

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.63 12-Dec-15 Matilda Fanning, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Khloe Hunter		Revesby Workers	9.41Q
2 Georgia Laverance		Port Hacking	9.59Q
3 Amelia May		Sutherland	9.75Q
4 Zara Roper		Sutherland	10.24q
5 Lara Tsavalias		Illawong	10.55
6 Audrey Grygiel		St George	11.81
Heat 2 Heats			
1 Mackenzie Bradstock		Helensburgh	10.03Q
2 Sadie Rayment		Sutherland	10.13Q
3 Eleni Salabogi		Revesby Workers	10.30Q
4 Elizabeth Baird		Illawong	10.41q
5 Bronte Whitbread		Sutherland	10.71
6 Charli Whitbread		Sutherland	10.90

Girls U 7 - 50 Metre Sprint

Zone: Z 8.63 12-Dec-15 Matilda Fanning, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Khloe Hunter		Revesby Workers	9.35
2 Georgia Laverance		Port Hacking	9.48
3 Amelia May		Sutherland	9.66
4 Mackenzie Bradstock		Helensburgh	9.72
5 Sadie Rayment		Sutherland	9.75
6 Zara Roper		Sutherland	10.20
7 Elizabeth Baird		Illawong	10.23
8 Eleni Salabogi		Revesby Workers	10.25

Girls U 7 - 70 Metre Sprint

Zone: Z 12.14 14-Dec-14 Tammin Lampret, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Madena Moussa		St George	12.84Q
2 Hope Robinson		Sutherland	13.36Q
3 Ruby Walker		Helensburgh	13.55Q
4 Ella VanDerMeer		Illawong	14.21
5 Eleni Salabogi		Revesby Workers	14.27
6 Audrey Grygiel		St George	16.72
7 Natalija Zrno		St George	16.85
Heat 2 Heats			
1 Liliana Anthony-Ligaiviu		Revesby Workers	12.16Q
2 Frances Gorman		Sutherland	12.88Q
3 Khloe Hunter		Revesby Workers	12.99Q
4 Emerson Spence		Sutherland	12.99q
5 Sadie Rayment		Sutherland	13.72q
6 Lara Tsavalias		Illawong	13.76
7 Amelia May		Sutherland	13.78

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 7 - 70 Metre Sprint**

Zone: Z 12.14 14-Dec-14 Tammin Lampret, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1	Liliana Anthony-Ligaiviu	Revesby Workers	12.41
2	Emerson Spence	Sutherland	12.72
3	Khloe Hunter	Revesby Workers	12.74
4	Frances Gorman	Sutherland	12.80
5	Madena Moussa	St George	12.82
6	Hope Robinson	Sutherland	12.97
7	Sadie Rayment	Sutherland	13.29
8	Ruby Walker	Helensburgh	13.73

Girls U 8 - 70 Metre Sprint

Zone: Z 11.50 30-Jan-11 K. Blackwell, Helensburgh			
Name	Age	Centre	Heats
Heat 1 Heats			
1	EllieMai Levi	Port Hacking	Z 11.22Q
2	Annabel Srbinovski	Revesby Workers	12.13Q
3	Jade Strahl	Port Hacking	12.20Q
4	Scarlett Dunne	Helensburgh	12.33q
5	Miricah Murdoch	Illawong	12.59q
6	Diamalaini Salabogi	Revesby Workers	12.74
7	Gemma Hamilton	Sutherland	13.90
8	Molly O'Donoghue	Port Hacking	13.91
Heat 2 Heats			
1	Tess Dooley	Sutherland	12.16Q
2	Sienna Bender	Revesby Workers	12.29Q
3	Amelie Ovens	Helensburgh	12.77Q
4	Kalani Anderson	Port Hacking	13.03
5	Maggie Maree	St George	13.10
6	Ava Smith	Illawong	13.35
7	Charlotte Kerr	Helensburgh	13.42

Girls U 8 - 70 Metre Sprint

Zone: Z 11.50 30-Jan-11 K. Blackwell, Helensburgh			
Name	Age	Centre	Final
Section 1 Final			
1	EllieMai Levi	Port Hacking	10.85Z
2	Annabel Srbinovski	Revesby Workers	11.69
3	Tess Dooley	Sutherland	12.04
4	Scarlett Dunne	Helensburgh	12.09
5	Jade Strahl	Port Hacking	12.10
6	Sienna Bender	Revesby Workers	12.45
7	Miricah Murdoch	Illawong	12.51
8	Amelie Ovens	Helensburgh	12.72

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 9 - 70 Metre Sprint

Zone: Z 10.78 05-Feb-12 Rachel Tougher, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Molly Rayment		Sutherland	11.25Q
2 Kitty Pearce		Helensburgh	11.26Q
3 Annabelle Zafiris		Port Hacking	11.52Q
4 Kayla Babington		Port Hacking	11.56q
5 Harmony-Jade Taylor		Helensburgh	12.18
6 Phoebe Parsons		Illawong	12.66
7 Jasia Dumas		Port Hacking	13.95
8 Mariam Harakeh		St George	14.73
Heat 2 Heats			
1 Matilda Fanning		Sutherland	10.92Q
2 Katie See		Port Hacking	11.34Q
3 Chloe Ozolins		Sutherland	11.55Q
4 Scarlett McGraw		Revesby Workers	12.03q
5 Angela Wastie		Revesby Workers	12.49
5 Lauren McNally		Sutherland	12.49
7 Shayna Eshman		Helensburgh	13.24

Girls U 9 - 70 Metre Sprint

Zone: Z 10.78 05-Feb-12 Rachel Tougher, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Matilda Fanning		Sutherland	10.85
2 Kitty Pearce		Helensburgh	11.44
3 Molly Rayment		Sutherland	11.52
4 Kayla Babington		Port Hacking	11.65
5 Katie See		Port Hacking	11.67
6 Chloe Ozolins		Sutherland	11.69
7 Annabelle Zafiris		Port Hacking	11.72
8 Scarlett McGraw		Revesby Workers	12.16

Girls U 10 - 70 Metre Sprint

Zone: Z 10.39 05-Feb-12 Isabelle Lhotka, Revesby Work			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Tammin Lampret		Port Hacking	10.44Q
2 Amber Tubbs		Port Hacking	10.67Q
3 Jessica Basanovic		Port Hacking	11.33Q
4 Summer Hannah-Campbell		Sutherland	11.65
5 Niamh Mackenzie		Revesby Workers	11.85
6 Gabriella Knezevic		St George	11.92
7 Natalie Look		Helensburgh	11.93
8 Mia Hyndes		St George	13.84
Heat 2 Heats			
1 Jade Pawson		Sutherland	10.83Q
2 Neve Jenkins		Port Hacking	10.89Q
3 Eden Taciak		Sutherland	10.95Q
4 Rosalee Floyd-Kerr		Helensburgh	11.38q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 10 - 70 Metre Sprint**

