

=====			
Region: R 9:58.99 14/02/2015 Abbey Rockliff, Ku-Ring-Gai			
State: S 9:53.44 04/02/2018 Imogen Stewart, Illawong			
Name	Age	Centre	Final
=====			
1	Sienna Wade	Northern Suburbs	11:16.20
2	Alana Lulli	Manly Warringah	11:26.99
3	Isla Bealby	Northern Suburbs	11:39.06
4	Miarose Everson	Ryde	12:11.30
5	Alicia La Vinh	Nth Rocks Carlin	13:54.39
6	Aanya Findlay	Manly Warringah	14:57.11
7	Ella Shannon	Cherrybrook	15:51.06
--	Ella-Rae McGregor	Parramatta	DNF
--	Gemma Dixon	Manly Warringah	DNS
--	Annabelle Cahill	Mosman	DNS
--	Makenzi Gartner	Cherrybrook	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 3000 Metre Run**

-- Amelia Mandalinic Manly Warringah DNS

Girls U 14 - 3000 Metre Run

Region: R 10:10.41 10/02/2024 Eliza Lawton, Manly Warrin

State: S 9:59.16 20/03/2015 Emily Schneider, Sutherlan

Name Age Centre Final

1	Eliza Lawton	Manly Warringah	10:10.41R
2	Aliyah Bennett	Cherrybrook	10:32.16
3	Sophie Polkinghorne	Nth Rocks Carlin	10:36.47
--	Eva Pavlovic	Northern Suburbs	DNS
--	Maddison Ross	Manly Warringah	DNS
--	Claudia Wyatt	Cherrybrook	DNS

Girls U 15 - 3000 Metre Run

Region: R 10:26.94 12/02/2022 Rebecca Solomon, Manly War

State: S 9:43.02 18/03/2016 Emily Schneider, Sutherlan

Name Age Centre Final

1	Alice Lyng	Hornsby	10:28.18
2	Jessica Loring	Parramatta	11:52.54
3	Skye Blair	Manly Warringah	12:08.36

Girls U 17 - 3000 Metre Run

Region: R 10:19.10 18/02/2012 Kate Spencer, Ryde

State: S 9:45.64 02/02/2019 Lauren Carey, St George

Name Age Centre Final

1	Grace Fisher	Mosman	11:37.92
2	Ava Garnys	Ku-Ring-Gai	11:39.93
3	Alexandra Pearson	Mosman	12:00.51
4	Amy Timms	Cherrybrook	12:17.70
5	Caitlin Shannon	Cherrybrook	14:39.63
--	Kaley Roach	Parramatta	DNS
--	Alicia Leggatt	Ryde	DNS
--	Isabella Primrose	Nth Rocks Carlin	DNS

Girls U 8 - 60 Metre Hurdles (45cm)

Region: R 10.90 1994 Bree Donnelly, Manly Warringah

State: S 10.92 30/01/2016 Tammin Lampret, Port Hacking

Name Age Centre Prelims H#

Heats

1	Molly MooreMulcahy	Northern Districts	12.39Q	1
2	Lucia Oppedisano	Ryde	12.76Q	2
3	Aliska Reitano	Northern Suburbs	13.09Q	1
4	Morgan Jones	Mosman	13.25Q	2
5	Rhyleiana Barnett-Palmer	Ryde	13.21Q	1
6	Lauren Bennett	Ryde	13.54Q	2
7	Matilda Alexander	Manly Warringah	13.23q	1
8	Indianna Messina	Northern Suburbs	13.24q	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

9	Grace Dyson	Hornsby	13.48q	1
10	Taylor Crumpton	Ryde	13.59	1
11	Georgia Atkins	Manly Warringah	13.72	1
12	April Kim	Parramatta	14.13	2
13	Katrina Murphy	Nth Rocks Carlin	14.16	2
14	Zoe Marinkovich	Ku-Ring-Gai	14.40	2
15	Zoe Olofinsky	Manly Warringah	15.99	2
--	Tippi Acevedo	Manly Warringah	DNS	2

Girls U 8 - 60 Metre Hurdles (45cm)

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

Name Age Centre Final

Final

1	Zoe Marinkovich	Ku-Ring-Gai	12.26
2	Lucia Oppedisano	Ryde	12.46
3	Morgan Jones	Mosman	12.48
4	Lauren Bennett	Ryde	12.81
5	Matilda Alexander	Manly Warringah	12.81
6	Aliska Reitano	Northern Suburbs	12.85
7	Rhyleiana Barnett-Palmer	Ryde	12.98
8	Indianna Messina	Northern Suburbs	13.77
9	Molly MooreMulcahy	Northern Districts	16.22

Girls U 9 - 60 Metre Hurdles (45cm)

Region: R 10.20 1995 A Hamilton, Northern Suburbs
 State: S 9.84 21/02/2009 Chyna Tavai-Williams, Bankstown S

Name Age Centre Prelims H#

Heats

1	IslaF Talaese	Manly Warringah	11.27Q	2
2	Sienna Fourie	Ku-Ring-Gai	11.41Q	1
3	Lila Louis	Manly Warringah	11.56Q	2
4	Emily Williams	Northern Suburbs	11.98Q	1
5	Abigail Maher	Manly Warringah	11.71Q	2
6	Evie Francis	Mosman	12.23Q	1
7	Edwina Mair	Ku-Ring-Gai	11.74q	2
8	Stefanie Phillipou	Mosman	12.01q	2
9	Annabel Dickson	Nth Rocks Carlin	12.38	1
10	Georgia Paton	Ryde	12.47	1
11	Alyssa Turton	Northern Suburbs	12.48	2
12	Calais Durie	Northern Suburbs	12.69	2
13	Kiara Liyanage	Cherrybrook	12.90	1
14	Goldi Dickson	Northern Suburbs	13.40	2
15	Hannah Dick	Manly Warringah	13.42	1
16	Isla McLachlan	Ryde	13.91	1

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

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

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Final

1	Lila Louis	Manly Warringah	11.02
2	IslaF Talaese	Manly Warringah	11.02
3	Sienna Fourie	Ku-Ring-Gai	11.28
4	Emily Williams	Northern Suburbs	11.54
5	Abigail Maher	Manly Warringah	11.65
6	Edwina Mair	Ku-Ring-Gai	11.76
7	Stefanie Phillipou	Mosman	11.85
8	Evie Francis	Mosman	11.87

Girls U 10 - 60 Metre Hurdles (60cm)

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=====
Region: R 10.00 27/02/2010    Tiana Jaber, Kings Langley
State: S 9.78 24/03/2018    Tammin Lampret, Port Hacking
Name                          Age Centre                      Prelims H#
=====

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Heats

1	Sierra Seale	Northern Suburbs	11.35Q	2
2	Lucy Turner	Manly Warringah	11.54Q	1
3	Anya Keshwara	Ku-Ring-Gai	11.98Q	1
4	Sienna Flower	Northern Suburbs	12.04Q	2
5	Indiana Mitchell	Ryde	12.25Q	2
6	Amelie Ogden	Ku-Ring-Gai	12.52Q	1
7	Alice Orth	Manly Warringah	12.49q	2
8	Natalie Young	Ryde	12.86q	1
9	Georgia Gryst	Nth Rocks Carlin	12.97	1
10	Isla Cleland	Mosman	13.25	2
11	Jacinta Price-Randall	Northern Suburbs	13.56	2
--	Laura Bosly	Northern Suburbs	DNS	1
--	Amelie Germon	Northern Suburbs	DNS	1

Girls U 10 - 60 Metre Hurdles (60cm)

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=====
Region: R 10.00 27/02/2010    Tiana Jaber, Kings Langley
State: S 9.78 24/03/2018    Tammin Lampret, Port Hacking
Name                          Age Centre                      Final
=====

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Final

1	Sierra Seale	Northern Suburbs	11.09
2	Lucy Turner	Manly Warringah	11.73
3	Anya Keshwara	Ku-Ring-Gai	11.88
4	Sienna Flower	Northern Suburbs	12.12
5	Indiana Mitchell	Ryde	12.17
6	Amelie Ogden	Ku-Ring-Gai	12.42
7	Alice Orth	Manly Warringah	12.61
8	Natalie Young	Ryde	12.99

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - 80 Metre Hurdles (60cm)**

=====				
Region: R 13.31		10/02/2024	Genevieve Dunnet, Manly Warringah	
Region: R 13.31		10/02/2024	Genevieve Dunnet, Manly Warringah	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Genevieve Dunnet	Manly Warringah	13.77Q	3
2	Phoebe Dobson	Manly Warringah	13.78Q	1
3	Amity Batchler	Manly Warringah	14.41Q	2
4	Bree Madigan Wong	Northern Suburbs	14.80Q	3
5	Emma Barker	Nth Rocks Carlin	14.96Q	2
5	Isabella Wang	Manly Warringah	14.96Q	1
7	Eliza Bosnic	Ryde	15.11q	2
8	Lola Francis	Mosman	15.98q	3
9	Lucy Wilson	Manly Warringah	16.38	2
10	Eloise Knorr	Manly Warringah	16.41	1
11	Ally Mitry	Northern Suburbs	17.13	3
12	Ivy Allen	Nth Rocks Carlin	17.22	3
13	Tully Davies	Ryde	17.65	2
14	Tara North	Cherrybrook	17.73	1
15	Audrey Donohoe	Ku-Ring-Gai	18.70	1
16	Sanchi Ladhane	Parramatta	19.40	1
--	Ava-Capri Rossi	Ku-Ring-Gai	DNS	3
--	Havana Gray	Ku-Ring-Gai	DNS	2

Girls U 11 - 80 Metre Hurdles (60cm)

=====				
Region: R 13.31		10/02/2024	Genevieve Dunnet, Manly Warri	
Region: R 13.31		10/02/2024	Genevieve Dunnet, Manly Warri	
Name	Age	Centre	Final	
=====				
Final				
1	Genevieve Dunnet	Manly Warringah	13.31R	
2	Phoebe Dobson	Manly Warringah	13.33	
3	Bree Madigan Wong	Northern Suburbs	14.27	
4	Amity Batchler	Manly Warringah	14.27	
5	Isabella Wang	Manly Warringah	14.47	
6	Emma Barker	Nth Rocks Carlin	14.63	
7	Eliza Bosnic	Ryde	14.64	
8	Lola Francis	Mosman	15.71	

Girls U 12 - 80 Metre Hurdles (68cm)

=====				
Region: R 13.32		10/02/2024	Maddie Burge, Northern Suburbs	
Region: R 13.32		10/02/2024	Maddie Burge, Northern Suburbs	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Maddie Burge	Northern Suburbs	13.75Q	3
2	Manvi Arabolu	Ku-Ring-Gai	13.94Q	2
3	Lotte Roessler	Manly Warringah	14.23Q	1
4	Madison Tabrett	Cherrybrook	13.95Q	3
5	Florence Bowden	Northern Suburbs	14.04Q	2
6	Marley Scott-Faul	Manly Warringah	14.60Q	1
7	Grace Carlton	Hornsby	15.30q	1
8	Meredith Lee	Northern Suburbs	15.44q	3

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 12 - 80 Metre Hurdles (68cm)

9	Latu Lolomanaia	Nth Rocks Carlin	16.24	2
10	Heidi Waddell	Nth Rocks Carlin	16.30	1
11	Sophie El Kadi	Nth Rocks Carlin	16.48	3
12	Sophie Mair	Ku-Ring-Gai	16.50	3
13	Audrey Grether	Manly Warringah	16.74	3
14	Maisie Yorke	Mosman	17.21	1
--	Lily Aroyan	Parramatta	DNS	1
--	Zara Denney	Ku-Ring-Gai	DNS	2
--	Charlotte Selinas	Manly Warringah	DNS	2

Girls U 12 - 80 Metre Hurdles (68cm)

=====
 Region: R 13.32 10/02/2024 Maddie Burge, Northern Suburb
 Region: R 13.32 10/02/2024 Maddie Burge, Northern Suburb
 Name Age Centre Final
 =====

Final

1	Maddie Burge	Northern Suburbs	13.32R
2	Madison Tabrett	Cherrybrook	13.43
3	Manvi Arabolu	Ku-Ring-Gai	13.49
4	Florence Bowden	Northern Suburbs	13.62
5	Lotte Roessler	Manly Warringah	13.80
6	Marley Scott-Faul	Manly Warringah	14.20
7	Meredith Lee	Northern Suburbs	14.88
8	Grace Carlton	Hornsby	14.93

Girls U 13 - 80 Metre Hurdles (76cm)

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

Heats

1	Lucia Schnell	Northern Suburbs	13.87Q	2
2	Willow Toll	Manly Warringah	14.27Q	1
3	Sienna Vassella	Ku-Ring-Gai	14.31Q	1
4	Jacqueline Pawsey	Ryde	14.35Q	2
5	Amy Campbell	Hornsby	14.72Q	2
6	Alice Truong	Nth Rocks Carlin	16.18Q	1
7	Amelia Wilson	Manly Warringah	14.97q	2
8	Ivy Yang	Cherrybrook	16.27q	2
9	Aliya Meehan	Mosman	16.90	1
10	Collette Lumley	Northern Suburbs	17.30	2
11	Alexandra Davis	Mosman	17.72	2
12	Bronte Nagle	Ryde	18.45	2
--	Isla Smith	Ku-Ring-Gai	DNS	1
--	Isabel Jordan	Manly Warringah	DNS	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Girls U 13 - 80 Metre Hurdles (76cm)

=====			
Region:	R 12.26	15/02/2015	Mia Hemsworth, Ku-Ring-Gai
State:	S 12.26	15/02/2015	Mia Hemsworth, Ku-Ring-Gai
Name	Age	Centre	Final
=====			
Final			
1	Lucia Schnell	Northern Suburbs	13.86
2	Jacqueline Pawsey	Ryde	13.93
3	Sienna Vassella	Ku-Ring-Gai	14.09
4	Willow Toll	Manly Warringah	14.28
5	Amy Campbell	Hornsby	14.38
6	Amelia Wilson	Manly Warringah	15.07
7	Ivy Yang	Cherrybrook	15.26
8	Alice Truong	Nth Rocks Carlin	15.77

Girls U 14 - 80 Metre Hurdles (76cm)

=====				
Region:	R 12.20	2002	Marissa Ward, Northern Suburbs	
State:	S 11.94	19/03/2006	Carly Rodger, Port Hacking	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Isla Maris	Manly Warringah	13.30Q	1
2	Lily Hughes	Ku-Ring-Gai	13.53Q	2
3	Camila Iorio	Hornsby	14.20Q	1
4	Millie Morrison	Mosman	14.83Q	2
5	emily kupceric	Manly Warringah	14.53Q	1
6	Alison Hubbard	Nth Rocks Carlin	15.95Q	2
7	Laila Burkhardt	Cherrybrook	15.18q	1
8	Lu'isa Lolomanaia	Nth Rocks Carlin	15.95q	2
--	Chloe McGregor	Ryde	DNS	1
--	Isla Scoular	Manly Warringah	DNS	2
--	Ava Grant	Ku-Ring-Gai	DNS	2

Girls U 14 - 80 Metre Hurdles (76cm)

=====			
Region:	R 12.20	2002	Marissa Ward, Northern Suburb
State:	S 11.94	19/03/2006	Carly Rodger, Port Hacking
Name	Age	Centre	Final
=====			
Final			
1	Isla Maris	Manly Warringah	13.17
2	Lily Hughes	Ku-Ring-Gai	13.38
3	Camila Iorio	Hornsby	14.12
4	emily kupceric	Manly Warringah	14.21
5	Millie Morrison	Mosman	14.47
6	Laila Burkhardt	Cherrybrook	14.74
7	Alison Hubbard	Nth Rocks Carlin	15.73
8	Lu'isa Lolomanaia	Nth Rocks Carlin	16.43

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 90 Metre Hurdles (76cm)**

Name	Age	Centre	Final
Region: R 12.90 28/02/2010 Melissa Farrington, Northern			
State: S 12.44 03/03/2007 Carly Rodger, Port Hacking			
1 Eden Herring		Hornsby	13.61
2 Carys Byrnes		Nth Rocks Carlin	16.03
3 Reena Son		Northern Suburbs	16.68
4 Ainsley Alexander		Northern Suburbs	17.84
5 Sophie Hinds		Manly Warringah	18.93
-- Skye Blair		Manly Warringah	DNS

Girls U 17 - 100 Metre Hurdles (76cm)

Name	Age	Centre	Prelims	H#
Region: R 14.00 19/02/2012 Melissa Farrington, Northern Sub				
State: S 13.87 21/03/2010 Michelle Jenneke, Cherrybrook				

Heats

1 Catherine Mikan		Northern Suburbs	15.01Q	1
2 Sarah-anne Koot		Cherrybrook	15.16Q	2
3 Zara Pawsey		Ryde	15.35Q	2
4 Annika Boys		Manly Warringah	15.45Q	1
5 Louise Lovell		Ku-Ring-Gai	16.12Q	1
6 Diana Attinger		Nth Rocks Carlin	16.72Q	2
7 Charlotte Nagle		Ryde	17.41q	1
8 Lani Khiroya		Nth Rocks Carlin	17.73q	2
9 Ava Mitchell		Northern Districts	18.07	2
10 Michaela Couper		Hornsby	19.15	2
-- Summer Sivaraj		Ku-Ring-Gai	DNS	1
-- Eleanor Schwarz		Hornsby	DNS	2
-- Leila Broadley		Hornsby	DNS	1
-- Sarah Lovell		Ku-Ring-Gai	DNS	2

Girls U 17 - 100 Metre Hurdles (76cm)

Name	Age	Centre	Final
Region: R 14.00 19/02/2012 Melissa Farrington, Northern			
State: S 13.87 21/03/2010 Michelle Jenneke, Cherrybrook			

Final

1 Catherine Mikan		Northern Suburbs	14.52
2 Sarah-anne Koot		Cherrybrook	14.89
3 Annika Boys		Manly Warringah	15.27
4 Zara Pawsey		Ryde	15.38
5 Louise Lovell		Ku-Ring-Gai	16.11
6 Diana Attinger		Nth Rocks Carlin	16.90
7 Charlotte Nagle		Ryde	17.28
8 Lani Khiroya		Nth Rocks Carlin	17.41

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

=====				
Region: R 28.00		1991	B Smith, Winston Hills	
State: S 27.56		24/03/2018	Chantelle Barnard, Campbelltown	
Name	Age	Centre	Final	H#
=====				
1	Lucia Schnell	Northern Suburbs	31.33	2
2	Hannah Lambert	Nth Rocks Carlin	31.51	2
3	Sophia Cottrell	Northern Districts	31.75	2
4	Jacqueline Pawsey	Ryde	32.30	2
5	Amelia Wilson	Manly Warringah	32.60	2
6	Amy Campbell	Hornsby	33.08	2
7	Bella Fraser	Ryde	33.10	2
8	Alexandra Davis	Mosman	35.67	1
9	Bronte Nagle	Ryde	36.21	1
10	Collette Lumley	Northern Suburbs	36.82	1
11	Alana Kokay	Parramatta	40.83	1
--	Ella Hazon	Nth Rocks Carlin	DNS	1
--	Chloe Stante	Manly Warringah	DNS	1
--	Sarah Jones	Cherrybrook	DNS	1
--	Naduli Kariyawasam	Parramatta	DNS	2

Girls U 14 - 200 Metre Hurdles (76cm)

=====				
Region: R 27.58		17/02/2018	Annika Lynch, Northern Suburb	
State: S 27.04		18/03/2006	Carly Rodger, Port Hacking	
Name	Age	Centre	Final	
=====				
1	Avie Russell	Manly Warringah	29.44	
2	Lily Hughes	Ku-Ring-Gai	30.26	
3	Chelsea Forte	Ku-Ring-Gai	30.66	
4	Camila Iorio	Hornsby	31.12	
5	Millie Morrison	Mosman	31.56	
6	Tara Gilkeson	Hornsby	31.70	
7	Chloe McGregor	Ryde	34.06	
8	Eva Pavlovic	Northern Suburbs	35.16	

Girls U 15 - 300 Metre Hurdles (76cm)

=====				
Region: R 45.44		17/02/2018	Isabella Guthrie, Northern Di	
State: S 44.10		24/03/2018	Isabella Guthrie, Northern Di	
Name	Age	Centre	Final	
=====				
1	Eden Herring	Hornsby	48.70	
2	Reena Son	Northern Suburbs	54.31	
3	Ainsley Alexander	Northern Suburbs	56.05	
4	Mia Million	Ryde	1:01.01	
5	Evelyn Cheung	Nth Rocks Carlin	1:04.89	
--	Aniela Knight	Northern Districts	DNS	
--	Skye Blair	Manly Warringah	DNS	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - 300 Metre Hurdles (76cm)**

Region: R 44.22 12/02/2022 Talia Kupceric, Manly Warringah				
State: S 42.35 16/03/2019 Tiahna Skelton, Wallsend RSL				
Name	Age	Centre	Final	H#
1 Catherine Mikan		Northern Suburbs	46.00	2
2 Annika Boys		Manly Warringah	46.26	2
3 Sarah-anne Koot		Cherrybrook	47.82	2
4 Zara Pawsey		Ryde	48.18	2
5 Charlotte Nagle		Ryde	51.56	2
6 Sacha Jones		Northern Suburbs	51.92	2
7 Ava Mitchell		Northern Districts	54.33	2
8 Freya Tonkin		Northern Districts	55.02	1
9 Elizabeth Toynbee		Northern Districts	55.55	2
10 Ajaya Owusu		Mosman	57.84	1
-- Michaela Couper		Hornsby	DNS	1

Girls U 9-10 100 Metre Multi Class Run

Region: R 17.81 15/02/2020 Gemma Sellick TF 46, Manly Wa				
Name	Age	Centre	Final	
1 Alia Metani (Rr1/F35)		Nth Rocks Carlin	1:16.42	

Girls U 13-14 100 Metre Multi Class Run

Region: R 14.62 05/02/2023 Gemma Sellick T46, Manly Warr				
Name	Age	Centre	Final	
-- Gemma Sellick (T/F46)		Manly Warringah	DNS	

Girls U 13-14 200 Metre Multi Class Run

Region: R 30.17 04/02/2023 Gemma Sellick T46, Manly Warr				
Name	Age	Centre	Final	
-- Gemma Sellick (T/F46)		Manly Warringah	DNS	

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

Region: R 55.41 19/02/2012 Manly Warringah, Manly Warrin				
A Jeremy, O Wrightson, S Stanley, K Edwards				
State: S 54.62 25/03/2012 Manly Warringah				
Centre	Age	Centre	Final	
1 Manly Warringah			58.71	
1) Abbie Weir 9		2) Marley Scott-Faul 12		
3) Josephine Han 10		4) Leanne Barayuga 11		
2 Ku-Ring-Gai			59.51	
1) Sienna Fourie 9		2) Havana Gray 11		
3) Evie Rophail 10		4) Ella Achike 12		
3 Northern Suburbs			1:00.85	
1) Sierra Seale 10		2) Stella Wade 10		
3) Emily Williams 9		4) Maddie Burge 12		
4 Cherrybrook			1:01.65	
1) Jude Alkhateeb 10		2) Anna Wegener 11		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

3) Emily Wigham 9	4) Madison Tabrett 12
5 Hornsby	1:02.16
1) Juliet Allan 9	2) Willow Hickey 11
3) Matilda Clementson 10	4) Grace Carlton 12
6 Ryde	1:02.95
1) Eliza Bosnic 11	2) Indiana Mitchell 10
3) Izabel Ljubicic 9	4) Madeleine Lynch 11

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

=====			
Region: R 49.35	11/02/2024	Manly Warringah, Manly Warrin	
		S Mehta, T Hollyoak, A Russell, N Krajancic	
State: S 48.69	24/03/2013	Manly Warringah	
Centre			Final
=====			
1 Manly Warringah			49.35R
1) Sarah Mehta 13	2) Tara Hollyoak 17		
3) Avie Russell 14	4) Naomi Krajancic 14		
2 Ku-Ring-Gai			49.95
1) Sienna Vassella 13	2) Arabella Lewis 15		
3) Amalia Bond 14	4) Maia MaddenKhan 17		
3 Cherrybrook			52.13
1) Nisini Rajapaksha Mudiyanse 14	2) Sophie Durheim 15		
3) Michiko Paul 13	4) Sarah-anne Koot 17		
4 Parramatta			52.53
1) Lisara Seneviratne 15	2) Clara Fetrie 14		
3) Naduli Kariyawasam 13	4) Amelia Steventon 17		
5 Ryde			53.58
1) Bella Fraser 13	2) Amelie Gomez-Niewolik 17		
3) Jacqueline Pawsey 13	4) Ivy Vella 14		
6 Hornsby			54.41
1) Ava Beattie 13	2) Camila Iorio 14		
3) Josie Clayton 15	4) Eden Herring 15		

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

=====											
Region: R 1.25m	15/02/2014	Cayla Phillips, Manly Warring									
State: S 1.39m	24/03/2012	Tomysha Clark, Port Hacking									
Name	Age	Centre									Final
=====											
1 Calais Durie		Northern Suburbs									1.09m
0.85	0.90	0.95	0.97	0.99	1.01	1.03	1.05	1.07	1.09	1.11	
	O	O	O	O	O	XO	O	XXO	O	XXX	
2 Juliet Allan		Hornsby									J1.09m
0.85	0.90	0.95	0.97	0.99	1.01	1.03	1.05	1.07	1.09	1.11	
	O	O	O	O	O	O	O	O	XO	XXX	
3 Aliya Howe		Manly Warringah									J1.09m
0.85	0.90	0.95	0.97	0.99	1.01	1.03	1.05	1.07	1.09	1.11	
	O	O	O	XO	O	O	XO	XO	XXO	XXX	
4 Hannah Dick		Manly Warringah									1.05m
0.85	0.90	0.95	0.97	0.99	1.01	1.03	1.05	1.07			
	O	O	O	O	O	XO	XO	XXX			
5 Mila Ward		Manly Warringah									0.99m
0.85	0.90	0.95	0.97	0.99	1.01						
	O	O	O	XO	XXX						

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

6	Ellie Turmanis	Manly Warringah	0.97m
	0.85 0.90 0.95 0.97 0.99		
	O XO O XO XXX		
7	Eden De Pomeroy	Nth Rocks Carlin	0.90m
	0.85 0.90 0.95		
	O O XXX		
8	Audrey Kerkham	Northern Suburbs	J0.90m
	0.85 0.90 0.95		
	O XO XXX		
8	Harlow Campbell	Ku-Ring-Gai	J0.90m
	0.85 0.90 0.95		
	O XO XXX		
8	Kiara Liyanage	Cherrybrook	J0.90m
	0.85 0.90 0.95		
	O XO XXX		
11	Georgia Rouse	Ku-Ring-Gai	J0.90m
	0.85 0.90 0.95		
	O XXO XXX		
11	Amelia Esser	Manly Warringah	J0.90m
	0.85 0.90 0.95		
	O XXO XXX		
--	Lucy Keevy	Hornsby	DNS
--	Teara Obrien	Nth Rocks Carlin	DNS
--	Amelia Wensor	Parramatta	DNS

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

Region: R 1.36m 2002		F Sombroek, Northern Suburbs	
State: S 1.47m 24/03/2013		Tomysa Clark, Port Hacking	
Name	Age Centre	Final	
=====			
1	Sierra Seale	Northern Suburbs	1.17m
	0.95 1.00 1.05 1.10 1.12 1.14 1.17 1.21		
	O O O O O XO O XXX		
2	Evelyn Finley	Ku-Ring-Gai	1.12m
	0.95 1.00 1.05 1.10 1.12 1.14		
	O O O XO O XXX		
3	Sienna Flower	Northern Suburbs	1.05m
	0.95 1.00 1.05 1.10		
	O XO O XXX		
3	Amelie Ogden	Ku-Ring-Gai	1.05m
	0.95 1.00 1.05 1.10		
	XO O O XXX		
5	Sienna Milotic	Manly Warringah	J1.05m
	0.95 1.00 1.05 1.10		
	O O XO XXX		
5	Grace Tague	Manly Warringah	J1.05m
	0.95 1.00 1.05 1.10		
	O O XO XXX		
7	Abigail Sarah	Nth Rocks Carlin	J1.05m
	0.95 1.00 1.05 1.10		
	O XO XO XXX		
8	Valentina Lombardi	Ryde	J1.05m
	0.95 1.00 1.05 1.10		
	O O XXO XXX		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

13	Ava Campling	Parramatta	1.05m
	1.05 1.10		
	XO XXX		
--	Pippa Wang	Ryde	DNS
--	Anastasia Morgan	Manly Warringah	DNS

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

=====									
	Region:	R 1.58m	2002		T Thompson,	Toukley			
	State:	S 1.65m	20/03/2015		Tomysha Clark,	Port Hacking			
	Name		Age	Centre		Final			
=====									
1	Madison Tabrett			Cherrybrook		1.42m			
	1.15 1.20 1.25 1.30 1.35 1.37 1.39 1.42 1.45								
	P P O O O XO O O XXX								
2	Nina Parkinson			Mosman		1.37m			
	1.15 1.20 1.25 1.30 1.35 1.37 1.39								
	O O O XO XXO XXO XXX								
3	Emily Ng			Nth Rocks Carlin		1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O O O XXX								
3	Manvi Arabolu			Ku-Ring-Gai		1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O P O O XXX								
5	Roxanne Parkes			Manly Warringah		J1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O XXO O XXX								
6	Amelia Mclachlan			Ryde		J1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O O XO XXX								
6	Gia Greig			Ryde		J1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O O XO XXX								
8	Claudia Patfield			Manly Warringah		J1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O O XXO XXX								
9	Maia Fijan			Northern Suburbs		J1.30m			
	1.15 1.20 1.25 1.30 1.35								
	O O XO XXO XXX								
10	Latu Lolomanaia			Nth Rocks Carlin		1.25m			
	1.15 1.20 1.25 1.30								
	O O O XXX								
11	Holly Connell			Northern Suburbs		J1.25m			
	1.15 1.20 1.25 1.30								
	O O XXO XXX								
11	Hallie Owers			Manly Warringah		J1.25m			
	1.15 1.20 1.25 1.30								
	O O XXO XXX								
13	Estelle Creek			Northern Districts		J1.25m			
	1.15 1.20 1.25 1.30								
	XXO O XXO XXX								
14	Molly Miller			Manly Warringah		1.20m			
	1.15 1.20 1.25								
	XO O XXX								

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

15 Rhiannon Dick	Manly Warringah	1.15m
1.15 1.20		
XO XXX		
-- Maeve Heldt	Manly Warringah	DNS
-- Mackenzie Couchman	Manly Warringah	DNS

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

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=====
Region: R 1.67m 09/02/2019 Viktorija Calusic, Cherrybroo
State: S 1.80m 22/03/1987 Sonja Wennekes, Sutherland
Name Age Centre Final
=====
1 Hannah Lambert Nth Rocks Carlin 1.60m
1.20 1.25 1.30 1.35 1.37 1.39 1.41 1.43 1.45 1.47 1.50 1.54 1.57 1.60 1.62
P P O O P P O O P O O XO XO XXO XXX
2 Jacqueline Pawsey Ryde 1.45m
1.20 1.25 1.30 1.35 1.37 1.39 1.41 1.43 1.45 1.47
O O O O O O XO O O XXX
3 Ellie Briggs Manly Warringah J1.45m
1.20 1.25 1.30 1.35 1.37 1.39 1.41 1.43 1.45 1.47
O O O O O O XO XO O XXX
4 Eden McNaughtan Manly Warringah 1.37m
1.20 1.25 1.30 1.35 1.37 1.39
O O XO XO XXO XXX
5 Sophia Cottrell Northern Districts 1.30m
1.20 1.25 1.30 1.35
XO O O XXX
6 Madison Dellas Nth Rocks Carlin J1.30m
1.20 1.25 1.30 1.35
XXO O O XXX
7 Bella Fraser Ryde J1.30m
1.20 1.25 1.30 1.35
O XO XO XXX
7 Bronte Nagle Ryde J1.30m
1.20 1.25 1.30 1.35
XO O XO XXX
9 Chloe Stante Manly Warringah 1.20m
1.20 1.25
O XXX
9 Eden Suduk Northern Districts 1.20m
1.20 1.25
O XXX
-- Beatrix Cheung Ryde NH
1.20
XXX
-- Sienna Ballantyne Mosman NH
1.20
XXX
-- Anna Moresi Cherrybrook DNS
-- Ridhi Jasrotia Cherrybrook DNS
-- Isabella Koussas Ryde DNS
    
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

=====											
Region: R 1.71m		1991		M Harris, Hornsby District							
State: S 1.75m		19/03/2006		Mia McKinnon, Port Hacking							
State: S 1.75m		18/03/2007		Amy PejkoVIC, Cherrybrook							
Name	Age	Centre									Final
=====											
1	Nisini Rajapaksha	Mudiya	Cherrybrook								1.51m
	1.30	1.35	1.39	1.41	1.43	1.45	1.47	1.49	1.51	1.53	
	O	O	O	O	O	O	O	XO	XXO	XXX	
2	Chelsea Forte		Ku-Ring-Gai								1.49m
	1.30	1.35	1.39	1.41	1.43	1.45	1.47	1.49	1.51		
	O	O	O	O	O	O	XO	O	XXX		
3	Laila Burkhardt		Cherrybrook								J1.49m
	1.30	1.35	1.39	1.41	1.43	1.45	1.47	1.49	1.51		
	O	O	O	O	O	O	XO	XO	XXX		
4	Isla Scoular		Manly Warringah								1.35m
	1.25	1.30	1.35	1.39							
	O	O	O	XXX							
5	Annabel Cullen		Nth Rocks Carlin								J1.35m
	1.25	1.30	1.35	1.37							
	O	O	XXO	XXX							
--	Scarlett Richards		Nth Rocks Carlin								DNS
--	Sienna Evans		Manly Warringah								DNS

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

=====											
Region: R 1.75m		16/02/2008		Amy PejkoVIC, Cherrybrook							
State: S 1.80m		16/03/2008		Amy PejkoVIC, Cherrybrook							
Name	Age	Centre									Final
=====											
1	Sophie Durheim		Cherrybrook								1.41m
	1.25	1.27	1.29	1.31	1.33	1.35	1.37	1.39	1.41		
	P	P	P	P	P	XO	XO	O	O		
2	Tanna Kotulic		Northern Suburbs								1.39m
	1.25	1.27	1.29	1.31	1.33	1.35	1.37	1.39	1.41		
	O	P	P	O	O	O	O	O	XXX		
3	Emilia Webb		Ryde								J1.39m
	1.25	1.27	1.29	1.31	1.33	1.35	1.37	1.39	1.41		
	P	P	P	P	P	XXO	O	XO	XXX		
4	Sophie Hinds		Manly Warringah								1.25m
	1.25	1.27	1.29	1.31							
	O	P	P	XXX							
--	Stella Stirling		Parramatta								NH
	1.25										
	XXX										
--	Giselle Olymbios		Ryde								DNS
--	Evelyn Cheung		Nth Rocks Carlin								DNS
--	Zoe Connell		Cherrybrook								DNS

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

=====											
Region: R 1.74m		11/02/2024		Olivia Moresi, Cherrybrook							
State: S 1.84m		21/03/2010		Emily Crutcher, Grenfell							
Name	Age	Centre									Final
=====											

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

1	Olivia Moresi	Cherrybrook	1.74mR
	1.55 1.59 1.63 1.67 1.71 1.74 1.76		
	O O XO O O XO XXX		
2	Catherine Mikan	Northern Suburbs	1.59m
	1.30 1.35 1.40 1.45 1.50 1.55 1.57 1.59 1.61		
	O O O O O O XXO O XX		
3	Lana Waddingham	Northern Districts	1.55m
	1.35 1.40 1.45 1.50 1.55 1.57		
	O O O XXO O XXX		
4	Tara Hollyoak	Manly Warringah	J1.55m
	1.40 1.45 1.50 1.55 1.57		
	XXO O XO XO XXX		
4	Catrine Atherton	Manly Warringah	J1.55m
	1.45 1.50 1.55 1.57		
	XXO XO XO XXX		
6	Erin Heraghty	Manly Warringah	1.50m
	1.40 1.45 1.50 1.55		
	O O O XXX		
7	Elise Oliver	Northern Districts	J1.50m
	1.35 1.40 1.45 1.50 1.55		
	O O XO XXO XXX		
8	Zara Pawsey	Ryde	1.45m
	1.30 1.35 1.40 1.45 1.50		
	O O O O XXX		
9	Annika Boys	Manly Warringah	J1.45m
	1.30 1.35 1.40 1.45 1.50		
	O O O XO XXX		
--	Freya Tonkin	Northern Districts	DNS
--	Kristina Prizmic	Manly Warringah	DNS
--	Sarah Lovell	Ku-Ring-Gai	DNS
--	Ruby Perkins	Northern Suburbs	DNS
--	Louise Lovell	Ku-Ring-Gai	DNS

Girls U 8 - Long Jump

=====			
Region:	R 3.65m	1995	A Kerr, Winston Hills
State:	S 4.17m	02/03/1986	Danya Kerr, Winston Hills
Name	Age Centre		Final
=====			
1	Zoe Marinkovich	Ku-Ring-Gai	3.33m
	3.11m 3.15m 3.10m 3.17m 3.33m 3.19m		
2	Katrina Murphy	Nth Rocks Carlin	3.22m
	FOUL 2.99m 3.05m 3.07m 3.22m 3.17m		
3	Eloise Debney	Manly Warringah	3.14m
	3.03m FOUL 2.99m 3.14m 2.98m 3.08m		
4	Siena Tisi	Northern Suburbs	3.13m
	3.13m FOUL FOUL 3.05m 3.06m 3.09m		
5	April Kim	Parramatta	3.12m
	2.90m 2.87m 3.12m FOUL FOUL FOUL		
6	Lucia Oppedisano	Ryde	3.07m
	3.03m 2.66m 3.07m 2.77m 3.05m 2.98m		
7	Molly MooreMulcahy	Northern Districts	J3.07m
	2.86m 3.07m 3.04m 2.75m 3.04m		
8	Rhyleiana Barnett-Palmer	Ryde	J3.07m
	3.07m 3.00m 2.90m 2.79m 2.95m 2.28m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 8 - Long Jump

9	Georgia Atkins	Manly Warringah	2.99m
	2.96m 2.93m 2.99m		
10	Aliska Reitano	Northern Suburbs	2.91m
	2.91m 2.83m 2.59m		
11	Emily Hosie	Ku-Ring-Gai	2.86m
	2.82m 2.55m 2.86m		
12	Indianna Messina	Northern Suburbs	2.81m
	2.81m 2.73m 2.73m		
13	Alyssa Goslin	Manly Warringah	2.70m
	FOUL 2.50m 2.70m		
14	Alice Huang	Nth Rocks Carlin	2.64m
	2.54m 2.58m 2.64m		
15	Rahni McNaughtan	Manly Warringah	2.58m
	2.58m 2.49m 2.56m		