5	Zoe Milan	Revesby Workers	11.50q
6	Lily Jenkins	Port Hacking	11.59
7	Jessica Parsons	Illawong	11.80
8	Telina Adams	Sutherland	11.83
9	Emily Kennedy	Sutherland	12.62

Girls U 10 - 70 Metre Sprint

=====			
	Zone: Z 10.39	05-Feb-12	Isabelle Lhotka, Revesby Work
Name	Age	Centre	Final
=====			

Section 1 Final

1	Tammin Lampret	Port Hacking	10.27Z
2	Amber Tubbs	Port Hacking	10.57
3	Neve Jenkins	Port Hacking	10.88
3	Eden Taciak	Sutherland	10.88
5	Jade Pawson	Sutherland	11.05
6	Jessica Basanovic	Port Hacking	11.25
7	Rosalee Floyd-Kerr	Helensburgh	11.49
8	Lily Jenkins	Port Hacking	11.62

Girls U 7 - 100 Metre Sprint

=====			
	Zone: Z 16.57	12-Dec-15	Matilda Fanning, Sutherland
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Liliana Anthony-Ligaiviu	Revesby Workers	18.01Q
2	Georgia Laverance	Port Hacking	18.47Q
3	Emerson Spence	Sutherland	18.73Q
4	Madena Moussa	St George	18.75q
5	Amelia May	Sutherland	20.54
6	Jessica Mitchell	Illawong	22.10

Heat 2 Heats

1	Khloe Hunter	Revesby Workers	18.90Q
2	Hope Robinson	Sutherland	19.21Q
3	Frances Gorman	Sutherland	19.39Q
4	Sadie Rayment	Sutherland	19.84q
5	Mackenzie Bradstock	Helensburgh	19.85
6	Lara Tsavalias	Illawong	19.99
7	Eleni Salabogi	Revesby Workers	20.23

Girls U 7 - 100 Metre Sprint

=====			
	Zone: Z 16.57	12-Dec-15	Matilda Fanning, Sutherland
Name	Age	Centre	Final
=====			

Section 1 Final

1	Liliana Anthony-Ligaiviu	Revesby Workers	18.09
2	Emerson Spence	Sutherland	18.52
3	Georgia Laverance	Port Hacking	18.57
4	Madena Moussa	St George	18.58
5	Khloe Hunter	Revesby Workers	18.65
6	Frances Gorman	Sutherland	19.00
7	Hope Robinson	Sutherland	19.12

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 7 - 100 Metre Sprint**

8 Sadie Rayment	Sutherland	20.35
-----------------	------------	-------

Girls U 8 - 100 Metre Sprint

=====
 Zone: Z 16.16 08-Dec-12 Estelle Grantham, Illawong

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

=====

Heat 1 Heats

1 Annabel Srbinovski	Revesby Workers	16.71Q
2 Chloe McCormack	Sutherland	16.99Q
3 Abbie Pasnin	Revesby Workers	17.32q
4 Lucy Arndell	Port Hacking	18.30
5 Ivy Sutton	St George	18.99
6 Charlotte Kerr	Helensburgh	20.24
7 Alyssa Karaman	St George	22.40

Heat 2 Heats

1 Allegra Little	Port Hacking	16.77Q
2 Scarlett Dunne	Helensburgh	17.08Q
3 Emily Ball	Port Hacking	17.49q
4 Ruby Delfs	Sutherland	17.55
5 Sienna Bender	Revesby Workers	17.72
6 Diamalaini Salabogi	Revesby Workers	17.89
7 Amelie Ovens	Helensburgh	18.42

Heat 3 Heats

1 EllieMai Levi	Port Hacking	Z 15.62Q
2 Madison Cornish	Sutherland	18.29Q
3 Maggie Maree	St George	19.27
4 Jasmine Kaushal	Illawong	20.20
5 Bianca Loxley	Port Hacking	20.62
6 Haylie McFarlane	Revesby Workers	22.54

Girls U 8 - 100 Metre Sprint

=====
 Zone: Z 16.16 08-Dec-12 Estelle Grantham, Illawong

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

=====

Section 1 Final

1 EllieMai Levi	Port Hacking	15.52Z
2 Annabel Srbinovski	Revesby Workers	16.96
3 Allegra Little	Port Hacking	17.01
4 Scarlett Dunne	Helensburgh	17.10
5 Emily Ball	Port Hacking	17.76
6 Abbie Pasnin	Revesby Workers	17.80
7 Chloe McCormack	Sutherland	17.95
8 Madison Cornish	Sutherland	18.17

Girls U 9 - 100 Metre Sprint

=====
 Zone: Z 14.99 04-Feb-12 Rachel Tougher, Sutherland

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

=====

Heat 1 Heats

1 Ryleigh Delacour-Batch	Revesby Workers	15.95Q
2 Kitty Pearce	Helensburgh	16.43Q
3 Molly Rayment	Sutherland	16.56Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 9 - 100 Metre Sprint

4	Shiloh Macfarlane-Anning	Sutherland	16.68q
5	Chloe Ozolins	Sutherland	16.84
6	Phoebe Parsons	Illawong	18.06
7	Jasia Dumas	Port Hacking	20.18

Heat 2 Heats

1	Matilda Fanning	Sutherland	15.64Q
2	Maddison Druery	Port Hacking	15.83Q
3	Rhianna Karika	Helensburgh	16.05Q
4	Annabelle Zafiris	Port Hacking	16.73q
5	Harmony-Jade Taylor	Helensburgh	17.53
6	Angela Wastie	Revesby Workers	18.10
7	Samantha Mitchell	Illawong	18.14
8	Matilda Kane	Sutherland	18.28
9	Shayna Eshman	Helensburgh	19.51

Girls U 9 - 100 Metre Sprint

Zone: Z 14.99 04-Feb-12 Rachel Tougher, Sutherland

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

Section 1 Final

1	Matilda Fanning	Sutherland	15.50
2	Ryleigh Delacour-Batch	Revesby Workers	15.70
3	Maddison Druery	Port Hacking	15.93
4	Molly Rayment	Sutherland	16.50
5	Kitty Pearce	Helensburgh	16.55
6	Rhianna Karika	Helensburgh	16.59
7	Annabelle Zafiris	Port Hacking	16.68
8	Shiloh Macfarlane-Anning	Sutherland	16.90