Girls U 9 - Long Jump

=====			
	Region: R 4.20m 1998	Emily Pollett, Manly Warringah	
	State: S 4.42m 16/03/1985	Selina Dundas, Armidale	
	Name	Age Centre	Final
=====			
1	Ellie Turmanis	Manly Warringah	3.55m
	3.23m 3.55m 3.36m FOUL 3.07m FOUL		
2	Sienna Fourie	Ku-Ring-Gai	3.49m
	3.49m 3.32m 3.07m 3.08m 3.36m 3.36m		
3	Edwina Mair	Ku-Ring-Gai	3.46m
	3.27m 3.37m 3.45m 3.34m 3.31m 3.46m		
4	Emily Wigham	Cherrybrook	3.42m
	3.42m 3.39m 3.33m 3.40m 3.30m 2.85m		
5	Isabella Dobe	Nth Rocks Carlin	3.35m
	3.32m 3.35m 3.30m 1.94m 3.32m 3.29m		
6	Ella Harding	Manly Warringah	3.34m
	3.34m 3.20m 3.22m FOUL FOUL 3.24m		
7	Brooke Debney	Manly Warringah	3.32m
	3.32m 2.84m 3.32m 3.17m 2.91m 2.99m		
8	Eden De Pomeroy	Nth Rocks Carlin	3.24m
	3.23m FOUL 3.24m 3.12m 3.12m 3.16m		
9	Emily Williams	Northern Suburbs	3.23m
	3.23m FOUL 3.04m		
10	Alyssa Turton	Northern Suburbs	3.19m
	3.19m 3.02m 3.11m		
11	Phoebe deCarvalho	Hornsby	3.14m
	3.04m 3.14m 2.97m		
12	Evie Francis	Mosman	3.10m
	3.06m 3.10m 2.98m		
13	Amelia Scott	Ku-Ring-Gai	3.04m
	3.04m 2.95m FOUL		
14	Audrey Kerkham	Northern Suburbs	3.00m
	3.00m 2.74m 2.85m		
--	Emma Hales	Northern Districts	DNS
--	Ruby Losurdo	Manly Warringah	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Girls U 10 - Long Jump

=====							
Region: R 4.54m		21/02/2004		Courtney Cross,		Hornsby Distr	
State: S 4.75m		24/03/1991		Rosemary Hayward,		Wyong	
Name	Age Centre			Final			
=====							
1	Sierra Seale	Northern Suburbs			4.03m		
	3.71m	3.94m	3.82m	3.93m	FOUL	4.03m	
2	Lucy Turner	Manly Warringah			3.94m		
	3.81m	3.78m	3.34m	3.90m	3.70m	3.94m	
3	Indiana Mitchell	Ryde			3.71m		
	3.44m	3.34m	3.48m	3.25m	3.54m	3.71m	
4	Evelyn Finley	Ku-Ring-Gai			3.58m		
	3.36m	3.27m	3.47m	3.10m	3.58m	3.53m	
5	Nicole Shih	Ku-Ring-Gai			3.54m		
	FOUL	FOUL	3.54m	3.34m	3.52m	FOUL	
6	Alice Orth	Manly Warringah			J3.54m		
	3.36m	3.23m	3.34m	3.34m	FOUL	3.54m	
7	Sienna Flower	Northern Suburbs			3.46m		
	3.45m	3.40m	3.36m	3.22m	3.37m	3.46m	
8	Milena Mok	Cherrybrook			J3.46m		
	3.41m	3.42m	3.36m	3.29m	3.46m	FOUL	
9	Isobel Miles	Manly Warringah			3.28m		
	3.23m	3.28m	3.27m				
10	Georgia Gryst	Nth Rocks Carlin			3.24m		
	3.16m	3.24m	2.95m				
11	Matilda Haggarty	Northern Districts			3.17m		
	2.95m	3.17m	3.08m				
12	Laura Bosly	Northern Suburbs			3.16m		
	3.16m	3.11m	3.14m				
13	Anya Keshwara	Ku-Ring-Gai			3.13m		
	2.94m	3.09m	3.13m				
14	Nadia Gasparini	Parramatta			3.00m		
	3.00m	2.80m	2.90m				
--	Zoey Marando	Ryde			DNS		
--	Amelia Berry	Manly Warringah			DNS		

Girls U 11 - Long Jump

=====							
Region: R 4.76m		1998		A Kerr,		Winston Hills	
State: S 4.97m		20/03/2011		Chyna Tavai-Williams,		Banksto	
Name	Age Centre			Final			
=====							
1	Evie Moore	Northern Districts			4.43m		
	4.28m	4.22m	4.43m	3.46m	3.89m	FOUL	
2	Zoe Rudolph	Ku-Ring-Gai			4.00m		
	FOUL	FOUL	3.86m	3.95m	4.00m	FOUL	
3	Amity Batchler	Manly Warringah			3.98m		
	3.89m	3.97m	3.98m	3.79m	3.63m	3.82m	
4	Bree Madigan Wong	Northern Suburbs			3.97m		
	3.83m	3.97m	3.69m	3.78m	3.81m	3.88m	
5	Phoebe Dobson	Manly Warringah			3.95m		
	3.95m	3.86m	3.55m	3.56m	3.80m	3.91m	
6	Lola Francis	Mosman			3.83m		
	3.68m	3.66m	3.58m	3.08m	3.46m	3.83m	
7	Caitlin Butler	Manly Warringah			3.80m		
	3.61m	3.74m	3.55m	3.47m	3.69m	3.80m	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 11 - Long Jump

8	Tully Davies				Ryde	3.73m
	FOUL	3.73m	3.24m	3.05m	3.13m	3.72m
9	Claudia Birrell				Ku-Ring-Gai	3.67m
	FOUL	3.66m	3.67m			
10	Madeleine Lynch				Ryde	3.63m
		3.47m	3.37m	3.63m		
11	Layla Tauaisili				Nth Rocks Carlin	3.54m
		3.32m	3.54m	3.26m		
12	Lily Dunne				Manly Warringah	3.44m
		3.42m	3.40m	3.44m		
13	Eloise Eslick				Mosman	3.42m
		3.42m	3.28m	3.32m		
14	Charlotte Fraser				Ryde	3.40m
		3.40m	FOUL	3.39m		
15	Imogen Newey				Ku-Ring-Gai	3.23m
	FOUL	3.19m	3.23m			
16	Louisa Olofinsky				Manly Warringah	3.16m
		3.16m	3.09m	2.96m		
--	Ava Campling				Parramatta	FOUL
	FOUL	FOUL	FOUL			
--	Ava-Capri Rossi				Ku-Ring-Gai	DNS

Girls U 12 - Long Jump

=====						
	Region:	R 5.02m	1994		D Kearney, Winston Hills	
	State:	S 5.42m	16/03/1986		Tracy Blackburn, Kurri Kurri	
	Name		Age	Centre		Final
=====						
1	Manvi Arabolu				Ku-Ring-Gai	4.62m
	FOUL	4.62m	FOUL	FOUL	FOUL	4.51m
2	Olivia Toshack				Northern Suburbs	4.60m
	FOUL	4.45m	4.07m	4.49m	4.60m	4.48m
3	Maddie Burge				Northern Suburbs	4.56m
		4.52m	4.38m	2.97m	FOUL	4.56m
4	Kyah Ryals				Manly Warringah	4.35m
		4.12m	3.96m	4.19m	FOUL	4.35m
5	Audrey Grether				Manly Warringah	4.09m
		3.78m	3.38m	3.42m	3.87m	4.09m
6	Madison Tabrett				Cherrybrook	4.02m
		3.94m	4.01m	FOUL	3.71m	4.02m
7	Zara Conner				Ku-Ring-Gai	3.90m
		3.71m	3.74m	3.90m	3.69m	3.55m
8	Ruby Tyler				Manly Warringah	3.73m
		3.73m	FOUL	3.50m	FOUL	3.30m
9	Milly McVicar				Manly Warringah	3.69m
		3.69m	3.55m	FOUL		
10	Abigail Wigham				Cherrybrook	3.65m
	FOUL	FOUL	3.65m			
11	Emily Ng				Nth Rocks Carlin	3.64m
		3.11m	3.40m	3.64m		
12	Roxanne Parkes				Manly Warringah	3.61m
		3.61m	3.22m	3.40m		
13	Alessandra Lombardi				Ryde	3.53m
		3.43m	3.28m	3.53m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 12 - Long Jump

14 Rhiannon Dick	Manly Warringah	3.52m
3.45m 3.52m FOUL		
15 Jayda Mode	Hornsby	3.45m
3.45m 3.37m 3.37m		
-- Ashleigh Mansell	Cherrybrook	DNS
-- Yazmyn Buonocore	Ryde	DNS

Girls U 13 - Long Jump

=====
 Region: R 5.42m 10/02/2024 Sienna Vassella, Ku-Ring-Gai
 Region: R 5.42m 10/02/2024 Sienna Vassella, Ku-Ring-Gai
 State: S 5.58m 16/03/2019 Delta Amidzovski, Wollongong
 =====

Name	Age Centre	Final
1 Sienna Vassella	Ku-Ring-Gai	5.42mR
5.23m 5.18m 5.24m 5.28m 4.90m 5.42m		
2 Hannah Lambert	Nth Rocks Carlin	4.99m
4.43m 4.71m 4.49m 4.83m 4.82m 4.99m		
3 Jacqueline Pawsey	Ryde	4.72m
3.92m 4.38m 4.14m 4.15m 4.20m 4.72m		
4 Bella Fraser	Ryde	4.64m
4.12m 4.34m 4.30m 4.20m FOUL 4.64m		
5 Olivia Loring	Parramatta	4.41m
4.20m 4.27m 4.36m 4.40m 4.41m 4.33m		
6 Pippa Burke	Cherrybrook	4.39m
4.25m 4.18m 4.04m 4.11m 4.39m 4.20m		
7 Ellie Briggs	Manly Warringah	4.28m
4.02m 3.90m 4.28m 4.28m 3.97m 3.93m		
8 Naduli Kariyawasam	Parramatta	4.23m
3.95m 4.13m 4.23m 4.11m 3.59m FOUL		
9 Ivy Yang	Cherrybrook	4.15m
3.85m 3.88m 4.15m		
10 Sophia Cottrell	Northern Districts	4.13m
3.95m 4.13m 3.87m		
11 Amelia Wilson	Manly Warringah	4.09m
4.01m 3.89m 4.09m		
12 Michiko Paul	Cherrybrook	4.02m
3.98m 3.70m 4.02m		
13 Aliya Meehan	Mosman	3.89m
FOUL 3.77m 3.89m		
14 Jennifer Toynbee	Northern Districts	3.66m
3.36m 3.27m 3.66m		
15 Ridhi Jasrotia	Cherrybrook	3.53m
3.32m 3.34m 3.53m		
15 Maddison Barratt	Northern Districts	3.53m
3.38m 3.45m 3.53m		
17 Lucy Edgar	Northern Districts	3.45m
FOUL FOUL 3.45m		
-- Chloe Stante	Manly Warringah	DNS
-- Ella Hazon	Nth Rocks Carlin	DNS

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

Region: R 5.47m 09/02/2019 Sienna Bond, Ku-Ring-Gai						
State: S 5.87m 18/03/2017 Tomysa Clark, Port Hacking						
Name	Age	Centre				Final
1 Avie Russell		Manly Warringah				5.23m
	5.04m	4.82m	4.42m	4.92m	4.77m	5.23m
2 Amalia Bond		Ku-Ring-Gai				5.04m
	FOUL	5.04m	FOUL	4.68m	FOUL	FOUL
3 Nisini Rajapaksha Mudiya		Cherrybrook				4.78m
	4.78m	4.66m	4.71m	4.56m	4.78m	4.60m
4 Lily Hughes		Ku-Ring-Gai				4.72m
	4.58m	4.54m	4.53m	4.56m	4.63m	4.72m
5 Annalise Cottrell		Northern Districts				4.49m
	4.38m	4.49m	4.31m	4.29m	FOUL	FOUL
6 Alannah Pryor		Northern Districts				4.43m
	FOUL	4.43m	4.33m	4.09m	4.27m	4.35m
7 Laila Burkhardt		Cherrybrook				4.35m
	4.25m	4.29m	4.29m	3.98m	4.35m	4.14m
8 Ava Grant		Ku-Ring-Gai				4.28m
	4.26m	4.02m	4.28m	FOUL	4.14m	3.00m
9 Chelsea Forte		Ku-Ring-Gai				4.27m
	FOUL	4.27m	FOUL			
10 Tanya Graham		Northern Suburbs				4.25m
	3.98m	4.04m	4.25m			
11 Isla Scoular		Manly Warringah				4.24m
	3.96m	4.12m	4.24m			
12 Evana Butler		Nth Rocks Carlin				3.95m
	FOUL	3.69m	3.95m			
13 Mia Gross		Nth Rocks Carlin				3.84m
	3.57m	3.84m	FOUL			
-- Zara Parslow		Manly Warringah				DNS
-- Alicia Endicott		Ku-Ring-Gai				DNS
-- April Bateman		Ryde				DNS

Girls U 15 - Long Jump

Region: R 5.88m 19/02/2012 Katrina Hunt, Northern Suburb						
State: S 5.80m 19/03/2005 Jacinta Doyle, Port Hacking						
Name	Age	Centre				Final
1 Olivia Achike		Ku-Ring-Gai				5.50m
	5.40m	5.50m	FOUL	FOUL	FOUL	4.79m
2 Sofia Ehnbohm		Manly Warringah				5.06m
	4.64m	FOUL	5.04m	4.80m	4.92m	5.06m
3 Lisara Seneviratne		Parramatta				4.88m
	4.88m	4.69m	4.56m	4.59m	4.47m	4.68m
4 Kyrah McMahon		Northern Districts				4.85m
	FOUL	4.60m	FOUL	FOUL	4.85m	FOUL
5 Emilia Webb		Ryde				4.81m
	4.66m	4.81m	4.75m	4.29m	4.63m	4.69m
6 Tanna Kotulic		Northern Suburbs				J4.81m
	4.28m	4.51m	4.69m	4.60m	4.73m	4.81m
7 Sophie Durheim		Cherrybrook				4.78m
	4.72m	4.78m	FOUL	4.33m	4.26m	4.60m

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

8	Alice Boorman-Franks	Parramatta	3.79m
	3.73m 3.79m FOUL FOUL FOUL FOUL		
9	Kara Hazon	Nth Rocks Carlin	3.59m
	3.59m 3.46m 3.38m		
--	Zoe Connell	Cherrybrook	DNS
--	Eden Herring	Hornsby	DNS

Girls U 17 - Long Jump

Region: R 5.87m 13/02/2022 Sienna Bond, Ku-Ring-Gai
 State: S 5.87m 10/02/2019 Katie Gunn, Gosford

Name	Age	Centre	Final
1 Tara Hollyoak		Manly Warringah	5.48m
	5.30m 5.25m 5.37m 5.18m 5.48m 5.46m		
2 Maia MaddenKhan		Ku-Ring-Gai	J5.48m
	FOUL FOUL 5.18m 5.24m 5.16m 5.48m		
3 Sarah-anne Koot		Cherrybrook	5.15m
	4.51m 4.08m 4.80m 4.80m 4.93m 5.15m		
4 Miah Oshea		Ryde	5.05m
	4.98m 5.05m 4.71m 4.93m 4.91m 4.72m		
5 Catherine Mikan		Northern Suburbs	5.04m
	4.74m 5.04m 4.85m 3.39m 4.91m FOUL		
6 Lani Khiroya		Nth Rocks Carlin	4.98m
	FOUL 4.74m 4.24m FOUL FOUL 4.98m		
7 Zara Pawsey		Ryde	4.77m
	4.64m 4.77m 4.54m 4.58m 4.42m 4.31m		
8 Amelie Gomez-Niewolik		Ryde	4.60m
	FOUL 4.36m 4.60m		
9 Poppy Day		Manly Warringah	4.38m
	4.29m 4.38m 4.12m		
10 Anesha Busingye		Nth Rocks Carlin	4.26m
	4.24m 4.26m		
11 Charlotte Toynbee		Northern Districts	4.11m
	FOUL FOUL 4.11m		
12 Elizabeth Toynbee		Northern Districts	4.09m
	4.09m 4.05m 3.82m		
--	Jessica Johnston	Ryde	DNS
--	Leila Broadley	Hornsby	DNS
--	Eleanor Schwarz	Hornsby	DNS
--	mila burdett	Nth Rocks Carlin	DNS

Girls U 11 - Triple Jump

Region: R 10.18m 19/02/2011 Tiana Jaber, Kings Langley
 State: S 10.38m 21/03/2004 Rebecca Mounsey, Albion Park

Name	Age	Centre	Final
1 Evie MooreMulcahy		Northern Districts	9.08m
	8.87m 8.82m 9.05m 9.08m 8.77m 9.02m		
2 Eloise Knorr		Manly Warringah	9.02m
	8.58m 8.42m 8.57m 8.44m 8.60m 9.02m		
3 Amity Batchler		Manly Warringah	8.97m
	8.75m 8.56m 8.47m FOUL 8.97m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 11 - Triple Jump

4	Emma Barker				Nth Rocks Carlin	8.96m
	FOUL	7.98m	8.74m	7.84m	8.48m 8.96m	
5	Caitlin Butler				Manly Warringah	8.79m
	FOUL	8.09m	8.79m	7.80m	8.49m 7.90m	
6	Zoe Rudolph				Ku-Ring-Gai	8.69m
		8.35m	8.29m	8.04m	8.20m 8.68m 8.69m	
7	Zalia Stevens				Manly Warringah	8.62m
	FOUL	8.28m	8.27m	8.56m	8.62m 8.55m	
8	Bree Madigan Wong				Northern Suburbs	8.60m
		8.60m	7.99m	8.57m	8.08m FOUL	
9	Charlotte Fraser				Ryde	8.03m
		7.93m	8.03m	7.68m		
10	Imogen Connell				Cherrybrook	8.02m
		7.94m	FOUL	8.02m		
10	Kira Ekers				Ryde	8.02m
		8.02m	7.60m	7.93m		
12	Madeleine Lynch				Ryde	7.99m
		7.54m	7.99m	FOUL		
13	Phoebe Dobson				Manly Warringah	7.74m
		7.74m	7.66m			
14	Safina Burgess				Ku-Ring-Gai	7.71m
	FOUL	7.19m	7.71m			
15	Talia Oppedisano				Ryde	7.29m
		7.27m	FOUL	7.29m		
16	Florence Webb				Ryde	6.66m
		6.44m	6.39m	6.66m		
--	Elodie Barnes				Ku-Ring-Gai	FOUL
	FOUL	FOUL	FOUL			
--	Pippa Wang				Ryde	DNS

Girls U 12 - Triple Jump

=====						
	Region:	R 10.55m	14/02/2016	Danielle Osifo,	Cherrybrook	
	State:	S 11.05m	25/03/2018	Raphaila Idris,	Blacktown	
	Name		Age	Centre		Final
=====						
1	Manvi Arabolu				Ku-Ring-Gai	10.50m
		10.50m	9.96m	9.76m	FOUL 9.58m	FOUL
2	Olivia Toshack				Northern Suburbs	10.36m
		10.36m	10.12m	10.12m	9.71m 9.58m	9.76m
3	Florence Bowden				Northern Suburbs	9.34m
		9.34m	9.21m	FOUL	9.09m	FOUL 9.18m
4	Abigail Wigham				Cherrybrook	9.11m
		8.75m	8.34m	8.85m	8.24m 8.28m	9.11m
5	Kyah Ryals				Manly Warringah	9.01m
	FOUL	9.01m	8.73m	8.80m	FOUL 8.84m	
6	Heidi Waddell				Nth Rocks Carlin	8.89m
		8.86m	8.89m	8.89m	8.83m 8.55m	8.66m
7	Eve Bodley				Cherrybrook	8.75m
		8.29m	8.37m	8.75m	FOUL 8.30m	8.43m
8	Maia Fijan				Northern Suburbs	8.69m
	FOUL	8.35m	8.69m	8.22m	FOUL FOUL	
9	Roxanne Parkes				Manly Warringah	8.54m
		8.36m	8.21m	8.54m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Girls U 12 - Triple Jump

10	Grace Carlton	Hornsby	8.36m
	8.36m 8.32m 7.86m		
11	Audrey Grether	Manly Warringah	8.34m
	FOUL 8.34m 8.07m		
12	Rhiannon Dick	Manly Warringah	8.27m
	8.27m 7.98m 8.27m		
13	Zara Conner	Ku-Ring-Gai	8.16m
	8.08m FOUL 8.16m		
14	Jolin Wirianata	Nth Rocks Carlin	8.05m
	7.11m 7.22m 8.05m		
15	Ashleigh Mansell	Cherrybrook	7.90m
	7.90m 7.75m 7.75m		
16	Julia Perry	Nth Rocks Carlin	7.55m
	FOUL 7.55m 7.34m		
--	Latu Lolomanaia	Nth Rocks Carlin	DNS

Girls U 13 - Triple Jump

Region: R 11.12m 11/02/2024 Hannah Lambert, Nth Rocks Ca
 State: S 11.66m 25/03/2018 Clara Nourdine, The Ponds

Name	Age	Centre	Final
1 Hannah Lambert		Nth Rocks Carlin	11.12mR
	10.73m 10.95m 10.84m 10.52m	FOUL 11.12m	
2 Jacqueline Pawsey		Ryde	10.19m
	FOUL 10.19m 10.19m 9.72m 10.12m 10.10m		
3 Olivia Loring		Parramatta	10.11m
	10.07m 10.11m 10.11m 9.55m 10.00m 10.06m		
4 Ivy Yang		Cherrybrook	9.88m
	9.25m 9.88m 9.32m 9.33m 9.87m 9.32m		
5 Amelia Wilson		Manly Warringah	9.73m
	9.34m 9.73m 9.54m FOUL 8.98m FOUL		
6 Michiko Paul		Cherrybrook	9.27m
	9.27m 9.02m 8.81m 8.65m 8.99m 9.09m		
7 Aliya Meehan		Mosman	9.20m
	8.87m 9.16m 9.16m 9.08m 9.20m FOUL		
8 Piper O'Sullivan		Manly Warringah	8.77m
	8.58m 8.61m 8.77m 8.65m 8.64m 8.74m		
9 Karina Olofinsky		Manly Warringah	8.55m
	7.88m 8.55m 8.08m		
10 Madison Dellas		Nth Rocks Carlin	8.46m
	7.76m 8.24m 8.46m		
11 Eden McNaughtan		Manly Warringah	8.33m
	8.32m 8.33m 8.32m		
12 Miarose Everson		Ryde	8.26m
	8.26m 8.06m 8.08m		
13 Maddison Barratt		Northern Districts	8.23m
	8.23m 8.06m 7.99m		
14 Olivia Gouws		Hornsby	7.92m
	7.92m 7.53m 7.63m		
15 Jennifer Toynbee		Northern Districts	7.77m
	7.54m 7.77m 7.67m		
--	Ellie Briggs	Manly Warringah	DNS
--	Chloe Stante	Manly Warringah	DNS
--	Amy Campbell	Hornsby	DNS

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

Region: R 11.63m 20/02/2011 Mercy Agbeze, Gosford						
State: S 12.15m 16/03/2003 Alyisha House, Koorringal Wag						
Name	Age		Centre		Final	
1 Amalia Bond			Ku-Ring-Gai		10.73m	
	FOUL	FOUL	10.56m	10.73m	10.60m	FOUL
2 Tanya Graham			Northern Suburbs		9.98m	
	8.85m	9.30m	9.70m	9.67m	9.45m	9.98m
3 Nisini Rajapaksha Mudiya			Cherrybrook		9.97m	
	9.97m	9.94m	9.67m	9.86m	9.80m	FOUL
4 Alannah Pryor			Northern Districts		9.51m	
	9.50m	9.30m	FOUL	9.40m	FOUL	9.51m
5 Laila Burkhardt			Cherrybrook		9.48m	
	FOUL	FOUL	9.48m	8.83m	9.30m	9.21m
6 Isla Scoular			Manly Warringah		9.43m	
	FOUL	9.38m	9.34m	9.31m	9.37m	9.43m
7 Alison Hubbard			Nth Rocks Carlin		8.65m	
	FOUL	FOUL	8.65m	8.47m	8.61m	8.30m
8 Chloe McGregor			Ryde		8.41m	
	8.41m	8.37m	8.35m	8.36m	8.32m	8.34m
9 Annabel Cullen			Nth Rocks Carlin		8.39m	
	7.85m	8.39m	7.98m			
10 Mia Gross			Nth Rocks Carlin		8.02m	
	7.98m	7.89m	8.02m			
11 Pranaya Prasath			Parramatta		7.32m	
	7.32m	FOUL	7.18m			
-- Sofia Gasparini			Parramatta		DNS	
-- Zara Parslow			Manly Warringah		DNS	
-- Zara Palfrey			Nth Rocks Carlin		DNS	

Girls U 15 - Triple Jump

Region: R 11.67m 17/02/2018 Alexandra York, Northern Sub						
State: S 12.42m 21/03/2004 Alyisha House, Koorringal Wag						
Name	Age		Centre		Final	
1 Olivia Achike			Ku-Ring-Gai		10.70m	
	10.32m	10.53m	10.43m	10.15m	10.70m	
2 Lisara Seneviratne			Parramatta		10.31m	
	10.31m	10.16m	9.84m	9.92m	10.08m	9.72m
3 Emilia Webb			Ryde		10.20m	
	FOUL	9.56m	10.13m	9.96m	10.20m	10.19m
4 Sofia Ehnbohm			Manly Warringah		10.04m	
	FOUL	9.43m	9.70m	9.18m	9.31m	10.04m
5 Tanna Kotulic			Northern Suburbs		9.85m	
	9.85m	9.31m	9.72m	FOUL	9.56m	9.83m
6 Sophie Durheim			Cherrybrook		9.61m	
	FOUL	9.61m	9.50m	9.19m	FOUL	
-- Aniela Knight			Northern Districts		DNS	
-- Giselle Olymbios			Ryde		DNS	
-- Skye Blair			Manly Warringah		DNS	
-- Alice Boorman-Franks			Parramatta		DNS	

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

Region: R 11.88m 13/02/2016 Maya Leverett, Nth Rocks Car							
State: S 12.52m 31/01/2016 Jasmine Fountas, Randwick Bo							
Name	Age Centre						Final
1 Lani Khiroya	Nth Rocks Carlin						11.05m
	10.67m	10.75m	11.05m	FOUL	FOUL	FOUL	
2 Miah Oshea	Ryde						10.36m
	10.10m	10.32m	10.18m	FOUL	10.36m	FOUL	
3 Amelie Gomez-Niewolik	Ryde						10.29m
	10.07m	10.17m	10.05m	10.11m	10.29m	10.25m	
4 Ashlee O'Reilly	Manly Warringah						10.22m
	10.16m	9.92m	10.04m	9.96m	10.22m	10.16m	
5 Ruby Perkins	Northern Suburbs						10.05m
	9.61m	9.85m	9.73m	9.71m	9.83m	10.05m	
6 Anesha Busingye	Nth Rocks Carlin						9.77m
	9.75m	FOUL	9.77m	FOUL	9.47m	8.44m	
7 Freya Tonkin	Northern Districts						9.57m
	FOUL	9.57m	9.50m	9.36m	FOUL	FOUL	
8 Vivian Lowe	Northern Suburbs						9.38m
	9.38m	9.03m	9.32m	7.10m	8.86m		
9 Catrine Atherton	Manly Warringah						8.82m
	8.63m	8.62m	8.82m				
10 Ajaya Owusu	Mosman						8.78m
	8.50m	8.78m	8.46m				
11 Isabella Primrose	Nth Rocks Carlin						8.75m
	FOUL	8.69m	8.75m				
12 Charlotte Toynbee	Northern Districts						8.50m
	7.90m	8.50m	8.35m				
13 Elizabeth Toynbee	Northern Districts						7.88m
	7.40m	7.87m	7.88m				
-- Claudia Barlow	Ryde						DNS
-- Jessica Johnston	Ryde						DNS
-- Kristina Prizmic	Manly Warringah						DNS

Girls U 8 - Shot Put (1.5 Kg)

Region: R 7.85m 22/02/2004 Taylah Sengul, WInston Hills							
State: S 8.52m 17/02/2002 Kristy Dingwall, Smithfield							
Name	Age Centre						Final
1 Matilda Alexander	Manly Warringah						5.22m
	4.92m	4.68m	FOUL	4.16m	4.87m	5.22m	
2 Hope Wales	Northern Districts						5.19m
	4.33m	4.40m	4.33m	4.38m	4.72m	5.19m	
3 Liara Zammit	Parramatta						5.01m
	FOUL	5.01m	FOUL	FOUL	FOUL	FOUL	
4 Rhyleiana Barnett-Palmer	Ryde						4.86m
	3.80m	4.13m	4.15m	FOUL	4.69m	4.86m	
5 Miranda Benitez	Ku-Ring-Gai						4.46m
	3.93m	4.18m	4.14m	4.17m	4.35m	4.46m	
6 Shasha Allanki	Nth Rocks Carlin						4.35m
	FOUL	4.12m	FOUL	4.35m	FOUL	FOUL	
7 Emily Hosie	Ku-Ring-Gai						4.28m
	3.63m	3.56m	3.99m	3.08m	3.97m	4.28m	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - Shot Put (1.5 Kg)**

8	Sophia Lizzio						Ku-Ring-Gai	3.95m
	2.93m	3.86m	3.09m	3.83m	3.25m	3.95m		
9	Zara Davis						Manly Warringah	3.66m
	FOUL	3.63m	3.66m					
10	Bernadette Bowes						Manly Warringah	3.64m
	3.64m	3.37m	3.08m					
11	Evelyn Liu						Nth Rocks Carlin	3.46m
	3.25m	3.44m	3.46m					
12	Chloe Mason						Ku-Ring-Gai	3.05m
	FOUL	3.05m	FOUL					
--	Piper Henebery						Parramatta	DNS
--	Annalise Knight						Parramatta	DNS
--	Georgia Atkins						Manly Warringah	DNS
--	Leesa Watterson						Parramatta	DNS

Girls U 9 - Shot Put (2.0 Kg)

Region: R 8.59m 17/02/2018 Tayla Moore, Cherrybrook

State: S 9.23m 01/03/2014 Maliyah Osbaldiston, Bankstow

Name Age Centre Final

1	Rose Benson						Ku-Ring-Gai	5.35m
	FOUL	4.99m	5.06m	5.06m	5.35m	5.31m		
2	Ruby Hewitt						Nth Rocks Carlin	5.17m
	4.00m	FOUL	4.38m	4.26m	5.17m	4.81m		
3	Audrey Kerkham						Northern Suburbs	5.05m
	FOUL	4.56m	4.30m	4.09m	5.05m	4.45m		
4	Alexandra Bissaker						Hornsby	4.87m
	4.15m	4.28m	4.65m	FOUL	4.31m	4.87m		
5	Hazel Care-Unger						Ryde	4.65m
	4.37m	4.47m	4.65m	4.40m	4.52m	4.41m		
6	Calais Durie						Northern Suburbs	4.47m
	3.67m	4.16m	4.36m	4.29m	4.47m	4.34m		
7	Xanthe Sarkodee						Ku-Ring-Gai	4.37m
	4.37m	4.20m	FOUL	3.72m	4.12m	4.23m		
8	Indiana AllanCrocker						Manly Warringah	4.36m
	3.68m	4.25m	4.32m	4.30m	4.13m	4.36m		
9	Naomi Jones						Ryde	4.18m
	FOUL	4.18m	4.18m					
10	Lucy Keevy						Hornsby	4.09m
	FOUL	4.00m	4.09m					
11	Alexa Erickson						Hornsby	3.96m
	3.96m	FOUL	3.90m					
12	Vanessa Obi						Nth Rocks Carlin	3.90m
	3.75m	FOUL	3.90m					
13	Riley Lloyd-Owen						Hornsby	3.85m
	3.51m	3.50m	3.85m					
14	Isabelle Ng Chok						Parramatta	3.39m
	FOUL	3.03m	3.39m					
15	Amelia Wensor						Parramatta	2.75m
	FOUL	FOUL	2.75m					
--	Ellie Turmanis						Manly Warringah	DNS

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

Region: R 10.90m 19/02/2006 Taylah Sengul, Winston Hills						
State: S 11.92m 19/02/2006 Filoi Aokuso, Blacktown						
Name	Age		Centre	Final		
1 Olivia Moala			Ryde	8.21m		
	8.04m	7.17m	FOUL	7.27m	7.74m	8.21m
2 Ayla Davis			Manly Warringah	6.87m		
	6.87m	6.58m	6.32m	FOUL	5.91m	FOUL
3 Saanvi Saravana			Cherrybrook	6.59m		
	FOUL	5.72m	6.52m	6.16m	6.59m	5.93m
4 Beth Cochrane			Northern Districts	6.34m		
	5.31m	6.34m	6.22m	5.76m	5.50m	5.83m
5 Mackenzie Laslett			Ku-Ring-Gai	6.18m		
	5.47m	5.39m	6.15m	6.18m	5.39m	6.12m
6 Matilda Brookes			Northern Districts	6.15m		
	5.51m	4.84m	6.15m	5.69m	6.04m	5.58m
7 Addison Yu			Ryde	5.92m		
	5.92m	5.38m	5.20m	5.15m	4.78m	4.47m
8 Elise Montgomery			Ku-Ring-Gai	5.50m		
	FOUL	FOUL	5.50m	4.92m	FOUL	FOUL
9 Sienna Phillips			Ku-Ring-Gai	5.49m		
	5.49m	5.17m	FOUL			
10 Florence Morgan			Manly Warringah	5.33m		
	4.67m	4.08m	5.33m			
11 Eloise Moran			Ryde	5.12m		
	FOUL	5.12m	5.02m			
12 Ajabu Gebhard			Northern Suburbs	5.07m		
	4.20m	4.54m	5.07m			
13 Anabelle Bocska			Ku-Ring-Gai	4.83m		
	4.83m	FOUL	FOUL			
14 Alyra Rogers			Manly Warringah	4.47m		
	4.37m	FOUL	4.47m			
-- Isabel Middleton			Manly Warringah	FOUL		
	FOUL	FOUL	FOUL			
-- Isabelle Gouws			Hornsby	FOUL		
	FOUL	FOUL	FOUL			
-- Nadia Gasparini			Parramatta	DNS		

Girls U 11 - Shot Put (2.0 Kg)

Region: R 12.71m 17/02/2007 Samantha Farrant, Gosford						
State: S 14.07m 18/03/2007 Filoi Aokuso, Blacktown						
Name	Age		Centre	Final		
1 Claire Fetrie			Parramatta	9.71m		
	8.94m	9.71m	FOUL	8.45m	9.16m	9.11m
2 Samantha Campbell			Hornsby	8.58m		
	FOUL	8.20m	6.35m	8.39m	7.97m	8.58m
3 Dulcie Thompson			Northern Districts	8.30m		
	7.11m	7.88m	7.71m	8.30m	8.05m	8.15m
4 Imogen Connell			Cherrybrook	8.06m		
	7.11m	6.91m	7.41m	7.79m	7.04m	8.06m
5 Angel Obi			Nth Rocks Carlin	7.16m		
	5.99m	6.94m	FOUL	6.22m	7.05m	7.16m

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

6	Skye Spiden				Ryde	6.98m
	6.41m	6.98m	6.82m	6.79m	6.57m	6.10m
7	Gracie O'Leary				Northern Suburbs	6.92m
	6.61m	5.85m	6.40m	0.06m	6.92m	6.38m
8	Louisa Olofinsky				Manly Warringah	6.70m
	6.08m	6.33m	6.70m	FOUL	5.48m	6.24m
9	Abigail Johnstone				Northern Suburbs	6.54m
	6.54m	5.57m	5.38m			
10	Sophie Griffiths				Manly Warringah	6.48m
	5.90m	5.79m	6.48m			
11	Florence Webb				Ryde	6.11m
	5.56m	5.70m	6.11m			
12	Anna Sarkodee				Ku-Ring-Gai	6.04m
	5.83m	5.43m	6.04m			
13	Caitlin Willacy				Manly Warringah	5.76m
	5.76m	5.43m	5.26m			
14	Myesha Yip				Nth Rocks Carlin	4.97m
	4.97m	FOUL	4.91m			
--	Melina Michaels				Ryde	DNS
--	Selina Lewanavanua				Nth Rocks Carlin	DNS

Girls U 12 - Shot Put (2.0 Kg)

Region: R 16.12m 17/02/2008 Taylah Sengul, Winston Hills
 State: S 16.19m 20/03/1988 Kylie Standing, Bankstown

Name	Age	Centre	Final
1 Ella Achike		Ku-Ring-Gai	10.36m
	9.58m	9.08m	10.36m
	9.93m	9.87m	9.45m
2 Ada Riddle		Hornsby	9.97m
	7.83m	7.31m	8.33m
	8.93m	8.60m	9.97m
3 Alice Larbey		Manly Warringah	9.42m
	8.76m	9.16m	9.07m
	8.76m	9.24m	9.42m
4 Charlotte Barnsley		Ku-Ring-Gai	9.21m
	8.75m	8.90m	9.21m
	8.37m	8.64m	7.76m
5 Hayley Laslett		Ku-Ring-Gai	9.20m
	8.77m	9.08m	9.09m
	8.63m	8.90m	9.20m
6 Milly McVicar		Manly Warringah	8.93m
	FOUL	8.16m	7.85m
	8.10m	8.53m	8.93m
7 Clara Knight		Northern Districts	8.50m
	7.52m	8.33m	8.16m
	7.92m	8.47m	8.50m
8 Sophie Yeomans		Ryde	8.17m
	7.36m	7.77m	8.17m
	7.88m	7.71m	8.02m
9 Amelia Mclachlan		Ryde	8.04m
	7.95m	7.88m	8.04m
10 Holly Connell		Northern Suburbs	7.57m
	7.57m	FOUL	7.54m
11 Jayda Mode		Hornsby	7.55m
	7.40m	FOUL	7.55m
12 Claire Wang		Ryde	7.16m
	7.16m	6.77m	6.81m
13 Lesieli Moala		Ryde	7.06m
	FOUL	7.06m	6.66m
14 Samantha Fong		Hornsby	6.73m
	6.35m	6.39m	6.73m

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

-- Sasha Grant	Mosman	DNS
-- Lily Aroyan	Parramatta	DNS

Girls U 13 - Shot Put (3.0 Kg)

Region: R 14.23m 22/02/2009 Taylah Sengul, Winston Hills			
State: S 14.95m 24/03/2012 Grace Robinson, St George			
Name	Age	Centre	Final
1 Sienna Vassella		Ku-Ring-Gai	10.30m
10.02m 10.30m 9.50m 9.06m 10.08m 9.90m			
2 Elizabeth Fainga'anuku		Mosman	10.14m
9.45m 10.14m 10.09m 9.71m 9.95m 9.43m			
3 Anika Henry		Ku-Ring-Gai	9.45m
8.42m 9.40m 9.39m 8.88m 9.45m 9.31m			
4 Naduli Kariyawasam		Parramatta	8.30m
8.22m 7.29m 8.12m 8.30m 8.01m 8.19m			
5 Mia Graham		Cherrybrook	7.96m
7.22m 7.22m 7.39m 7.48m 7.91m 7.96m			
6 Alana Kokay		Parramatta	7.49m
7.44m 7.49m 6.59m 5.44m 6.79m 6.38m			
7 Emma Kramer		Manly Warringah	J7.49m
6.51m 6.72m 7.49m 7.24m 5.57m 6.36m			
8 Jennifer Toynbee		Northern Districts	7.47m
6.63m 7.04m 7.17m FOUL 7.07m 7.47m			
9 Collette Lumley		Northern Suburbs	7.16m
FOUL 6.50m 7.16m			
10 Karina Olofinsky		Manly Warringah	6.90m
6.58m 6.90m FOUL			
11 Abigail Virgona		Nth Rocks Carlin	6.71m
6.56m 5.97m 6.71m			
12 Sasha Sefton		Northern Districts	6.46m
6.38m 6.25m 6.46m			
13 Bronte Nagle		Ryde	6.06m
6.06m 5.90m 5.52m			
14 Chiara Utichi		Ryde	5.87m
FOUL 5.87m 5.74m			
15 Isabel Jordan		Manly Warringah	5.83m
5.73m 5.73m 5.83m			
16 Elana Smith		Mosman	5.18m
5.16m 4.79m 5.18m			
-- Tvisha Roy	Cherrybrook	DNS	
-- Chloe Yam	Ryde	DNS	
-- Josie Perkins	Manly Warringah	DNS	

Girls U 14 - Shot Put (3.0 Kg)

Region: R 14.67m 27/02/2010 Taylah Sengul, Winston Hills			
State: S 15.94m 22/03/2013 Grace Robinson, St George			
Name	Age	Centre	Final
1 Evana Butler		Nth Rocks Carlin	11.60m
10.87m 10.30m 10.99m 11.60m 10.74m 10.20m			
2 Sophie Farrell		Ku-Ring-Gai	10.20m
10.20m 10.10m 9.41m 9.04m 8.15m 9.43m			

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - Shot Put (3.0 Kg)**

3	Nisini Rajapaksha Mudiya	Cherrybrook	10.03m
	10.03m 9.71m 9.20m FOUL 9.18m 9.73m		
4	Chelsea Forte	Ku-Ring-Gai	9.40m
	7.44m FOUL 8.51m FOUL 9.40m 8.06m		
5	Tara Gilkeson	Hornsby	8.83m
	7.67m 7.29m 8.56m 7.14m 7.05m 8.83m		
6	Sophia Tsaousidis	Hornsby	8.30m
	8.01m 8.30m 7.91m 7.26m 8.22m 7.66m		
7	Charlie Goodare	Mosman	7.73m
	7.73m 7.71m 7.65m 7.65m FOUL 6.54m		
8	Marcella Dunn	Ryde	7.59m
	7.59m 6.53m 7.42m 7.27m 7.48m 6.79m		
9	Alesha El Sayed Ahmad	Parramatta	6.99m
	FOUL 6.98m 6.99m		
10	Grace Kokay	Parramatta	6.82m
	5.29m 6.25m 6.82m		
11	Pranaya Prasath	Parramatta	4.54m
	FOUL FOUL 4.54m		
--	Charlotte Megarrity	Ryde	DNS
--	Alicia Connell	Northern Suburbs	DNS
--	Summer Aiken	Parramatta	DNS
--	Lily Hughes	Ku-Ring-Gai	DNS

Girls U 15 - Shot Put (3.0 Kg)

=====			
Region:	R 14.00m	2000	B Johnson, Northern Suburbs
State:	S 15.25m	16/02/2014	Grace Robinson, St George
Name	Age	Centre	Final
=====			
1	Sally Fainga'anuku	Mosman	12.85m
	10.54m FOUL 12.85m 12.75m 11.30m 11.51m		
2	Nehara DeMel	Ku-Ring-Gai	11.70m
	11.06m 11.69m 11.70m 11.29m 11.05m 10.79m		
3	Mikayla Duncombe	Ryde	11.23m
	10.08m 11.23m 10.69m 10.19m 10.55m 11.02m		
4	Giselle Olymbios	Ryde	9.31m
	7.06m 8.25m 7.98m 7.77m 8.60m 9.31m		
5	Stella White	Parramatta	7.72m
	7.69m 7.70m 7.67m 7.51m 7.72m 7.52m		
6	Tiffany Fong	Hornsby	7.42m
	7.07m 7.42m 7.14m 7.29m 7.03m 6.83m		
7	Alice Boorman-Franks	Parramatta	7.41m
	6.21m 6.90m 7.41m 6.86m 7.11m FOUL		
8	Layla Tawbe	Cherrybrook	7.24m
	6.87m 6.70m 7.24m 5.72m 6.93m 6.78m		
9	Zoe Connell	Cherrybrook	6.41m
	6.33m 6.07m 6.41m		
--	Imogen Cochrane	Northern Districts	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - Shot Put (3.0 Kg)**

Region: R 15.00m 13/02/2022 Emma Polikowski, Manly Warri							
State: S 16.29m 18/02/2012 Taylah Sengul, Nepean							
Name	Age	Centre					Final
1 Maia MaddenKhan		Ku-Ring-Gai					13.45m
	12.67m	13.45m	13.21m	12.35m	12.23m	12.79m	
2 Jessica Johnston		Ryde					11.90m
	11.60m	11.50m	11.35m	11.90m	11.55m	11.75m	
3 Sarah Lovell		Ku-Ring-Gai					11.85m
	11.50m	FOUL	11.67m	FOUL	FOUL	11.85m	
4 Fenella Burns		Mosman					11.26m
	10.85m	11.07m	11.05m	11.26m	10.86m	11.16m	
5 Tara Hollyoak		Manly Warringah					11.01m
	10.56m	11.01m	10.05m	10.98m	10.19m	10.24m	
6 Isabella Barbara		Ryde					10.34m
	10.34m	10.32m	9.76m	10.29m	9.90m	10.28m	
7 Emily Govers		Northern Suburbs					10.24m
	9.76m	10.13m	9.76m	9.65m	8.98m	10.24m	
8 Ruby Perkins		Northern Suburbs					10.00m
	9.65m	9.44m	10.00m	9.48m	9.10m	9.48m	
9 Annabelle Stewart		Hornsby					9.17m
	9.17m	9.12m	8.27m				
-- Gemma McIntosh		Ku-Ring-Gai					DNS
-- Charlotte Nagle		Ryde					DNS
-- Claudia Barlow		Ryde					DNS
-- Maddison Kernaghan		Parramatta					DNS
-- Amelia Nagy		Nth Rocks Carlin					DNS
-- Louise Lovell		Ku-Ring-Gai					DNS
-- Elise Oliver		Northern Districts					DNS

Girls U 8 - Discus (500 Gram)

Region: R 24.09m 21/02/2004 Taylah Sengul, Winston Hills							
State: S 24.42m 23/11/2003 Taylah Sengul, Winston Hills							
Name	Age	Centre					Final
1 Anjali Agnew		Ku-Ring-Gai					13.40m
	12.63m	13.40m	11.77m	13.18m	13.17m	12.54m	
2 Iliana Tsaousidis		Hornsby					12.53m
	11.23m	10.32m	8.86m	11.17m	FOUL	12.53m	
3 Molly MooreMulcahy		Northern Districts					12.40m
	9.68m	FOUL	10.22m	11.04m	12.40m	10.65m	
4 Shasha Allanki		Nth Rocks Carlin					11.76m
	FOUL	8.90m	11.12m	FOUL	11.76m	9.99m	
5 Matilda Alexander		Manly Warringah					10.58m
	10.38m	9.10m	FOUL	10.58m	7.84m	8.46m	
6 Hope Wales		Northern Districts					10.32m
	10.32m	FOUL	8.64m	FOUL	FOUL	6.79m	
7 Sophie Dong		Northern Suburbs					9.95m
	7.83m	9.95m	9.25m	8.87m	8.79m	FOUL	
8 Piper Marshall		Manly Warringah					9.68m
	8.78m	FOUL	9.17m	8.94m	9.17m	9.68m	
9 Taylor Crumpton		Ryde					8.81m
	7.79m	8.81m	5.36m				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

10 Evelyn Liu	Nth Rocks Carlin	8.21m
8.21m FOUL FOUL		
11 Peyton Schooling	Hornsby	7.75m
6.05m 7.75m 5.71m		
12 Lauren Bennett	Ryde	7.15m
FOUL 7.15m FOUL		
13 Alena Andrijic	Manly Warringah	7.05m
FOUL FOUL 7.05m		
14 Piper Henebery	Parramatta	7.02m
FOUL 5.50m 7.02m		
15 Shanaya Dixit	Parramatta	6.14m
FOUL FOUL 6.14m		
-- Abigail Morgan	Ku-Ring-Gai	DNS

Girls U 9 - Discus (500 Gram)

Region: R 27.23m 15/02/2005 Taylah Sengul, Winston Hills
 State: S 31.22m 28/11/2004 Filoi Aokuso, Blacktown

Name	Age Centre	Final
1 Audrey Kerkham	Northern Suburbs	17.08m
17.08m FOUL 14.98m 15.30m 15.12m FOUL		
2 Rose Benson	Ku-Ring-Gai	17.05m
17.05m 15.10m 16.44m 16.39m 16.18m 15.86m		
3 Vanessa Obi	Nth Rocks Carlin	15.68m
15.68m 13.21m 12.64m 12.95m 12.56m 12.35m		
4 Hazel Care-Unger	Ryde	14.49m
10.90m 12.23m 12.28m 14.49m 11.84m		
5 Lillian Brookes	Northern Districts	13.72m
12.27m FOUL 13.72m 13.63m 12.90m 12.58m		
6 IslaF Talaese	Manly Warringah	13.24m
9.91m 11.76m 13.24m 12.68m 12.03m 12.13m		
7 Alexandra Bissaker	Hornsby	13.08m
10.98m 11.05m 10.87m 10.42m 13.08m FOUL		
8 Xanthe Sarkodee	Ku-Ring-Gai	12.33m
FOUL FOUL 11.88m 12.19m 12.33m 12.14m		
9 Asha Tsen-Braddock	Ryde	10.98m
FOUL 10.98m 9.10m		
10 Alyssa Turton	Northern Suburbs	10.89m
10.89m 10.76m 7.56m		
11 Amelia Esser	Manly Warringah	10.77m
FOUL 10.77m 7.89m		
12 Riley Lloyd-Owen	Hornsby	8.85m
8.85m 7.70m 8.38m		
-- Isabelle Ng Chok	Parramatta	FOUL
FOUL FOUL FOUL		
-- Zoe Schulz	Ku-Ring-Gai	DNS
-- Erica Fenner	Manly Warringah	DNS
-- Teara Obrien	Nth Rocks Carlin	DNS

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

Region: R 34.57m 18/02/2006 Taylah Sengul, Winston Hills						
State: S 37.22m 16/03/1985 Michelle Haage, Bankstown						
Name	Age	Centre				Final
1 Lucy Turner		Manly Warringah				27.89m
	24.56m	FOUL	25.69m	25.28m	27.89m	FOUL
2 Stella Wade		Northern Suburbs				26.17m
	15.56m	FOUL	5.14m	FOUL	22.82m	26.17m
3 Saanvi Saravana		Cherrybrook				23.02m
	16.04m	17.85m	23.02m	22.32m	17.70m	FOUL
4 LilyEve Everson		Ryde				21.99m
	18.13m	FOUL	17.74m	21.46m	FOUL	21.99m
5 Ayla Davis		Manly Warringah				21.76m
	FOUL	19.96m	FOUL	21.61m	21.76m	18.84m
6 Matilda Brookes		Northern Districts				19.62m
	16.83m	19.30m	19.62m	FOUL	18.42m	18.27m
7 Eloise Moran		Ryde				18.95m
	FOUL	16.92m	FOUL	18.95m	FOUL	FOUL
8 Ananshi Chopra		Northern Suburbs				15.33m
	15.33m	15.33m	FOUL	FOUL	14.96m	14.97m
9 Jasmine Gong		Ku-Ring-Gai				15.23m
	14.73m	14.85m	15.23m			
10 Nancy Barlow		Ryde				14.62m
	14.62m	11.02m	FOUL			
11 Mackenzie Laslett		Ku-Ring-Gai				14.06m
	13.86m	14.06m	FOUL			
12 Gabriella Fainga'anuku		Mosman				13.52m
	13.52m	FOUL	FOUL			
13 Chloe Huang		Ku-Ring-Gai				12.99m
	12.98m	12.99m	FOUL			
14 Audrey Smith		Ryde				11.42m
	10.50m	10.42m	11.42m			
-- Beth Cochrane		Northern Districts				FOUL
	FOUL	FOUL	FOUL			
-- Venba Bagath		Parramatta				DNS

Girls U 11 - Discus (500 Gram)

Region: R 35.18m 18/02/2007 Taylah Sengul, Winston Hills						
State: S 33.35m 10/02/2019 Tayla Moore, Cherrybrook						
Name	Age	Centre				Final
1 Imogen Connell		Cherrybrook				32.07m
	FOUL	28.18m	30.07m	FOUL	32.07m	30.33m
2 Alexandra Frielingsdorf		Northern Suburbs				27.01m
	25.25m	27.01m	25.51m	26.08m	24.20m	FOUL
3 Eloise Knorr		Manly Warringah				24.53m
	23.33m	22.09m	FOUL	19.57m	24.53m	23.70m
4 Samantha Campbell		Hornsby				23.63m
	FOUL	6.08m	20.38m	22.26m	21.31m	23.63m
5 Dulcie Thompson		Northern Districts				23.18m
	19.86m	21.89m	23.00m	22.15m	23.18m	FOUL
6 Olive Kacilala		Manly Warringah				22.00m
	19.30m	22.00m	20.93m	FOUL	16.13m	17.91m

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

7	Avery Johnston		Hornsby		21.40m
	14.50m	17.62m	20.02m	21.40m	20.12m 17.46m
8	Mila Bomba		Ryde		20.99m
	19.63m	FOUL	20.30m	8.21m	20.91m 20.99m
9	Gracie O'Leary		Northern Suburbs		19.19m
	16.93m	17.18m	19.19m		
10	Abigail Johnstone		Northern Suburbs		18.78m
	17.96m	18.78m	FOUL		
11	Skye Spiden		Ryde		J18.78m
	18.78m	17.91m	FOUL		
12	Pippa Wang		Ryde		18.69m
	17.64m	18.69m	15.33m		
13	Anna Sarkodee		Ku-Ring-Gai		16.68m
	14.52m	16.68m	14.49m		
14	Annika Owers		Northern Districts		15.33m
	14.12m	FOUL	15.33m		
--	Grace Patterson		Ku-Ring-Gai		DNS
--	Caitlin Allum		Manly Warringah		DNS

Girls U 12 - Discus (750 Gram)

Region: R 43.10m 16/02/2008 Taylah Sengul, Winston Hills
 State: S 46.19m 15/03/2008 Filoi Aokuso, Blacktown

Name Age Centre Final

1	Jeorgia Bowden		Ku-Ring-Gai		25.77m
	25.51m	19.20m	FOUL	25.77m	FOUL FOUL
2	Alice Larbey		Manly Warringah		21.36m
	18.33m	19.97m	18.60m	FOUL	21.36m 15.98m
3	Hayley Laslett		Ku-Ring-Gai		20.16m
	19.10m	17.54m	FOUL	20.16m	17.07m 17.92m
4	Milly McVicar		Manly Warringah		20.07m
	18.73m	20.07m	FOUL	19.23m	FOUL 16.68m
5	Claire Wang		Ryde		19.88m
	FOUL	17.82m	FOUL	18.46m	18.25m 19.88m
6	Scarlett Owers		Northern Districts		19.86m
	16.39m	19.86m	18.22m	18.54m	17.51m FOUL
7	Clara Knight		Northern Districts		18.91m
	17.59m	14.78m	FOUL	18.01m	13.93m 18.91m
8	Samantha Fong		Hornsby		17.30m
	14.93m	17.30m	15.82m	15.30m	15.64m 14.88m
9	Charlotte Barnsley		Ku-Ring-Gai		17.15m
	FOUL	4.75m	17.15m		
10	Latu Lolomanaia		Nth Rocks Carlin		17.08m
	17.08m	FOUL	13.14m		
11	Ada Riddle		Hornsby		16.96m
	15.74m	15.98m	16.96m		
12	Holly Connell		Northern Suburbs		16.63m
	11.33m	16.63m	15.12m		
13	Zara Cox		Ryde		16.53m
	16.53m	FOUL	FOUL		
14	Gillian Bedford		Ryde		16.38m
	16.38m	12.47m	14.83m		
15	Jolin Wirianata		Nth Rocks Carlin		15.78m
	15.78m	FOUL	FOUL		

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

16 Maisie Yorke Mosman 14.59m
 14.59m FOUL 13.50m

Girls U 13 - Discus (750 Gram)

Region: R 46.71m 21/02/2009 Taylah Sengul, Winston Hills
 State: S 49.57m 20/03/2009 Taylah Sengul, Winston Hills

Name	Age	Centre	Final
1 Sienna Vassella		Ku-Ring-Gai	33.72m
30.59m 27.92m 26.63m 29.52m 31.20m 33.72m			
2 Olivia Johnson		Ku-Ring-Gai	33.14m
30.90m 32.86m FOUL 31.43m 29.59m 33.14m			
3 Amy Campbell		Hornsby	32.91m
30.89m FOUL 32.91m 29.48m 28.75m FOUL			
4 Bella Fraser		Ryde	24.81m
24.19m FOUL 24.81m 22.54m 21.67m 22.56m			
5 Collette Lumley		Northern Suburbs	23.88m
22.87m 21.15m FOUL FOUL 23.88m 21.94m			
6 Elizabeth Fainga'anuku		Mosman	22.27m
22.27m FOUL 18.77m 18.26m 21.94m 19.57m			
7 Ella Hazon		Nth Rocks Carlin	20.91m
19.39m 19.14m 19.36m 19.34m 18.92m 20.91m			
8 Jennifer Toynbee		Northern Districts	19.35m
FOUL 16.09m 19.35m FOUL 17.99m FOUL			
9 Karina Olofinsky		Manly Warringah	18.09m
16.48m 14.14m 18.09m			
10 Chiara Utichi		Ryde	16.88m
FOUL 16.12m 16.88m			
11 Aliya Meehan		Mosman	16.63m
16.63m 15.77m 15.99m			
12 Alana Kokay		Parramatta	14.54m
FOUL FOUL 14.54m			
13 Sasha Sefton		Northern Districts	14.53m
FOUL 14.53m 13.81m			
14 Isabel Jordan		Manly Warringah	14.02m
FOUL 14.02m FOUL			
-- Maddison Barratt		Northern Districts	FOUL
FOUL FOUL FOUL			
-- Chloe Stante		Manly Warringah	DNS
-- Anna Moresi		Cherrybrook	DNS

Girls U 14 - Discus (1.0 Kg)

Region: R 42.86m 27/02/2010 Taylah Sengul, Winston Hills
 State: S 45.39m 20/03/2016 Sally Shokry, Hills District

Name	Age	Centre	Final
1 Nisini Rajapaksha Mudiya		Cherrybrook	31.72m
30.45m 20.74m 31.03m 28.83m 30.06m 31.72m			
2 Chelsea Forte		Ku-Ring-Gai	23.89m
FOUL 23.15m 23.89m 17.72m FOUL 19.77m			
3 Sophia Tsaousidis		Hornsby	21.51m
19.62m 17.84m 20.87m FOUL 20.98m 21.51m			

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

4	Cheyenne Sinteur	Cherrybrook	21.04m
	FOUL 19.93m 20.21m	FOUL 18.47m 21.04m	
5	Charlie Goodare	Mosman	19.71m
	FOUL 17.00m 17.45m	19.46m 16.75m 19.71m	
6	Lu'isa Lolomanaia	Nth Rocks Carlin	18.38m
	FOUL 16.81m 16.66m	13.47m 15.64m 18.38m	
7	Charlotte Megarrity	Ryde	13.60m
	12.61m 11.13m 12.23m	10.75m 13.60m 12.08m	
8	Pranaya Prasath	Parramatta	13.59m
	FOUL 12.91m 13.59m	12.06m 13.15m 12.64m	
--	Sophie Farrell	Ku-Ring-Gai	FOUL
	FOUL FOUL FOUL		
--	Sienna Evans	Manly Warringah	DNS
--	Alicia Endicott	Ku-Ring-Gai	DNS
--	Millie Buxton	Manly Warringah	DNS
--	Lily Hughes	Ku-Ring-Gai	DNS
--	Sofia Gasparini	Parramatta	DNS

Girls U 15 - Discus (1.0 Kg)

=====			
	Region: R 46.12m	14/02/2015	Kristina Moore, Cherrybrook
	State: S 48.18m	29/11/1995	Katrina Steele, Springwood
	Name	Age Centre	Final
=====			
1	Nehara DeMel	Ku-Ring-Gai	33.68m
	32.89m FOUL 33.68m	31.39m 32.81m 33.53m	
2	Sally Fainga'anuku	Mosman	32.29m
	29.96m 25.92m 32.29m	28.28m 29.14m 30.36m	
3	Mikayla Duncombe	Ryde	29.93m
	29.93m FOUL 28.83m	FOUL 29.37m 27.63m	
4	Tiffany Fong	Hornsby	21.38m
	FOUL 18.38m 20.69m	20.37m 19.03m 21.38m	
5	Layla Tawbe	Cherrybrook	21.11m
	21.11m 17.84m 18.89m	FOUL 18.32m 18.21m	
6	Zoe Connell	Cherrybrook	21.02m
	19.10m 18.41m 20.77m	18.60m 20.50m 21.02m	
7	Stella White	Parramatta	19.66m
	19.15m 18.98m 19.66m	14.70m 17.54m 15.05m	
8	Kyrah McMahon	Northern Districts	19.12m
	17.93m 19.12m 16.82m	18.05m 18.07m 18.90m	
9	Aniela Knight	Northern Districts	17.04m
	17.04m FOUL 16.84m		
--	Emma Garden	Manly Warringah	DNS
--	Imogen Cochrane	Northern Districts	DNS
--	Claire Yang	Nth Rocks Carlin	DNS

Girls U 17 - Discus (1.0 Kg)

=====			
	Region: R 48.03m	11/02/2024	Jessica Johnston, Ryde
	State: S 48.65m	17/02/2012	Taylah Sengul, Nepean
	Name	Age Centre	Final
=====			
1	Jessica Johnston	Ryde	48.03mR
	45.12m 43.56m 45.29m	45.55m 48.03m 43.10m	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

2	Elisabeth Pulis	Manly Warringah	37.52m
	35.74m 37.38m 37.09m 37.52m 37.15m 35.56m		
3	Maia MaddenKhan	Ku-Ring-Gai	37.42m
	34.82m 37.42m 34.40m FOUL 33.18m 36.68m		
4	Fenella Burns	Mosman	30.65m
	25.54m FOUL 27.57m 27.08m 29.98m 30.65m		
5	Isabella Barbara	Ryde	27.65m
	27.65m 24.63m FOUL 24.84m 27.44m 25.75m		
6	Gemma McIntosh	Ku-Ring-Gai	27.29m
	25.55m 26.71m 24.10m 27.29m 16.34m 19.86m		
7	Amelia Nagy	Nth Rocks Carlin	26.81m
	23.46m 26.28m 26.81m 22.44m 26.24m FOUL		
8	Summer Sivaraj	Ku-Ring-Gai	26.38m
	26.13m FOUL FOUL FOUL 25.59m 26.38m		
9	Annabelle Stewart	Hornsby	23.29m
	23.29m 22.89m 22.00m		
10	Jojo Pike	Mosman	20.21m
	FOUL FOUL 20.21m		
11	Elise Murray	Parramatta	20.14m
	20.14m 19.84m 18.54m		
12	Rithaja Sankaran	Nth Rocks Carlin	20.05m
	18.02m 20.05m 16.22m		
13	Ava Mitchell	Northern Districts	18.85m
	18.85m 17.25m FOUL		
--	Grace Carden	Mosman	DNS
--	Claudia Barlow	Ryde	DNS
--	Maddison Kernaghan	Parramatta	DNS

Girls U 9-10 Multi Class Discus

Name	Age Centre	Final
1 Alia Metani (Rr1/F35)	Nth Rocks Carlin	1.73m
	1.36m FOUL 1.73m	

Girls U 11 - Javelin (400 Gram)

Region: R	23.70m	17/02/2018	Isabelle Cruickshank, Northe
State: S	28.94m	19/03/2017	Rachel Bardney, Kings Langle
Name	Age Centre	Final	
1 Samantha Campbell	Hornsby	18.88m	
	FOUL 15.42m 18.88m 16.58m 16.26m 18.02m		
2 Eloise Knorr	Manly Warringah	18.60m	
	10.90m FOUL 15.16m FOUL FOUL 18.60m		
3 Annika Owers	Northern Districts	17.04m	
	14.50m 17.04m 14.82m 16.48m FOUL FOUL		
4 Darcie Dalle Nogare	Northern Suburbs	16.84m	
	12.72m 12.32m 14.08m 16.84m 1.60m FOUL		
5 Mila Bomba	Ryde	16.66m	
	13.50m 15.68m FOUL 16.66m 16.48m 15.54m		
6 Pippa Wang	Ryde	15.16m	
	14.66m 11.68m FOUL FOUL 15.16m 13.80m		
7 Caitlin Allum	Manly Warringah	14.18m	
	12.16m 13.32m 14.18m 13.14m 14.12m 13.74m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

8	Olivia Lalor	Cherrybrook	13.42m
	9.80m 13.42m 11.50m 11.56m 11.46m 10.70m		
9	Melina Michaels	Ryde	11.42m
	11.42m 10.94m FOUL		
10	Chloe Peaper	Manly Warringah	11.02m
	11.02m FOUL FOUL		
11	Gracie O'Leary	Northern Suburbs	10.54m
	10.24m FOUL 10.54m		
12	Ally Mitry	Northern Suburbs	9.90m
	9.90m FOUL 8.50m		
--	Evelyn Lulli	Manly Warringah	DNS
--	Anna Wegener	Cherrybrook	DNS
--	Chloe McPherson	Ku-Ring-Gai	DNS
--	Serafina Volpe	Manly Warringah	DNS

Girls U 12 - Javelin (400 Gram)

Region: R 30.70m 15/02/2014 Amie Bowrey, Cherrybrook
 State: S 34.42m 21/03/2015 Lianna Davidson, Kurrajong B

Name	Age	Centre	Final
1	Scarlett Owers	Northern Districts	23.18m
	FOUL 21.54m 20.62m 22.38m 23.18m 21.80m		
2	Gillian Bedford	Ryde	23.10m
	13.16m 17.58m 15.84m 15.16m 23.10m 23.08m		
3	Milly McVicar	Manly Warringah	J23.10m
	FOUL FOUL 21.14m 23.10m 20.36m 18.72m		
4	Hayley Laslett	Ku-Ring-Gai	21.56m
	18.88m 19.38m 21.56m 21.16m 17.94m 19.96m		
5	Mikaila Semmens	Manly Warringah	20.58m
	20.58m 19.32m 17.92m 19.58m FOUL FOUL		
6	Sophie Tazewell	Parramatta	20.36m
	19.56m 14.80m 18.22m 18.98m FOUL 20.36m		
7	Alice Larbey	Manly Warringah	16.98m
	16.48m 15.14m 15.20m 15.26m 16.98m 15.38m		
8	Jasmin Collier	Nth Rocks Carlin	16.26m
	14.98m 15.34m 16.04m 14.08m 16.26m 14.18m		
9	Evaleigh Gong	Ku-Ring-Gai	14.60m
	10.78m 11.96m 14.60m		
10	Charlotte Le Fevre	Ryde	14.56m
	FOUL FOUL 14.56m		
11	Jade Hawes	Northern Districts	13.90m
	11.04m 13.90m 10.76m		
12	Roxanne Parkes	Manly Warringah	J13.90m
	13.90m FOUL FOUL		
13	Aria Bibring	Nth Rocks Carlin	12.12m
	8.82m 12.12m 9.62m		
14	Samantha Fong	Hornsby	12.08m
	8.56m 12.08m 11.60m		
15	Holly Connell	Northern Suburbs	9.96m
	FOUL FOUL 9.96m		
--	Juliet Erickson	Hornsby	FOUL
	FOUL FOUL FOUL		

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - Javelin (400 Gram)**

Region: R 44.37m 21/02/2009 Taylah Sengul, Winston Hills						
State: S 45.91m 22/03/2009 Taylah Sengul, Winston Hills						
Name	Age		Centre	Final		
1 Amy Campbell			Hornsby	26.64m		
	20.28m	26.64m	26.54m	20.58m	23.62m	23.86m
2 Hannah Lambert			Nth Rocks Carlin	26.02m		
	21.18m	24.22m	26.02m	19.30m	22.26m	22.02m
3 Maddison Barratt			Northern Districts	23.38m		
	23.32m	23.38m	22.00m	21.42m	FOUL	23.34m
4 Collette Lumley			Northern Suburbs	21.82m		
	21.82m	18.56m	18.64m	19.92m	21.28m	21.46m
5 Emma Kramer			Manly Warringah	19.60m		
	17.42m	15.56m	17.66m	15.28m	19.60m	18.30m
6 Elizabeth Fainga'anuku			Mosman	18.72m		
	14.60m	13.16m	14.08m	16.42m	18.72m	
7 Jennifer Toynbee			Northern Districts	18.34m		
	FOUL	15.42m	FOUL	17.20m	18.34m	16.90m
8 Alana Kokay			Parramatta	13.98m		
	10.24m	11.42m	12.56m	13.98m	12.08m	11.60m
9 Olivia Rendall			Northern Suburbs	11.58m		
	11.58m	9.84m	10.68m			
-- Olivia Gouws			Hornsby	FOUL		
	FOUL	FOUL	FOUL			
-- Bronte Nagle			Ryde	DNS		
-- Alana Lulli			Manly Warringah	DNS		
-- Gemma Dixon			Manly Warringah	DNS		
-- Ella Hazon			Nth Rocks Carlin	DNS		
-- Anna Moresi			Cherrybrook	DNS		

Girls U 14 - Javelin (400 Gram)

Region: R 38.01m 13/02/2016 Amie Bowrey, Cherrybrook						
State: S 52.23m 18/03/2017 Lianna Davidson, Kurrajong B						
Name	Age		Centre	Final		
1 Chelsea Forte			Ku-Ring-Gai	32.92m		
	30.52m	32.92m	24.80m	32.02m	28.20m	26.74m
2 Cheyenne Sinteur			Cherrybrook	26.46m		
	26.08m	26.46m	23.62m	24.84m	26.26m	23.30m
3 Sophie Farrell			Ku-Ring-Gai	25.50m		
	23.98m	22.92m	20.94m	FOUL	24.82m	25.50m
4 Evana Butler			Nth Rocks Carlin	20.32m		
	16.64m	20.32m	20.30m	FOUL	17.32m	FOUL
5 Lu'isa Lolomanaia			Nth Rocks Carlin	19.74m		
	FOUL	18.96m	17.30m	FOUL	19.74m	17.18m
6 Ruby Penn			Cherrybrook	19.32m		
	15.42m	FOUL	18.06m	FOUL	19.32m	FOUL
7 Chloe McGregor			Ryde	18.98m		
	FOUL	16.32m	18.98m	18.20m	FOUL	18.40m
8 Annalise Cottrell			Northern Districts	17.96m		
	17.96m	15.86m	FOUL	FOUL	FOUL	FOUL
9 Sophia Tsaousidis			Hornsby	17.44m		
	15.04m	14.50m	17.44m			

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

10	Tara Gilkeson	Hornsby	16.66m
	16.66m 15.18m 12.74m		
11	Charlotte Butler	Parramatta	14.92m
	14.08m 12.86m 14.92m		
12	Sofia Gasparini	Parramatta	14.34m
	FOUL FOUL 14.34m		
13	Erin Armstrong	Ryde	12.74m
	11.24m FOUL 12.74m		
--	Summer Aiken	Parramatta	DNS
--	Alicia Connell	Northern Suburbs	DNS

Girls U 15 - Javelin (500 Gram)

=====			
	Region: R 42.06m	14/02/2016	Brooke East, Manly Warringah
	State: S 45.81m	25/03/2018	Lianna Davidson, Kurrajong B
Name	Age	Centre	Final
=====			
1	Layla Tawbe	Cherrybrook	31.06m
	FOUL 30.80m 28.70m 26.82m 25.84m 31.06m		
2	Sally Fainga'anuku	Mosman	28.08m
	23.62m 21.70m 23.90m FOUL 25.90m 28.08m		
3	Eden Herring	Hornsby	25.88m
	25.88m 25.72m 23.88m 25.80m 25.60m 25.64m		
4	Mikayla Duncombe	Ryde	23.70m
	21.60m 23.70m 20.96m 23.42m FOUL 23.10m		
5	Lily Greig	Ku-Ring-Gai	22.58m
	18.94m 20.28m 20.30m 19.44m 21.86m 22.58m		
6	Tiffany Fong	Hornsby	19.12m
	15.62m 17.94m 19.12m FOUL 14.90m 17.10m		
7	Alice Boorman-Franks	Parramatta	15.24m
	9.40m 14.50m 12.42m 12.36m 12.64m 15.24m		
8	Josie Clayton	Hornsby	14.74m
	1.40m 12.92m 14.74m 13.84m 14.08m 12.88m		
9	Stella White	Parramatta	13.12m
	13.12m FOUL 11.88m		
10	Zoe Connell	Cherrybrook	13.02m
	12.58m 13.02m FOUL		
--	Carys Byrnes	Nth Rocks Carlin	DNS
--	Imogen Cochrane	Northern Districts	DNS
--	Tanna Kotulic	Northern Suburbs	DNS

Girls U 17 - Javelin (500 Gram)

=====			
	Region: R 40.34m	17/02/2018	Brooke East, Manly Warringah
	State: S 52.66m	16/03/2019	Lianna Davidson, Kurrajong B
Name	Age	Centre	Final
=====			
1	Jessica Johnston	Ryde	36.74m
	34.16m 36.74m		
2	Maddison Kernaghan	Parramatta	34.84m
	FOUL 33.86m 34.84m 32.78m 30.80m 33.28m		
3	Amelia Nagy	Nth Rocks Carlin	33.42m
	32.64m 33.42m 30.22m 30.02m 31.30m 33.00m		
4	Elise Oliver	Northern Districts	32.26m
	32.26m 30.76m 26.98m 19.32m 29.50m 26.52m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

5	Poppy Day		Manly Warringah	29.00m
	FOUL FOUL	23.22m 26.18m	26.76m 29.00m	
6	Rithaja Sankaran		Nth Rocks Carlin	28.62m
		22.36m 23.50m 27.30m	28.62m 23.46m FOUL	
7	Ruby Perkins		Northern Suburbs	27.00m
		27.00m 21.42m 26.02m	25.08m 26.18m 24.02m	
8	Annabelle Stewart		Hornsby	23.76m
		22.02m 21.20m 23.76m	21.48m 22.28m 22.64m	
9	Sophie Quinnell		Northern Suburbs	23.10m
		21.98m 22.34m 23.10m		
10	Adriana Prizmic		Manly Warringah	18.82m
		18.30m 17.28m 18.82m		
11	Catrine Atherton		Manly Warringah	15.86m
	FOUL FOUL	15.86m		
--	Claudia Barlow		Ryde	DNS
--	Elise Murray		Parramatta	DNS
--	Jessica Koussas		Ryde	DNS
--	Sarah Lovell		Ku-Ring-Gai	DNS
--	Louise Lovell		Ku-Ring-Gai	XDNS

Girls U 13-14 Multi Class Long Jump

Name	Age Centre	Final
-- Gemma Sellick (T/F46)	Manly Warringah	DNS

Girls U 9 - 700 Metre Walk

Region: R	3:16.68	05/02/2023	Stella Wade, Northern Subur
State: S	3:21.70	21/03/1999	Natasha Agius, Nepean
Name	Age Centre	Final	
1 Kinsley Harvey	Ku-Ring-Gai	4:07.02	
2 Ava Trapps	Manly Warringah	4:12.91	
3 Indiana AllanCrocker	Manly Warringah	4:18.50	
4 Sofia Lam	Nth Rocks Carlin	4:28.47	
5 Millar Hicks	Mosman	4:28.75	
6 Jade Lynas	Ku-Ring-Gai	4:37.88	
7 Annabel Dickson	Nth Rocks Carlin	4:44.98	
8 Jade Wilson	Manly Warringah	4:49.12	
9 Georgia Rouse	Ku-Ring-Gai	5:08.83	
10 Sarah Anwar	Nth Rocks Carlin	6:10.26	
11 Victoria Hanington	Parramatta	6:11.77	
-- Arelie Doria	Manly Warringah	DNS	
-- Xanthe Sarkodee	Ku-Ring-Gai	DNS	
-- Sara Hudson	Northern Suburbs	DNS	

Girls U 10 - 1100 Metre Walk

Region: R	5:26.04	11/02/2024	Stella Wade, Northern Subur
State: S	5:21.20	21/03/2004	Kini Chapple, Nepean
Name	Age Centre	Final	
1 Stella Wade	Northern Suburbs	5:26.04R	
2 LilyEve Everson	Ryde	5:49.22	

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

3	Beth Cochrane	Northern Districts	6:11.17
4	Casey Fowler	Parramatta	6:37.04
5	Amelie Ogden	Ku-Ring-Gai	6:42.67
6	Grace Tague	Manly Warringah	6:50.48
7	Carly Veasey	Ku-Ring-Gai	6:56.88
8	Sadie Tyler	Manly Warringah	7:09.84
9	Maxwell Verney	Ku-Ring-Gai	7:29.61
10	Olivia Baxter	Manly Warringah	7:39.14
11	Milena Mok	Cherrybrook	7:52.33
12	Eloise Moran	Ryde	8:27.50
13	Anabelle Bocska	Ku-Ring-Gai	8:43.52
--	Ellie Boers	Ku-Ring-Gai	DNS
--	Annaliese Lulli	Manly Warringah	DNS
--	Francesca Perkins	Cherrybrook	DNS

Girls U 11 - 1100 Metre Walk

Region: R 5:23.40 28/02/2010 Jasmyn McDonald, Parramatta
 State: S 5:01.30 20/03/2005 Kini Chapple, Nepean

Name	Age	Centre	Final
1	Caitlin Allum	Manly Warringah	5:59.72
2	Emma Olofinsky	Manly Warringah	6:07.93
3	Kira Ekers	Ryde	6:15.30
4	Ivy Allen	Nth Rocks Carlin	6:38.96
5	Annika Owers	Northern Districts	6:40.71
6	Skye Spiden	Ryde	6:50.71
7	Kate McLean	Ku-Ring-Gai	7:03.01
8	Melina Michaels	Ryde	7:03.95
9	Amy Bright	Manly Warringah	7:20.34
10	Madeleine Louis	Manly Warringah	7:37.43
11	Olivia Lalor	Cherrybrook	8:46.24
--	Eloise Bradfield	Ku-Ring-Gai	DNS
--	Madeline Ivey	Ku-Ring-Gai	DNS
--	Sophia Davis	Parramatta	DNS