Girls U 10 - 100 Metre Sprint

Zone: Z 13.92 08-Dec-12 Krystal Blackwell, Helensburg

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

Heat 1 Heats

1	Tammin Lampret	Port Hacking	14.81Q
2	Zoe Milan	Revesby Workers	16.22Q
3	Jessica Parsons	Illawong	16.79
4	Latifa Harakeh	St George	17.14
5	Evie Gorman	Sutherland	17.18
6	Rayyan Harakeh	St George	17.23
7	Isabel McFarlane	Revesby Workers	17.84

Heat 2 Heats

1	Amber Tubbs	Port Hacking	15.14Q
2	Jade Pawson	Sutherland	15.48Q
3	Rosalee Floyd-Kerr	Helensburgh	15.92q
4	Paige Bauer	Port Hacking	16.39
5	Makayla Vakauta	Illawong	16.51
6	Niamh Mackenzie	Revesby Workers	16.60
7	Olive Kirby	St George	18.14

Heat 3 Heats

1	Neve Jenkins	Port Hacking	15.40Q
2	Eden Taciak	Sutherland	15.94Q
3	Summer Hannah-Campbell	Sutherland	16.25q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 10 - 100 Metre Sprint**

4 Gabriella Knezevic	St George	16.87
5 Telina Adams	Sutherland	17.09
6 Natalie Look	Helensburgh	17.14

Girls U 10 - 100 Metre Sprint

=====			
Zone: Z 13.92 08-Dec-12 Krystal Blackwell, Helensburgh			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Tammin Lampret		Port Hacking	14.69
2 Amber Tubbs		Port Hacking	14.99
3 Jade Pawson		Sutherland	15.24
4 Neve Jenkins		Port Hacking	15.35
5 Eden Taciak		Sutherland	15.67
6 Rosalee Floyd-Kerr		Helensburgh	16.10
7 Summer Hannah-Campbell		Sutherland	16.23
8 Zoe Milan		Revesby Workers	16.45

Girls U 11 - 100 Metre Sprint

=====			
Zone: Z 13.69 14-Dec-13 Krystal Blackwell, Helensburgh			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Jordan Moore		Sutherland	14.84Q
2 Sofia Banda		Helensburgh	15.85Q
3 Elisabeth Bubalo		Port Hacking	15.87Q
4 Kayla Barton		Illawong	15.88
5 Sofia Cutro		Helensburgh	16.18
6 Brooke Hunter		Revesby Workers	16.93
7 Jada Karika		Helensburgh	16.98
Heat 2 Heats			
1 Fa'agase Tupuola-Palale		Helensburgh	14.22Q
2 Bella-Rose Franklin		Illawong	14.61Q
3 Renee Penitani		Revesby Workers	14.88Q
4 Tiana Petkovski		St George	15.34q
5 Savannah Taylor		Helensburgh	15.71q
6 Olivia Delaney		Port Hacking	15.93
7 Caitlin Newman		Illawong	18.54

Girls U 11 - 100 Metre Sprint

=====			
Zone: Z 13.69 14-Dec-13 Krystal Blackwell, Helensburgh			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Fa'agase Tupuola-Palale		Helensburgh	14.26
2 Renee Penitani		Revesby Workers	14.38
3 Bella-Rose Franklin		Illawong	14.53
4 Jordan Moore		Sutherland	14.66
5 Tiana Petkovski		St George	15.32
6 Savannah Taylor		Helensburgh	15.49
7 Sofia Banda		Helensburgh	15.60
8 Elisabeth Bubalo		Port Hacking	15.64

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 12 - 100 Metre Sprint**

Zone: Z 13.20 30-Jan-10 K. King, Revesby Workers			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Aleisha Foundotos		St George	14.53Q
2 Isabella Knezevic		St George	14.65Q
3 Ariane Brown		Sutherland	14.74Q
4 Molly FitzPatrick		Sutherland	15.28q
5 Jacinta Laverance		Port Hacking	15.44
6 Chrystal McCormack		Sutherland	15.79
7 Elizabeth Smithson		Sutherland	16.19
Heat 2 Heats			
1 Jasynta Lampret		Port Hacking	14.04Q
2 Jessica Little		Port Hacking	14.52Q
3 Sienna Arthur		Sutherland	14.67Q
4 Amelia Kirby		St George	15.15q
5 Isabella Sest		Illawong	15.46
6 Isabella Banovic		Port Hacking	16.14

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 30-Jan-10 K. King, Revesby Workers			
Name	Age	Centre	Final
Section 1 Final			
1 Jasynta Lampret		Port Hacking	14.06
2 Aleisha Foundotos		St George	14.46
3 Sienna Arthur		Sutherland	14.49
4 Jessica Little		Port Hacking	14.57
5 Isabella Knezevic		St George	14.78
6 Ariane Brown		Sutherland	14.93
7 Amelia Kirby		St George	15.03
8 Molly FitzPatrick		Sutherland	15.36

Girls U 13 - 100 Metre Sprint

Zone: Z 12.95 08-Dec-12 Isabel Di Paolantonio, Port H			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Amy Watson		Illawong	13.56Q
2 Sabina Rogers		Helensburgh	14.02Q
3 Emily Laverance		Port Hacking	14.55Q
4 Jessica Patterson		Port Hacking	14.79q
5 Tara Benikos		Illawong	15.06
6 Laila Waters		Helensburgh	15.09
7 Avah Reus		Sutherland	15.45
Heat 2 Heats			
1 Emma Lee		Sutherland	13.36Q
2 Charlie Hallam		Sutherland	14.49Q
3 Stefania Guercio		Illawong	14.91Q
4 Zara Lammers		Helensburgh	14.92q
5 Ella-Rose Saszczak		Sutherland	15.23
6 Piper Bentley		Port Hacking	15.46
7 Emily Challinor		Port Hacking	20.39

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 13 - 100 Metre Sprint

Zone: Z 12.95 08-Dec-12 Isabel Di Paolantonio, Port H			
Name	Age	Centre	Final
Section 1 Final			
1 Emma Lee		Sutherland	12.97
2 Amy Watson		Illawong	13.26
3 Sabina Rogers		Helensburgh	13.63
4 Emily Laverance		Port Hacking	14.21
5 Charlie Hallam		Sutherland	14.29
6 Jessica Patterson		Port Hacking	14.46
7 Stefania Guercio		Illawong	14.67