Girls U 12 - 1500 Metre Walk

Region: R 7:19.05 17/02/2013 Eliza De Laine, Northern Su
 State: S 6:38.70 20/03/1994 Renee McAskill, Nepean

Name	Age	Centre	Final
1	Ashleigh Mansell	Cherrybrook	7:55.08
2	Molly Miller	Manly Warringah	8:29.74
3	Scout Linton	Ku-Ring-Gai	8:44.09
4	Gemma Hunt	Manly Warringah	9:22.09
5	Jolin Wirianata	Nth Rocks Carlin	9:49.62
6	Maja Bennedick	Manly Warringah	10:30.50
7	Jasmin Collier	Nth Rocks Carlin	11:01.31
8	Aria Bibring	Nth Rocks Carlin	11:54.57
--	Ronika Mirzaei	Nth Rocks Carlin	DNS
--	Grace Mercer	Manly Warringah	DNS
--	Hayley Carroll	Nth Rocks Carlin	DNS

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

Region: R 6:47.52 05/02/2023 Sophie Polkinghorne, Nth Ro			
State: S 6:35.30 19/03/2006 Shannon Jennings, Nepean			
Name	Age	Centre	Final
1 Gemma Dixon		Manly Warringah	7:35.38
2 Miarose Everson		Ryde	8:06.16
3 Sienna Wade		Northern Suburbs	8:31.11
4 Ella-Rae Mcgregor		Parramatta	9:56.11
5 Mia Graham		Cherrybrook	10:15.27

Girls U 14 - 1500 Metre Walk

Region: R 6:51.65 11/02/2024 Sophie Polkinghorne, Nth Ro			
State: S 6:15.40 17/03/1996 Renee McAskill, Nepean			
Name	Age	Centre	Final
1 Sophie Polkinghorne		Nth Rocks Carlin	6:51.65R
2 Lily Horne		Ku-Ring-Gai	8:48.70
3 Ruby Penn		Cherrybrook	9:18.36
-- Chloe McGregor		Ryde	DQ

Girls U 15 - 1500 Metre Walk

Region: R 6:53.10 19/02/2006 Melissa Hayes, Kings Langle			
State: S 6:24.20 16/03/1997 Renee McAskill, Doonside			
Name	Age	Centre	Final
1 Jessica Loring		Parramatta	6:57.48
2 Imogen Cochrane		Northern Districts	9:45.36

Girls U 17 - 1500 Metre Walk

Region: R 6:42.51 05/02/2023 Zoe Woods, Ku-Ring-Gai			
State: S 6:38.80 17/03/2019 Allannah Pitcher, Gosford			
Name	Age	Centre	Final
1 Summer Sivaraj		Ku-Ring-Gai	8:19.85
2 Isabella Primrose		Nth Rocks Carlin	9:16.04
3 Ally Maclaine		Hornsby	9:25.65
-- Grace Beck		Ku-Ring-Gai	DNS

Boys U 8 - 70 Metre Sprint

Region: R 10.60 19/02/2006 Jordan Shelley, Hills District					
State: S 10.34 11/03/1978 Tim Harper, Weston Creek					
State: S 10.34 11/03/1978 Mark Lever, Hornsby					
Name	Age	Centre	Prelims	H#	
Heats					
1 Jacob Alexander		Manly Warringah	11.58Q	1	
2 Elliot Hall		Northern Suburbs	12.01Q	2	
3 Zach Haycraft		Northern Suburbs	11.64Q	1	
4 Jack Vukovic		Manly Warringah	12.27Q	2	
5 Nico Brichta		Northern Districts	11.67Q	1	
6 Thomas Garland		Nth Rocks Carlin	12.31Q	2	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 70 Metre Sprint

7	Ethan Josa	Northern Suburbs	12.03q	1
8	Coby James	Manly Warringah	12.08q	1
9	Noah Smith	Ryde	12.32	2
10	Kenneth Huang	Ku-Ring-Gai	12.34	2
11	Sonny Farrell	Manly Warringah	12.64	1
12	Oliver Hohmann	Nth Rocks Carlin	12.85	2
13	Reuben Achike	Ku-Ring-Gai	12.86	2
14	Kanav Pragadeesh	Cherrybrook	13.15	2
--	Hiroki Keene	Cherrybrook	DNS	1
--	Riley Hwang	Ku-Ring-Gai	DNS	1

Boys U 8 - 70 Metre Sprint

=====
 Region: R 10.60 19/02/2006 Jordan Shelley, Hills Distric
 State: S 10.34 11/03/1978 Tim Harper, Weston Creek
 State: S 10.34 11/03/1978 Mark Lever, Hornsby

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

Final

1	Elliot Hall	Northern Suburbs	11.30	
2	Zach Haycraft	Northern Suburbs	11.39	
3	Nico Brichta	Northern Districts	11.40	
4	Jacob Alexander	Manly Warringah	11.50	
5	Jack Vukovic	Manly Warringah	11.63	
6	Ethan Josa	Northern Suburbs	11.74	
7	Thomas Garland	Nth Rocks Carlin	11.83	
8	Coby James	Manly Warringah	11.91	

Boys U 9 - 70 Metre Sprint

=====
 Region: R 10.00 2000 Michael Oldfield, Manly Warringa
 State: S 9.94 22/03/1998 John Grant, Canowindra
 State: S 9.94 20/02/2000 Daniel Perkins, Sutherland
 State: S 9.94 19/03/2000 Michael Oldfield, Manly Warringa
 State: S 9.94 18/03/2007 Benjamin Alessio, St George

=====
 Name Age Centre Prelims H#
 =====

Heats

1	Blake Creelman	Manly Warringah	10.89Q	1
2	Jack Cross	Ku-Ring-Gai	11.20Q	2
3	Rene Barkhuysen	Ku-Ring-Gai	11.29Q	1
4	Tyler Holdsworth	Hornsby	11.41Q	2
5	Riyansh Thorat	Parramatta	11.33Q	1
6	Charl Price	Ku-Ring-Gai	11.45Q	2
7	Jaxon Garton	Northern Suburbs	11.51q	2
8	Daniel McNaughtan	Manly Warringah	11.59q	2
9	Darcy Hazon	Nth Rocks Carlin	11.61	1
10	Maximilian Elder	Parramatta	11.68	1
11	Ari Newman	Ryde	11.91	2
12	Nathan Wechsler	Northern Suburbs	12.17	2
13	Neil Macmillan	Ku-Ring-Gai	12.50	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 9 - 70 Metre Sprint

Region:	R	10.00	2000	Michael Oldfield, Manly Warri
State:	S	9.94	22/03/1998	John Grant, Canowindra
State:	S	9.94	20/02/2000	Daniel Perkins, Sutherland
State:	S	9.94	19/03/2000	Michael Oldfield, Manly Warri
State:	S	9.94	18/03/2007	Benjamin Alessio, St George
Name			Age Centre	Final

Final

1	Blake Creelman	Manly Warringah	10.79
2	Jack Cross	Ku-Ring-Gai	10.86
3	Tyler Holdsworth	Hornsby	11.06
4	Rene Barkhuysen	Ku-Ring-Gai	11.09
5	Riyansh Thorat	Parramatta	11.10
6	Charl Price	Ku-Ring-Gai	11.24
7	Jaxon Garton	Northern Suburbs	11.29
8	Daniel McNaughtan	Manly Warringah	11.31

Boys U 10 - 70 Metre Sprint

Region:	R	9.50	2000	Joshua Mulligan, Gosford
State:	S	9.54	20/03/1999	Christopher Lawrence, Campbellto
State:	S	9.54	19/03/2000	Josh Mulligan, Gosford
Name			Age Centre	Prelims H#

Heats

1	Hudson McGregor	Manly Warringah	10.41Q	2
2	Brody Scott-Faul	Manly Warringah	10.43Q	1
3	Tadhg Crowley	Hornsby	10.45Q	1
4	Archer Griffiths (1)	Ryde	10.63Q	2
5	Finn Sorbara	Mosman	10.74Q	2
6	Nicholas Fijan	Northern Suburbs	10.84Q	1
7	Alexander Conner	Ku-Ring-Gai	10.89q	1
8	Ezra Ko	Northern Suburbs	11.09q	1
9	Matthew El Kadi	Nth Rocks Carlin	11.09q	1
10	Lequintin Nicholson	Manly Warringah	11.09q	2
11	Ethan Moyo	Ryde	11.11	1
12	Solomon Romyn	Manly Warringah	11.12	2
13	Marco Dessanti	Ryde	11.16	2
14	Ethan Bourne	Ryde	11.33	2
15	Bethan Compion	Ku-Ring-Gai	11.42	1
--	Harrison Campbell	Cherrybrook	DNS	2

Boys U 10 - 70 Metre Sprint

Region:	R	9.50	2000	Joshua Mulligan, Gosford
State:	S	9.54	20/03/1999	Christopher Lawrence, Campbel
State:	S	9.54	19/03/2000	Josh Mulligan, Gosford
Name			Age Centre	Final

Final

1	Hudson McGregor	Manly Warringah	10.11
2	Tadhg Crowley	Hornsby	10.28
3	Brody Scott-Faul	Manly Warringah	10.38
4	Archer Griffiths (1)	Ryde	10.61
5	Nicholas Fijan	Northern Suburbs	10.75

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 10 - 70 Metre Sprint

6 Finn Sorbara	Mosman	10.82
7 Alexander Conner	Ku-Ring-Gai	10.83
8 Ezra Ko	Northern Suburbs	11.03
9 Matthew El Kadi	Nth Rocks Carlin	11.12
10 Lequintin Nicholson	Manly Warringah	11.20

Boys U 8 - 100 Metre Sprint

Region: R 13.90 1995 J DeSilva, Winston Hills
 State: S 14.24 12/03/1978 Tim Harper, Weston Creek

Name	Age Centre	Prelims	H#
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Heats

1 Nico Brichta	Northern Districts	16.44Q	1
2 Stephen Harvey	Ku-Ring-Gai	16.93Q	2
3 Elliot Hall	Northern Suburbs	16.68Q	1
4 Aiden Dunne	Manly Warringah	16.94Q	2
5 Jacob Alexander	Manly Warringah	16.98Q	1
6 Bailey Vassella	Ku-Ring-Gai	17.05Q	2
7 Thomas Garland	Nth Rocks Carlin	17.11q	2
8 Reuben Achike	Ku-Ring-Gai	17.30q	1
9 Kenneth Huang	Ku-Ring-Gai	17.59	1
10 Ilya Passmore	Ryde	17.97	1
11 Ethan Josa	Northern Suburbs	18.00	2
12 Levi Curtis	Parramatta	18.35	1
12 Lachlan Creighton	Manly Warringah	18.35	2
14 William Kucharski	Nth Rocks Carlin	18.53	2
15 Ryan Rann	Cherrybrook	18.61	1

Boys U 8 - 100 Metre Sprint

Region: R 13.90 1995 J DeSilva, Winston Hills
 State: S 14.24 12/03/1978 Tim Harper, Weston Creek

Name	Age Centre	Final
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Final

1 Nico Brichta	Northern Districts	16.43
2 Elliot Hall	Northern Suburbs	16.60
3 Aiden Dunne	Manly Warringah	16.73
4 Stephen Harvey	Ku-Ring-Gai	16.92
5 Bailey Vassella	Ku-Ring-Gai	16.93
6 Jacob Alexander	Manly Warringah	17.32
7 Thomas Garland	Nth Rocks Carlin	17.35
8 Reuben Achike	Ku-Ring-Gai	17.55

Boys U 9 - 100 Metre Sprint

Region: R 13.90 2000 Michael Oldfield, Manly Warringah
 State: S 13.64 21/02/1998 Christopher Lawrence, Campbellto

Name	Age Centre	Prelims	H#
------	------------	---------	----

Heats

1 Edmund Chen	Ku-Ring-Gai	15.00Q	2
2 AdamMichael Vesely	Manly Warringah	15.51Q	1
3 Jack Cross	Ku-Ring-Gai	15.32Q	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 9 - 100 Metre Sprint

4	Blake Creelman	Manly Warringah	15.60Q	1
5	Rene Barkhuysen	Ku-Ring-Gai	15.92Q	2
6	Riyansh Thorat	Parramatta	16.12Q	1
7	Jett Garton	Northern Suburbs	15.97q	2
8	Tyler Holdsworth	Hornsby	15.99q	2
9	Brendan Jones	Cherrybrook	16.00	2
10	Andreas DePasquale	Hornsby	16.03	2
11	Anthony Simonian	Ryde	16.26	1
12	Thoma Bolla-Nozawa	Ryde	16.30	1
13	Daniel McNaughtan	Manly Warringah	16.38	1
14	Darcy Hazon	Nth Rocks Carlin	16.69	1
15	Garvik Venkatesh	Nth Rocks Carlin	17.54	1
--	Ethan Mikhael	Nth Rocks Carlin	DNS	2

Boys U 9 - 100 Metre Sprint

=====			
Region:	R 13.90	2000	Michael Oldfield, Manly Warri
State:	S 13.64	21/02/1998	Christopher Lawrence, Campbel
Name	Age	Centre	Final
=====			

Final

1	AdamMichael Vesely	Manly Warringah	15.37
2	Edmund Chen	Ku-Ring-Gai	15.60
3	Blake Creelman	Manly Warringah	15.88
4	Jack Cross	Ku-Ring-Gai	15.89
5	Rene Barkhuysen	Ku-Ring-Gai	16.49
6	Riyansh Thorat	Parramatta	16.72
7	Tyler Holdsworth	Hornsby	16.73
8	Jett Garton	Northern Suburbs	16.87

Boys U 10 - 100 Metre Sprint

=====				
Region:	R 13.30	2000	Joshua Mulligan, Gosford	
State:	S 12.94	12/03/1978	Philip Provenzano, Randwick Bota	
Name	Age	Centre	Prelims	H#
=====				

Heats

1	Hudson McGregor	Manly Warringah	14.69Q	2
2	Brody Scott-Faul	Manly Warringah	14.85Q	1
3	Tadhg Crowley	Hornsby	14.87Q	1
4	Hamish Skeates	Ku-Ring-Gai	15.21Q	2
5	Flynn Scrivener	Northern Suburbs	14.95Q	1
6	Finn Sorbara	Mosman	15.36Q	2
7	Matthew Balcombe	Northern Suburbs	15.38q	2
8	Liam Baird	Northern Suburbs	15.43q	2
9	Archie Gulczynski	Cherrybrook	15.73	1
10	Roneil Nair	Northern Suburbs	15.75	2
11	Eli Conning	Manly Warringah	15.80	1
12	Kingston Davis	Mosman	15.84	1
13	Marco Dessanti	Ryde	16.11	1
14	Henry Wilkin-Smith	Northern Suburbs	16.27	2
--	Harrison Campbell	Cherrybrook	DNS	2
--	Euan Smith	Ku-Ring-Gai	DNS	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 10 - 100 Metre Sprint

=====
 Region: R 13.30 2000 Joshua Mulligan, Gosford
 State: S 12.94 12/03/1978 Philip Provenzano, Randwick B
 Name Age Centre Final
 =====

Final

1	Hudson McGregor	Manly Warringah	14.34
2	Flynn Scrivener	Northern Suburbs	14.71
3	Brody Scott-Faul	Manly Warringah	14.85
4	Tadhg Crowley	Hornsby	14.90
5	Liam Baird	Northern Suburbs	15.10
6	Hamish Skeates	Ku-Ring-Gai	15.20
7	Finn Sorbara	Mosman	15.35
8	Matthew Balcombe	Northern Suburbs	15.39

Boys U 11 - 100 Metre Sprint

=====
 Region: R 13.04 17/02/2018 Dylan Hall, Ku-Ring-Gai
 State: S 12.64 12/03/1978 Robert Stanford, Nepean
 Name Age Centre Prelims H#
 =====

Heats

1	Jensen Barrett	Northern Districts	14.64Q	1
2	Edward Sharp	Mosman	14.69Q	2
3	Alexander Economides	Ryde	14.84Q	2
4	Heath Towers	Manly Warringah	15.00Q	1
5	Finn Leivesley	Cherrybrook	15.11Q	2
6	Orlando Clarke	Mosman	15.24Q	1
7	Harry Dryden	Manly Warringah	15.12q	2
8	Max Williamson	Ryde	15.31q	1
9	Oska Koch	Ku-Ring-Gai	15.36	2
10	Roberto Devine	Northern Suburbs	15.38	2
11	Callum Yates	Manly Warringah	15.49	1
12	Enzo Cheung (Yc)	Ryde	15.60	1
13	Matthew McCullough	Ku-Ring-Gai	15.69	1
14	Michael Williams	Northern Suburbs	16.16	1
15	Jeffrey Chong	Nth Rocks Carlin	16.49	2
--	Andre Liyanage	Cherrybrook	DNS	2

Boys U 11 - 100 Metre Sprint

=====
 Region: R 13.04 17/02/2018 Dylan Hall, Ku-Ring-Gai
 State: S 12.64 12/03/1978 Robert Stanford, Nepean
 Name Age Centre Final
 =====

Final

1	Jensen Barrett	Northern Districts	14.44
2	Edward Sharp	Mosman	14.61
3	Harry Dryden	Manly Warringah	14.70
4	Alexander Economides	Ryde	14.78
5	Heath Towers	Manly Warringah	14.86
6	Finn Leivesley	Cherrybrook	15.11
7	Max Williamson	Ryde	15.21
8	Orlando Clarke	Mosman	15.21

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

Name	Age	Centre	Prelims	H#
Region: R 12.30	2005	Kane Thompson, Manly Warringah		
State: S 12.04	20/03/1999	Todd Shanahan, Macquarie Shores		
State: S 12.04	23/03/2013	James Roach, Randwick Botany		
Heats				
1 Zachary Leung		Ryde	13.10Q	1
2 Ethan Warner		Manly Warringah	14.22Q	2
3 Jack Spencer		Ryde	13.51Q	1
4 Toby Creelman		Manly Warringah	14.88Q	2
5 William Saputra		Ku-Ring-Gai	14.32Q	1
6 Louis Baddeley		Ryde	14.95Q	2
7 Tyrese-Lloyd Owusu		Mosman	14.80q	1
8 Joseph Wehbe		Ryde	15.02q	2
9 Cohen Keeping		Nth Rocks Carlin	15.09	1
10 Jack Le Fevre		Ryde	15.31	1
11 Caelan Drysdale		Ku-Ring-Gai	15.37	2
12 Luca Escribano		Manly Warringah	15.44	2
13 Mitchell Cox		Ryde	15.92	1
-- Finn Wilson		Ku-Ring-Gai	DNS	2
-- Andy Zhang		Ku-Ring-Gai	DNS	1
-- Taj Biddlecombe		Manly Warringah	DNS	2

Boys U 12 - 100 Metre Sprint

Name	Age	Centre	Final
Region: R 12.30	2005	Kane Thompson, Manly Warringah	
State: S 12.04	20/03/1999	Todd Shanahan, Macquarie Shor	
State: S 12.04	23/03/2013	James Roach, Randwick Botany	
Final			
1 Zachary Leung		Ryde	13.07
2 Jack Spencer		Ryde	13.33
3 Ethan Warner		Manly Warringah	13.50
4 William Saputra		Ku-Ring-Gai	14.32
5 Louis Baddeley		Ryde	14.36
6 Toby Creelman		Manly Warringah	14.42
7 Joseph Wehbe		Ryde	14.48
8 Tyrese-Lloyd Owusu		Mosman	14.49

Boys U 13 - 100 Metre Sprint

Name	Age	Centre	Prelims	H#
Region: R 11.70	17/02/2007	Nicholas Hough, Hills District		
State: S 11.72	22/03/2014	James Roach, Randwick Botany		
Heats				
1 Jake Wood		Manly Warringah	12.94Q	1
2 Jun min Yap		Ryde	13.05Q	2
3 Kourosch Rad		Ku-Ring-Gai	13.21Q	1
4 Callum Gilchrist		Cherrybrook	13.30Q	2
5 Andrew Kim		Cherrybrook	13.25Q	1
6 Maximillian Kyle		Ku-Ring-Gai	13.45Q	2
7 James Mikan		Northern Suburbs	13.32q	1
8 Ji Yong Kim		Parramatta	13.50q	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 13 - 100 Metre Sprint

9	Taten Rogers	Manly Warringah	13.56	1
10	Alexander Song	Nth Rocks Carlin	13.63	1
11	Jake Osullivan	Mosman	14.11	1
12	Kornchawal Benoliel	Manly Warringah	14.24	2
13	Rhys Duncan	Ku-Ring-Gai	14.47	2
14	Parker Ball	Manly Warringah	14.58	2
--	Malachi Mataele	Parramatta	DNS	1

Boys U 13 - 100 Metre Sprint

Region: R 11.70 17/02/2007 Nicholas Hough, Hills Distric
 State: S 11.72 22/03/2014 James Roach, Randwick Botany

Name Age Centre Final

Final

1	Jake Wood	Manly Warringah	12.99
2	Jun min Yap	Ryde	13.21
3	Kourosh Rad	Ku-Ring-Gai	13.30
4	Callum Gilchrist	Cherrybrook	13.34
5	Andrew Kim	Cherrybrook	13.35
6	James Mikan	Northern Suburbs	13.39
7	Ji Yong Kim	Parramatta	13.52
8	Maximillian Kyle	Ku-Ring-Gai	13.65

Boys U 14 - 100 Metre Sprint

Region: R 11.20 1995 Scott Fraser, Manly Warringah
 State: S 11.34 17/03/1996 Matthew Manns, Ingleburn RSL

State: S 11.34 15/03/2008 Nicholas Hough, Hills District

Name Age Centre Prelims H#

Heats

1	Cameron Leung	Ryde	12.51Q	1
1	Sam Hewit	Mosman	12.51Q	2
3	Owen Trinh	Ryde	12.59Q	2
4	Manuel Lacson	Parramatta	12.60Q	1
5	Thomas Cheung	Ryde	13.08Q	1
6	Jacob Semaan	Parramatta	13.11Q	2
7	Jamie Kastelan	Nth Rocks Carlin	13.15q	2
7	Harry Wigham	Cherrybrook	13.15q	1
9	Nicholas Smart	Nth Rocks Carlin	13.42	1
10	Harvey Glanville	Manly Warringah	13.48	1
11	Andrew Guerin	Manly Warringah	14.04	1
12	Ethan Jauncey	Manly Warringah	14.23	2
--	Lucas Nuttall	Manly Warringah	DNS	2
--	Ed Hammond	Manly Warringah	DNS	1
--	Kase Willis-Jansen	Ku-Ring-Gai	DNS	2
--	Kye Kearney	Ku-Ring-Gai	DNS	2

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

Region:	R 11.20	1995	Scott Fraser, Manly Warringah
State:	S 11.34	17/03/1996	Matthew Manns, Ingleburn RSL
State:	S 11.34	15/03/2008	Nicholas Hough, Hills Distric
Name	Age	Centre	Final

Final

1	Cameron Leung	Ryde	12.59
2	Owen Trinh	Ryde	12.62
3	Sam Hewit	Mosman	12.74
4	Manuel Lacson	Parramatta	12.74
5	Thomas Cheung	Ryde	13.14
6	Harry Wigham	Cherrybrook	13.42
7	Jacob Semaan	Parramatta	13.63
8	Jamie Kastelan	Nth Rocks Carlin	14.02

Boys U 15 - 100 Metre Sprint

Region:	R 10.70	21/02/2009	Nicholas Hough, Hills District
State:	S 10.84	21/03/2009	Nicholas Hough, Hills District
Name	Age	Centre	Prelims H#

Heats

1	Kyros Ghadiali	Parramatta	12.44Q	1
2	Thomas Aroyan	Parramatta	12.80Q	2
3	Ratu Viliame Lewanavanua	Nth Rocks Carlin	12.56Q	1
4	Shiva Rajesh	Hornsby	13.08Q	2
5	Oliver Pereira de Jesus	Northern Suburbs	12.71Q	1
6	Alexander Fijan	Northern Suburbs	13.17Q	2
7	Harry Nixon	Manly Warringah	12.86q	1
8	Jesse Fieramosca	Northern Suburbs	12.89q	1
9	Jack Mcmillan	Manly Warringah	12.94	1
10	Reese Francis	Manly Warringah	13.20	1
11	Benjamin Perry	Nth Rocks Carlin	13.37	2
12	Daniel Benoliel	Mosman	13.63	2
13	Jack Nixon	Manly Warringah	13.79	2
--	Zak Evans	Northern Suburbs	DNS	2
--	Jake Fourie	Ku-Ring-Gai	DNS	1
--	Aiden McDaid	Hornsby	DNS	2

Boys U 15 - 100 Metre Sprint

Region:	R 10.70	21/02/2009	Nicholas Hough, Hills Distric
State:	S 10.84	21/03/2009	Nicholas Hough, Hills Distric
Name	Age	Centre	Final

Final

1	Thomas Aroyan	Parramatta	12.07
2	Ratu Viliame Lewanavanua	Nth Rocks Carlin	12.31
3	Shiva Rajesh	Hornsby	12.36
4	Alexander Fijan	Northern Suburbs	12.48
5	Oliver Pereira de Jesus	Northern Suburbs	12.49
6	Harry Nixon	Manly Warringah	12.55
7	Jesse Fieramosca	Northern Suburbs	12.57
--	Kyros Ghadiali	Parramatta	DNS

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

=====				
Region: R 11.06		09/02/2019	Connor Bond, Ku-Ring-Gai	
State: S 10.80		17/02/2018	Godfrey Okerenyang, Camden	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Lars Ackland	Ku-Ring-Gai	11.24Q	1
2	Wol Albino	Hornsby	11.40Q	2
3	Andres Hampel	Northern Suburbs	11.32Q	1
4	James Woods	Ryde	11.60Q	2
5	Llewyn Morrison	Northern Suburbs	11.56Q	1
6	Xavier Hennessey	Cherrybrook	11.82Q	2
7	Jannik McErlane	Manly Warringah	11.58q	1
8	Aiden Wright	Ryde	11.69q	1
9	Xavier Frost	Mosman	11.78	1
10	Joshua Bowry	Manly Warringah	11.87	2
11	Lewis Wong	Nth Rocks Carlin	11.91	2
12	Liam Downs	Manly Warringah	11.92	2
13	Owen Chandler	Ryde	12.14	1
14	Oliver Corne	Parramatta	12.16	1
15	Michael Godden	Manly Warringah	12.30	2
--	Kalan Harding	Northern Districts	DNS	2

Boys U 17 - 100 Metre Sprint

=====				
Region: R 11.06		09/02/2019	Connor Bond, Ku-Ring-Gai	
State: S 10.80		17/02/2018	Godfrey Okerenyang, Camden	
Name	Age	Centre	Final	
=====				
Final				
1	Andres Hampel	Northern Suburbs	11.29	
2	Wol Albino	Hornsby	11.50	
3	Llewyn Morrison	Northern Suburbs	11.51	
4	James Woods	Ryde	11.72	
5	Jannik McErlane	Manly Warringah	11.87	
6	Xavier Hennessey	Cherrybrook	11.91	
--	Aiden Wright	Ryde	DNS	
--	Lars Ackland	Ku-Ring-Gai	DNS	

Boys U 8 - 200 Metre Sprint

=====				
Region: R 30.86		18/02/2018	Rian Conners, Ku-Ring-Gai	
State: S 30.64		19/02/2017	Joseph Ezekiel, Werrington	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Elliot Hall	Northern Suburbs	33.77Q	2
2	Jacob Alexander	Manly Warringah	34.44Q	1
3	Zach Haycraft	Northern Suburbs	34.33Q	2
4	Stephen Harvey	Ku-Ring-Gai	35.13Q	1
5	Jack Vukovic	Manly Warringah	34.62Q	2
6	Coby James	Manly Warringah	35.32Q	1
7	Max Byrne	Northern Suburbs	35.17q	2
8	Julian Pita	Ku-Ring-Gai	35.68q	1
9	Ethan Josa	Northern Suburbs	36.29	1
10	Marcus Hemsworth	Manly Warringah	36.68	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 8 - 200 Metre Sprint

11 Ryan Rann	Cherrybrook	36.71	1
12 Hugo Ruff	Ku-Ring-Gai	37.08	1
13 Sonny Farrell	Manly Warringah	37.34	2
14 Joey Perri	Parramatta	37.51	2
15 William Kucharski	Nth Rocks Carlin	38.84	2
16 haotian hu	Northern Suburbs	40.04	1

Boys U 8 - 200 Metre Sprint

Region: R 30.86 18/02/2018 Rian Conners, Ku-Ring-Gai
 State: S 30.64 19/02/2017 Joseph Ezekiel, Werrington

Name Age Centre Final

Final

1 Elliot Hall	Northern Suburbs	33.78
2 Zach Haycraft	Northern Suburbs	34.38
3 Jack Vukovic	Manly Warringah	34.66
4 Jacob Alexander	Manly Warringah	34.68
5 Stephen Harvey	Ku-Ring-Gai	34.91
6 Julian Pita	Ku-Ring-Gai	35.28
7 Coby James	Manly Warringah	35.32
8 Max Byrne	Northern Suburbs	35.54

Boys U 9 - 200 Metre Sprint

Region: R 29.10 2002 Alexander Pettigrew, Hornsby Dis
 State: S 28.44 22/03/1975 Glen Murgatroyd, Campbelltown

Name Age Centre Prelims H#

Heats

1 Edmund Chen	Ku-Ring-Gai	30.40Q	1
2 Daniel McNaughtan	Manly Warringah	31.71Q	2
3 Rene Barkhuysen	Ku-Ring-Gai	33.04Q	2
4 Charles Lukas (Yc)	Northern Suburbs	33.07Q	1
5 LucaMatteo Ferri	Manly Warringah	33.21Q	2
6 Daniel Smart	Nth Rocks Carlin	33.32Q	1
7 Brendan Jones	Cherrybrook	33.38q	1
8 Riyansh Thorat	Parramatta	33.40q	1
9 Cooper Nguyen	Ku-Ring-Gai	33.63	2
10 Garvik Venkatesh	Nth Rocks Carlin	33.65	2
11 Van Jordan	Manly Warringah	34.92	1
12 Lachlan Ross	Northern Districts	35.06	2
13 Nathan Wechsler	Northern Suburbs	35.44	1
14 Kenji Paul	Cherrybrook	35.58	1
15 Andrew Edrick Lau	Northern Suburbs	35.93	2
16 William Taylor	Northern Districts	36.02	2

Boys U 9 - 200 Metre Sprint

Region: R 29.10 2002 Alexander Pettigrew, Hornsby
 State: S 28.44 22/03/1975 Glen Murgatroyd, Campbelltown

Name Age Centre Final

Final

1 Edmund Chen	Ku-Ring-Gai	30.54
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 9 - 200 Metre Sprint

2 Daniel McNaughtan	Manly Warringah	31.63
3 Charles Lukas (Yc)	Northern Suburbs	32.07
4 Rene Barkhuysen	Ku-Ring-Gai	32.66
5 Brendan Jones	Cherrybrook	33.08
6 LucaMatteo Ferri	Manly Warringah	33.15
7 Riyansh Thorat	Parramatta	33.49
8 Daniel Smart	Nth Rocks Carlin	34.19

Boys U 10 - 200 Metre Sprint

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

Name Age Centre Prelims H#

Heats

1 Hudson McGregor	Manly Warringah	30.07Q	1
2 Dara Curley	Ryde	30.14Q	2
3 Flynn Scrivener	Northern Suburbs	30.24Q	2
4 Ryder Lane-Brown	Manly Warringah	31.09Q	1
5 Brody Scott-Faul	Manly Warringah	31.19Q	1
6 Nicolas James-Taylor	Ku-Ring-Gai	31.35Q	2
7 Jake Lambert	Nth Rocks Carlin	31.34q	1
8 Liam Baird	Northern Suburbs	31.39q	1
9 Henry Wilkin-Smith	Northern Suburbs	31.43	2
10 angus Morrison	Mosman	31.52	2
11 Kingston Davis	Mosman	32.66	1
12 Marco Dessanti	Ryde	32.86	2
13 Samson Cech	Manly Warringah	32.89	1
14 Solomon Romyn	Manly Warringah	33.38	1
-- Archie Gulczynski	Cherrybrook	DNS	2
-- Harrison Campbell	Cherrybrook	DNS	2

Boys U 10 - 200 Metre Sprint

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

Name Age Centre Final

Final

1 Hudson McGregor	Manly Warringah	29.07
2 Flynn Scrivener	Northern Suburbs	29.79
3 Dara Curley	Ryde	30.10
4 Ryder Lane-Brown	Manly Warringah	30.81
5 Liam Baird	Northern Suburbs	30.84
6 Brody Scott-Faul	Manly Warringah	30.96
7 Jake Lambert	Nth Rocks Carlin	31.41
8 Nicolas James-Taylor	Ku-Ring-Gai	31.49

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 11 - 200 Metre Sprint

Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramatta
 State: S 25.84 11/03/1978 Robert Stanford, Nepean

Name Age Centre Prelims H#

Heats

1	Jensen Barrett	Northern Districts	28.87Q	2
2	Alexander Economides	Ryde	29.68Q	1
3	Finn Leivesley	Cherrybrook	29.68Q	2
4	Edward Sharp	Mosman	30.05Q	1
5	Brody Johnson	Ku-Ring-Gai	29.73Q	2
6	Heath Towers	Manly Warringah	30.23Q	1
7	Orlando Clarke	Mosman	30.52q	2
8	Roberto Devine	Northern Suburbs	30.63q	1
9	Enzo Cheung (Yc)	Ryde	31.64	1
10	Michael Williams	Northern Suburbs	31.71	1
11	Riley Johnson	Nth Rocks Carlin	31.87	2
12	Zachary Radzim	Northern Suburbs	32.53	1
13	Lachlan Vercoe	Cherrybrook	32.87	2
14	Alexander Sorensen	Hornsby	32.94	2
--	Oska Koch	Ku-Ring-Gai	DNS	2
--	James Bissaker	Hornsby	DNS	1

Boys U 11 - 200 Metre Sprint

Region: R 27.10 22/02/2004 Alexander Pettigrew, Parramat
 State: S 25.84 11/03/1978 Robert Stanford, Nepean

Name Age Centre Final

Final

1	Jensen Barrett	Northern Districts	28.94
2	Edward Sharp	Mosman	29.27
3	Finn Leivesley	Cherrybrook	29.62
4	Alexander Economides	Ryde	29.62
5	Brody Johnson	Ku-Ring-Gai	29.79
6	Heath Towers	Manly Warringah	30.33
7	Roberto Devine	Northern Suburbs	30.79
8	Orlando Clarke	Mosman	30.86

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringah
 State: S 24.43 25/03/2018 Rashid Kabba, Holroyd

Name Age Centre Prelims H#

Heats

1	Jack Spencer	Ryde	26.49Q	2
2	Ethan Warner	Manly Warringah	27.09Q	3
3	Zachary Leung	Ryde	27.52Q	1
4	Beau Riches	Manly Warringah	28.51Q	3
5	Liam Steel	Cherrybrook	28.69Q	1
6	Joseph Wehbe	Ryde	28.97Q	2
7	Jack Le Fevre	Ryde	29.00q	3
8	Charlie Baird-Petroni	Mosman	29.06q	3
9	Louis Baddeley	Ryde	29.32	1
10	Caelan Drysdale	Ku-Ring-Gai	29.44	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 12 - 200 Metre Sprint

11 Bayley Gibson	Ryde	29.92	3
12 Jacob Pieper	Manly Warringah	30.30	2
13 Cohen Keeping	Nth Rocks Carlin	30.31	1
14 Isaac Han	Manly Warringah	30.56	2
15 Nuoyi Wang	Ku-Ring-Gai	31.14	1
-- Luca Escribano	Manly Warringah	DNS	2
-- Andy Zhang	Ku-Ring-Gai	DNS	1

Boys U 12 - 200 Metre Sprint

Region: R 25.80 2005 Kane Thompson, Manly Warringah
 State: S 24.43 25/03/2018 Rashid Kabba, Holroyd

Name Age Centre Final

Final

1 Ethan Warner	Manly Warringah	26.12
2 Jack Spencer	Ryde	26.22
3 Zachary Leung	Ryde	26.69
4 Liam Steel	Cherrybrook	28.16
5 Beau Riches	Manly Warringah	28.19
6 Joseph Wehbe	Ryde	29.84
7 Jack Le Fevre	Ryde	29.93
-- Charlie Baird-Petroni	Mosman	DNS

Boys U 13 - 200 Metre Sprint

Region: R 24.00 18/02/2007 Nicholas Hough, Hills District
 State: S 23.34 18/03/2007 Nicholas Hough, Hills District

Name Age Centre Prelims H#

Heats

1 Jake Wood	Manly Warringah	26.00Q	2
2 Thomas Vedris	Ku-Ring-Gai	26.57Q	1
3 Kourosch Rad	Ku-Ring-Gai	26.53Q	2
4 Jun min Yap	Ryde	27.34Q	1
5 Andrew Kim	Cherrybrook	27.07Q	2
6 Callum Gilchrist	Cherrybrook	27.62Q	1
7 Deacon Pallpratt	Manly Warringah	27.42q	2
8 Thomas Eaton	Northern Suburbs	27.99q	2
9 Ji Yong Kim	Parramatta	28.07	1
10 Rhys Duncan	Ku-Ring-Gai	28.39	2
11 Parker Ball	Manly Warringah	29.00	1
-- Xavier Mitchell	Ryde	DNS	1
-- Sebastian Duddle	Hornsby	DNS	1
-- Charithu De mel	Cherrybrook	DNS	2
-- Kingsley Yip	Ryde	DNS	1

Boys U 13 - 200 Metre Sprint

Region: R 24.00 18/02/2007 Nicholas Hough, Hills Distric
 State: S 23.34 18/03/2007 Nicholas Hough, Hills Distric

Name Age Centre Final

Final

1 Jake Wood	Manly Warringah	25.65
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 13 - 200 Metre Sprint

2 Kourosh Rad	Ku-Ring-Gai	26.34
3 Thomas Vedris	Ku-Ring-Gai	26.86
4 Andrew Kim	Cherrybrook	27.17
5 Callum Gilchrist	Cherrybrook	27.30
6 Jun min Yap	Ryde	27.73
7 Deacon Pallpratt	Manly Warringah	27.74
8 Thomas Eaton	Northern Suburbs	28.50

Boys U 14 - 200 Metre Sprint

Region: R 22.90 17/02/2008 Nicholas Hough, Hills District
 State: S 22.64 19/02/2006 Luke Hamer, St George