Girls U 14 - 100 Metre Sprint

Zone: Z 12.68 14-Dec-13 Isabella Di Paolantonio, Port			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Eve Gardner		Sutherland	13.01Q
2 Michaela Cosgrove		Illawong	13.17Q
3 Chelsey-Rose Jackson		Helensburgh	13.52Q
4 Georgia Stevens		Port Hacking	13.96q
Heat 2 Heats			
1 Hayley McKinlay		Helensburgh	13.54Q
2 Andrea Marshall		St George	13.61Q
3 Monique Oste		Illawong	14.00Q
4 Paige Alderson		Sutherland	15.20q

Girls U 14 - 100 Metre Sprint

Zone: Z 12.68 14-Dec-13 Isabella Di Paolantonio, Port			
Name	Age	Centre	Final
Section 1 Final			
1 Eve Gardner		Sutherland	12.82
2 Michaela Cosgrove		Illawong	13.11
3 Andrea Marshall		St George	13.19
4 Chelsey-Rose Jackson		Helensburgh	13.40
5 Hayley McKinlay		Helensburgh	13.83
6 Georgia Stevens		Port Hacking	14.03
7 Monique Oste		Illawong	14.13
8 Paige Alderson		Sutherland	15.11

Girls U 15 - 100 Metre Sprint

Zone: Z 12.40 30-Jan-10 M. Pirie, Revesby Workers			
Name	Age	Centre	Final
Section 1			
1 Lauren Hocking		Port Hacking	13.21
1 Emilia Petkovski		St George	13.21
3 Mia Ipca		Illawong	13.56
4 Kyla Tracey		Sutherland	13.93
5 Anna Wu		Port Hacking	14.11
6 Lyric Parcarey		Sutherland	14.66

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 15 - 100 Metre Sprint

7 Aishlin Walker	Sutherland	14.70
8 Celeste Walker	Sutherland	15.11

Girls U 17 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 12.23 14-Dec-13 Luisa Healey, Sutherland			

Heat 1 Heats

1 Keely Sykes	Sutherland	12.72Q
2 Ella Randazzo	Sutherland	12.90Q
3 Jade Johnston-Mitrevska	St George	13.25Q
4 Kiara Lucas	Port Hacking	13.35q

Heat 2 Heats

1 Tierney Dunne	Helensburgh	12.53Q
2 Jessica Vandermaal	Sutherland	13.09Q
3 Elena Christian	Illawong	13.63Q
4 Nicola Yarrow	St George	13.77q
5 Danielle Katzos	St George	14.41

Girls U 17 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.23 14-Dec-13 Luisa Healey, Sutherland			

Section 1 Final

1 Tierney Dunne	Helensburgh	12.36
2 Keely Sykes	Sutherland	12.72
3 Jessica Vandermaal	Sutherland	12.73
4 Ella Randazzo	Sutherland	12.95
5 Kiara Lucas	Port Hacking	13.18
6 Elena Christian	Illawong	13.18
7 Jade Johnston-Mitrevska	St George	13.21
8 Nicola Yarrow	St George	13.56

Girls U 7 - 200 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 35.80 30-Jan-10 K.Blackwell, Helensburg			

Heat 1 Heats

1 Madena Moussa	St George	37.58Q
2 Emerson Spence	Sutherland	38.32Q
3 Ronia Warszawaska	Sutherland	39.32q
4 Lowami Carati	St George	42.27
5 Brooke Cross	Illawong	43.07

Heat 2 Heats

1 Layla Peterson	Sutherland	38.97Q
2 Hope Robinson	Sutherland	41.00Q
3 Eleni Salabogi	Revesby Workers	42.29
4 Ruby Walker	Helensburgh	43.13
5 Ella VanDerMeer	Illawong	45.42

Heat 3 Heats

1 Liliana Anthony-Ligaiuiu	Revesby Workers	36.61Q
2 Alexia Mathison	Port Hacking	37.35Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 7 - 200 Metre Sprint

3	Georgia Laverance	Port Hacking	39.39q
4	Zara Roper	Sutherland	41.31
5	Erin Cassilles	Revesby Workers	46.01

Girls U 7 - 200 Metre Sprint

=====
 Zone: Z 35.80 30-Jan-10 K.Blackwell, Helensburg
 Name Age Centre Final
 =====

Section 1 Final

1	Liliana Anthony-Ligaiviu	Revesby Workers	36.59
2	Alexia Mathison	Port Hacking	37.17
3	Georgia Laverance	Port Hacking	37.21
4	Emerson Spence	Sutherland	37.87
5	Madena Moussa	St George	38.28
6	Layla Peterson	Sutherland	39.82
7	Ronia Warszawska	Sutherland	39.82
8	Hope Robinson	Sutherland	40.43

Girls U 8 - 200 Metre Sprint

=====
 Zone: Z 32.90 30-Jan-10 K. Blackwell, Helensburgh
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Emily Ball	Port Hacking	36.95Q
2	Sienna Bender	Revesby Workers	38.08Q
3	Diamalaini Salabogi	Revesby Workers	38.20Q
4	Lucy Arndell	Port Hacking	39.17q
5	Abby Weinstein	Sutherland	39.62
6	Amelie Ovens	Helensburgh	39.72
7	Heidi VanZyl	Sutherland	42.34

Heat 2 Heats

1	EllieMai Levi	Port Hacking	Z 31.72Q
2	Scarlett Dunne	Helensburgh	35.93Q
3	Chloe McCormack	Sutherland	36.17Q
4	Abbie Pasnin	Revesby Workers	37.63q
5	Ava Smith	Illawong	41.36

Girls U 8 - 200 Metre Sprint

=====
 Zone: Z 32.90 30-Jan-10 K. Blackwell, Helensburgh
 Name Age Centre Final
 =====

Section 1 Final

1	EllieMai Levi	Port Hacking	32.09Z
2	Scarlett Dunne	Helensburgh	36.19
3	Emily Ball	Port Hacking	36.57
4	Chloe McCormack	Sutherland	37.02
5	Abbie Pasnin	Revesby Workers	38.72
6	Diamalaini Salabogi	Revesby Workers	38.95
7	Sienna Bender	Revesby Workers	39.30
8	Lucy Arndell	Port Hacking	41.29

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 9 - 200 Metre Sprint

Zone: Z 31.88 05-Feb-12 Rachel Tougher, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Maddison Druery		Port Hacking	32.61Q
2 Amelie O'Neill		Illawong	34.60Q
3 Molly Rayment		Sutherland	35.22Q
4 Harmony-Jade Taylor		Helensburgh	37.11
5 Phoebe Parsons		Illawong	39.55
6 Aliyah Extrem		Sutherland	40.62
7 Jasia Dumas		Port Hacking	43.54