Name Age Centre Prelims H#

Heats

1 Cameron Leung	Ryde	25.19Q	2
2 Owen Trinh	Ryde	25.32Q	1
3 Manuel Lacson	Parramatta	26.07Q	1
4 Harry Wigham	Cherrybrook	26.27Q	2
5 Jacob Semaan	Parramatta	26.32Q	1
6 Nicholas Smart	Nth Rocks Carlin	26.34Q	2
7 Sam Hewit	Mosman	26.43q	1
8 Harvey Glanville	Manly Warringah	26.61q	2
9 Thomas Cheung	Ryde	26.93	1
10 Jamie Kastelan	Nth Rocks Carlin	27.04	2
11 Fergus Keogh	Ku-Ring-Gai	27.46	1
-- Jake Sefton	Northern Districts	DNS	1
-- Lucas Nuttall	Manly Warringah	DNS	2
-- Kye Kearney	Ku-Ring-Gai	DNS	2

Boys U 14 - 200 Metre Sprint

Region: R 22.90 17/02/2008 Nicholas Hough, Hills District
 State: S 22.64 19/02/2006 Luke Hamer, St George

Name Age Centre Final

Final

1 Owen Trinh	Ryde	24.85
2 Cameron Leung	Ryde	24.91
3 Manuel Lacson	Parramatta	25.30
4 Harry Wigham	Cherrybrook	25.81
5 Jacob Semaan	Parramatta	26.32
6 Nicholas Smart	Nth Rocks Carlin	26.37
-- Sam Hewit	Mosman	DNS
-- Harvey Glanville	Manly Warringah	DNS

Boys U 15 - 200 Metre Sprint

Region: R 21.50 22/02/2009 Nicholas Hough, Hills District
 State: S 21.74 22/02/2009 Nicholas Hough, Hills District

Name Age Centre Prelims H#

Heats

1 Thomas Aroyan	Parramatta	24.47Q	1
2 Calan Hahlos	Ryde	24.56Q	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 15 - 200 Metre Sprint

3	Shiva Rajesh	Hornsby	25.18Q	1
4	Harry Nixon	Manly Warringah	25.21Q	2
5	Oliver Pereira de Jesus	Northern Suburbs	25.29Q	2
6	Alexander Fijan	Northern Suburbs	25.58Q	1
7	Benjamin Perry	Nth Rocks Carlin	25.58q	2
8	Jack Mcmillan	Manly Warringah	25.62q	1
9	Jimmy Thebridge	Ku-Ring-Gai	25.84	1
10	Reese Francis	Manly Warringah	25.98	2
11	Rian Connors	Ku-Ring-Gai	26.80	1
--	Daniel Benoliel	Mosman	DNS	2
--	Aiden McDauid	Hornsby	DNS	1
--	Kyros Ghadiali	Parramatta	DNS	2

Boys U 15 - 200 Metre Sprint

Region: R 21.50 22/02/2009 Nicholas Hough, Hills Distric

State: S 21.74 22/02/2009 Nicholas Hough, Hills Distric

Name	Age	Centre	Final
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Final

1	Thomas Aroyan	Parramatta	23.78
2	Calan Hahlos	Ryde	24.32
3	Shiva Rajesh	Hornsby	24.77
4	Jack Mcmillan	Manly Warringah	24.95
5	Harry Nixon	Manly Warringah	25.14
6	Alexander Fijan	Northern Suburbs	25.50
7	Oliver Pereira de Jesus	Northern Suburbs	25.65
--	Benjamin Perry	Nth Rocks Carlin	DNS

Boys U 17 - 200 Metre Sprint

Region: R 22.41 11/02/2024 Wol Albino, Hornsby

State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports

Name	Age	Centre	Prelims	H#
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Heats

1	Wol Albino	Hornsby	22.95Q	2
2	Xavier Frost	Mosman	23.48Q	1
3	Andres Hampel	Northern Suburbs	23.04Q	2
4	Nathanael Ramsay	Hornsby	23.69Q	1
5	James Woods	Ryde	23.19Q	2
6	Joshua Bowry	Manly Warringah	23.98Q	1
7	Joshua Smith	Ryde	23.40q	2
8	Liam Downs	Manly Warringah	24.04q	2
9	Tyler E Mitchell	Parramatta	24.14	1
10	Oliver Corne	Parramatta	24.62	1
11	Ashton Sawtell	Hornsby	25.15	2
12	Lachlan Waldron	Nth Rocks Carlin	25.95	2
--	Lachlan Blackwell	Hornsby	DNS	1
--	Lewis Wong	Nth Rocks Carlin	DNS	2
--	Lars Ackland	Ku-Ring-Gai	DNS	1
--	Aiden Wright	Ryde	DNS	1

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

=====			
Region: R 22.41		11/02/2024	Wol Albino, Hornsby
State: S 21.32		19/03/2017	Yadin Ngeng, Bankstown Sports
Name	Age	Centre	Final
=====			
Final			
1	Wol Albino	Hornsby	22.41R
2	Andres Hampel	Northern Suburbs	22.75
3	James Woods	Ryde	22.78
4	Joshua Smith	Ryde	22.93
5	Nathanael Ramsay	Hornsby	23.39
6	Joshua Bowry	Manly Warringah	23.87
7	Liam Downs	Manly Warringah	24.27
--	Xavier Frost	Mosman	DNS

Boys U 9 - 400 Metre Sprint

=====				
Region: R 1:05.30		2002	Alexander Pettigrew, Hornsby D	
State: S 1:04.40		23/03/1975	Glen Murgatroyd, Campbelltown	
Name	Age	Centre	Final	H#
=====				
1	Jack Miller	Manly Warringah	1:11.05	2
2	Max Miller	Manly Warringah	1:11.10	2
3	Lachlan Ross	Northern Districts	1:15.33	2
4	Thoma Bolla-Nozawa	Ryde	1:16.00	2
5	Liam Tysoe	Manly Warringah	1:16.58	2
6	Zachary Cooke	Manly Warringah	1:18.12	2
7	Edmund Chen	Ku-Ring-Gai	1:18.52	2
8	Michael Omar	Ku-Ring-Gai	1:19.48	1
9	Ian Liang	Ku-Ring-Gai	1:19.73	1
10	Elliott McQuillan	Parramatta	1:20.02	1
11	Elliott Alexander	Ryde	1:22.90	1
12	Frederick Bangs	Mosman	1:24.83	1
13	Edward Longley	Northern Suburbs	1:28.79	1
--	Flynn Wirianata	Nth Rocks Carlin	DNS	1
--	Archie Cole	Manly Warringah	DNS	2
--	Ethan Mikhael	Nth Rocks Carlin	DNS	1

Boys U 10 - 400 Metre Sprint

=====				
Region: R 1:02.50		27/02/2010	Tyler Gunn, Gosford	
State: S 1:01.34		16/03/2003	Alex Pettigrew, Parramatta	
Name	Age	Centre	Final	H#
=====				
1	Matthew Balcombe	Northern Suburbs	1:07.10	2
2	Archie Gulczynski	Cherrybrook	1:09.77	1
3	Ryder Lane-Brown	Manly Warringah	1:10.07	2
4	Caden Symons	Manly Warringah	1:10.71	2
5	Nicolas James-Taylor	Ku-Ring-Gai	1:11.52	2
6	Max Madar	Mosman	1:12.18	1
7	Hugo Gledhill	Manly Warringah	1:12.34	1
8	Kingston Davis	Mosman	1:13.30	1
9	Tommy Kay	Ku-Ring-Gai	1:13.46	2
10	Harrison Bennett	Ryde	1:13.50	1
11	Henry Wilkin-Smith	Northern Suburbs	1:13.51	2
12	Samson Cech	Manly Warringah	1:13.72	1

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

13	angus Morrison	Mosman	1:13.79	2
14	Riley Daley	Northern Districts	1:13.98	2
15	Ryan Song	Nth Rocks Carlin	1:18.47	1
--	Alastair Brill	Cherrybrook	DNS	1

Boys U 11 - 400 Metre Sprint

=====				
Region: R 1:00.50		22/02/2004	Alexander Pettigrew, Parramatt	
State: S 57.64		23/03/1979	Chris Newman, Queanbeyan	
Name	Age	Centre	Final	H#
=====				
1	Brody Johnson	Ku-Ring-Gai	1:04.96	2
2	Zane Romyn	Manly Warringah	1:05.16	2
3	Lewis McNaughtan	Manly Warringah	1:06.93	2
4	Austin Grennan	Manly Warringah	1:09.23	2
5	Harrison Vakili	Mosman	1:09.75	2
6	Thomas Wilson	Manly Warringah	1:12.46	1
7	Riley Johnson	Nth Rocks Carlin	1:12.94	2
8	Ethan Ryan	Parramatta	1:13.66	1
9	Matthew McCullough	Ku-Ring-Gai	1:13.87	1
10	Sam Moody	Northern Suburbs	1:14.00	2
11	Oliver Fratini	Northern Suburbs	1:14.59	1
12	Michael Williams	Northern Suburbs	1:14.77	1
13	Peter Phillipou	Mosman	1:17.36	1
--	Oska Koch	Ku-Ring-Gai	DNS	2
--	Lachlan Vercoe	Cherrybrook	DNS	1
--	James Bissaker	Hornsby	DNS	1

Boys U 12 - 400 Metre Sprint

=====				
Region: R 58.60		18/02/2006	Adam Harding, Hills District	
State: S 56.88		18/03/2016	Donovan Bradshaw, Cherrybrook	
Name	Age	Centre	Final	H#
=====				
1	Isaac Robinson	Manly Warringah	59.38	2
2	John Brivulis	Northern Suburbs	1:03.19	2
3	Lachlan Kidd	Cherrybrook	1:03.20	2
4	Alex Kinner	Manly Warringah	1:05.20	2
5	Charlie Baird-Petroni	Mosman	1:06.22	1
6	Tasman Vale	Manly Warringah	1:06.28	2
7	Jack Le Fevre	Ryde	1:06.72	2
8	Oliver Halfhide	Cherrybrook	1:07.20	1
9	Freddie Atkinson	Manly Warringah	1:08.73	1
10	Isaac Han	Manly Warringah	1:09.23	2
11	Vinay Menon	Parramatta	1:12.27	1
12	Henry Grieve	Northern Suburbs	1:14.06	1
13	William Saputra	Ku-Ring-Gai	1:16.78	1
--	Luca Escribano	Manly Warringah	DNS	2
--	Connor Matthews	Manly Warringah	DNS	1
--	Alexander Nosek	Ku-Ring-Gai	DNS	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 400 Metre Sprint**

=====				
Region: R 55.67		11/02/2017	Donovan Bradshaw, Cherrybrook	
State: S 53.33		17/03/2017	Donovan Bradshaw, Cherrybrook	
Name	Age	Centre	Final	H#
=====				
1	Jake Wood	Manly Warringah	56.52	3
2	Thomas Vedris	Ku-Ring-Gai	58.48	3
3	Thomas Eaton	Northern Suburbs	59.84	3
4	Andrew Kim	Cherrybrook	1:01.37	3
5	Deacon Pallpratt	Manly Warringah	1:01.66	2
6	Rhys Duncan	Ku-Ring-Gai	1:02.46	3
7	Oliver Trowell	Manly Warringah	1:03.53	3
8	Joel Ramsay	Hornsby	1:04.29	2
9	Rohan Sharma	Cherrybrook	1:04.55	2
10	Christopher Wilson	Parramatta	1:06.41	2
11	Benjamin Bowrey	Parramatta	1:06.77	2
12	Archie Kay	Ku-Ring-Gai	1:07.89	2
13	James Ghali	Ku-Ring-Gai	1:08.87	2
--	Charithu De mel	Cherrybrook	DNS	3
--	Parker Ball	Manly Warringah	DNS	3
--	Jake Osullivan	Mosman	DNS	2

Boys U 14 - 400 Metre Sprint

=====				
Region: R 52.37		11/02/2017	Ewan Burns, Manly Warringah	
State: S 50.97		23/03/2012	Jarrod Cullen, Canterbury	
Name	Age	Centre	Final	H#
=====				
1	Harvey Glanville	Manly Warringah	59.08	2
2	Jamie Kastelan	Nth Rocks Carlin	1:00.12	2
3	Rhys Chandler	Ryde	1:01.16	2
4	Andrew Guerin	Manly Warringah	1:02.01	2
5	Harry Beer	Ryde	1:02.91	2
6	Alexander Braendle	Northern Districts	1:03.84	2
7	Oscar Needham	Manly Warringah	1:07.24	2
--	Jonathon Bennett	Ryde	DNS	1
--	Alessandro Rossi	Ku-Ring-Gai	DNS	1
--	Lucas Nuttall	Manly Warringah	DNS	2
--	Jake Sefton	Northern Districts	DNS	1
--	Phoenix Deng	Parramatta	DNS	1
--	Christopher Whiteley	Cherrybrook	DNS	1

Boys U 15 - 400 Metre Sprint

=====				
Region: R 50.73		04/02/2023	Aiden Wright, Ryde	
State: S 49.64		15/03/1997	David Geddes, Manly Warringah	
Name	Age	Centre	Final	H#
=====				
1	Thomas Aroyan	Parramatta	53.09	2
2	Calan Hahlos	Ryde	53.55	2
3	Matteo Shipman	Northern Suburbs	56.22	2
4	Shiva Rajesh	Hornsby	57.08	2
5	Harry Nixon	Manly Warringah	57.17	2
6	Rian Connors	Ku-Ring-Gai	58.66	2
7	Hugo Stewart	Mosman	1:00.89	2
8	Hugo Reynolds	Ku-Ring-Gai	1:03.81	1

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

9	Tomasi Waqabaca	Nth Rocks Carlin	1:06.48	1
--	Aiden La Vinh	Nth Rocks Carlin	DNS	1
--	Jack Nixon	Manly Warringah	DNS	1
--	Benjamin Frantz	Manly Warringah	DNS	1
--	Aiden McDaid	Hornsby	DNS	2
--	Alexander Fijan	Northern Suburbs	DNS	1
--	Oliver Pereira de Jesus	Northern Suburbs	DNS	1

Boys U 17 - 400 Metre Sprint

Region: R 49.45 04/02/2023 Lachlan Herbert, Ku-Ring-Gai
 State: S 48.09 17/03/2017 Tyler Gunn, Gosford

Name	Age	Centre	Final	H#
1 James Woods		Ryde	51.05	2
2 Wol Albino		Hornsby	51.53	2
3 Nathanael Ramsay		Hornsby	52.62	2
4 Leo Brown		Manly Warringah	53.30	2
5 Oliver Corne		Parramatta	54.22	2
6 Lucas Low		Ryde	55.95	2
7 Zachariah Abood		Parramatta	56.26	2
8 Ashton Sawtell		Hornsby	56.84	2
-- Michael Godden		Manly Warringah	DNS	1
-- Shaurya Chopra		Cherrybrook	DNS	1
-- Declan Bragg		Parramatta	DNS	1
-- Bede Hogard		Ku-Ring-Gai	DNS	1

Boys U 8 - 400 Metre Run Pack Start

Region: R 1:09.70 Alexander Pettigrew, Hornsb
 State: S 1:07.94 23/03/1975 David Misson, Randwick Bota

Name	Age	Centre	Final
1 Tom Moody		Northern Suburbs	1:17.08
2 John Lukas		Ku-Ring-Gai	1:18.16
3 Elliot Hall		Northern Suburbs	1:19.66
4 Noah Smith		Ryde	1:19.73
5 Jai Prados-valerio		Northern Districts	1:20.79
6 Joshua Ekers		Ryde	1:24.02
7 Lachlan Creighton		Manly Warringah	1:25.15
8 Coby James		Manly Warringah	1:25.60
9 Ryan Rann		Cherrybrook	1:25.66
10 Ivri Sat		Ryde	1:27.58
11 Lachlan Kandasamy		Ku-Ring-Gai	1:28.35
12 Sonny Farrell		Manly Warringah	1:29.44
13 Harrison Chiang		Ku-Ring-Gai	1:32.43
-- Ilya Passmore		Ryde	DNS
-- Marcus Hemsworth		Manly Warringah	DNS

Boys U 8 - 700 Metre Run Pack Start

Region: R 2:17.40 2001 Alex Pettigrew, Hornsby Dis

Name	Age	Centre	Final
1 Tom Moody		Northern Suburbs	2:32.50

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 700 Metre Run Pack Start**

2	Aiden Dunne	Manly Warringah	2:35.35
3	Joshua Ekers	Ryde	2:35.46
4	Lachlan Kandasamy	Ku-Ring-Gai	2:36.90
5	Jai Prados-valerio	Northern Districts	2:43.77
6	Reuben Herbert	Hornsby	2:45.90
7	Edward Giles	Ku-Ring-Gai	2:52.21
8	Ryder Moloney	Manly Warringah	2:53.28
9	Marcus Hemsworth	Manly Warringah	2:53.95
10	Kabir Sido	Northern Suburbs	2:55.78
11	Dashiell Arnold	Ku-Ring-Gai	2:57.20
12	Jaiden Chahal	Nth Rocks Carlin	3:02.83
13	Patrick Yeldham	Northern Suburbs	3:05.39
14	Archer Ng Chok	Parramatta	3:11.11
15	Gavin Cellacay	Ryde	3:16.50
--	Harvey Laing	Manly Warringah	DNS

Boys U 9 - 800 Metre Run

Region: R 2:27.80 2002 Alexander Pettigrew, Hornsb

State: S 2:25.70 17/03/2002 Alex Pettigrew, Hornsby

Name Age Centre Final

1	Max Miller	Manly Warringah	2:39.09
2	Jack Miller	Manly Warringah	2:39.31
3	Charles Lukas (Yc)	Northern Suburbs	2:40.23
4	Archie Cole	Manly Warringah	2:40.65
5	Ari Newman	Ryde	2:48.49
6	Zachary Cooke	Manly Warringah	2:50.81
7	Lachlan Ross	Northern Districts	2:51.85
8	Marcus Trigwell	Ryde	2:52.63
9	Liam Tysoe	Manly Warringah	2:53.31
10	Daniel Smart	Nth Rocks Carlin	2:54.37
11	Andrew Edrick Lau	Northern Suburbs	3:03.54
12	Neil Macmillan	Ku-Ring-Gai	3:04.71
13	Elliott McQuillan	Parramatta	3:05.45
14	Frederick Bangs	Mosman	3:06.49
15	Ryan Rudolph	Ku-Ring-Gai	3:07.01
--	Flynn Wirianata	Nth Rocks Carlin	DNS

Boys U 10 - 800 Metre Run

Region: R 2:27.30 16/02/2003 Alexander Pettigrew, Parram

State: S 2:21.60 25/03/1979 Paul Kelly, Greystanes

Name Age Centre Final

1	Matthew Balcombe	Northern Suburbs	2:28.31
2	Lequintin Nicholson	Manly Warringah	2:34.44
3	Huxley Richardson	Hornsby	2:34.55
4	Ryder Lane-Brown	Manly Warringah	2:38.02
5	Hugo Gledhill	Manly Warringah	2:42.67
6	Morgan Dagg	Cherrybrook	2:46.22
7	Ashton Holl	Ryde	2:47.10
8	Tommy Kay	Ku-Ring-Gai	2:47.82
9	Kingston Davis	Mosman	2:50.06
10	Riley Daley	Northern Districts	2:50.62

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 800 Metre Run**

11 Harrison Bennett	Ryde	2:53.26
12 Sam Annesley	Ku-Ring-Gai	2:54.26
13 Max Madar	Mosman	2:56.70
14 Rio Muthuri	Ryde	3:02.16
15 Owen Snell	Manly Warringah	3:04.06
-- Jaidyn Shehadie	Parramatta	DNS

Boys U 11 - 800 Metre Run

=====			
Region:	R 2:21.80	22/02/2004	Alexander Pettigrew, Parram
State:	S 2:17.37	24/03/2013	Luke Young, Macquarie Hunte
Name	Age	Centre	Final
=====			
1 Brody Johnson		Ku-Ring-Gai	2:28.87
2 Zane Romyn		Manly Warringah	2:29.63
3 Harrison Smith		Manly Warringah	2:31.69
4 Flynn Cox-Gallagher		Ryde	2:32.12
5 Nick Bennett		Ku-Ring-Gai	2:33.43
6 Sam Moody		Northern Suburbs	2:41.36
7 Reef Bailey		Northern Districts	2:42.46
8 Josh Kietzmann		Ku-Ring-Gai	2:43.02
9 Lachlan Meryment		Ku-Ring-Gai	2:46.06
10 Austin Grennan		Manly Warringah	2:47.57
11 Louis Caldwell		Ryde	2:49.02
12 Oliver Fratini		Northern Suburbs	2:49.79
13 Liam Reville		Northern Suburbs	2:50.62
14 Hugh Giffin		Cherrybrook	2:51.06
15 Harry Nicholson		Mosman	2:52.61
16 Alistair Kinsey		Hornsby	2:55.74

Boys U 12 - 800 Metre Run

=====			
Region:	R 2:14.81	11/02/2024	Isaac Robinson, Manly Warri
State:	S 2:12.80	17/03/2019	Joshua O'Connell, Balmain
Name	Age	Centre	Final
=====			
1 Isaac Robinson		Manly Warringah	2:14.81R
2 Nathaniel Barrett		Manly Warringah	2:18.75
3 John Brivulis		Northern Suburbs	2:20.82
4 Tasman Vale		Manly Warringah	2:22.00
5 Jack Le Fevre		Ryde	2:29.93
6 Andrew Lukas		Northern Suburbs	2:30.82
7 Oliver Halfhide		Cherrybrook	2:31.85
8 Henry Ferguson		Manly Warringah	2:32.31
9 Max Torkington		Manly Warringah	2:34.18
10 Hugo Condon		Manly Warringah	2:38.03
11 Henry Grieve		Northern Suburbs	2:39.84
12 Tyler Cosier		Northern Districts	2:48.67
-- Connor Matthews		Manly Warringah	DNF
-- Nicholas Hudson		Northern Suburbs	DNS
-- Lachlan Kidd		Cherrybrook	DNS
-- Xavier Hokins		Mosman	DNS
-- Luca Escribano		Manly Warringah	DNS
-- Raffael Oppedisano		Ryde	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 800 Metre Run**

=====			
Region:	R 2:11.20	2005	Michael Todd, Ryde
State:	S 2:06.10	17/03/1985	Robert Wunder, Northern Sub
Name	Age	Centre	Final
=====			
1	Thomas	Vedris	Ku-Ring-Gai 2:17.37
2	Thomas	Eaton	Northern Suburbs 2:23.09
3	Daniel	Sims	Hornsby 2:23.21
4	Brian	Kim	Nth Rocks Carlin 2:24.84
5	Isaac	Wegener	Cherrybrook 2:27.96
6	Rohan	Sharma	Cherrybrook 2:30.51
7	Billy	Lowe	Manly Warringah 2:35.92
8	Beau	Snashall	Northern Suburbs 2:35.98
9	Nathan	Sarah	Nth Rocks Carlin 2:36.60
10	James	Ghali	Ku-Ring-Gai 2:38.90
11	Judah	Louie	Northern Districts 2:40.38
12	Sam	Ogier	Northern Districts 2:44.71
13	Max	Donald	Manly Warringah 2:46.17
14	John	Reville	Northern Suburbs 2:46.50
15	Archie	Kay	Ku-Ring-Gai 2:47.04
--	Oliver	Trowell	Manly Warringah DQ
--	Samuel	Cook	Mosman DNS

RoC 7.6.2a.ii

Boys U 14 - 800 Metre Run

=====			
Region:	R 2:06.83	18/02/2018	Jacob Leon, Ryde
State:	S 2:01.40	19/03/2017	Joshua Atkinson, Hills Dist
Name	Age	Centre	Final
=====			
1	William	Durer	Ku-Ring-Gai 2:18.12
2	Christopher	Whiteley	Cherrybrook 2:19.71
3	Alexander	Braendle	Northern Districts 2:23.75
4	Oscar	Needham	Manly Warringah 2:26.30
5	Evan	Beasley	Northern Districts 2:31.96
6	Sebastian	Linton	Ku-Ring-Gai 2:38.60
--	Max	McDermott	Manly Warringah DNS
--	Alessandro	Rossi	Ku-Ring-Gai DNS
--	Toby	Ward	Mosman DNS
--	Nathan	Longster	Manly Warringah DNS
--	Jamie	Kastelan	Nth Rocks Carlin DNS

Boys U 15 - 800 Metre Run

=====			
Region:	R 1:58.88	19/02/2012	Jack Collett, Gosford
State:	S 1:57.20	20/02/2005	James Kaan, Hills District
State:	S 1:57.20	16/03/2008	James Connor, Campbelltown
Name	Age	Centre	Final
=====			
1	Matteo	Shipman	Northern Suburbs 2:06.88
2	Dylan	Mortimer	Manly Warringah 2:08.73
3	Liam	Broome	Ku-Ring-Gai 2:13.55
4	Hugo	Stewart	Mosman 2:18.51
5	Matthew	Sims	Hornsby 2:22.08
6	Michael	Perry	Nth Rocks Carlin 2:25.65
7	Hugo	Reynolds	Ku-Ring-Gai 2:29.73
--	Christopher	Nilon	Nth Rocks Carlin DNS

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

-- Saxon Lund	Manly Warringah	DNS
-- Manning Johnson	Hornsby	DNS
-- Aiden McDaid	Hornsby	DNS
-- Benjamin Frantz	Manly Warringah	DNS
-- Tomasi Waqabaca	Nth Rocks Carlin	DNS
-- Brendan Armstrong	Cherrybrook	DNS

Boys U 17 - 800 Metre Run

Region: R 1:56.84 11/02/2024 Axel Bruntsch, Ryde

State: S 1:54.00 05/03/2017 Tyler Gunn, Gosford

Name Age Centre Final

1 Axel Bruntsch	Ryde	1:56.84R
2 Liam Renshaw	Northern Suburbs	1:57.62
3 Benjamin Woodhouse	Nth Rocks Carlin	1:59.03
4 Isaac Siebert	Ryde	2:02.17
5 Cody Burton	Nth Rocks Carlin	2:04.34
6 Nathanael Ramsay	Hornsby	2:04.75
7 Harley Grace	Cherrybrook	2:07.56
8 Julian McMillan	Ryde	2:09.13
9 Luke Woods	Hornsby	2:15.35
10 Julian Smith	Ryde	2:19.57
11 Orlando Grinbergs	Manly Warringah	2:21.84
-- Zachariah Abood	Parramatta	DNS

Boys U 11 - 1500 Metre Run

Region: R 4:47.70 19/02/2011 Elliot Metcalf, Manly Warri

State: S 4:36.90 17/03/1984 Richard McCarthy, Randwick

Name Age Centre Final

1 Brody Johnson	Ku-Ring-Gai	5:04.71
2 Flynn Cox-Gallagher	Ryde	5:08.62
3 Harrison Smith	Manly Warringah	5:13.80
4 Sam Moody	Northern Suburbs	5:20.71
5 Nathaniel Gu	Ku-Ring-Gai	5:21.00
6 Harry Nicholson	Mosman	5:23.01
7 Josh Kietzmann	Ku-Ring-Gai	5:27.18
8 Lachlan Meryment	Ku-Ring-Gai	5:28.79
9 Reef Bailey	Northern Districts	5:35.72
10 Liam Reville	Northern Suburbs	5:38.74
11 Austin Grennan	Manly Warringah	5:43.33
12 Hugh Giffin	Cherrybrook	5:45.17
13 Oliver Fratini	Northern Suburbs	5:46.17
14 Cristian Fajardo	Northern Suburbs	5:49.75
15 Oscar Steggles	Manly Warringah	5:53.96
-- Miller Harris	Ku-Ring-Gai	DNS

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

Region: R 4:38.72 10/02/2024 Isaac Robinson, Manly Warri
 Region: R 4:38.72 10/02/2024 Isaac Robinson, Manly Warri
 State: S 4:27.20 19/03/1983 Peter Stellino, Hills Distr

Name	Age Centre	Final
1 Isaac Robinson	Manly Warringah	4:38.72R
2 Nathaniel Barrett	Manly Warringah	4:44.65
3 John Brivulis	Northern Suburbs	4:46.35
4 Tasman Vale	Manly Warringah	4:49.35
5 Andrew Lukas	Northern Suburbs	5:07.62
6 Oliver Halfhide	Cherrybrook	5:11.07
7 Hugo Condon	Manly Warringah	5:13.61
8 Max Torkington	Manly Warringah	5:17.16
9 Henry Grieve	Northern Suburbs	5:19.01
10 Raffael Oppedisano	Ryde	5:32.78
11 Lucas Bolt	Ryde	5:44.85
12 Vinay Menon	Parramatta	5:49.40
-- Xavier Hokins	Mosman	DNS
-- Lachlan Kidd	Cherrybrook	DNS
-- Henry Ferguson	Manly Warringah	DNS
-- Connor Matthews	Manly Warringah	DNS
-- William Graham	Ku-Ring-Gai	DNS
-- Jack Le Fevre	Ryde	DNS

Boys U 13 - 1500 Metre Run

Region: R 4:33.00 21/02/2004 Cameron Page, Gosford
 State: S 4:21.30 18/03/2006 James Connor, Campbelltown

Name	Age Centre	Final
1 Oliver Trowell	Manly Warringah	4:53.58
2 Billy Lowe	Manly Warringah	5:10.85
3 Dominic Trigwell	Ryde	5:15.69
4 James Ryan	Parramatta	5:20.06
5 John Reville	Northern Suburbs	5:20.50
6 Judah Louie	Northern Districts	5:23.56
7 Max Donald	Manly Warringah	5:26.54
8 Nathan Sarah	Nth Rocks Carlin	5:27.97
9 Sam Ogier	Northern Districts	5:28.63
10 James Kwok	Cherrybrook	5:29.55
11 Beau Snashall	Northern Suburbs	5:39.11
12 Lachlan Inman	Ryde	5:50.61
13 Leon Barrie	Manly Warringah	6:15.39
-- James Ghali	Ku-Ring-Gai	DQ RoC 7.6.2a
-- Charlie Whelan	Manly Warringah	DNS

Boys U 14 - 1500 Metre Run

Region: R 4:23.88 15/02/2014 Harrison Wade, Ryde
 State: S 4:11.93 22/03/2014 Harrison Wade, Ryde

Name	Age Centre	Final
1 William Durer	Ku-Ring-Gai	4:37.41
2 Christopher Whiteley	Cherrybrook	4:40.84
3 Alexander Braendle	Northern Districts	4:54.56

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

4	Max McDermott	Manly Warringah	4:57.01
5	Oscar Needham	Manly Warringah	5:04.54
6	Joshua Zimeng Fang	Nth Rocks Carlin	5:17.15
7	Evan Beasley	Northern Districts	5:26.58
8	Dongjun Jaden Shin	Ryde	5:37.00
--	Owen Smith	Ryde	DNS
--	Nathan Longster	Manly Warringah	DNS
--	Sebastian Linton	Ku-Ring-Gai	DNS
--	Jonathon Bennett	Ryde	DNS

Boys U 15 - 1500 Metre Run

=====			
	Region: R 4:10.70	2005	James Kaan, Hills District
	State: S 4:03.70	15/03/2008	James Connor, Campbelltown
	Name	Age Centre	Final
=====			
1	Brendan Armstrong	Cherrybrook	4:26.26
2	Dylan Mortimer	Manly Warringah	4:27.34
3	Liam Broome	Ku-Ring-Gai	4:38.41
4	Matthew Sims	Hornsby	5:04.77
5	Matthew Searles	Northern Districts	5:08.50
6	Michael Perry	Nth Rocks Carlin	5:11.55
7	Ryan Mooney	Northern Districts	5:16.21
8	Hugo Reynolds	Ku-Ring-Gai	5:17.03
--	Braeden Searles	Northern Districts	DNS
--	Benjamin Frantz	Manly Warringah	DNS
--	Manning Johnson	Hornsby	DNS
--	Aiden La Vinh	Nth Rocks Carlin	DNS

Boys U 17 - 1500 Metre Run

=====			
	Region: R 4:08.06	10/02/2024	Axel Bruntsch, Ryde
	Region: R 4:08.06	10/02/2024	Axel Bruntsch, Ryde
	State: S 3:59.64	02/02/2019	Angus Beer, Balmain
	Name	Age Centre	Final
=====			
1	Axel Bruntsch	Ryde	4:08.06R
2	Benjamin Woodhouse	Nth Rocks Carlin	4:14.40
3	Isaac Siebert	Ryde	4:19.71
4	Idris Burkhardt	Cherrybrook	4:22.50
5	Cody Burton	Nth Rocks Carlin	4:23.03
6	Julian Smith	Ryde	4:29.40
7	Evan Holman	Parramatta	4:30.49
8	Julian McMillan	Ryde	4:31.04
9	Luke Woods	Hornsby	4:38.31
10	Dylan Allabush	Ku-Ring-Gai	4:47.89
11	Lochlann Neilan	Hornsby	4:48.07
--	William Stanger	Nth Rocks Carlin	DNS
--	Harley Grace	Cherrybrook	DNS

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 13 - 3000 Metre Run**

Name	Age	Centre	Final
Region: R 9:47.60 21/02/2004 Cameron Page, Gosford			
State: S 9:39.60 20/03/2004 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Isaac Wegener		Cherrybrook	10:45.85
2 Charlie Whelan		Manly Warringah	11:11.23
3 James Ryan		Parramatta	11:28.05
4 Dominic Trigwell		Ryde	11:29.93
5 Liam Barnes		Ku-Ring-Gai	11:36.00
6 John Reville		Northern Suburbs	11:41.85
7 Max Bealby		Northern Suburbs	11:42.82
8 Beau Snashall		Northern Suburbs	11:52.04
9 Max Donald		Manly Warringah	12:26.18
10 Zane El Sayed Ahmad		Parramatta	13:25.07
-- Nathan Sarah		Nth Rocks Carlin	DNS
-- Mitchell McCarthy		Ryde	DNS
-- Oliver Trowell		Manly Warringah	DNS
-- Max McIntosh		Ku-Ring-Gai	DNS

Boys U 14 - 3000 Metre Run

Name	Age	Centre	Final
Region: R 9:19.00 2005 Cameron Page, Gosford			
State: S 9:13.83 21/03/2014 Harrison Wade, Ryde			
Name	Age	Centre	Final
1 William Durer		Ku-Ring-Gai	10:01.46
2 Christopher Whiteley		Cherrybrook	10:14.89
3 Toby Ward		Mosman	10:33.41
4 Alexander Braendle		Northern Districts	10:51.30
5 Max McDermott		Manly Warringah	10:58.99
6 Sebastian Linton		Ku-Ring-Gai	11:38.95
-- Ryan Koshy		Parramatta	DNS
-- Riley Waddingham		Northern Districts	DNS

Boys U 15 - 3000 Metre Run

Name	Age	Centre	Final
Region: R 9:12.70 18/02/2006 Cameron Page, Gosford			
State: S 8:50.60 18/03/2006 Cameron Page, Gosford			
Name	Age	Centre	Final
1 Brendan Armstrong		Cherrybrook	9:47.15
2 Henry Stuart		Ku-Ring-Gai	10:33.81
3 Benjamin Proszenko		Ryde	10:52.65
-- Aiden La Vinh		Nth Rocks Carlin	DNS
-- Hugo Stewart		Mosman	DNS

Boys U 17 - 3000 Metre Run

Name	Age	Centre	Final
Region: R 9:07.79 10/02/2024 Benjamin Woodhouse, Nth Roc			
State: S 8:55.17 16/03/2019 Kai Hammond, St George			
Name	Age	Centre	Final
1 Benjamin Woodhouse		Nth Rocks Carlin	9:07.79R
2 Idris Burkhardt		Cherrybrook	9:28.79
3 Julian Smith		Ryde	9:36.79

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 17 - 3000 Metre Run

4	Dylan Allabush	Ku-Ring-Gai	10:13.38
5	Lochlann Neilan	Hornsby	10:25.46
6	Conor Collins	Northern Districts	10:41.98
7	Luke Woods	Hornsby	J10:41.98
--	Evan Holman	Parramatta	DNS

Boys U 8 - 60 Metre Hurdles (45cm)

Region: R 10.50 2001 Alexander Pettigrew, Hornsby Dis
 State: S 10.63 15/02/2014 Jesse Ingleton, Camden

Name	Age	Centre	Prelims	H#
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Heats

1	Stephen Harvey	Ku-Ring-Gai	11.41Q	2
2	Kenneth Huang	Ku-Ring-Gai	11.87Q	1
3	Bailey Vassella	Ku-Ring-Gai	11.82Q	2
4	Ilya Passmore	Ryde	12.11Q	1
5	Tom Moody	Northern Suburbs	11.85Q	2
6	Julian Pita	Ku-Ring-Gai	12.41Q	1
7	Ethan Josa	Northern Suburbs	12.10q	2
8	John Lukas	Ku-Ring-Gai	12.29q	2
9	Jack Vukovic	Manly Warringah	12.69	1
10	Aiden Dunne	Manly Warringah	13.12	1
11	Levi Curtis	Parramatta	13.48	1
12	Jerry Wang	Ryde	13.87	2
13	Kabir Sido	Northern Suburbs	14.79	1
--	Kyrie Dibia	Parramatta	DNS	2
--	Nico Brichta	Northern Districts	DNS	2

Boys U 8 - 60 Metre Hurdles (45cm)

Region: R 10.50 2001 Alexander Pettigrew, Hornsby
 State: S 10.63 15/02/2014 Jesse Ingleton, Camden

Name	Age	Centre	Final
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Final

1	Stephen Harvey	Ku-Ring-Gai	11.37
2	Kenneth Huang	Ku-Ring-Gai	11.47
3	Bailey Vassella	Ku-Ring-Gai	11.59
4	Ilya Passmore	Ryde	11.97
5	Ethan Josa	Northern Suburbs	12.13
6	Tom Moody	Northern Suburbs	12.17
7	Julian Pita	Ku-Ring-Gai	12.23
8	John Lukas	Ku-Ring-Gai	12.41

Boys U 9 - 60 Metre Hurdles (45cm)

Region: R 9.30 1999 Joshua Mulligan, Gosford
 State: S 9.54 21/02/1999 Joshua Mulligan, Gosford
 State: S 9.54 21/03/2009 Rory Barkley, Northern Suburbs

Name	Age	Centre	Prelims	H#
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Heats

1	Blake Creelman	Manly Warringah	10.64Q	1
2	AdamMichael Vesely	Manly Warringah	10.89Q	2

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

3	Jett Garton	Northern Suburbs	10.81Q	1
4	Tyler Holdsworth	Hornsby	11.49Q	2
5	Jack Cross	Ku-Ring-Gai	10.85Q	1
6	Marcus Trigwell	Ryde	11.64Q	2
7	Jaxon Garton	Northern Suburbs	11.39q	1
8	Jack Houston	Manly Warringah	11.68q	2
9	Jack Miller	Manly Warringah	12.01	2
10	Lincoln Smith	Nth Rocks Carlin	12.18	1
11	Charlie Trowell	Manly Warringah	12.25	2
12	Ethan Smith	Northern Suburbs	12.44	1
13	Darcy Hazon	Nth Rocks Carlin	12.50	1
14	Arun Macmillan	Ku-Ring-Gai	12.69	2
15	Elliott Kerr	Parramatta	13.06	2
--	Toby Jefferson	Northern Suburbs	DNS	1

Boys U 9 - 60 Metre Hurdles (45cm)

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=====
Region: R  9.30  1999      Joshua Mulligan, Gosford
State: S  9.54  21/02/1999 Joshua Mulligan, Gosford
State: S  9.54  21/03/2009 Rory Barkley, Northern Suburb

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Name                Age Centre                Final
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Final

1	AdamMichael Vesely	Manly Warringah	10.06	
2	Blake Creelman	Manly Warringah	10.36	
3	Jett Garton	Northern Suburbs	10.70	
4	Jack Miller	Manly Warringah	10.77	
5	Jack Cross	Ku-Ring-Gai	10.79	
6	Marcus Trigwell	Ryde	10.84	
7	Tyler Holdsworth	Hornsby	10.89	
8	Jaxon Garton	Northern Suburbs	10.91	
9	Jack Houston	Manly Warringah	11.16	

Boys U 10 - 60 Metre Hurdles (60cm)

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

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=====
Name                Age Centre                Prelims  H#
=====
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Heats

1	Hudson McGregor	Manly Warringah	10.64Q	2
2	Brody Scott-Faul	Manly Warringah	10.67Q	1
3	Ethan Moyo	Ryde	11.14Q	2
4	Nicholas Fijan	Northern Suburbs	11.99Q	1
5	Hamish Skeates	Ku-Ring-Gai	11.38Q	2
6	Julian Conway	Ku-Ring-Gai	12.20Q	1
7	Matthew El Kadi	Nth Rocks Carlin	11.84q	2
8	Enoch Wolfson	Ryde	12.28q	1
9	Freddie McVicar	Manly Warringah	12.34	1
10	Finn Sorbara	Mosman	12.34	1
11	Edward Gillett	Manly Warringah	12.51	1
12	Maximus Murdoch	Ku-Ring-Gai	12.59	2
13	Nathan Pulfer	Ryde	12.79	1
14	Aston Perry	Northern Suburbs	12.80	2
--	Harrison Campbell	Cherrybrook	DNS	2

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

-- Joshua Eaton Northern Suburbs DNS 2

Boys U 10 - 60 Metre Hurdles (60cm)

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

Final

1	Brody Scott-Faul	Manly Warringah	10.30
2	Hudson McGregor	Manly Warringah	10.46
3	Ethan Moyo	Ryde	10.75
4	Hamish Skeates	Ku-Ring-Gai	11.04
5	Nicholas Fijan	Northern Suburbs	11.82
6	Enoch Wolfson	Ryde	11.91
7	Julian Conway	Ku-Ring-Gai	12.26
8	Matthew El Kadi	Nth Rocks Carlin	14.09

Boys U 11 - 80 Metre Hurdles (60cm)

Region: R 12.99 13/02/2022 Taten Rogers, Manly Warringah
 Name Age Centre Prelims H#

Heats

1	Harry Dryden	Manly Warringah	13.83Q	2
2	Max Williamson	Ryde	14.18Q	1
3	Mitchell McGregor	Ryde	13.97Q	2
4	Michael Williams	Northern Suburbs	15.07Q	1
5	Lachlan Vercoe	Cherrybrook	15.20Q	1
6	Reuben Hanly	Ku-Ring-Gai	15.81Q	2
7	Sam Moody	Northern Suburbs	15.54q	1
8	Hunter Vakili	Mosman	15.59q	1
9	Zane Romyne	Manly Warringah	15.73	1
10	Ryan Huang	Manly Warringah	15.85	2
11	Jeffrey Chong	Nth Rocks Carlin	15.93	2
12	Jaxon Farrell	Manly Warringah	16.10	2
13	Cristian Fajardo	Northern Suburbs	16.13	2
14	Reef Bailey	Northern Districts	16.63	1

Boys U 11 - 80 Metre Hurdles (60cm)

Region: R 12.99 13/02/2022 Taten Rogers, Manly Warringah
 Name Age Centre Final

Final

1	Max Williamson	Ryde	13.72
2	Harry Dryden	Manly Warringah	13.86
3	Mitchell McGregor	Ryde	13.93
4	Lachlan Vercoe	Cherrybrook	14.67
5	Sam Moody	Northern Suburbs	14.97
6	Michael Williams	Northern Suburbs	15.24
7	Hunter Vakili	Mosman	15.29
8	Reuben Hanly	Ku-Ring-Gai	15.66

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - 80 Metre Hurdles (68cm)**

Region: R 12.64 04/02/2023 James Atkins, Manly Warringah				
Name	Age	Centre	Prelims	H#
Heats				
1 Beau Riches		Manly Warringah	13.10Q	1
2 Toby Creelman		Manly Warringah	14.17Q	2
3 Jack Spencer		Ryde	13.18Q	1
4 Mitchell Cox		Ryde	14.59Q	2
5 Charlie Baird-Petroni		Mosman	13.76Q	1
6 Daniel Pulfer		Ryde	14.60Q	2
7 Jaxon Solomon		Manly Warringah	14.23q	1
8 Ryan Maher		Cherrybrook	15.32q	1
9 Luca Escribano		Manly Warringah	15.40	2
10 Caelan Drysdale		Ku-Ring-Gai	15.68	2
11 Roy Wu		Ryde	15.85	1
12 Tobias Butler		Nth Rocks Carlin	16.39	2
13 Jackson Chau		Ryde	16.42	2
14 Edward Barnsley		Ku-Ring-Gai	16.49	1
15 Daymon Wong		Nth Rocks Carlin	16.88	1
-- Andy Zhang		Ku-Ring-Gai	DNS	2

Boys U 12 - 80 Metre Hurdles (68cm)

Region: R 12.64 04/02/2023 James Atkins, Manly Warringah				
Name	Age	Centre	Final	
Final				
1 Jack Spencer		Ryde	13.04	
2 Beau Riches		Manly Warringah	13.27	
3 Charlie Baird-Petroni		Mosman	13.49	
4 Jaxon Solomon		Manly Warringah	13.63	
5 Toby Creelman		Manly Warringah	14.07	
6 Mitchell Cox		Ryde	14.22	
7 Daniel Pulfer		Ryde	14.25	
8 Ryan Maher		Cherrybrook	14.95	

Boys U 13 - 80 Metre Hurdles (76cm)

Region: R 12.00 05/02/2006 Kane Thompson, Manly Warringah				
State: S 12.04 16/03/1997 Ahmed Abou-Mahmoud, Winston Hill				
State: S 12.04 19/03/2000 Ross Roberts, Gosford				
Name	Age	Centre	Prelims	H#
Heats				
1 Andrew Kim		Cherrybrook	12.93Q	2
2 Taten Rogers		Manly Warringah	13.05Q	1
3 James Mikan		Northern Suburbs	13.41Q	1
4 Daniel Sims		Hornsby	13.55Q	2
5 Kyan Seale		Northern Suburbs	13.48Q	1
6 Deacon Pallpratt		Manly Warringah	13.63Q	2
7 Thomas Eaton		Northern Suburbs	13.51q	1
8 Alexander Song		Nth Rocks Carlin	14.11q	1
9 Jacoby Neal		Ku-Ring-Gai	14.13	2
10 Benjamin Bowrey		Parramatta	14.38	2
11 Marcus Bosnic		Ryde	14.78	2

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

12	Nixon Kasprzak	Nth Rocks Carlin	14.83	1
13	Maximillian Kyle	Ku-Ring-Gai	15.33	1
14	Zachary Morgan	Manly Warringah	16.80	2
--	Jonathan Miles	Manly Warringah	DNS	1
--	James Atkins	Manly Warringah	DNS	2

Boys U 13 - 80 Metre Hurdles (76cm)

Region: R 12.00 05/02/2006 Kane Thompson, Manly Warringah
 State: S 12.04 16/03/1997 Ahmed Abou-Mahmoud, Winston H
 State: S 12.04 19/03/2000 Ross Roberts, Gosford

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

Final

1	Andrew Kim	Cherrybrook	12.45
2	Taten Rogers	Manly Warringah	12.49
3	Thomas Eaton	Northern Suburbs	12.88
4	Daniel Sims	Hornsby	13.14
5	James Mikan	Northern Suburbs	13.19
6	Kyan Seale	Northern Suburbs	13.26
7	Deacon Pallpratt	Manly Warringah	13.55
8	Alexander Song	Nth Rocks Carlin	13.63

Boys U 14 - 90 Metre Hurdles (76cm)

Region: R 11.90 17/02/2008 Nicholas Hough, Hills Distric
 State: S 12.04 16/03/2008 Nicholas Hough, Hills Distric

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

1	Sebastian Cech	Manly Warringah	13.98
2	Marcus Wong	Nth Rocks Carlin	15.08
3	Davin Yap	Manly Warringah	16.26
4	Matthew Lawrence	Nth Rocks Carlin	18.19
--	Henry O'Neil	Nth Rocks Carlin	DNS
--	Luke Butcher	Parramatta	DNS
--	Tyler Stead	Ku-Ring-Gai	DNS

Boys U 15 - 100 Metre Hurdles (76cm)

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

Name	Age	Centre	Prelims	H#
------	-----	--------	---------	----

Heats

1	Samuel Price	Cherrybrook	14.61Q	1
2	Zak Evans	Northern Suburbs	15.72Q	2
3	Ratu Viliame Lewanavanua	Nth Rocks Carlin	14.88Q	1
4	Luke Photios	Hornsby	17.21Q	2
5	Daniel Cox	Ryde	15.15Q	1
6	Reese Francis	Manly Warringah	17.96Q	2
7	Evan Semaganda	Cherrybrook	17.04q	1
8	Moses Wolfson	Ryde	18.97q	2
--	Jake Fourie	Ku-Ring-Gai	DNS	2
--	Jude Lumley	Northern Suburbs	DNS	1

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 100 Metre Hurdles (76cm)**

=====			
Region: R 12.70		22/02/2009	Nicholas Hough, Hills Distric
State: S 12.64		22/03/2009	Nicholas Hough, Hills Distric
Name	Age	Centre	Final
=====			
Final			
1	Samuel Price	Cherrybrook	13.31
2	Zak Evans	Northern Suburbs	13.31
3	Ratu Viliame Lewanavanua	Nth Rocks Carlin	14.57
4	Daniel Cox	Ryde	14.86
5	Evan Semaganda	Cherrybrook	16.87
6	Luke Photios	Hornsby	17.03
7	Reese Francis	Manly Warringah	18.10
--	Moses Wolfson	Ryde	DNS

Boys U 17 - 110 Metre Hurdles (76cm)

=====				
Region: R 13.79		05/02/2023	Matthew Hunt, Northern Suburbs	
State: S 13.60		25/03/2018	William Humberstone, Port Hackin	
Name	Age	Centre	Prelims	H#
=====				
Heats				
1	Jannik McErlane	Manly Warringah	14.24Q	2
2	Leo Brown	Manly Warringah	14.83Q	1
3	Lewis Wong	Nth Rocks Carlin	14.75Q	2
4	Marco Boccaletti	Cherrybrook	15.45Q	1
5	Tyler E Mitchell	Parramatta	14.82Q	2
6	Xavier Hennessey	Cherrybrook	16.07Q	1
7	Max Byrnes	Nth Rocks Carlin	15.29q	2
8	Ashton Sawtell	Hornsby	16.28q	1
--	Kalan Harding	Northern Districts	DNS	2
--	Andres Hampel	Northern Suburbs	DNS	1

Boys U 17 - 110 Metre Hurdles (76cm)

=====			
Region: R 13.79		05/02/2023	Matthew Hunt, Northern Suburb
State: S 13.60		25/03/2018	William Humberstone, Port Hac
Name	Age	Centre	Final
=====			
Final			
1	Jannik McErlane	Manly Warringah	14.08
2	Lewis Wong	Nth Rocks Carlin	14.20
3	Leo Brown	Manly Warringah	14.48
4	Tyler E Mitchell	Parramatta	14.65
5	Max Byrnes	Nth Rocks Carlin	15.06
6	Marco Boccaletti	Cherrybrook	15.20
7	Xavier Hennessey	Cherrybrook	16.04
8	Ashton Sawtell	Hornsby	16.13

Boys U 13 - 200 Metre Hurdles (68cm)

=====			
Region: R 26.40		18/02/2006	Kane Thompson, Manly Warringah
State: S 26.21		19/03/2011	Jarrod Cullen, Canterbury
Name	Age	Centre	Final H#
=====			
1	Kyan Seale	Northern Suburbs	28.15 2

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

2	Thomas Eaton	Northern Suburbs	28.94	2
3	Taten Rogers	Manly Warringah	29.50	2
4	Jacoby Neal	Ku-Ring-Gai	30.43	2
5	Alexander Song	Nth Rocks Carlin	30.46	2
6	William King	Manly Warringah	32.40	2
7	Michael Kolosakas	Nth Rocks Carlin	32.78	1
8	Ruaidhri Stewart	Ryde	34.09	1
9	Felix McMullan	Ryde	34.86	1
10	Eamon King	Manly Warringah	34.93	1
11	Jordan Dixon	Northern Districts	43.96	1
--	Jonathan Miles	Manly Warringah	DNS	2
--	James Mikan	Northern Suburbs	DNS	2

Boys U 14 - 200 Metre Hurdles (76cm)

Region: R 24.60 16/02/2008 Nicholas Hough, Hills Distric

State: S 24.64 15/03/2008 Nicholas Hough, Hills Distric

Name Age Centre Final

1	Sebastian Cech	Manly Warringah	29.50
2	Marcus Wong	Nth Rocks Carlin	31.01
3	Kase Willis-Jansen	Ku-Ring-Gai	33.77

Boys U 15 - 300 Metre Hurdles (76cm)

Region: R 40.28 11/02/2017 Thomas Hunt, Northern Suburbs

State: S 38.92 18/03/2017 Thomas Hunt, Northern Suburbs

Name Age Centre Final

1	Zak Evans	Northern Suburbs	42.26
2	Samuel Price	Cherrybrook	42.74
3	Moses Wolfson	Ryde	54.49
--	Zac Stante	Manly Warringah	DNS

Boys U 17 - 300 Metre Hurdles (76cm)

Region: R 38.34 09/02/2019 Thomas Hunt, Northern Suburbs

State: S 37.14 18/03/2017 Sebastien Moir, South Eastern

Name Age Centre Final H#

1	Lewis Wong	Nth Rocks Carlin	39.45	2
2	Jannik McErlane	Manly Warringah	39.48	2
3	Leo Brown	Manly Warringah	39.84	2
4	Max Byrnes	Nth Rocks Carlin	41.00	2
5	Ashton Sawtell	Hornsby	42.24	2
6	Marco Boccaletti	Cherrybrook	42.37	2
7	Zachariah Abood	Parramatta	44.59	1
8	Aaron Pease	Ryde	45.86	1
--	Oliver Corne	Parramatta	DNS	2
--	Neil Rawat	Ku-Ring-Gai	DNS	1
--	Andres Hampel	Northern Suburbs	DNS	2

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 11-12 100 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
1 Hugo Kasprzak (T/F37)	R	19.15	10/02/2024		Nth Rocks Carlin	19.15R

Boys U 13-14 100 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
1 Michael Sitaramayya (T/F	R	14.75	12/02/2022		Nth Rocks Carlin	16.75

Boys U 15-17 100 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
1 Cooper Robb-Jackson (T/F	R	13.38	10/02/2024		Parramatta	13.38R 80.269
2 Alexander Evans (T/F13)		14.84			Nth Rocks Carlin	70.485
3 Jacob Thurston (T/F37)		18.49			Nth Rocks Carlin	59.762

Boys U 15-17 200 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
1 Cooper Robb-Jackson (T/F	R	26.68	11/02/2024		Parramatta	26.68R 81.784 pts
2 Alexander Evans (T/F13)		31.19			Nth Rocks Carlin	67.490 pts
3 Jacob Thurston (T/F37)		39.90			Nth Rocks Carlin	56.617 pts

Boys U 15-17 400 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
1 Cooper Robb-Jackson (T/F	R	58.62	10/02/2024		Parramatta	58.62R

Boys U 15-17 800 Metre Multi Class Run

Name	Region	Time	Date	Age	Centre	Final
-- Cooper Robb-Jackson (T/F					Parramatta	DNF

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

Region	Time	Date	Age	Centre	Final
R	54.70	14/02/2016		Ku-Ring-Gai, Ku-Ring-Gai D Hall, L Herbert, A Jones, R Hemsworth	
S	53.84	17/03/1996		Bankstown Sports	
S	53.84	20/03/2016		Ku-Ring-Gai	
1 Manly Warringah					56.09
1) Jaxon Solomon 12				2) Harry Dryden 11	
3) Blake Creelman 9				4) Hudson McGregor 10	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

2 Mosman		58.92	
1) William Waterhouse 9	2) Edward Sharp 11		
3) Kingston Davis 10	4) Tyrese-Lloyd Owusu 12		
3 Cherrybrook		59.34	
1) Brendan Jones 9	2) Finn Leivesley 11		
3) Archie Gulczynski 10	4) Liam Steel 12		
4 Northern Suburbs		59.71	
1) Santiago Verissimo 9	2) Flynn Scrivener 10		
3) Roberto Devine 11	4) John Brivulis 12		
-- Ku-Ring-Gai		DQ	RoC 7.8h
1) Edmund Chen 9	2) Caelan Drysdale 12		
3) Hamish Skeates 10	4) Emmett Snape 11		

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

=====			
Region: R 46.09	16/02/2020	Ku-Ring-Gai, Ku-Ring-Gai	
		D Hall, A Jones, L Herbert, C Bond	
State: S 45.63	21/03/2010	Cherrybrook	
Centre			Final
=====			
1 Mosman			48.05
1) Jake Osullivan 13	2) Sam Hewit 14		
3) Jeffrey Benoliel 15	4) Xavier Frost 17		
2 North Rocks Carlingford			48.33
1) Alexander Song 13	2) Benjamin Perry 15		
3) Jamie Kastelan 14	4) Lewis Wong 17		
3 Northern Suburbs			49.35
1) Kyan Seale 13	2) Oliver Pereira de Jesus 15		
3) James Mikan 13	4) Alexander Fijan 15		
4 Manly Warringah			49.66
1) Deacon Pallpratt 13	2) Reese Francis 15		
3) Parker Ball 13	4) Joshua Bowry 17		
5 Parramatta			49.77
1) Manuel Lacson 14	2) Oliver Corne 17		
3) Ji Yong Kim 13	4) Jacob Semaan 14		

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

=====			
Region: R 1.31m	21/02/2004	Joel Edwards, Winston Hills	
State: S 1.40m	17/03/1985	Jamie Shortland, Randwick Bot	
State: S 1.40m	21/03/2009	Harrison Brierley, Illawong	
Name	Age	Centre	Final
=====			
1 AdamMichael Vesely		Manly Warringah	1.11m
0.90 0.95 1.00 1.05 1.07 1.09 1.11 1.15			
O O O O O O O XXX			
2 nathaniel kei		Manly Warringah	1.09m
0.90 0.95 1.00 1.05 1.07 1.09 1.11			
O O O O O XO XXX			
3 Max Miller		Manly Warringah	1.07m
0.90 0.95 1.00 1.05 1.07 1.09			
O XO O XO XO XXX			
4 Jett Garton		Northern Suburbs	1.05m
0.90 0.95 1.00 1.05 1.07			
O O O O XXX			

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

5	Jack Houston	Manly Warringah	J1.05m
	0.90 0.95 1.00 1.05 1.07		
	o o o xo xxx		
6	Henry Kinsey	Hornsby	J1.05m
	0.90 0.95 1.00 1.05 1.07		
	xo o o xxo xxx		
7	Lincoln Smith	Nth Rocks Carlin	1.00m
	0.90 0.95 1.00 1.05		
	o o o xxx		
8	Charl Price	Ku-Ring-Gai	J1.00m
	0.90 0.95 1.00 1.05		
	xo o o xxx		
9	Neil Macmillan	Ku-Ring-Gai	J1.00m
	0.90 0.95 1.00 1.05		
	o o xo xxx		
10	Frederick Bangs	Mosman	0.95m
	0.90 0.95 1.00		
	o xo xxx		
10	Ari Newman	Ryde	0.95m
	0.90 0.95 1.00		
	o xo xxx		
10	Jaxon Garton	Northern Suburbs	0.95m
	0.90 0.95 1.00		
	o xo xxx		
13	Isaac O'Leary	Northern Suburbs	J0.95m
	0.90 0.95 1.00		
	o xxo xxx		
14	Henry Corbett	Ku-Ring-Gai	J0.95m
	0.90 0.95 1.00		
	xxo xxo xxx		
15	Matthew Clarke	Ku-Ring-Gai	0.90m
	0.90 0.95		
	o xxx		
--	Flynn Wirianata	Nth Rocks Carlin	DNS

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

=====										
Region: R 1.42m 17/02/2008 Lachlan Behagg, Manly Warring										
State: S 1.51m 21/03/2004 Jake Stein, Warradale										
Name	Age Centre								Final	
=====										
1	Jake Lambert	Nth Rocks Carlin								1.28m
	1.00 1.05 1.10 1.15 1.20 1.22 1.24 1.26 1.28 1.30									
	o o o o o o o o o xxo xxx									
2	Dara Curley	Ryde								1.26m
	1.00 1.05 1.10 1.15 1.20 1.22 1.24 1.26 1.28									
	o o o xo o o o xo xo xxx									
3	Matthew Balcombe	Northern Suburbs								1.20m
	1.00 1.05 1.10 1.15 1.20 1.22									
	o xo o xxo xxo xxx									
4	Alexander Conner	Ku-Ring-Gai								1.15m
	1.00 1.05 1.10 1.15 1.20									
	o o o o xxx									

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

4	Nicolas James-Taylor	Ku-Ring-Gai	1.15m
	1.00 1.05 1.10 1.15 1.20		
	o o o o XXX		
4	Solomon Romyn	Manly Warringah	1.15m
	1.00 1.05 1.10 1.15 1.20		
	o o o o XXX		
4	Ryder Lane-Brown	Manly Warringah	1.15m
	1.00 1.05 1.10 1.15 1.20		
	o o o o XXX		
8	Ethan Moyo	Ryde	1.10m
	1.00 1.05 1.10 1.15		
	o o o XXX		
8	Huxley Richardson	Hornsby	1.10m
	1.00 1.05 1.10 1.15		
	o o o XXX		
8	Lequintin Nicholson	Manly Warringah	1.10m
	1.00 1.05 1.10 1.15		
	o o o XXX		
11	Finn Sorbara	Mosman	J1.10m
	1.00 1.05 1.10 1.15		
	o o XO XXX		
12	Woody Harris	Ku-Ring-Gai	J1.10m
	1.00 1.05 1.10 1.15		
	o o XXO XXX		
13	Aston Perry	Northern Suburbs	J1.10m
	1.00 1.05 1.10 1.15		
	o XXO XXO XXX		
14	Pranay Mahesh	Ryde	1.05m
	1.00 1.05 1.10		
	o XXO XXX		
15	Enoch Wolfson	Ryde	1.00m
	1.00 1.05		
	o XXX		
--	Jaidyn Shehadie	Parramatta	DNS

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

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=====
Region: R 1.59m 16/02/2008 Thomas Cheel, Ku-ring-gai
State: S 1.63m 17/03/1996 John Thornell, Green Valley
Name Age Centre Final
=====
1 Finn Leivesley Cherrybrook 1.46m
1.25 1.30 1.34 1.38 1.40 1.42 1.44 1.46
XXO o o o XO XO XXO XO
2 Lewis McNaughtan Manly Warringah 1.44m
1.25 1.30 1.34 1.36 1.38 1.40 1.42 1.44 1.46
o o XO o o o XO o XXX
3 Harrison Smith Manly Warringah 1.40m
1.20 1.25 1.30 1.34 1.36 1.38 1.40 1.42
o o o o o XO o XXX
4 Edward Sharp Mosman 1.34m
1.10 1.15 1.20 1.25 1.30 1.32 1.34 1.36
XO o o o o XO XO XXX
=====
    
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

5 Mitchell Harris	Ku-Ring-Gai	1.30m
1.10 1.15 1.20 1.25 1.30 1.32		
0 0 XO 0 XO XXX		
6 Roberto Devine	Northern Suburbs	1.25m
1.10 1.15 1.20 1.25 1.30		
XXO 0 0 0 XXX		
7 Hunter O'Sullivan	Manly Warringah	J1.25m
1.10 1.15 1.20 1.25 1.30		
XXO XXO XO XO XXX		
8 Alexander Sorensen	Hornsby	1.20m
1.10 1.15 1.20 1.25		
XXO 0 0 XXX		
9 Reef Bailey	Northern Districts	J1.20m
1.10 1.15 1.20 1.25		
XO XO XXO XXX		
10 Reuben Hanly	Ku-Ring-Gai	1.15m
1.10 1.15 1.20		
XO 0 XXX		
11 Max Williamson	Ryde	J1.15m
1.10 1.15 1.20		
0 XO XXX		
11 Daniel Hanuska	Ku-Ring-Gai	J1.15m
1.10 1.15 1.20		
0 XO XXX		
13 Ashton Forrester	Manly Warringah	J1.15m
1.10 1.15 1.20		
XO XO XXX		
14 Donovan Lin	Northern Suburbs	J1.15m
1.10 1.15 1.20		
XXO XO XXX		
15 Riley Johnson	Nth Rocks Carlin	J1.15m
1.10 1.15 1.20		
0 XXO XXX		
-- Aiden McQuillan	Parramatta	NH
1.20		
XXX		

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

Region: R 1.60m 16/02/2020 Cadel Holmes, Northern Suburb
 State: S 1.72m 21/03/2009 Thibaut Potin, Illawong

Name Age Centre Final

1 Beau Riches	Manly Warringah	1.46m
1.20 1.25 1.30 1.35 1.40 1.42 1.44 1.46 1.48		
0 0 0 0 0 0 XO 0 XXX		
2 Henry Ferguson	Manly Warringah	J1.46m
1.20 1.25 1.30 1.35 1.40 1.42 1.44 1.46 1.48		
0 0 XO 0 XO XO XO 0 XXX		
3 Harlen Danks	Ryde	J1.46m
1.25 1.30 1.35 1.40 1.42 1.44 1.46 1.48		
0 0 XO XO XXO XXO XXO XXX		
4 Charlie Baird-Petroni	Mosman	1.44m
1.20 1.25 1.30 1.35 1.40 1.42 1.44 1.46		
0 0 0 0 0 XO 0 XXX		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

5	John Brivulis	Northern Suburbs	1.40m
	1.20 1.25 1.30 1.35 1.40 1.42		
	0 0 XO XXO 0 XXX		
6	Nathaniel Barrett	Manly Warringah	1.35m
	1.20 1.25 1.30 1.35 1.40		
	0 XO XXO 0 XXX		
7	Tyrese-Lloyd Owusu	Mosman	J1.35m
	1.20 1.25 1.30 1.35 1.40		
	0 0 XO XXO XXX		
8	Stanley Hebert	Ryde	J1.35m
	1.20 1.25 1.30 1.35 1.40		
	0 XXO 0 XXO XXX		
9	Ryan Maher	Cherrybrook	1.30m
	1.20 1.25 1.30 1.35		
	0 0 0 XXX		
10	Justin Jung	Northern Suburbs	J1.30m
	1.20 1.25 1.30 1.35		
	0 XO XO XXX		
11	Daniel Pulfer	Ryde	1.25m
	1.20 1.25 1.30		
	0 0 XXX		
11	Cooper Wilson	Northern Suburbs	1.25m
	1.25 1.30		
	0 XXX		
13	Vinay Menon	Parramatta	J1.25m
	1.20 1.25 1.30		
	0 XO XXX		
14	Joah Beasley	Northern Districts	1.20m
	1.20 1.25		
	0 XXX		
--	Benji Hill	Nth Rocks Carlin	NH
	1.20		
	XXX		
--	Taj Biddlecombe	Manly Warringah	DNS

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

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=====
Region: R 1.75m 11/02/2024 Kyan Seale, Northern Suburbs
State: S 1.81m 21/03/2010 Thibaut Potin, Illawong
Name Age Centre Final
=====
1 Kyan Seale Northern Suburbs 1.75mR
1.50 1.55 1.60 1.65 1.72 1.75 1.80
0 0 0 XO XXO XXO XXX
2 Henry Smith Manly Warringah 1.50m
1.35 1.40 1.44 1.48 1.50 1.52
0 0 XXO XXO 0 XXX
3 Max Bealby Northern Suburbs 1.40m
1.30 1.35 1.40 1.44
0 XO XO XXX
4 Maximilian Nemeth Mosman 1.35m
1.25 1.30 1.35 1.40
0 0 0 XXX
=====
    
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

7	Ed Hammond	Manly Warringah	J1.50m
	1.30 1.35 1.40 1.45 1.50 1.55		
	O O XO O XO XXX		
8	Evan Beasley	Northern Districts	1.45m
	1.30 1.35 1.40 1.45 1.50		
	O XO XXO O XXX		
9	Max McPherson	Ku-Ring-Gai	J1.45m
	1.30 1.35 1.40 1.45 1.50		
	O O O XO XXX		
10	Jacob Semaan	Parramatta	J1.45m
	1.30 1.35 1.40 1.45 1.50		
	O O XO XXO XXX		
11	Tyler Stead	Ku-Ring-Gai	1.40m
	1.30 1.35 1.40 1.45		
	O O O XXX		
12	Matthew Lawrence	Nth Rocks Carlin	J1.40m
	1.30 1.35 1.40 1.45		
	XXO XXO XO XXX		

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

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=====
Region: R 1.91m 10/02/2019 Darcy Holmes, Northern Suburb
State: S 2.06m 18/03/2000 James Watson, Manly Warringah
Name Age Centre Final
=====
1 Ratu Viliame Lewanavanua Nth Rocks Carlin 1.88m
1.66 1.70 1.76 1.80 1.84 1.88 1.92
O O XXO O XO XO XXX
2 Samuel Price Cherrybrook 1.76m
1.50 1.60 1.66 1.70 1.76 1.80
O XO XO O O XXX
3 Zak Evans Northern Suburbs 1.62m
1.40 1.45 1.50 1.54 1.58 1.62 1.64
O O O XO XO XXX
4 Thomas Greenaway Manly Warringah J1.62m
1.35 1.40 1.45 1.50 1.54 1.58 1.60 1.62 1.64
O O O XO O O XO XXO XXX
5 Leon Danks Ryde 1.56m
1.40 1.50 1.56 1.60
O O O XXX
6 Jack Mcmillan Manly Warringah 1.45m
1.35 1.40 1.45 1.50
O O O XXX
7 Ambrose Feng Ryde J1.45m
1.30 1.35 1.40 1.45 1.50
O O XO XO XXX
8 Evan Semaganda Cherrybrook J1.45m
1.30 1.35 1.40 1.45 1.50
O O XO XXO XXX
-- Benjamin Lawrence Nth Rocks Carlin DNS
-- Daniel Benoliel Mosman DNS
-- Thayu Runo Northern Suburbs DNS
-- Oliver Pereira de Jesus Northern Suburbs DNS
-- Alberto Jordan Manly Warringah DNS
-- Luka Simmons Manly Warringah DNS
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

-- Aiden McDaid	Hornsby	DNS
-- Daniel Cox	Ryde	DNS

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

=====													
Region: R 2.05m 27/02/2010 Brandon Starc, Parramatta													
State: S 2.10m 20/03/2010 Brandon Starc, Parramatta													
Name	Age Centre												Final
=====													
1 Cadel Holmes	Northern Suburbs												1.92m
1.50 1.55 1.60 1.65 1.70 1.74 1.78 1.80 1.82 1.86 1.92 1.96													
P P P P P O P O P XO XXO XXX													
2 Cameron Tizzard	Manly Warringah												1.78m
1.50 1.55 1.60 1.65 1.70 1.74 1.78 1.80 1.82													
P P P O O O O P XXX													
2 Sam Hildebrandt	Manly Warringah												1.78m Auto Qualifier
1.50 1.55 1.60 1.65 1.70 1.74 1.78 1.80 1.82													
P P P O O O O P XXX													
4 Oliver Mcnicol	Nth Rocks Carlin												1.70m
1.50 1.55 1.60 1.65 1.70 1.74													
P P P P O XXX													
5 Justin Billingsley	Cherrybrook												J1.70m
1.50 1.55 1.60 1.65 1.70 1.74													
P P O XO XXO XXX													
6 Owen Chandler	Ryde												1.65m
1.55 1.60 1.65 1.70													
O XO O XXX													
7 Marco Boccaletti	Cherrybrook												J1.65m
1.50 1.55 1.60 1.65 1.70													
P XO O XXO XXX													
8 Liam Downs	Manly Warringah												1.60m
1.50 1.55 1.60 1.65													
O O XO XXX													
9 Lachlan Blackwell	Hornsby												1.55m
1.55 1.60													
XO XXX													
-- Evan Holman	Parramatta												DNS
-- Zachariah Abood	Parramatta												DNS
-- Oliver Tsang	Ryde												DNS

Boys U 8 - Long Jump

=====													
Region: R 4.01m 1999 Michael Oldfield, Manly Warri													
State: S 4.24m 22/02/1987 Steven Grant, Port Hacking													
Name	Age Centre												Final
=====													
1 Aiden Dunne	Manly Warringah												3.62m
3.44m 3.24m 3.36m 3.37m 3.62m 3.62m													
2 Stephen Harvey	Ku-Ring-Gai												3.56m
FOUL 3.55m 3.02m 3.34m 3.56m 3.34m													
3 Kenneth Huang	Ku-Ring-Gai												3.46m
3.46m 3.30m 3.39m 3.42m 3.37m 3.36m													
4 Jacob Alexander	Manly Warringah												3.45m
3.23m 3.34m FOUL 3.21m 3.45m 3.20m													

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

5	Tom Moody				Northern Suburbs	3.30m
	3.11m	3.30m	FOUL	FOUL	3.21m 2.88m	
6	Ilya Passmore				Ryde	3.25m
	3.04m	3.25m	FOUL	2.87m	FOUL FOUL	
7	Coby James				Manly Warringah	3.06m
	FOUL	2.68m	3.06m	2.97m	2.86m 2.94m	
8	Jaiden Chahal				Nth Rocks Carlin	3.04m
	3.02m	2.97m	3.04m	3.00m	2.91m 3.00m	
9	Marcus Hemsworth				Manly Warringah	J3.04m
	3.04m	FOUL	2.83m			
10	Ryan Rann				Cherrybrook	2.86m
	2.81m	2.86m	2.54m			
11	Noah Smith				Ryde	2.84m
	2.84m	2.67m	2.62m			
12	Flynn Hickey				Hornsby	2.83m
	2.83m	2.60m	2.70m			
13	Aaren Deepak				Nth Rocks Carlin	J2.83m
	2.68m	2.60m	2.83m			
14	Mason Bakla				Ryde	2.75m
	2.75m	2.74m	2.60m			
15	Thomas Montgomery				Ku-Ring-Gai	2.50m
	2.50m	FOUL	2.35m			
--	Apollo Frazier				Ryde	DNS

Boys U 9 - Long Jump

=====						
	Region: R	4.48m	2000		Michael Oldfield,	Manly Warri
	State: S	4.71m	24/03/1991		Grant Buchanan,	Illawong
	Name		Age	Centre		Final
=====						
1	Blake Creelman				Manly Warringah	3.95m
	3.95m	3.77m	3.69m	3.78m	3.82m 3.82m	
2	Jack Cross				Ku-Ring-Gai	3.88m
	3.75m	3.71m	3.85m	3.74m	3.88m 3.87m	
3	Riyansh Thorat				Parramatta	3.57m
	3.57m	3.56m	3.36m	3.27m	3.50m 3.52m	
4	Marcus Trigwell				Ryde	3.55m
	3.50m	3.55m	3.27m	3.55m	3.32m 3.46m	
5	Brendan Jones				Cherrybrook	3.54m
	3.35m	3.47m	3.54m	FOUL	3.42m 3.52m	
6	Darcy Hazon				Nth Rocks Carlin	3.48m
	3.40m	3.30m	3.23m	3.23m	3.48m 3.45m	
7	Lachlan Ross				Northern Districts	3.42m
	3.41m	3.32m	3.32m	3.24m	2.70m 3.42m	
8	Tyler Holdsworth				Hornsby	3.39m
	3.26m	3.39m	3.24m	3.35m	3.30m FOUL	
9	Daniel McNaughtan				Manly Warringah	3.38m
	3.38m	3.26m	FOUL			
10	Jack Houston				Manly Warringah	3.30m
	3.26m	3.30m	3.18m			
11	Cooper Nguyen				Ku-Ring-Gai	3.27m
	3.09m	3.15m	3.27m			
12	Ranbir Ian Duneja				Hornsby	3.26m
	FOUL	3.26m	3.08m			

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - Long Jump**

13 Lincoln Smith	Nth Rocks Carlin	3.19m
3.14m 3.04m 3.19m		
14 Ryan Tian	Cherrybrook	2.58m
FOUL FOUL 2.58m		
-- Flynn Wirianata	Nth Rocks Carlin	DNS
-- William Prichard	Ku-Ring-Gai	DNS

Boys U 10 - Long Jump

Region: R 4.84m 11/02/2017 Dylan Hall, Ku-Ring-Gai
 State: S 5.17m 16/03/1980 Martin Moore, Bathurst

Name Age Centre Final

1 Hamish Skeates	Ku-Ring-Gai	4.18m
3.59m 4.06m 4.18m 4.01m 4.08m 3.99m		
2 Jake Lambert	Nth Rocks Carlin	4.05m
3.88m 3.56m FOUL 4.00m 4.01m 4.05m		
3 Huxley Richardson	Hornsby	4.00m
4.00m 3.76m 3.82m 3.40m 3.95m 3.91m		
4 Ethan Moyo	Ryde	3.93m
3.78m 3.83m 3.93m 3.46m 3.81m 3.73m		
5 Nicolas James-Taylor	Ku-Ring-Gai	J3.93m
3.69m 3.66m 3.80m 3.74m 3.47m 3.93m		
6 Archer Griffiths (1)	Ryde	3.90m
3.69m 3.77m 3.88m FOUL 3.86m 3.90m		
7 Lucas Yik	Ku-Ring-Gai	J3.90m
3.90m FOUL 3.86m 3.66m FOUL FOUL		
8 Solomon Romyn	Manly Warringah	3.72m
3.57m 3.72m 3.72m 3.64m 3.67m 2.35m		
9 Dara Curley	Ryde	J3.72m
3.72m 3.59m 3.52m		
10 Max Pullin	Northern Districts	3.66m
3.66m 3.63m 3.42m		
11 Edward Gillett	Manly Warringah	3.51m
3.51m FOUL 3.44m		
12 Freddie McVicar	Manly Warringah	3.37m
3.31m 3.32m 3.37m		
13 William Hart	Northern Districts	J3.37m
2.95m 3.32m 3.37m		
14 Alastair Brill	Cherrybrook	J3.37m
3.37m FOUL 2.89m		
15 James Nanni	Parramatta	3.28m
3.28m 3.17m 3.18m		