Heat 2 Heats			
1 Rhianna Karika		Helensburgh	34.07Q
2 Nova Batman		Sutherland	34.29Q
3 Elsie Clare		Helensburgh	34.45Q
4 Chloe Ozolins		Sutherland	34.47q
5 Kayla Babington		Port Hacking	36.02q
6 Tara Hannah-Campbell		Sutherland	37.07

Girls U 9 - 200 Metre Sprint

Zone: Z 31.88 05-Feb-12 Rachel Tougher, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Maddison Druery		Port Hacking	32.87
2 Nova Batman		Sutherland	34.41
3 Chloe Ozolins		Sutherland	34.54
4 Molly Rayment		Sutherland	34.77
5 Amelie O'Neill		Illawong	34.80
6 Rhianna Karika		Helensburgh	35.49
7 Kayla Babington		Port Hacking	35.81
8 Elsie Clare		Helensburgh	37.67

Girls U 10 - 200 Metre Sprint

Zone: Z 29.38 14-Dec-14 Emma Lee, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Neve Jenkins		Port Hacking	31.79Q
2 Summer Hannah-Campbell		Sutherland	33.27Q
3 Chloe Shephard		Port Hacking	33.75q
4 Makayla Vakauta		Illawong	34.46q
5 Evie Gorman		Sutherland	35.16
6 Zoe Milan		Revesby Workers	35.31
Heat 2 Heats			
1 Jessica Basanovic		Port Hacking	32.65Q
2 Rosalee Floyd-Kerr		Helensburgh	33.43Q
3 Niamh Mackenzie		Revesby Workers	35.66
4 Kwanita Olney		Illawong	37.80
5 Alannah Roberts		St George	39.83
6 Jami Maroney		Sutherland	45.56
Heat 3 Heats			
1 Jade Pawson		Sutherland	31.42Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 10 - 200 Metre Sprint**

2 Gabriella Knezevic	St George	34.45Q
3 Jessica Parsons	Illawong	35.82
4 Emily Kennedy	Sutherland	37.69

Girls U 10 - 200 Metre Sprint

=====			
Zone: Z 29.38 14-Dec-14 Emma Lee, Sutherland			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Jade Pawson		Sutherland	31.76
2 Neve Jenkins		Port Hacking	32.40
3 Jessica Basanovic		Port Hacking	33.01
4 Summer Hannah-Campbell		Sutherland	33.80
5 Chloe Shephard		Port Hacking	34.80
6 Makayla Vakauta		Illawong	34.91
7 Gabriella Knezevic		St George	35.43

Girls U 11 - 200 Metre Sprint

=====			
Zone: Z 29.14 15-Dec-13 Krystal Blackwell, Helensburg			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Jordan Moore		Sutherland	29.21Q
2 Fa'agase Tupuola-Palale		Helensburgh	29.85Q
3 Renee Penitani		Revesby Workers	30.02Q
4 Bella-Rose Franklin		Illawong	30.07q
5 Caitlin Gilbett		Helensburgh	34.38
6 Caitlin Newman		Illawong	38.57
7 Tabitha Roberts		Illawong	40.46
Heat 2 Heats			
1 Jordan O'Neill		Illawong	30.33Q
2 Sofia Banda		Helensburgh	30.99Q
3 Tiana Petkovski		St George	31.23Q
4 Kayla Barton		Illawong	32.56q
5 Olivia Delaney		Port Hacking	33.66
6 Catelyn Armstrong		Port Hacking	33.96

Girls U 11 - 200 Metre Sprint

=====			
Zone: Z 29.14 15-Dec-13 Krystal Blackwell, Helensburg			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Jordan Moore		Sutherland	29.28
2 Renee Penitani		Revesby Workers	30.05
3 Fa'agase Tupuola-Palale		Helensburgh	30.14
4 Bella-Rose Franklin		Illawong	30.79
5 Jordan O'Neill		Illawong	30.80
6 Tiana Petkovski		St George	31.59
7 Sofia Banda		Helensburgh	31.83
8 Kayla Barton		Illawong	33.69

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 12 - 200 Metre Sprint**

Zone: Z 27.55 14-Dec-14 Krystal Blackwell, Helensburg			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jessica Little		Port Hacking	29.09Q
2 Alexandra Rumjahn		St George	29.43Q
3 Sienna Arthur		Sutherland	29.93Q
4 Ariane Brown		Sutherland	29.93q
5 Isabella Sest		Illawong	30.77q
6 Ava-Rose Hardy		Helensburgh	33.06
Heat 2 Heats			
1 Isabella Knezevic		St George	29.54Q
2 Aleisha Foundotos		St George	29.92Q
3 Molly FitzPatrick		Sutherland	30.37Q
4 Lara Davis		Sutherland	31.68
5 Chrystal McCormack		Sutherland	32.56
6 Isabella Banovic		Port Hacking	32.68

Girls U 12 - 200 Metre Sprint

Zone: Z 27.55 14-Dec-14 Krystal Blackwell, Helensburg			
Name	Age	Centre	Final
Section 1 Final			
1 Jessica Little		Port Hacking	29.73
2 Alexandra Rumjahn		St George	29.88
3 Isabella Knezevic		St George	29.91
4 Aleisha Foundotos		St George	29.97
5 Sienna Arthur		Sutherland	30.22
6 Ariane Brown		Sutherland	30.33
7 Isabella Sest		Illawong	31.09
8 Molly FitzPatrick		Sutherland	31.37

Girls U 13 - 200 Metre Sprint

Zone: Z 26.61 14-Dec-14 Tierney Dunne, Helensburgh			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jaimie Byrne		Sutherland	29.16Q
2 Ella-Rose Saszcak		Sutherland	30.23Q
3 Stefania Guercio		Illawong	30.42q
4 Piper Bentley		Port Hacking	30.98
Heat 2 Heats			
1 Emma Lee		Sutherland	Z 26.53Q
2 Amy Watson		Illawong	27.09Q
3 Jessica Patterson		Port Hacking	30.08q
4 Zoe Taciak		Sutherland	31.28
5 Emily Challinor		Port Hacking	42.98
Heat 3 Heats			
1 Emily Laverance		Port Hacking	29.07Q
2 Miloshka Sharma		St George	29.68Q
3 Estelle Grantham		Illawong	30.50
4 Avah Reus		Sutherland	30.56
5 Tara Benikos		Illawong	30.93