Boys U 11 - Long Jump

Region: R 5.14m 22/02/2002 Alexander Pettigrew, Parramat
 State: S 5.34m 07/02/1987 Craig Woodroff, Manly Warring

Name Age Centre Final

1 Jensen Barrett	Northern Districts	4.52m
4.26m 4.52m 4.30m 4.25m 4.40m 4.20m		
2 Finn Leivesley	Cherrybrook	4.40m
4.28m FOUL 4.30m 4.06m 3.99m 4.40m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 11 - Long Jump

3	Alexander Sorensen	Hornsby	4.07m
	3.67m 3.64m 3.79m 3.91m 3.85m 4.07m		
4	Harrison Vakili	Mosman	4.04m
	3.98m 3.87m 3.58m 3.73m 3.90m 4.04m		
5	Harry Dryden	Manly Warringah	4.00m
	3.95m FOUL FOUL 3.75m 4.00m FOUL		
6	Heath Towers	Manly Warringah	3.99m
	3.75m 3.89m 3.82m 3.97m 3.99m 3.89m		
7	Alexander Macmillan	Ku-Ring-Gai	3.84m
	3.84m 3.74m FOUL FOUL 3.74m FOUL		
8	Flynn Cox-Gallagher	Ryde	3.79m
	3.69m 3.79m 3.65m 3.46m 3.62m 3.77m		
9	Alexander Economides	Ryde	3.78m
	3.70m 3.57m 3.78m		
10	Dhulain Fernando	Cherrybrook	3.75m
	3.75m 3.45m 3.42m		
11	Orlando Clarke	Mosman	J3.75m
	3.17m 3.35m 3.75m		
12	Jaxon Farrell	Manly Warringah	3.74m
	3.45m 3.44m 3.74m		
13	Jeffrey Chong	Nth Rocks Carlin	3.38m
	3.38m 3.34m 3.34m		
--	Hunter Vakili	Mosman	DNS
--	Liam Lawson	Nth Rocks Carlin	DNS
--	Kyahn Hyde	Manly Warringah	DNS

Boys U 12 - Long Jump

Region: R 5.66m 21/02/2004 Martin Stonis, Northern Subur
 State: S 5.86m 17/03/1996 Michael Doggett, Lithgow

Name	Age Centre	Final
1 Jayden Chong	Northern Suburbs	4.88m
	4.64m 4.74m 4.76m 4.71m 4.88m FOUL	
2 Cohen Keeping	Nth Rocks Carlin	4.82m
	4.36m 4.51m FOUL FOUL FOUL 4.82m	
3 Cooper Wilson	Northern Suburbs	4.60m
	4.58m 4.21m 4.40m 4.20m 4.60m 4.44m	
4 Ryan Maher	Cherrybrook	4.51m
	4.51m 4.47m 4.34m 4.30m FOUL 4.42m	
5 Aharshan Sivaniruban	Parramatta	4.42m
	4.17m 4.16m 4.26m 4.19m 4.19m 4.42m	
6 Daniel Pulfer	Ryde	4.38m
	4.32m FOUL FOUL 4.26m FOUL 4.38m	
7 Jackson Aiken	Parramatta	4.32m
	4.21m 4.12m 4.32m 4.21m 4.20m 4.02m	
8 Charlie Baird-Petroni	Mosman	4.24m
	4.24m 4.22m 4.18m 4.12m FOUL FOUL	
9 Justin Jung	Northern Suburbs	4.21m
	3.80m 4.21m 3.87m	
10 Harrison Nicholls	Ku-Ring-Gai	4.12m
	4.12m 3.73m 4.05m	
11 Andy Zhang	Ku-Ring-Gai	4.10m
	4.10m 4.04m 4.08m	

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

12	Beau Riches		Manly Warringah	4.07m
	4.02m 4.07m FOUL			
13	Vinay Menon		Parramatta	3.97m
	3.97m 3.70m FOUL			
--	Finn Wilson		Ku-Ring-Gai	DNS
--	James Xin		Ku-Ring-Gai	DNS
--	Taj Biddlecombe		Manly Warringah	DNS

Boys U 13 - Long Jump

Region: R 5.77m 16/02/2020 Dylan Hall, Ku-Ring-Gai
 State: S 6.11m 19/03/2006 Kurt Jenner, Mt Pritchard

Name	Age	Centre	Final
1 James Mikan		Northern Suburbs	5.60m
	5.41m 5.60m 5.32m 5.34m 5.28m 5.31m		
2 Andrew Kim		Cherrybrook	5.58m
	FOUL 5.14m 5.32m 5.35m FOUL 5.58m		
3 Alexander Song		Nth Rocks Carlin	5.46m
	5.02m 5.34m 5.46m 5.34m FOUL 5.46m		
4 Kyan Seale		Northern Suburbs	5.45m
	5.03m 5.00m 5.10m 4.90m 5.34m 5.45m		
5 Maximillian Kyle		Ku-Ring-Gai	5.17m
	4.96m 5.17m 5.10m 4.86m 4.68m 4.57m		
6 Brian Kim		Nth Rocks Carlin	4.67m
	4.67m 4.44m 4.22m 4.33m FOUL FOUL		
7 Kai Hutchinson		Ku-Ring-Gai	4.58m
	4.57m 4.49m FOUL 4.44m 4.58m 4.35m		
8 Rhys Duncan		Ku-Ring-Gai	4.53m
	4.12m 4.53m 4.11m 3.95m 4.29m 4.05m		
9 Kornchawal Benoliel		Manly Warringah	4.52m
	4.52m 4.25m 4.07m		
10 John Wechsler		Northern Suburbs	4.41m
	4.24m 4.41m 4.16m		
11 Joel Ramsay		Hornsby	4.31m
	4.31m 4.27m		
-- Parker Ball		Manly Warringah	FOUL
	FOUL FOUL FOUL		
-- James Atkins		Manly Warringah	DNS
-- Kingsley Yip		Ryde	DNS
-- Malachi Mataele		Parramatta	DNS
-- Aeden Campling		Parramatta	DNS

Boys U 14 - Long Jump

Region: R 6.38m 11/02/2024 Davin Yap, Manly Warringah
 State: S 6.52m 17/03/1996 Stephen Jacenko, Balmain

Name	Age	Centre	Final
1 Davin Yap		Manly Warringah	6.38mR
	5.99m 6.01m FOUL FOUL 4.65m 6.38m		
2 Harry Wigham		Cherrybrook	5.01m
	4.83m 4.87m 4.57m 4.81m 5.01m 4.90m		
3 Nicholas Smart		Nth Rocks Carlin	4.97m
	4.89m 4.83m 4.78m 4.75m 4.97m 4.94m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 14 - Long Jump

4	Jamie Kastelan				Nth Rocks Carlin	4.82m
	4.73m	4.82m	4.06m	4.62m	4.58m FOUL	
5	Sam Hewit				Mosman	4.79m
	FOUL	4.49m	4.60m	4.58m	4.60m 4.79m	
6	Hudson Keeping				Nth Rocks Carlin	4.76m
	FOUL	4.64m	4.59m	4.76m	FOUL FOUL	
7	Marcus Wong				Nth Rocks Carlin	4.58m
	FOUL	4.48m	FOUL	4.10m	FOUL 4.58m	
8	Kase Willis-Jansen				Ku-Ring-Gai	4.56m
	4.44m	4.56m	4.39m	4.40m	4.31m 4.35m	
9	Tyler Stead				Ku-Ring-Gai	4.47m
	4.09m	4.47m	4.37m			
10	Riley Waddingham				Northern Districts	4.32m
	4.32m	4.09m	3.79m			
11	Evan Beasley				Northern Districts	4.31m
	4.22m	4.31m	4.27m			
12	Ed Hammond				Manly Warringah	4.30m
	FOUL	4.30m	FOUL			
13	Henry O'Neil				Nth Rocks Carlin	4.24m
	FOUL	4.24m	3.51m			
14	Ethan Jauncey				Manly Warringah	4.22m
	3.29m	4.17m	4.22m			
15	Lucas Beven				Hornsby	4.07m
	4.07m	3.82m	3.25m			
16	Luke Butcher				Parramatta	3.99m
	3.99m	FOUL	3.99m			

Boys U 15 - Long Jump

=====						
	Region: R	6.47m	1991		J Robinson, Parramatta	
	State: S	7.12m	20/03/2009		Thomas Soliman, Blacktown	
	Name		Age	Centre		Final
=====						
1	Samuel Price			Cherrybrook		6.24m
	6.22m	6.06m	5.93m	6.24m	6.21m	
2	Jimmy Thebridge			Ku-Ring-Gai		5.91m
	5.91m	FOUL	5.72m	5.56m		
3	Sam Wu			Northern Districts		5.76m
	5.74m	5.76m	5.55m	FOUL	FOUL	
4	Brenden Kim			Nth Rocks Carlin		5.51m
	FOUL	5.51m	5.37m	5.17m	5.09m 5.32m	
5	Kyros Ghadiali			Parramatta		5.38m
	FOUL	5.38m				
6	Shiva Rajesh			Hornsby		5.34m
	5.26m	5.34m	5.17m	5.15m	5.06m 5.14m	
7	Daniel Benoliel			Mosman		5.33m
	4.67m	5.33m	5.03m			
8	Jack Mcmillan			Manly Warringah		5.30m
	FOUL	5.30m	4.90m	5.28m	5.04m 4.60m	
9	Ratu Viliame Lewanavanua			Nth Rocks Carlin		5.22m
	FOUL	FOUL	5.22m			
10	Jude Lumley			Northern Suburbs		5.11m
	4.92m	5.08m	5.11m			
11	Max Figueira			Manly Warringah		5.07m
	4.63m	4.68m	5.07m			

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

12	Oliver Pereira de Jesus	Northern Suburbs	4.93m
	4.93m 4.78m 3.60m		
13	Christopher Nilon	Nth Rocks Carlin	4.86m
	4.77m 4.57m 4.86m		
14	Evan Semaganda	Cherrybrook	4.68m
	4.57m FOUL 4.68m		
--	Zac Stante	Manly Warringah	DNS
--	Thayu Runo	Northern Suburbs	DNS

Boys U 17 - Long Jump

Region: R 6.68m 13/02/2016 Willson Lowe, Manly Warringah

State: S 7.28m 18/03/2017 Alex Willett, Manly Warringah

Name	Age	Centre	Final
1 Nathanael Ramsay		Hornsby	6.31m
	FOUL 6.10m 6.04m 6.16m	FOUL	6.31m
2 Cameron Tizzard		Manly Warringah	6.22m
	FOUL 6.13m 4.39m FOUL	FOUL	6.22m
3 Owen Chandler		Ryde	6.03m
	5.69m 5.84m 5.53m 5.87m	6.03m 5.90m	
4 Xavier Hennessey		Cherrybrook	5.95m
	5.36m 5.27m 5.95m 5.69m	5.81m FOUL	
5 Liam Downs		Manly Warringah	5.87m
	FOUL 5.53m 5.80m 5.61m	5.82m 5.87m	
6 Sam Hildebrandt		Manly Warringah	5.86m
	5.63m 5.86m 5.85m FOUL	FOUL 5.65m	
7 Lachlan Blackwell		Hornsby	5.67m
	5.67m 5.30m 5.35m 5.40m	5.21m 5.01m	
8 Xavier Frost		Mosman	5.41m
	5.41m 5.23m 4.96m		
9 William Perry		Nth Rocks Carlin	5.01m
	5.01m FOUL		
10 Lewis Wong		Nth Rocks Carlin	4.98m
	4.98m 4.42m		
--	Bede Hogard	Ku-Ring-Gai	DNS
--	Chase Burrows	Mosman	DNS
--	Declan Bragg	Parramatta	DNS

Boys U 11 - Triple Jump

Region: R 10.29m 1993 D Geddes, Manly Warringah

State: S 11.06m 27/03/1993 David Geddes, Manly Warringah

Name	Age	Centre	Final
1 Harry Dryden		Manly Warringah	8.73m
	8.73m 8.64m 8.40m 8.63m	FOUL FOUL	
2 Lewis McNaughtan		Manly Warringah	8.56m
	8.56m 8.29m 8.36m 8.02m	8.55m 8.31m	
3 Harrison Vakili		Mosman	8.46m
	8.11m 8.30m 8.45m 7.97m	8.10m 8.46m	
4 Lachlan Vercoe		Cherrybrook	8.37m
	8.37m 8.29m 7.78m 8.24m	8.26m 8.01m	
5 Heath Towers		Manly Warringah	8.34m
	8.34m 7.72m 7.90m FOUL	FOUL	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 11 - Triple Jump

6 Ashton Forrester	Manly Warringah	8.22m
8.06m 7.96m FOUL 7.62m 7.85m 8.22m		
7 Alexander Economides	Ryde	8.21m
8.07m 8.21m 8.20m 7.82m 7.79m FOUL		
8 Flynn Cox-Gallagher	Ryde	8.19m
7.87m 8.10m 8.05m 8.19m 8.02m 8.03m		
9 Ryan Mallawa Arachchige	Northern Suburbs	7.69m
6.83m FOUL 7.69m		
10 Emmett Snape	Ku-Ring-Gai	7.59m
FOUL 7.59m FOUL		
11 Alex Fraser	Manly Warringah	7.44m
7.24m 7.44m FOUL		
12 Rory Duffy	Northern Suburbs	7.36m
7.31m 7.29m 7.36m		
13 Oliver Gross	Nth Rocks Carlin	7.14m
7.14m 6.94m 7.12m		
14 Jeffrey Chong	Nth Rocks Carlin	6.92m
FOUL FOUL 6.92m		
-- Dhulain Fernando	Cherrybrook	DNS
-- Charlie Toth	Ku-Ring-Gai	DNS

Boys U 12 - Triple Jump

Region: R 11.54m 22/02/2004 Martin Stonis, Northern Subu
 State: S 12.78m 19/03/1995 Gima Keimelo, Randwick Botan

Name Age Centre Final

1 Stanley Hebert	Ryde	10.90m
10.90m FOUL FOUL FOUL 9.94m		
2 Aharshan Sivaniruban	Parramatta	10.31m
10.31m 10.09m 9.38m 9.82m 9.89m 10.01m		
3 Daniel Pulfer	Ryde	9.74m
9.74m 9.48m 9.71m 9.56m 9.53m 9.55m		
4 Cooper Wilson	Northern Suburbs	9.58m
9.25m 9.01m 9.15m FOUL 8.98m 9.58m		
5 Cohen Keeping	Nth Rocks Carlin	9.54m
9.54m 9.51m 9.07m FOUL FOUL 9.54m		
6 Beau Riches	Manly Warringah	9.39m
9.39m 9.23m FOUL 9.22m FOUL FOUL		
7 Jett Soulyeone Mckeever	Parramatta	9.18m
9.18m 9.00m FOUL FOUL FOUL FOUL		
8 Harrison Nicholls	Ku-Ring-Gai	8.96m
FOUL FOUL 8.96m 8.85m 8.96m 8.72m		
9 Hugo Condon	Manly Warringah	8.58m
8.23m 8.58m 7.48m		
10 Benji Hill	Nth Rocks Carlin	8.54m
8.17m 8.54m 8.39m		
11 Orson List	Northern Districts	8.47m
FOUL FOUL 8.47m		
12 Joah Beasley	Northern Districts	8.24m
8.24m FOUL FOUL		
13 Bento Gove	Ku-Ring-Gai	8.08m
8.06m 7.77m 8.08m		
-- Ethan Orr	Hornsby	DNS
-- Taj Biddlecombe	Manly Warringah	DNS

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

-- Jayden Chong Northern Suburbs DNS

Boys U 13 - Triple Jump

Region: R 12.03m 17/02/2007 Nicholas Hough, Hills Distri

State: S 12.72m 18/03/2007 Nicholas Hough, Hills Distri

Name Age Centre Final

1	Kyan Seale				Northern Suburbs	11.14m
	11.14m	10.51m	10.56m	10.75m	10.61m	10.91m
2	James Mikan				Northern Suburbs	11.06m
	10.65m	10.44m	10.69m	10.33m	10.69m	11.06m
3	Alexander Song				Nth Rocks Carlin	11.00m
	10.15m	10.28m	10.46m	10.02m	10.40m	11.00m
4	Rhys Duncan				Ku-Ring-Gai	10.17m
	9.81m	FOUL	9.98m	9.96m	FOUL	10.17m
5	Daniel Sims				Hornsby	9.99m
	9.97m	9.64m	9.99m	9.89m	FOUL	FOUL
6	Brian Kim				Nth Rocks Carlin	9.89m
	9.89m	FOUL	FOUL	FOUL	9.79m	9.82m
7	Taten Rogers				Manly Warringah	9.87m
	FOUL	9.42m	9.87m	9.43m	9.72m	FOUL
8	Lachlan Harris				Ku-Ring-Gai	9.15m
	8.92m	FOUL	9.15m	8.91m	FOUL	FOUL
9	Tyler Gilbertson				Ryde	8.84m
	8.84m	8.33m	8.52m			
10	Lewis Wechsler				Northern Suburbs	8.76m
	8.56m	FOUL	8.76m			
11	Sebastian Tizzard				Manly Warringah	8.64m
	8.64m	8.13m	7.79m			
12	Parker Ball				Manly Warringah	8.59m
	8.59m	FOUL	FOUL			
--	Mitchell Fleming				Nth Rocks Carlin	DNS
--	James Atkins				Manly Warringah	DNS
--	Kornchawal Benoliel				Manly Warringah	DNS
--	Malachi Mataele				Parramatta	DNS
--	Aeden Campling				Parramatta	DNS

Boys U 14 - Triple Jump

Region: R 13.27m 1996 D Geddes, Manly Warringah

State: S 13.48m 17/03/1996 David Geddes, Manly Warringah

Name Age Centre Final

1	Davin Yap				Manly Warringah	11.87m
	11.87m					
2	Jamie Kastelan				Nth Rocks Carlin	10.67m
	9.89m	10.46m	10.67m	10.66m	10.26m	FOUL
3	Nicholas Smart				Nth Rocks Carlin	10.44m
	9.79m	10.02m	10.35m	9.78m	10.15m	10.44m
4	Harry Wigham				Cherrybrook	10.43m
	10.34m	10.04m	10.43m	10.18m	10.15m	9.20m
5	Ethan Jauncey				Manly Warringah	9.66m
	9.06m	9.33m	9.66m	8.51m	7.38m	FOUL

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

....Boys U 14 - Triple Jump

6	Marcus Wong				Nth Rocks Carlin	9.56m
	8.61m	9.56m	FOUL	8.97m	FOUL	9.37m
7	Hudson Keeping				Nth Rocks Carlin	9.49m
	FOUL	FOUL	9.48m	9.49m	FOUL	FOUL
8	Max McPherson				Ku-Ring-Gai	9.40m
	9.33m	9.40m	9.30m	8.06m	8.94m	9.40m
9	Luke Butcher				Parramatta	8.76m
	8.45m	FOUL	8.76m			
--	Lucas Michaels				Ryde	DNS
--	Kase Willis-Jansen				Ku-Ring-Gai	DNS
--	Ethan McErlane				Manly Warringah	DNS

Boys U 15 - Triple Jump

=====
 Region: R 13.54m 12/02/2017 Ryan Marshall, Manly Warringah
 State: S 14.35m 21/03/1999 Fabrice Lapierre, Blacktown

Name Age Centre Final

1	Ratu Viliame Lewanavanua				Nth Rocks Carlin	13.50m
	FOUL	12.70m	12.70m	13.02m	13.50m	
2	Jimmy Thebridge				Ku-Ring-Gai	12.01m
	12.01m					
3	Shiva Rajesh				Hornsby	11.76m
	11.29m	11.51m	11.36m	11.74m	11.76m	11.56m
4	Sam Wu				Northern Districts	11.68m
	11.37m	11.46m	11.41m	11.68m	11.28m	
5	Brenden Kim				Nth Rocks Carlin	11.59m
	FOUL	11.59m	FOUL	FOUL	11.24m	9.33m
6	Jeffrey Benoliel				Mosman	11.32m
	10.98m	10.99m	11.32m	11.05m	10.98m	11.32m
7	Max Figueira				Manly Warringah	10.77m
	10.77m	10.35m	10.75m	10.14m	10.57m	10.36m
8	Matteo Shipman				Northern Suburbs	10.59m
	9.71m	10.59m	10.51m	10.03m		
9	Jack Mcmillan				Manly Warringah	10.32m
	9.29m	10.17m	10.32m			
10	Thomas Greenaway				Manly Warringah	10.10m
	9.88m	FOUL	10.10m			
11	Evan Semaganda				Cherrybrook	9.94m
	9.34m	9.80m	9.94m			
12	Ambrose Feng				Ryde	9.92m
	9.69m	9.92m	9.31m			
13	Rian Connors				Ku-Ring-Gai	9.77m
	9.77m	FOUL	9.29m			
14	Benjamin Lawrence				Nth Rocks Carlin	9.71m
	9.71m	9.60m	FOUL			
15	Jude Lumley				Northern Suburbs	8.22m
	FOUL	FOUL	8.22m			
--	Kyros Ghadiali				Parramatta	DNS

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

Region: R 14.75m 10/02/2019 Ryan Marshall, Manly Warringah						
State: S 14.93m 03/02/2019 Connor Murphy, Illawong						
Name	Age	Centre				Final
1 Owen Chandler		Ryde				12.82m
	12.23m	FOUL	12.22m	12.23m	12.22m	12.82m
2 Liam Downs		Manly Warringah				12.76m
	11.93m	11.57m	12.13m	11.93m	12.41m	12.76m
3 John Lawson		Nth Rocks Carlin				12.60m
	FOUL	11.34m	11.87m	12.28m	12.29m	12.60m
4 Michael Godden		Manly Warringah				12.36m
	11.60m	11.95m	FOUL	11.84m	11.76m	12.36m
5 Sam Hildebrandt		Manly Warringah				12.31m
	12.03m	11.98m	11.92m	11.72m	11.93m	12.31m
6 Lewis Wong		Nth Rocks Carlin				12.19m
	FOUL	FOUL	11.65m	11.86m	11.87m	12.19m
7 Cameron Tizzard		Manly Warringah				11.71m
	11.71m	FOUL	11.58m	FOUL		
8 Lachlan Blackwell		Hornsby				11.51m
	11.51m	11.00m	11.28m	10.98m	11.21m	10.97m
9 Kennedy Feldman		Cherrybrook				11.50m
	11.50m	FOUL	FOUL			
10 William Perry		Nth Rocks Carlin				11.15m
	10.50m	10.64m	11.15m			
-- Jude Belson		Northern Suburbs				FOUL
	FOUL	FOUL	FOUL			
-- Zachariah Abood		Parramatta				DNS
-- Marco Boccaletti		Cherrybrook				DNS
-- Oliver Corne		Parramatta				DNS
-- Neil Rawat		Ku-Ring-Gai				DNS
-- Evan Holman		Parramatta				DNS

Boys U 8 - Shot Put (1.5 Kg)

Region: R 9.58m 19/02/2011 Daniel Menin, Parramatta						
State: S 10.98m 06/03/2011 Blake Toohey, Sutherland						
Name	Age	Centre				Final
1 Aaren Deepak		Nth Rocks Carlin				6.63m
	6.09m	6.24m	6.16m	6.09m	6.63m	5.86m
2 Joshua Ekers		Ryde				5.99m
	5.62m	FOUL	5.45m	5.58m	5.99m	5.55m
3 Cooper Young		Northern Districts				5.65m
	5.65m	5.14m	5.13m	4.83m	5.39m	5.53m
4 Laurence Darby		Cherrybrook				5.60m
	5.42m	5.15m	5.60m	5.11m	5.14m	4.75m
5 Thomas Garland		Nth Rocks Carlin				5.55m
	FOUL	4.98m	5.55m	4.91m	FOUL	5.03m
6 Jack Clementson		Hornsby				4.99m
	4.78m	4.99m	4.45m	4.23m	4.36m	3.98m
7 Jordan Dunne		Northern Suburbs				4.89m
	4.29m	4.67m	FOUL	4.61m	4.89m	4.54m
8 Lucas Ng		Ku-Ring-Gai				4.72m
	4.26m	3.79m	4.72m	3.84m	3.98m	3.89m

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

9	Mason Bakla	Ryde	4.62m
	3.92m 4.62m 4.46m		
10	Archer Ng Chok	Parramatta	4.38m
	FOUL FOUL 4.38m		
11	Hugo Ruff	Ku-Ring-Gai	4.24m
	3.86m 4.17m 4.24m		
12	Harvey Laing	Manly Warringah	4.23m
	3.92m 3.96m 4.23m		
13	Zachary Philips	Ku-Ring-Gai	3.39m
	3.39m FOUL FOUL		
14	Max Severino	Manly Warringah	3.09m
	2.79m 3.09m 3.03m		
15	Elliot Sumpton	Hornsby	2.95m
	FOUL 2.74m 2.95m		
--	Tomas Hilgendorf	Cherrybrook	DNS

Boys U 9 - Shot Put (2.0 Kg)

Region: R 10.46m 16/02/2020 Ludvig Persson, Manly Warrin
 State: S 11.33m 20/03/1999 Jamal Idris, Bankstown Sport

Name	Age	Centre	Final
1 Van Jordan		Manly Warringah	6.99m
	6.18m 6.48m 6.52m 6.73m 6.99m 6.83m		
2 AdamMichael Vesely		Manly Warringah	6.65m
	6.19m 5.97m 6.65m 6.57m 6.18m 5.97m		
3 Luca Hage		Ku-Ring-Gai	6.42m
	6.00m FOUL 6.18m 5.96m 6.42m 6.42m		
4 Henry Kinsey		Hornsby	5.80m
	FOUL 5.32m 5.80m 5.02m FOUL 5.12m		
5 Daniel Owili		Ku-Ring-Gai	5.72m
	5.72m 5.60m 5.60m 5.38m 5.72m FOUL		
6 Maximilian Elder		Parramatta	5.42m
	5.42m FOUL 4.65m FOUL FOUL 4.50m		
7 Charl Price		Ku-Ring-Gai	5.33m
	FOUL 4.75m 5.33m 5.06m FOUL 4.97m		
8 Joey Baddeley		Ryde	5.11m
	FOUL 5.11m 4.90m 4.87m 5.01m 4.57m		
9 Harley Donald		Manly Warringah	4.85m
	4.11m 4.25m 4.85m		
10 Zac Gerrand		Ku-Ring-Gai	4.80m
	4.76m 4.56m 4.80m		
11 Lachlan deBree		Manly Warringah	4.75m
	4.75m 4.17m FOUL		
12 Dylan Jowett		Parramatta	4.60m
	4.36m 4.37m 4.60m		
13 Nathan Wechsler		Northern Suburbs	4.55m
	FOUL 4.54m 4.55m		
14 Martin Zipaquira Romero		Northern Suburbs	4.51m
	4.05m 4.46m 4.51m		
15 Isaac O'Leary		Northern Suburbs	4.27m
	4.27m FOUL FOUL		
16 Santiago Verissimo		Northern Suburbs	3.72m
	3.72m FOUL FOUL		

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

Region: R 11.70m 17/02/2013 Daniel Menin, Parramatta							
State: S 13.22m 20/02/2011 EJ Brown-Vaelua, Nepean							
Name	Age		Centre				Final
1 Edward Gillett			Manly Warringah				9.94m
	9.24m	9.46m	9.13m	9.94m	9.12m	9.42m	
2 Archer Griffiths (1)			Ryde				8.86m
	7.90m	8.21m	8.03m	8.86m	8.23m	8.20m	
3 Tommy Kay			Ku-Ring-Gai				8.60m
	7.59m	7.46m	8.22m	8.24m	8.60m	8.30m	
4 Liam Carter			Ku-Ring-Gai				8.05m
	6.87m	FOUL	7.62m	FOUL	7.48m	8.05m	
5 Austin Wu			Nth Rocks Carlin				7.70m
	7.11m	7.54m	7.60m	7.14m	7.70m	FOUL	
6 Maximus Murdoch			Ku-Ring-Gai				7.67m
	6.55m	FOUL	7.50m	7.01m	7.67m	7.31m	
7 Samiuella Lolomanaia			Nth Rocks Carlin				7.04m
	7.01m	6.33m	5.87m	6.01m	6.73m	7.04m	
8 Henry Wilkin-Smith			Northern Suburbs				J7.04m
	6.58m	6.31m	7.04m	6.77m	6.66m	6.69m	
9 Samuel King			Manly Warringah				6.82m
	6.03m	6.82m	6.63m				
10 Freddie McVicar			Manly Warringah				6.77m
	6.77m	FOUL	6.22m				
11 Nick Bradshaw			Mosman				6.52m
	6.52m	6.29m	FOUL				
12 Xavier Dunne			Northern Suburbs				6.42m
	6.42m	5.94m	FOUL				
13 Nathan Pulfer			Ryde				J6.42m
	5.85m	FOUL	6.42m				
-- Ashton Holl			Ryde				DNS
-- Alexander M Reid			Cherrybrook				DNS
-- Oliver Kok			Ku-Ring-Gai				DNS

Boys U 11 - Shot Put (2.0 Kg)

Region: R 13.37m 15/02/2014 Daniel Menin, Parramatta							
State: S 14.42m 19/03/2011 Payne Haas, Macquarie Hunter							
Name	Age		Centre				Final
1 Timothy Zhu			Hornsby				10.52m
	FOUL	9.85m	10.04m	10.52m	9.45m	9.19m	
2 Ayden Hewitt			Nth Rocks Carlin				8.82m
	8.82m	8.07m	7.68m	8.11m	7.75m	8.31m	
3 Mitchell McGregor			Ryde				8.74m
	8.34m	7.52m	8.09m	7.99m	7.81m	8.74m	
4 Nathaniel Gu			Ku-Ring-Gai				8.10m
	6.88m	7.04m	7.30m	FOUL	8.10m	7.38m	
5 Nick Bennett			Ku-Ring-Gai				8.05m
	7.44m	8.05m	FOUL	FOUL	FOUL	7.81m	
6 Charlie Toth			Ku-Ring-Gai				8.01m
	FOUL	8.01m	7.67m	7.84m	FOUL	FOUL	
7 Tomasi Lowe			Manly Warringah				7.76m
	6.85m	6.59m	7.22m	7.31m	7.76m	7.58m	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

8	Callum Yates	Manly Warringah	7.43m
	7.09m FOUL FOUL 7.20m 7.43m 5.38m		
9	Mitchell Harris	Ku-Ring-Gai	6.73m
	6.47m 6.73m FOUL		
9	Will Turi	Manly Warringah	6.73m
	6.12m 6.55m 6.73m		
11	Josiah Smith	Nth Rocks Carlin	6.10m
	5.59m 5.64m 6.10m		
12	Donovan Lin	Northern Suburbs	6.06m
	FOUL FOUL 6.06m		
13	Kaiden Moir	Nth Rocks Carlin	5.73m
	5.46m 5.73m 4.96m		
14	Jackson Teede	Ku-Ring-Gai	5.72m
	FOUL FOUL 5.72m		
--	Jack Hilgendorf	Cherrybrook	DNS
--	Toby Uys	Mosman	DNS

Boys U 12 - Shot Put (2.0 Kg)

=====			
	Region: R 14.75m	10/02/2019	Michael Ajaka, Parramatta
	State: S 15.69m	02/03/2019	Benjamin Kasozi, Hills Distr
	Name	Age Centre	Final
=====			
1	Alexandros Tsaousidis	Hornsby	10.79m
	10.55m 9.43m 10.41m 9.91m 10.21m 10.79m		
2	Charlie Shiel	Ryde	10.63m
	10.63m FOUL 10.15m 10.14m 10.16m FOUL		
3	William Geldenhuys	Ku-Ring-Gai	10.60m
	9.78m 9.45m 10.20m FOUL 9.45m 10.60m		
4	Tobias Butler	Nth Rocks Carlin	9.09m
	FOUL 8.14m FOUL 9.09m FOUL 8.99m		
5	Harlen Danks	Ryde	8.49m
	7.84m 7.49m 6.46m 8.49m 8.19m 8.33m		
6	Harry Mooney	Northern Districts	8.30m
	8.01m 8.30m 7.75m FOUL 8.00m FOUL		
7	Lucas Bolt	Ryde	7.98m
	5.96m 7.12m FOUL 7.18m 7.98m 7.78m		
8	Bailey Williams	Nth Rocks Carlin	7.77m
	FOUL 7.12m 7.77m 7.53m 7.19m 7.51m		
9	Jacob Pieper	Manly Warringah	7.06m
	FOUL 6.92m 7.06m		
--	Nuoyi Wang	Ku-Ring-Gai	DNS
--	Bradlee Taylor	Northern Districts	DNS
--	Bento Gove	Ku-Ring-Gai	DNS
--	Finn Wilson	Ku-Ring-Gai	DNS
--	Luca Escribano	Manly Warringah	DNS
--	Zachary Lawrence	Hornsby	DNS
--	Leon Hoang	Northern Suburbs	DNS
--	Taj Biddlecombe	Manly Warringah	DNS

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

Region: R 15.66m 1994 S Novkovic, WInston Hills						
State: S 19.11m 20/03/2009 Tepai Moeroa, Doonside						
Name	Age		Centre	Final		
1 Jacoby Neal			Ku-Ring-Gai	11.11m		
	10.84m	10.83m	11.11m	10.19m	10.50m	10.49m
2 Alfa Tai			Northern Suburbs	10.92m		
	9.72m	10.53m	10.07m	10.05m	10.54m	10.92m
3 Daniel Sims			Hornsby	10.85m		
	10.17m	10.51m	10.85m	10.10m	10.70m	10.39m
4 Noah Collier			Nth Rocks Carlin	10.65m		
	9.41m	10.14m	10.65m	9.75m	9.88m	10.49m
5 Christopher Wilson			Parramatta	10.40m		
	8.48m	10.40m	8.70m	9.80m	FOUL	10.09m
6 Archie Kay			Ku-Ring-Gai	9.57m		
	8.82m	8.90m	9.28m	9.57m	8.63m	8.96m
7 Liam O'Leary			Northern Suburbs	9.30m		
	9.13m	8.57m	8.86m	9.30m	FOUL	9.04m
8 Orlando Stewart			Mosman	9.11m		
	8.64m	8.60m	9.09m	8.58m	FOUL	9.11m
9 Daniel Semaan			Parramatta	9.01m		
	8.82m	8.87m	9.01m			
10 Lucas Figueira			Manly Warringah	8.80m		
	8.76m	8.36m	8.80m			
11 Alexander Song			Nth Rocks Carlin	8.78m		
	8.78m	8.67m	7.55m			
12 Lachlan Harris			Ku-Ring-Gai	7.80m		
	FOUL	7.80m	7.79m			
13 Zachary Morgan			Manly Warringah	7.64m		
	7.38m	7.52m	7.64m			
14 Kieran Webb			Ryde	7.51m		
	7.51m	7.47m	7.28m			
15 Kian Kheiroллаhpoor			Ryde	6.91m		
	6.86m	6.91m	FOUL			
-- Luke Cohen			Manly Warringah	DNS		
-- Tyler Gilbertson			Ryde	DNS		

Boys U 14 - Shot Put (3.0 Kg)

Region: R 16.85m 16/02/2014 Kieren Briggs, Parramatta						
State: S 18.51m 16/02/2013 Tyrone Taukamo, Randwick Bot						
Name	Age		Centre	Final		
1 Zach Fourie			Ku-Ring-Gai	12.94m		
	12.94m	12.32m	12.61m	12.56m	12.19m	FOUL
2 Jacob Semaan			Parramatta	11.74m		
	10.09m	11.74m	11.51m	11.38m	10.58m	10.08m
3 Vinuka Kankanige			Nth Rocks Carlin	11.21m		
	10.35m	11.02m	11.21m	10.71m	10.77m	10.84m
4 Benjamin Govers			Northern Suburbs	11.09m		
	10.17m	10.74m	10.22m	10.54m	10.14m	11.09m
5 Jake Sefton			Northern Districts	10.37m		
	9.80m	9.48m	10.13m	9.95m	10.10m	10.37m
6 Nicolas Chaseling			Mosman	9.87m		
	9.34m	9.68m	9.87m	9.29m	9.53m	9.25m

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - Shot Put (3.0 Kg)**

7	Nicholas Smart	Nth Rocks Carlin	9.82m
	9.34m 9.82m 8.90m 9.36m 9.19m 9.16m		
8	Ethan Jauncey	Manly Warringah	9.72m
	9.36m 9.61m 9.72m FOUL 9.61m 8.96m		
9	Senuka Kankanige	Nth Rocks Carlin	9.43m
	9.10m 9.43m 9.00m		
10	Lincoln Griffiths	Ryde	8.23m
	8.23m 8.20m 7.99m		
11	Matthew Lawrence	Nth Rocks Carlin	8.21m
	8.21m 7.87m 7.39m		
12	Lucas Michaels	Ryde	7.43m
	6.60m 6.97m 7.43m		
13	Blake Billingsley	Cherrybrook	6.87m
	6.62m 6.80m 6.87m		

Boys U 15 - Shot Put (4.0 Kg)

Region: R 17.44m 1995 P Elvy, Manly Warringah

State: S 19.62m 18/03/2011 Tepai Moeroa, Doonside

Name	Age	Centre	Final
1 Samuel Price		Cherrybrook	13.71m
	12.49m 12.17m 12.65m 13.71m	FOUL FOUL	
2 Edward Darby		Cherrybrook	10.05m
	9.38m 9.68m 9.58m 10.05m 9.60m 9.93m		
3 Thomas Lawler		Nth Rocks Carlin	9.94m
	8.94m 9.21m 8.95m 9.94m 9.10m 9.70m		
4 Thomas Greenaway		Manly Warringah	9.13m
	9.03m 8.20m 9.13m 8.76m 9.07m 7.79m		
5 Benjamin Lawrence		Nth Rocks Carlin	8.08m
	8.08m 7.86m 7.95m 7.37m 7.50m 7.69m		
6 Matthew Sims		Hornsby	7.05m
	6.00m 6.17m 6.56m 6.51m 6.79m 7.05m		
-- Alberto Jordan		Manly Warringah	DNS
-- Hugh Fairbairn		Northern Suburbs	DNS
-- Brenden Kim		Nth Rocks Carlin	DNS
-- Jake Fourie		Ku-Ring-Gai	DNS

Boys U 17 - Shot Put (5.0 Kg)

Region: R 17.65m 12/02/2022 Benjamin Stevens, Ryde

State: S 17.89m 24/03/2012 Tepai Moeroa, Doonside

Name	Age	Centre	Final
1 Freddie BensonSparkes		Manly Warringah	14.30m
	13.40m 13.72m 14.30m 13.92m 13.67m 13.74m		
2 Lachlan Waldron		Nth Rocks Carlin	12.08m
	11.08m 11.13m 11.96m 11.44m 1.14m 12.08m		
3 Thomas Schneider		Nth Rocks Carlin	11.83m
	10.90m 11.09m 11.05m 11.83m 11.79m 11.82m		
4 Kalan Harding		Northern Districts	11.32m
	10.56m 11.32m 10.49m FOUL 11.21m 10.73m		
5 Justin Billingsley		Cherrybrook	10.38m
	10.38m FOUL 9.69m 9.71m 9.97m FOUL		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

6	Wol Albino				Hornsby	9.10m
	9.10m	8.96m	FOUL	8.89m	8.86m	FOUL
7	Joshua Harding				Northern Districts	8.01m
	7.67m	7.86m	FOUL	7.50m	7.26m	8.01m
--	Rebeen Mirzaei				Nth Rocks Carlin	DNS
--	Neil Rawat				Ku-Ring-Gai	DNS
--	Finn Pereira				Mosman	DNS

Boys U 8 - Discus (500 Gram)

=====						
	Region:	R 31.36m	1992		Gareth Care,	North Rocks Car
	State:	S 31.36m	16/02/1992		Gareth Care,	Nth Rocks Carli
	Name		Age	Centre		Final
=====						
1	Joshua Ekers			Ryde		19.32m
	19.32m	18.56m	FOUL	FOUL	FOUL	17.35m
2	Flynn Hickey			Hornsby		15.27m
	FOUL	12.58m	14.25m	14.33m	15.27m	13.27m
3	Laurence Darby			Cherrybrook		14.48m
	FOUL	14.48m	13.78m	13.50m	FOUL	12.53m
4	Bailey Vassella			Ku-Ring-Gai		14.18m
	FOUL	12.29m	13.09m	11.69m	14.18m	12.21m
5	Cooper Young			Northern Districts		13.80m
	12.60m	FOUL	13.80m	12.49m	12.45m	11.82m
6	Jaiden Chahal			Nth Rocks Carlin		13.16m
	FOUL	13.16m	FOUL	FOUL	11.57m	12.60m
7	Aaren Deepak			Nth Rocks Carlin		12.84m
	12.60m	FOUL	11.96m	6.17m	12.29m	12.84m
8	Jordan Dunne			Northern Suburbs		11.27m
	11.27m	FOUL	10.38m	FOUL	10.90m	FOUL
9	Taj Gove			Ku-Ring-Gai		11.11m
	10.86m	11.11m	10.28m			
10	Hamish McGill			Ku-Ring-Gai		10.39m
	10.39m	9.05m	9.17m			
11	Louis Jeloscek			Ku-Ring-Gai		9.49m
	7.29m	9.49m	8.86m			
12	Jack Clementson			Hornsby		9.25m
	9.25m	8.91m	9.01m			
13	John Lukas			Ku-Ring-Gai		8.83m
	7.36m	FOUL	8.83m			
14	Archer Ng Chok			Parramatta		8.22m
	8.22m	FOUL	FOUL			
15	Thomas Garland			Nth Rocks Carlin		7.77m
	FOUL	FOUL	7.77m			
--	haotian hu			Northern Suburbs		FOUL
	FOUL	FOUL	FOUL			

Boys U 9 - Discus (500 Gram)

=====						
	Region:	R 32.96m	1998		Christopher Bassett,	Hornsby
	State:	S 36.68m	22/11/1998		Jamal Idris,	Bankstown Sport
	Name		Age	Centre		Final
=====						
1	Van Jordan			Manly Warringah		27.47m
	23.88m	21.82m	22.53m	22.15m	27.47m	7.51m

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

2	Henry Kinsey					Hornsby	24.47m
	24.47m	23.60m	FOUL	FOUL	FOUL	FOUL	
3	Aaryaveer Tangri					Cherrybrook	21.85m
	19.98m	21.43m	21.58m	7.77m	19.34m	21.85m	
4	Charles Lukas (Yc)					Northern Suburbs	20.75m
	16.84m	16.61m	20.75m	16.07m	13.66m	16.72m	
5	Elliott Alexander					Ryde	19.11m
	17.01m	16.59m	18.69m	19.11m	18.04m	18.71m	
6	Benjamin Thompson					Manly Warringah	18.59m
	18.59m	17.24m	17.06m	14.27m	14.51m	14.77m	
7	Harley Donald					Manly Warringah	17.69m
	16.91m	FOUL	17.69m	11.13m	12.59m	13.94m	
8	Martin Zipaquirra Romero					Northern Suburbs	16.79m
	13.46m	16.79m	14.86m	13.93m	15.17m	14.23m	
9	Luca Hage					Ku-Ring-Gai	16.40m
	15.42m	13.57m	16.40m				
10	Lachlan Riches					Manly Warringah	15.26m
	14.14m	15.25m	15.26m				
11	Daniel Smart					Nth Rocks Carlin	15.02m
	7.76m	15.02m	14.25m				
12	Neil Macmillan					Ku-Ring-Gai	14.68m
	FOUL	13.55m	14.68m				
13	Jaxon Garton					Northern Suburbs	13.48m
	FOUL	13.48m	FOUL				
14	Zac Gerrand					Ku-Ring-Gai	13.20m
	FOUL	FOUL	13.20m				
15	Edward Cambridge					Mosman	13.15m
	13.15m	12.92m	12.42m				
--	Sean Fitzpatrick					Nth Rocks Carlin	DNS

Boys U 10 - Discus (500 Gram)

=====							
	Region:	R	39.76m	1999		Christopher Bassett,	Hornsby
	State:	S	43.20m	19/03/1983		Jason Amberger,	Nepean
	Name			Age		Centre	Final
=====							
1	Archer Griffiths (1)					Ryde	34.63m
	31.55m	34.63m	FOUL	30.53m	30.82m	27.78m	
2	Edward Gillett					Manly Warringah	29.51m
	19.27m	27.89m	29.51m	FOUL	24.33m	FOUL	
3	Tommy Kay					Ku-Ring-Gai	28.16m
	FOUL	26.17m	27.05m	FOUL	28.16m	26.29m	
4	Xavier Dunne					Northern Suburbs	27.11m
	27.11m	21.22m	27.04m	23.05m	26.54m	21.17m	
5	Hamish Skeates					Ku-Ring-Gai	26.70m
	21.31m	26.21m	FOUL	23.13m	24.41m	26.70m	
6	Max Pullin					Northern Districts	25.64m
	24.72m	18.40m	25.64m	24.82m	24.03m	FOUL	
7	Ethan Bourne					Ryde	25.56m
	25.48m	22.61m	FOUL	25.56m	FOUL	FOUL	
8	Alexander M Reid					Cherrybrook	21.38m
	15.15m	21.38m	FOUL	FOUL	FOUL	17.34m	
9	Huxley Richardson					Hornsby	21.21m
	FOUL	FOUL	21.21m				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

10	Liam Carter	Ku-Ring-Gai	21.12m
	21.12m FOUL FOUL		
11	Liam Cosier	Northern Districts	21.09m
	21.09m 19.87m FOUL		
12	James Nanni	Parramatta	20.99m
	FOUL 20.99m FOUL		
13	Maximus Murdoch	Ku-Ring-Gai	20.38m
	20.38m 17.03m FOUL		
14	Nathan Pulfer	Ryde	19.68m
	FOUL 19.68m FOUL		
15	Samuel King	Manly Warringah	15.06m
	FOUL 15.06m FOUL		
--	Oliver Kok	Ku-Ring-Gai	DNS

Boys U 11 - Discus (500 Gram)

Region: R 37.09m 20/02/2011 Nicholas Frost, Northern Dis
 State: S 41.51m 17/03/2019 Jozef Cluff, Smithfield

Name	Age	Centre	Final
1 Andre Liyanage		Cherrybrook	34.88m
	32.50m 31.63m 33.82m		34.49m 32.90m 34.88m
2 Mitchell McGregor		Ryde	30.00m
	FOUL 28.87m 28.62m 30.00m		FOUL FOUL
3 Tomasi Lowe		Manly Warringah	24.55m
	22.57m FOUL FOUL 22.76m		24.55m 20.15m
4 Oliver Fratini		Northern Suburbs	23.91m
	22.01m 23.21m 21.49m 20.81m		FOUL 23.91m
5 Nick Bennett		Ku-Ring-Gai	23.42m
	23.42m 21.06m 17.79m		FOUL 17.91m 19.16m
6 Josiah Smith		Nth Rocks Carlin	23.28m
	18.58m 23.28m 20.43m		FOUL 19.28m 17.29m
7 Will Turi		Manly Warringah	23.23m
	23.23m 22.92m 21.33m 21.75m		22.77m FOUL
8 Timothy Zhu		Hornsby	22.90m
	FOUL 17.95m 22.90m 18.49m		22.43m 22.62m
9 Charlie Toth		Ku-Ring-Gai	21.78m
	20.75m 21.78m FOUL		
10 Lewis McNaughtan		Manly Warringah	21.33m
	20.91m 21.33m FOUL		
11 Donovan Lin		Northern Suburbs	18.73m
	18.73m 14.31m 18.19m		
12 Josh Kietzmann		Ku-Ring-Gai	18.12m
	FOUL 17.78m 18.12m		
13 Nathaniel Gu		Ku-Ring-Gai	16.27m
	FOUL FOUL 16.27m		
-- Kyahn Hyde		Manly Warringah	FOUL
	FOUL FOUL FOUL		
-- Edward Brennan		Manly Warringah	DNS
-- Enzo Cheung (Yc)		Ryde	DNS

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

Region: R 44.04m 1993 S Novkovic, Winston Hills						
State: S 52.43m 16/03/2002 Emanuele Fuamatu, Fairfield						
Name	Age	Centre				Final
1 Finn Wilson		Ku-Ring-Gai				31.29m
	23.30m	FOUL	28.91m	24.30m	30.41m	31.29m
2 Charlie Shiel		Ryde				29.12m
	26.20m	27.39m	26.61m	26.74m	27.96m	29.12m
3 Alexandros Tsaousidis		Hornsby				28.56m
	25.14m	7.06m	28.39m	28.56m	27.26m	FOUL
4 Jayden Chong		Northern Suburbs				26.28m
	24.60m	24.07m	23.72m	24.19m	24.89m	26.28m
5 Jordy Plummer		Manly Warringah				25.39m
	22.48m	FOUL	22.39m	23.49m	24.37m	25.39m
6 Aharshan Sivaniruban		Parramatta				23.16m
	19.04m	21.98m	23.16m	22.08m	8.67m	FOUL
7 Dylan SarenasAsnicar		Ku-Ring-Gai				23.13m
	23.13m	22.82m	23.11m	22.10m	21.03m	FOUL
8 Mitchell Cox		Ryde				22.35m
	19.41m	21.02m	22.35m	16.50m	FOUL	6.18m
9 Christopher Braendle		Northern Districts				22.03m
	18.60m	22.03m	17.72m			
10 Harry Mooney		Northern Districts				21.10m
	18.12m	21.10m	20.64m			
11 Daniel Pulfer		Ryde				20.88m
	20.88m	7.85m	FOUL			
12 Roy Wu		Ryde				20.49m
	20.17m	20.49m	19.91m			
13 Tobias Butler		Nth Rocks Carlin				19.24m
	14.19m	19.24m	18.44m			
14 Nicolas Pedrosa		Northern Suburbs				19.11m
	14.14m	19.11m	13.75m			
15 Joah Beasley		Northern Districts				18.54m
	18.53m	18.54m	FOUL			
16 Edward Barnsley		Ku-Ring-Gai				14.57m
	14.57m	0.08m	FOUL			
-- Connor Matthews		Manly Warringah				DNS

Boys U 13 - Discus (750 Gram)

Region: R 48.10m 1994 S Novkovic, Winston Hills						
State: S 60.74m 02/02/2019 Angus Clues, Springwood						
Name	Age	Centre				Final
1 Aryan Bharati		Cherrybrook				39.11m
	35.73m	34.96m	39.11m	34.56m	31.40m	38.71m
2 Jacoby Neal		Ku-Ring-Gai				36.64m
	35.40m	36.64m	33.13m	30.01m	FOUL	8.98m
3 Alfa Tai		Northern Suburbs				34.13m
	30.33m	33.72m	29.37m	32.50m	25.17m	34.13m
4 Daniel Sims		Hornsby				30.99m
	29.60m	30.99m	7.81m	30.10m	FOUL	FOUL
5 Daniel Kang		Ryde				28.09m
	27.76m	26.93m	7.96m	26.80m	28.09m	FOUL

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

6	Deacon Pallpratt	Manly Warringah	27.96m
	27.96m 27.54m 27.33m 26.23m 25.39m FOUL		
7	Orlando Stewart	Mosman	27.64m
	22.17m 24.37m 22.42m 27.64m 26.09m FOUL		
8	Lachlan Harris	Ku-Ring-Gai	26.31m
	24.44m FOUL 16.17m 26.23m 18.61m 26.31m		
9	Lucas Figueira	Manly Warringah	24.07m
	22.42m 21.86m 24.07m		
10	Kieran Webb	Ryde	23.34m
	FOUL 14.58m 23.34m		
11	Archie Kay	Ku-Ring-Gai	23.16m
	22.84m 23.16m 22.56m		
12	Liam O'Leary	Northern Suburbs	22.78m
	19.74m 22.78m 21.15m		
13	Billy Lowe	Manly Warringah	19.81m
	18.48m 18.49m 19.81m		
14	Daniel Semaan	Parramatta	19.74m
	19.74m FOUL 19.52m		
15	Brian Kim	Nth Rocks Carlin	19.69m
	FOUL 19.69m FOUL		
--	Andrew Kim	Cherrybrook	FOUL
	FOUL FOUL FOUL		
--	Luke Cohen	Manly Warringah	DNS

Boys U 14 - Discus (1.0 Kg)

=====			
	Region: R 55.22m 1995	S Novkovic, Winston Hills	
	State: S 57.71m 20/03/2010	Tepai Moeroa, Doonside	
	Name	Age Centre	Final
=====			
1	Senuka Kankanige	Nth Rocks Carlin	35.27m
	31.79m 31.71m 30.82m FOUL 33.94m 35.27m		
2	Nicolas Chaseling	Mosman	31.60m
	26.73m 22.62m FOUL 30.50m 31.60m 24.08m		
3	Vinuka Kankanige	Nth Rocks Carlin	30.66m
	FOUL FOUL 25.95m 25.85m 30.66m 29.49m		
4	Nicholas Smart	Nth Rocks Carlin	28.80m
	28.57m 28.80m 23.53m 27.94m 25.86m 27.48m		
5	Ethan Jauncey	Manly Warringah	27.60m
	26.69m 22.79m 25.78m 27.47m 27.60m 26.54m		
6	Dongjun Jaden Shin	Ryde	25.28m
	7.20m FOUL 20.92m 23.44m 25.20m 25.28m		
7	James de Sacadura	Cherrybrook	24.50m
	23.51m 23.54m 24.50m 23.96m FOUL 23.18m		
8	Matthew Lawrence	Nth Rocks Carlin	23.12m
	FOUL 23.12m FOUL 18.07m FOUL 20.52m		
9	Max McPherson	Ku-Ring-Gai	20.66m
	FOUL 20.66m 18.55m		
10	Lucas Michaels	Ryde	19.11m
	17.53m 17.70m 19.11m		
11	Blake Billingsley	Cherrybrook	18.52m
	FOUL FOUL 18.52m		

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

Region: R 64.26m 15/02/2015 Nicholas Frost, Parramatta						
State: S 64.26m 15/02/2015 Nicholas Frost, Parramatta						
Name	Age Centre			Final		
1 Samuel Price	Cherrybrook			50.18m		
	47.67m	FOUL	30.72m	FOUL	47.64m	50.18m
2 Zak Evans	Northern Suburbs			42.33m		
	42.33m	FOUL	38.41m	FOUL	FOUL	38.77m
3 Jake Fourie	Ku-Ring-Gai			41.40m		
	38.70m	FOUL	35.85m	38.98m	41.40m	40.69m
4 Rian Conners	Ku-Ring-Gai			35.82m		
	32.44m	33.99m	34.07m	34.18m	35.82m	34.90m
5 Edward Darby	Cherrybrook			34.52m		
	34.52m	33.05m	FOUL	32.49m	FOUL	33.83m
6 Leon Danks	Ryde			34.48m		
	28.56m	30.52m	28.53m	31.11m	34.48m	FOUL
7 Jude Lumley	Northern Suburbs			30.28m		
	30.28m	FOUL	FOUL	FOUL	FOUL	FOUL
8 Reese Francis	Manly Warringah			28.26m		
	24.05m	25.14m	7.44m	22.50m	28.26m	24.40m
9 Max Figueira	Manly Warringah			24.77m		
	24.77m	24.57m	22.15m			
10 Thomas Greenaway	Manly Warringah			23.78m		
	19.14m	22.48m	23.78m			
11 Ryan Redhead	Cherrybrook			23.51m		
	FOUL	23.51m	FOUL			
12 Matthew Sims	Hornsby			22.31m		
	FOUL	FOUL	22.31m			
-- Benjamin Lawrence	Nth Rocks Carlin			FOUL		
	FOUL	FOUL	FOUL			
-- Jimmy Thebridge	Ku-Ring-Gai			DNS		
-- Alberto Jordan	Manly Warringah			DNS		
-- Luka Simmons	Manly Warringah			DNS		

Boys U 17 - Discus (1.5 Kg)

Region: R 54.30m 14/02/2016 Nicholas Frost, Parramatta						
State: S 56.17m 22/03/2009 Liam Speers, Macquarie Hunte						
Name	Age Centre			Final		
1 Lachlan Waldron	Nth Rocks Carlin			37.76m		
	33.31m	36.82m	FOUL	37.76m	FOUL	35.67m
2 Kalan Harding	Northern Districts			35.75m		
	35.75m	34.57m	33.66m	FOUL	FOUL	FOUL
3 Thomas Schneider	Nth Rocks Carlin			35.18m		
	31.43m	32.10m	26.37m	35.18m	34.43m	FOUL
4 Justin Billingsley	Cherrybrook			31.19m		
	25.68m	31.19m	29.14m	28.47m	27.42m	FOUL
5 Ashton Sawtell	Hornsby			26.62m		
	23.58m	FOUL	20.82m	FOUL	24.04m	26.62m
6 Simon Forsyth	Parramatta			23.35m		
	FOUL	FOUL	21.78m	FOUL	23.35m	FOUL
7 Joshua Harding	Northern Districts			19.56m		
	FOUL	15.13m	19.56m	FOUL	FOUL	15.84m
-- Rebeen Mirzaei	Nth Rocks Carlin			DNS		

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 17 - Discus (1.5 Kg)**

-- Freddie BensonSparkes	Manly Warringah	DNS
-- Finn Pereira	Mosman	DNS

Boys U 11-12 Multi Class Discus

=====			
Region:	R 11.27m	11/02/2024	Hugo Kasprzak (T/F37), Nth R
Name	Age	Centre	Final
=====			
1 Hugo Kasprzak (T/F37)		Nth Rocks Carlin	11.27mR
11.27m	9.36m	FOUL	

Boys U 13-14 Multi Class Discus

=====			
Region:	R 22.56m	11/02/2024	Michael Sitaramayya (T/F20),
Name	Age	Centre	Final
=====			
1 Michael Sitaramayya (T/F		Nth Rocks Carlin	22.56mR
22.56m	20.60m	21.18m	

Boys U 15-17 Multi Class Discus

=====			
Region:	R 18.47m	05/02/2023	Nathan Barbara T/F61, Ryde
Name	Age	Centre	Final
=====			
1 Nathan Barbara (T/F61)		Ryde	J13.77m 50.329 pts
2 Alexander Evans (T/F13)		Nth Rocks Carlin	J17.56m 32.755 pts
3 Jacob Thurston (T/F37)		Nth Rocks Carlin	13.27m 22.209 pts

Boys U 11 - Javelin (400 Gram)

=====			
Region:	R 32.74m	14/02/2016	Ethan Oliver, Northern Distr
State:	S 35.48m	24/03/2018	Liam Sykes, Port Hacking
Name	Age	Centre	Final
=====			
1 Flynn Jauncey		Manly Warringah	24.28m
19.82m	20.64m	19.10m	21.76m 20.66m 24.28m
2 Jackson Teede		Ku-Ring-Gai	23.28m
FOUL	17.88m	20.46m	20.44m 21.68m 23.28m
3 Liam Ng		Ku-Ring-Gai	21.04m
17.62m	18.36m	11.48m	FOUL 15.68m 21.04m
4 Max Williamson		Ryde	20.06m
20.06m	FOUL	FOUL	16.10m 19.18m FOUL
5 Callum Yates		Manly Warringah	J20.06m
18.40m	13.42m	16.88m	20.06m 16.76m 18.60m
6 Andre Liyanage		Cherrybrook	19.40m
15.50m	18.02m	16.58m	FOUL FOUL 19.40m
7 Alexander Macmillan		Ku-Ring-Gai	16.96m
16.78m	FOUL	13.50m	16.96m FOUL FOUL
8 Lucas Fischer		Manly Warringah	16.10m
FOUL	FOUL	16.10m	FOUL FOUL FOUL
9 Liam Reville		Northern Suburbs	16.06m
14.32m	FOUL	16.06m	
10 Hayden Dixon		Parramatta	14.90m
11.14m	13.24m	14.90m	

REGION 5 TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Javelin (400 Gram)**

11	Hunter Vakili	Mosman	13.82m
	13.82m FOUL FOUL		
12	Roberto Devine	Northern Suburbs	10.30m
	9.14m 10.30m 9.38m		
13	Harrison Vakili	Mosman	8.72m
	7.78m FOUL 8.72m		
14	Luke Sarah	Nth Rocks Carlin	7.38m
	7.38m FOUL FOUL		
--	William Barnett	Manly Warringah	FOUL
	FOUL FOUL FOUL		
--	Edward Brennan	Manly Warringah	FOUL
	FOUL FOUL FOUL		

Boys U 12 - Javelin (400 Gram)

Region: R 36.96m 15/02/2015 Daniel Menin, Parramatta

State: S 40.48m 21/03/2015 Daniel Menin, Parramatta

Name Age Centre Final

1	Jordy Plummer	Manly Warringah	31.84m
	29.32m 28.16m 23.54m 29.52m 23.22m 31.84m		
2	Tobias Butler	Nth Rocks Carlin	27.02m
	25.30m 24.50m 27.02m 25.76m 25.80m 26.18m		
3	Harlen Danks	Ryde	26.04m
	21.38m 24.00m 23.64m 18.68m 23.76m 26.04m		
4	Bailey Williams	Nth Rocks Carlin	23.62m
	20.82m 20.84m 17.54m 22.72m 22.76m 23.62m		
5	Dexter Shorten	Ryde	23.16m
	21.46m 19.34m FOUL FOUL 16.72m 23.16m		
6	Raffael Oppedisano	Ryde	20.98m
	FOUL 20.86m 20.54m 19.76m 20.98m 20.28m		
7	Edward Barnsley	Ku-Ring-Gai	20.62m
	17.42m 19.64m 20.62m 18.06m 18.48m 18.26m		
8	Christopher Braendle	Northern Districts	20.56m
	20.56m FOUL FOUL FOUL FOUL 17.54m		
9	Ethan Louttit	Ku-Ring-Gai	19.92m
	15.64m 15.82m 19.92m		
10	Maxwell Penn	Cherrybrook	18.78m
	18.78m FOUL 15.22m		
11	Dylan SarenasAsnicar	Ku-Ring-Gai	J18.78m
	FOUL 18.78m FOUL		
12	Freddie Atkinson	Manly Warringah	17.34m
	FOUL 15.86m 17.34m		
13	Charlie Shiel	Ryde	16.60m
	FOUL FOUL 16.60m		
14	Samuel Hart	Northern Districts	14.24m
	FOUL 14.24m 14.14m		
--	Beau Riches	Manly Warringah	FOUL
	FOUL FOUL FOUL		
--	Leon Hoang	Northern Suburbs	FOUL
	FOUL FOUL FOUL		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 13 - Javelin (600 Gram)

Region: R 42.98m 17/02/2007 Elliot Lang, Northern Suburb						
State: S 48.80m 18/03/2007 Shane Nicholls, Kurrajong Bi						
Name	Age		Centre			Final
1 Brian Kim			Nth Rocks Carlin			30.90m
	27.40m	30.90m	23.34m	25.88m	FOUL	FOUL
2 Jacoby Neal			Ku-Ring-Gai			29.84m
	27.54m	28.44m	27.72m	26.92m	29.84m	26.54m
3 Kornchawal Benoliel			Manly Warringah			28.24m
	26.42m	22.14m	18.50m	26.56m	28.24m	
4 Joel Ramsay			Hornsby			28.20m
	27.92m	27.14m	27.38m			28.20m
5 Aryan Bharati			Cherrybrook			26.88m
	26.88m	26.26m	25.48m	21.26m	FOUL	25.32m
6 Zachary Morgan			Manly Warringah			24.68m
	22.72m	16.96m	22.18m	21.60m	22.28m	24.68m
7 Archie Kay			Ku-Ring-Gai			23.82m
	19.68m	18.18m	22.42m	20.74m	23.22m	23.82m
8 Daniel Sims			Hornsby			23.40m
	21.74m	19.84m	23.40m	22.62m	FOUL	21.56m
9 Orlando Stewart			Mosman			22.42m
	22.42m	FOUL	16.56m			
10 William King			Manly Warringah			21.26m
	19.22m	21.26m	FOUL			
11 Daniel Semaan			Parramatta			19.34m
	FOUL	19.34m	18.78m			
12 Cameron Green			Ku-Ring-Gai			19.28m
	19.28m	17.78m	17.90m			
13 Wade Billingsley			Cherrybrook			18.38m
	18.38m	15.48m	17.02m			
14 Lucas Figueira			Manly Warringah			17.78m
	16.80m	17.78m	15.68m			
15 Tom Roberts			Ryde			8.60m
	FOUL	FOUL	8.60m			
-- Liam O'Leary			Northern Suburbs			DNS
-- Luke Cohen			Manly Warringah			DNS

Boys U 14 - Javelin (600 Gram)

Region: R 53.00m 17/02/2013 Cameron McEntyre, Ku-Ring-Ga						
State: S 56.87m 18/03/2001 Jonathon Wynn, Camden Haven						
Name	Age		Centre			Final
1 Ethan Jauncey			Manly Warringah			34.44m
	32.68m	33.62m	34.44m	30.26m	31.72m	32.52m
2 Benjamin Govers			Northern Suburbs			31.64m
	28.20m	29.78m	28.52m	31.64m	29.24m	28.86m
3 Matthew Lawrence			Nth Rocks Carlin			31.58m
	FOUL	30.06m	27.00m	26.30m	31.58m	30.72m
4 Blake Billingsley			Cherrybrook			29.34m
	28.54m	27.92m	29.34m	24.82m	26.14m	27.46m
5 Max McPherson			Ku-Ring-Gai			28.82m
	26.58m	24.04m	28.82m	25.12m	25.74m	26.30m
6 James de Sacadura			Cherrybrook			26.52m
	22.48m	21.38m	FOUL	23.20m	26.52m	24.10m

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

7	Senuka Kankanige	Nth Rocks Carlin	23.02m
	22.48m 21.98m 21.14m FOUL	23.02m 22.80m	
8	Ed Hammond	Manly Warringah	22.96m
	22.96m FOUL 16.10m 18.18m	15.92m 18.36m	
9	Vinuka Kankanige	Nth Rocks Carlin	22.16m
	FOUL 22.16m 19.32m		
10	Nicolas Chaseling	Mosman	19.82m
	19.82m FOUL 16.86m		
11	Lucas Michaels	Ryde	19.38m
	18.98m 19.24m 19.38m		

Boys U 15 - Javelin (700 Gram)

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=====
Region: R 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Ga
State: S 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Ga
Name Age Centre Final
=====
1 Brenden Kim Nth Rocks Carlin 44.76m
FOUL FOUL 33.68m FOUL FOUL 44.76m
2 Luka Simmons Manly Warringah 39.52m
37.72m FOUL 39.52m 34.92m 35.88m 38.72m
3 Max Figueira Manly Warringah 38.72m
34.82m FOUL FOUL FOUL 38.72m FOUL
4 Ryan Redhead Cherrybrook 35.78m
33.62m 34.46m 33.72m 29.88m 35.02m 35.78m
5 Benjamin Lawrence Nth Rocks Carlin 35.36m
FOUL 33.16m 33.64m 33.14m 34.58m 35.36m
6 Cooper Shanahan Parramatta 33.00m
33.00m 29.56m 25.56m 29.24m 32.60m 26.64m
7 Edward Darby Cherrybrook 27.38m
25.32m 24.78m FOUL FOUL FOUL 27.38m
8 Luka Prizmic Manly Warringah 19.72m
16.86m 19.10m 19.72m FOUL FOUL FOUL
9 Jeffrey Benoliel Mosman 19.24m
18.90m 19.24m 18.66m
10 Moses Wolfson Ryde 12.98m
11.62m 11.10m 12.98m
-- Ronan Pattie Hornsby FOUL
FOUL FOUL FOUL
-- Alberto Jordan Manly Warringah DNS
-- Zac Stante Manly Warringah DNS
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Boys U 17 - Javelin (700 Gram)

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=====
Region: R 65.62m 11/02/2024 Ruann Eksteen, Manly Warring
State: S 68.40m 24/03/2013 Rhys Stein, Warradale
Name Age Centre Final
=====
1 Ruann Eksteen Manly Warringah 65.62mR
62.84m 65.62m 61.98m FOUL 60.24m 63.76m
2 Andrew Kalos Ryde 50.82m
37.98m 45.08m 39.06m FOUL 46.28m 50.82m
3 Justin Billingsley Cherrybrook 45.32m
38.22m 39.32m FOUL 37.64m 44.44m 45.32m
    
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REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

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

4	Lachlan Waldron	Nth Rocks Carlin	44.70m
	40.50m 40.06m 44.70m 39.60m 41.02m 43.92m		
5	Jude Bealby	Northern Suburbs	42.46m
	42.36m FOUL 42.46m FOUL FOUL 40.40m		
6	Thomas Schneider	Nth Rocks Carlin	36.92m
	33.82m 32.58m 36.92m 36.92m 31.70m 35.74m		
7	Nathanael Ramsay	Hornsby	34.86m
	FOUL FOUL 30.22m 34.38m FOUL 34.86m		
8	Liam Downs	Manly Warringah	23.30m
	FOUL 22.16m 23.30m		
9	Jude Belson	Northern Suburbs	21.12m
	20.56m FOUL 21.12m		
10	Wol Albino	Hornsby	21.04m
	FOUL FOUL 21.04m		
--	Finn Pereira	Mosman	DNS
--	Teddy Hampton	Cherrybrook	DNS
--	Chase Burrows	Mosman	DNS
--	Xavier Frost	Mosman	DNS
--	Declan Bragg	Parramatta	DNS
--	Freddie BensonSparkes	Manly Warringah	DNS

Boys U 11-12 Multi Class Long Jump

=====
 Region: R 2.55m 04/02/2023 Aaron Palmer T/F 20, Cherrybr
 Name Age Centre Final
 =====

1	Hugo Kasprzak (T/F37)	Nth Rocks Carlin	2.46m
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Boys U 15-17 Multi Class Long Jump

=====
 Region: R 3.45m 10/02/2024 Alexander Evans (T/F13), Nth
 Name Age Centre Final
 =====

1	Alexander Evans (T/F13)	Nth Rocks Carlin	3.45mR 45.039 pts
2	Jacob Thurston (T/F37)	Nth Rocks Carlin	2.01m 29.690 pts

Boys U 11-12 Multi Class Javelin

=====
 Region: R 7.52m 10/02/2024 Hugo Kasprzak (T/F37), Nth Ro
 Name Age Centre Final
 =====

1	Hugo Kasprzak (T/F37)	Nth Rocks Carlin	7.52mR
	6.32m FOUL 7.52m		

Boys U 13-14 Multi Class Javelin

=====
 Region: R 8.98m 10/02/2024 Michael Sitaramayya (T/F20),
 Name Age Centre Final
 =====

1	Michael Sitaramayya (T/F	Nth Rocks Carlin	8.98mR
	FOUL 8.98m 7.86m		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Results

Boys U 15-17 Multi Class Javelin

Region: R 6.98m 10/02/2024 Alexander Evans (T/F13), Nth			
Name	Age	Centre	Final
1 Alexander Evans (T/F13)		Nth Rocks Carlin	6.98mR
	6.98m 6.68m 4.54m		

Boys U 11-12 Multi Class Shot Put

Region: R 4.61m 04/02/2023 Aaron Palmer T/F 20, Cherrybr			
Name	Age	Centre	Final
1 Hugo Kasprzak (T/F37)		Nth Rocks Carlin	3.55m
	3.41m 3.35m 3.55m		

Boys U 13-14 Multi Class Shot Put

Region: R 7.44m 10/02/2024 Michael Sitaramayya (T/F20),			
Name	Age	Centre	Final
1 Michael Sitaramayya (T/F		Nth Rocks Carlin	7.44mR 43.031 pts (Record)
	6.10m 7.31m 7.44m		

Boys U 15-17 Multi Class Shot Put

Region: R 5.55m 12/02/2022 Nathan Barbara (T/F61), Ryde			
Name	Age	Centre	Final
1 Nathan Barbara (T/F61)		Ryde	J4.33m 49.542 pts
	3.79m 4.33m 4.30m		
2 Alexander Evans (T/F13)		Nth Rocks Carlin	J5.47m 33.232 pts
	4.93m 4.79m 5.47m		
3 Jacob Thurston (T/F37)		Nth Rocks Carlin	J5.04m 28.767pts
	5.04m 4.90m 4.84m		

Boys U 9 - 700 Metre Walk

Region: R 3:34.60 1998 Christopher Bassett, Hornsb			
State: S 3:15.36 20/03/2016 Peter Elliott, Quakers Hill			
Name	Age	Centre	Final
1 Lachlan deBree		Manly Warringah	3:44.78
2 Max Miller		Manly Warringah	3:44.97
3 James McLean		Ku-Ring-Gai	3:45.00
4 Ryan Rudolph		Ku-Ring-Gai	3:53.98
5 Daniel Smart		Nth Rocks Carlin	3:55.62
6 Eric Colgan		Hornsby	4:02.35
7 Archer Lane		Manly Warringah	4:09.26
8 Zachary Cooke		Manly Warringah	4:50.67
9 Ryan Tian		Cherrybrook	5:04.89
10 Martin Zipaquirra Romero		Northern Suburbs	5:04.91
-- Harley Donald		Manly Warringah	DNS
-- Tyler Tabrett		Cherrybrook	DNS
-- Ben Fisk-Batho		Parramatta	DNS

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

=====			
Region:	R 5:45.20	1998	K Tansley, Manly Warringah
State:	S 5:01.70	22/03/1998	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Asher Stevens		Manly Warringah	7:15.40
2 Ethan Carlton		Hornsby	7:20.37
3 Kaixin Xia		Nth Rocks Carlin	7:37.98
4 Lewis Megarrity		Ryde	7:40.51
5 Hugo Gledhill		Manly Warringah	7:51.04
6 William Qu		Ryde	8:25.33
7 Dylan Zhou		Ku-Ring-Gai	9:37.81
-- Enoch Wolfson		Ryde	DQ
-- Mitchell Cohen		Manly Warringah	DNS

Boys U 11 - 1100 Metre Walk

=====			
Region:	R 5:19.18	19/02/2012	Dylan Richardson, Gosford
State:	S 5:05.80	21/03/1999	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Liam Reville		Northern Suburbs	5:52.90
2 Cian Guerin		Manly Warringah	5:56.35
3 Kyahn Hyde		Manly Warringah	6:04.70
4 Ethan Lally		Ku-Ring-Gai	6:06.28
5 Archer Hailstone		Manly Warringah	7:04.70
6 Jaxen Moloney		Parramatta	7:08.85
7 John Stewart		Ryde	7:22.73
8 Sebastian Lam		Nth Rocks Carlin	7:29.90
9 Hugh Giffin		Cherrybrook	7:36.76
10 Sachin Agnew		Ku-Ring-Gai	7:57.60
11 Lachlan Donald		Manly Warringah	11:39.33
-- Jack Hilgendorf		Cherrybrook	DNS
-- Jack Kirby		Ku-Ring-Gai	DNS
-- Ayden Hewitt		Nth Rocks Carlin	DNS

Boys U 12 - 1500 Metre Walk

=====			
Region:	R 7:06.59	17/02/2013	Harrison Mavin, Ku-Ring-Gai
State:	S 6:45.20	19/03/2000	Luke Fitzgerald, Nepean
Name	Age	Centre	Final
=====			
1 Isaac Han		Manly Warringah	8:43.37
2 Charlie Shiel		Ryde	8:51.82
3 Maxwell Penn		Cherrybrook	9:02.58
4 Liam Forsyth		Parramatta	9:02.60
5 Oliver Penn		Cherrybrook	9:23.22
6 Caelan Drysdale		Ku-Ring-Gai	9:38.96
7 Mathias Hutchens		Hornsby	9:44.06
8 Freddie Atkinson		Manly Warringah	9:57.79
9 Samuel Hart		Northern Districts	10:49.40
-- Sebastian Hutchens		Hornsby	DNS

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

=====			
Region: R 7:04.60		19/02/2006	Jordan Mulhearn, Parramatta
State: S 6:30.40		28/03/1993	David Beacroft, Blacktown
Name	Age	Centre	Final
=====			
1 Mitchell McCarthy		Ryde	8:09.40
2 Charlie Whelan		Manly Warringah	8:10.74
3 Lachlan Harris		Ku-Ring-Gai	8:10.93
4 John Reville		Northern Suburbs	8:37.19
5 Harrison Kyme		Manly Warringah	9:46.54
6 Aston Maclaine		Hornsby	10:34.74

Boys U 14 - 1500 Metre Walk

=====			
Region: R 6:28.16		19/02/2012	Tyler Jones, Wyong
State: S 6:13.40		19/03/1995	Troy Sundstrom, Highlanders
Name	Age	Centre	Final
=====			
1 Alexander Braendle		Northern Districts	7:27.39
2 Rhys Chandler		Ryde	7:46.25
3 Sebastian Linton		Ku-Ring-Gai	9:39.92
4 Lucas Michaels		Ryde	10:44.81

Boys U 15 - 1500 Metre Walk

=====			
Region: R 6:35.20		1995	Andrew Nappin, Manly Warrin
State: S 5:48.10		22/03/1998	Douglas Connolly, Mt Druitt
Name	Age	Centre	Final
=====			
1 Christopher Nilon		Nth Rocks Carlin	7:08.39
2 Moses Wolfson		Ryde	9:34.24
3 Alexander Wenzel		Manly Warringah	9:50.70

Boys U 17 - 1500 Metre Walk

=====			
Region: R 6:15.10		28/02/2010	Jordan Mulhearn, Parramatta
State: S 5:56.11		23/03/2014	Tyler Jones, Wyong
Name	Age	Centre	Final
=====			
1 Dylan Allabush		Ku-Ring-Gai	6:54.72
2 Hugo Matthews		Nth Rocks Carlin	9:32.77