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 13 - 200 Metre Sprint**

6 Killari Artadi	Port Hacking	31.60
------------------	--------------	-------

Girls U 13 - 200 Metre Sprint

=====			
Zone: Z 26.61 14-Dec-14 Tierney Dunne, Helensburgh			
Name	Age Centre		Final
=====			
Section 1 Final			
1 Emma Lee	Sutherland		25.97Z
2 Amy Watson	Illawong		27.07
3 Jaimie Byrne	Sutherland		28.61
4 Miloshka Sharma	St George		28.77
5 Emily Laverance	Port Hacking		28.80
6 Ella-Rose Saszczyk	Sutherland		30.16
7 Stefania Guercio	Illawong		30.43
8 Jessica Patterson	Port Hacking		30.51

Girls U 14 - 200 Metre Sprint

=====			
Zone: Z 26.13 05-Feb-12 Luisa Healey, Sutherland			
Name	Age Centre		Final
=====			
Section 1			
1 Eve Gardner	Sutherland		26.18
2 Jessica Wardrobe	Sutherland		26.59
3 Andrea Marshall	St George		27.30
4 Michaela Cosgrove	Illawong		27.74
5 Sanjana Anugu	Port Hacking		28.39
6 Hayley McKinlay	Helensburgh		28.68
7 Monique Oste	Illawong		29.13

Girls U 15 - 200 Metre Sprint

=====			
Zone: Z 25.66 14-Dec-14 Morgan Griffiths, St George			
Name	Age Centre		Final
=====			
1 Emilia Petkovski	St George		25.83
2 Lauren Hocking	Port Hacking		26.67
3 Samantha Archer	Sutherland		28.90
4 Lyric Parcarey	Sutherland		29.86

Girls U 17 - 200 Metre Sprint

=====			
Zone: Z 25.33 15-Dec-13 Luisa Healey, Sutherland			
Name	Age Centre		Heats
=====			
Heat 1 Heats			
1 Tierney Dunne	Helensburgh		25.41Q
2 Ella Randazzo	Sutherland		26.20Q
3 Keely Sykes	Sutherland		26.67Q
4 Sophia Cibeil	St George		26.81q
5 Jade Johnston-Mitrevska	St George		27.26q
Heat 2 Heats			
1 Jessica Vandermaal	Sutherland		26.49Q
2 Elena Christian	Illawong		27.14Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 17 - 200 Metre Sprint**

3	Kiara Lucas	Port Hacking	27.99Q
4	Nicola Yarrow	St George	28.65
5	Kelly Wilson	Port Hacking	29.27
6	Danielle Katzos	St George	29.90

Girls U 17 - 200 Metre Sprint

=====			
	Zone: Z 25.33	15-Dec-13	Luisa Healey, Sutherland
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Tierney Dunne	Helensburgh	25.11Z
2	Ella Randazzo	Sutherland	25.97
3	Jessica Vandermaal	Sutherland	26.12
4	Keely Sykes	Sutherland	26.46
5	Elena Christian	Illawong	26.56
6	Sophia Cibeil	St George	26.72
7	Jade Johnston-Mitrevska	St George	26.87
8	Kiara Lucas	Port Hacking	27.22

Girls U 8 - 400 Metre Sprint

=====			
	Zone: Z 1:19.69	10-Dec-16	Keira Toohey, Sutherland
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	EllieMai Levi	Port Hacking	Z 1:15.29Q
2	Sienna Latanis	St George	1:19.76Q
3	Emily Ball	Port Hacking	1:23.68Q
4	Annabel Srbinovski	Revesby Workers	1:25.44q
5	Lucy Arndell	Port Hacking	1:30.26
6	Diamalaini Salabogi	Revesby Workers	1:32.58
7	Gemma Hamilton	Sutherland	1:33.90
Heat 2 Heats			
1	Jade Strahl	Port Hacking	Z 1:18.97Q
2	Ruby Delfs	Sutherland	1:22.36Q
3	Chloe McCormack	Sutherland	1:23.25Q
4	Abbie Pasnin	Revesby Workers	1:27.78q
5	Alyssa Karaman	St George	2:00.28

Girls U 8 - 400 Metre Sprint

=====			
	Zone: Z 1:19.69	10-Dec-16	Keira Toohey, Sutherland
Name	Age	Centre	Final
=====			
Section 1 Final			
1	EllieMai Levi	Port Hacking	1:13.07Z
2	Sienna Latanis	St George	1:15.67Z
3	Ruby Delfs	Sutherland	1:20.32
4	Annabel Srbinovski	Revesby Workers	1:20.78
5	Jade Strahl	Port Hacking	1:21.54
6	Chloe McCormack	Sutherland	1:22.83
7	Abbie Pasnin	Revesby Workers	1:23.21
8	Emily Ball	Port Hacking	1:23.60

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 9 - 400 Metre Sprint

=====
 Zone: Z 1:11.57 04-Feb-12 Krystal Blackwell, Helensbu
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Keira Toohey	Sutherland	1:13.57Q
2	Ryleigh Delacour-Batch	Revesby Workers	1:14.12Q
3	Chloe Ozolins	Sutherland	1:18.85Q
4	Elsie Clare	Helensburgh	1:23.08q
5	Matilda Kane	Sutherland	1:27.68q

Heat 2 Heats

1	Nova Batman	Sutherland	1:19.01Q
2	Haylee Hanley	Sutherland	1:20.34Q
3	Scarlett McGraw	Revesby Workers	1:22.42Q
4	Mischa Saunders	St George	1:31.00
5	Samantha Mitchell	Illawong	1:31.05
6	Shayna Eshman	Helensburgh	1:41.03

Girls U 9 - 400 Metre Sprint

=====
 Zone: Z 1:11.57 04-Feb-12 Krystal Blackwell, Helensbu
 Name Age Centre Final
 =====

Section 1 Final

1	Ryleigh Delacour-Batch	Revesby Workers	1:11.93
2	Keira Toohey	Sutherland	1:11.98
3	Nova Batman	Sutherland	1:18.56
4	Scarlett McGraw	Revesby Workers	1:20.44
5	Chloe Ozolins	Sutherland	1:20.54
6	Elsie Clare	Helensburgh	1:21.10
7	Haylee Hanley	Sutherland	1:23.63
8	Matilda Kane	Sutherland	1:24.65

Girls U 10 - 400 Metre Sprint

=====
 Zone: Z 1:09.76 13-Dec-14 Imogen Stewart, Illawong
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Tali Fowler	Helensburgh	1:14.92Q
2	Kayleigh O'Donoghue	Port Hacking	1:19.06Q
3	Zoe Milan	Revesby Workers	1:21.52Q
4	Makayla Vakauta	Illawong	1:22.69
5	Hanna Allred	Helensburgh	1:23.71
6	Matilda Arndell	Port Hacking	1:29.13

Heat 2 Heats

1	Rosalee Floyd-Kerr	Helensburgh	1:16.77Q
2	Amelia Spiropoulos	St George	1:17.49Q
3	Giaan Pilgrim	Sutherland	1:18.28Q
4	Chloe Shephard	Port Hacking	1:18.87q
5	Jessica Basanovic	Port Hacking	1:19.46q
6	Brooke Carson	Illawong	1:21.36
7	Matilda Richards	Revesby Workers	1:22.35

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 10 - 400 Metre Sprint**

Zone: Z 1:09.76 13-Dec-14 Imogen Stewart, Illawong			
Name	Age	Centre	Final
Section 1 Final			
1 Tali Fowler		Helensburgh	1:12.13
2 Jessica Basanovic		Port Hacking	1:16.30
3 Kayleigh O'Donoghue		Port Hacking	1:18.07
4 Amelia Spiropoulos		St George	1:18.08
5 Chloe Shephard		Port Hacking	1:22.06
6 Giaan Pilgrim		Sutherland	1:23.72
7 Zoe Milan		Revesby Workers	1:32.31
8 Rosalee Floyd-Kerr		Helensburgh	1:47.88

Girls U 11 - 400 Metre Sprint

Zone: Z 1:05.21 14-Dec-13 Krystal Blackwell, Helensbu			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sienna Alderson		Sutherland	1:14.25Q
2 Elisabeth Bubalo		Port Hacking	1:15.71Q
3 Addison Bourke		Port Hacking	1:16.25Q
Heat 2 Heats			
1 Bella-Rose Franklin		Illawong	1:12.25Q
2 Sophie Rogers		Sutherland	1:12.82Q
3 Jordan O'Neill		Illawong	1:13.42Q
4 Tiana Petkovski		St George	1:14.55q
5 Sally Archer		Sutherland	1:24.43q
6 Catelyn Armstrong		Port Hacking	1:24.86
7 Anna-Kay Winston		Helensburgh	1:28.71

Girls U 11 - 400 Metre Sprint

Zone: Z 1:05.21 14-Dec-13 Krystal Blackwell, Helensbu			
Name	Age	Centre	Final
Section 1 Final			
1 Bella-Rose Franklin		Illawong	1:11.36
2 Sophie Rogers		Sutherland	1:12.37
3 Sienna Alderson		Sutherland	1:13.86
4 Jordan O'Neill		Illawong	1:14.08
5 Tiana Petkovski		St George	1:14.34
6 Elisabeth Bubalo		Port Hacking	1:19.24
7 Addison Bourke		Port Hacking	1:21.97
8 Sally Archer		Sutherland	1:25.50

Girls U 12 - 400 Metre Sprint

Zone: Z 1:02.75 13-Dec-14 Krystal Blackwell, Helensbu			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Alexandra Rumjahn		St George	1:14.17Q
2 Georgie Latanis		St George	1:16.32Q
3 Jacinta Laverance		Port Hacking	1:20.66Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 12 - 400 Metre Sprint

4 Chrystal McCormack	Sutherland	1:21.52q
Heat 2 Heats		
1 Aleisha Foundotos	St George	1:09.12Q
2 Olivia Robinson	Sutherland	1:11.24Q
3 Holly Mathieson	Sutherland	1:12.91Q
4 Kiana Naitaka	Illawong	1:20.18q
5 Kaya Ozolins	Sutherland	1:28.36

Girls U 12 - 400 Metre Sprint

=====			
Zone: Z	1:02.75	13-Dec-14	Krystal Blackwell, Helensbu
Name		Age Centre	Final
=====			
Section 1	Final		
1 Alexandra Rumjahn	St George	1:07.92	
2 Georgie Latanis	St George	1:09.73	
3 Aleisha Foundotos	St George	1:10.96	
4 Olivia Robinson	Sutherland	1:12.61	
5 Holly Mathieson	Sutherland	1:13.18	
6 Kiana Naitaka	Illawong	1:16.47	
7 Jacinta Laverance	Port Hacking	1:26.65	

Girls U 13 - 400 Metre Sprint

=====			
Zone: Z	1:02.60	13-Dec-14	Hayley Waters, Sutherland
Name		Age Centre	Heats
=====			
Heat 1	Heats		
1 Emily Laverance	Port Hacking	1:08.13Q	
2 Imogen Stewart	Illawong	1:08.59Q	
3 Ashleigh Waters	Sutherland	1:10.73Q	
4 Avah Reus	Sutherland	1:15.08q	
Heat 2	Heats		
1 Amy Watson	Illawong	1:04.32Q	
2 Miloshka Sharma	St George	1:06.81Q	
3 Killari Artadi	Port Hacking	1:13.50Q	
4 Ella-Rose Saszcak	Sutherland	1:19.27q	
-- Tara Benikos	Illawong	DNF	

Girls U 13 - 400 Metre Sprint

=====			
Zone: Z	1:02.60	13-Dec-14	Hayley Waters, Sutherland
Name		Age Centre	Final
=====			
Section 1	Final		
1 Imogen Stewart	Illawong	1:02.07Z	
2 Miloshka Sharma	St George	1:04.12	
3 Amy Watson	Illawong	1:04.90	
4 Emily Laverance	Port Hacking	1:07.52	
5 Ashleigh Waters	Sutherland	1:07.83	
6 Killari Artadi	Port Hacking	1:14.25	

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 14 - 400 Metre Sprint

Zone: Z 59.59 10-Dec-16 Krystal Blackwell, Helensburg			
Name	Age	Centre	Final
Section 1			
1 Eve Gardner		Sutherland	58.58Z
2 Ava Honore		Port Hacking	1:02.51
3 Eve Way		Helensburgh	1:06.97
4 Lili Brandt		Port Hacking	1:07.67
5 Jessica Wardrobe		Sutherland	1:11.22
6 Ruby Shaw		Sutherland	1:12.70

Girls U 15 - 400 Metre Sprint

Zone: Z 58.20 13-Dec-14 Morgan Griffiths, St George			
Name	Age	Centre	Final
1 Emilia Petkovski		St George	59.34
2 Rachel Tougher		Sutherland	1:02.72
3 Samantha Archer		Sutherland	1:04.12
4 Dakota Owers		Port Hacking	1:07.84

Girls U 17 - 400 Metre Sprint

Zone: Z 1:00.38 12-Dec-15 Imogen Russell, Revesby Wor			
Name	Age	Centre	Final
1 Ella Randazzo		Sutherland	59.16Z
2 Hayley Waters		Sutherland	1:03.05
3 Chloe Gentle		St George	1:04.33
4 Sarah Archer		Sutherland	1:05.76
5 Elena Christian		Illawong	1:06.29
6 Nicola Yarrow		St George	1:11.14

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:52.48 08-Dec-02 Sarah Birchall, Illawong			
Name	Age	Centre	Final
1 Madena Moussa		St George	1:52.49
2 Ronia Warszawska		Sutherland	1:55.73
3 Liliana Anthony-Ligaiviu		Revesby Workers	1:56.15
4 Zoe Skelton		Sutherland	1:58.82
5 Layla Peterson		Sutherland	2:03.01
6 Frances Gorman		Sutherland	2:05.23
7 Alexia Mathison		Port Hacking	2:06.67
8 Georgia Laverance		Port Hacking	2:06.69
9 Brooke Cross		Illawong	2:12.18
10 Jessica Mitchell		Illawong	2:12.27
11 Ruby Walker		Helensburgh	2:16.52
12 Bronte Whitbread		Sutherland	2:17.11
13 Erin Cassilles		Revesby Workers	2:18.30
14 Zoe DeCean		St George	2:27.81
15 Sarah Wang		St George	2:34.88

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:28.16 09-Dec-12 Imogen Stewart, St George				
Name	Age	Centre	Final	
1	Sienna	Latanis	St George	2:34.87
2	Jade	Strahl	Port Hacking	2:44.06
3	Chloe	McCormack	Sutherland	2:45.89
4	Annabel	Srbinovski	Revesby Workers	2:53.79
5	Kalani	Anderson	Port Hacking	2:57.95
6	Heidi	VanZyl	Sutherland	3:00.17
7	Lucy	Arndell	Port Hacking	3:04.04
8	Miricah	Murdoch	Illawong	3:05.52
9	Gemma	Hamilton	Sutherland	3:07.38
10	Ava	Smith	Illawong	3:09.66
11	Abbie	Pasnin	Revesby Workers	3:16.73

Girls U 9 - 800 Metre Run

Zone: Z 2:42.54 15-Dec-13 Imogen Stewart, St George				
Name	Age	Centre	Final	
1	Keira	Toohey	Sutherland	2:43.39
2	Ryleigh	Delacour-Batch	Revesby Workers	2:49.20
3	Elsie	Clare	Helensburgh	3:06.03
4	Nova	Batman	Sutherland	3:13.01
5	Matilda	Kane	Sutherland	3:14.40
6	Tara	Hannah-Campbell	Sutherland	3:15.65
7	Haylee	Hanley	Sutherland	3:19.39
8	Mischa	Saunders	St George	3:28.81

Girls U 10 - 800 Metre Run

Zone: Z 2:33.82 14-Dec-14 Imogen Stewart, Illawong				
Name	Age	Centre	Final	
1	Mathilda	Delfs	Sutherland	2:52.91
2	Amy	Brice	Illawong	2:54.56
3	Matilda	Richards	Revesby Workers	2:54.83
4	Kayleigh	O'Donoghue	Port Hacking	2:55.86
5	Amelia	Spiropoulos	St George	2:56.22
6	Matilda	Ashton	Sutherland	2:56.93
7	Summer	Anderson	Port Hacking	2:57.56
8	Giaan	Pilgrim	Sutherland	2:58.55
9	Annaliese	Stackpool	Port Hacking	2:59.01
10	Brooke	Carson	Illawong	2:59.87
11	Rayyan	Harakeh	St George	3:03.51
12	Latifa	Harakeh	St George	3:04.63
13	Alannah	Roberts	St George	3:18.79
14	Matilda	Arndell	Port Hacking	3:27.52

Girls U 11 - 800 Metre Run

Zone: Z 2:28.37 13-Dec-15 Imogen Stewart, Illawong				
Name	Age	Centre	Final	
1	Ivy	Boothroyd	Sutherland	2:34.70

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 11 - 800 Metre Run**

2	Sienna Alderson	Sutherland	2:44.17
3	Sophie Rogers	Sutherland	2:54.41
4	Ciara Cassilles	Revesby Workers	2:56.54
5	Maria Tsavalias	Illawong	2:56.86
6	Tiana Petkovski	St George	2:58.17
7	Lily Payne	Sutherland	2:58.23
8	Mia Fogarty	Sutherland	2:58.62
9	Addison Bourke	Port Hacking	3:05.14
10	Bianca Clayton	Port Hacking	3:16.98
11	Jamilla Roberts	Illawong	3:43.58
12	Tabitha Roberts	Illawong	3:53.09

Girls U 12 - 800 Metre Run

=====			
Zone: Z 2:22.84 11-Dec-16 Imogen Stewart, Illawong			
Name	Age	Centre	Final
=====			
1	Mia Toohey	Sutherland	2:29.32
2	Georgie Latanis	St George	2:37.82
3	Bella Cooper	Sutherland	2:39.65
4	Olivia Robinson	Sutherland	2:41.93
5	Lili MacPherson	St George	2:43.36
6	Sia Pizzardi	St George	2:44.61
7	Keira Bauer	Port Hacking	2:45.88
8	Chynna Hardy	Helensburgh	2:49.80
9	Holly Mathieson	Sutherland	2:51.03
10	Tyra Olney	Illawong	3:00.20
11	Ava-Rose Hardy	Helensburgh	3:03.08
12	Amaal Harakeh	St George	3:04.82
13	Mia Adams	Sutherland	3:07.64

Girls U 13 - 800 Metre Run

=====			
Zone: Z 2:26.75 15-Dec-13 Emily Schneider, Sutherland			
Name	Age	Centre	Final
=====			
1	Imogen Stewart	Illawong	2:16.63Z
2	Lucy Alexander	Sutherland	2:27.52
3	Eden Sigal	Helensburgh	2:33.09
4	Eloise Carey	St George	2:33.11
5	Aiesha Stevill	Helensburgh	2:38.47
6	Zoe Taciak	Sutherland	2:39.99
7	Ashleigh Waters	Sutherland	2:40.72
8	Alexandria Kalamvokis	Illawong	2:44.97
9	Chia Walters	Sutherland	2:51.47
10	Caitlin James	Illawong	2:54.21
11	Killari Artadi	Port Hacking	2:55.50
12	Piper Bentley	Port Hacking	3:07.33

Girls U 14 - 800 Metre Run

=====			
Zone: Z 2:24.88 13-Dec-15 Taylor Porter, Port Hacking			
Name	Age	Centre	Final
=====			
1	Ava Honore	Port Hacking	2:23.99Z

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 14 - 800 Metre Run**

2	Eve Way	Helensburgh	2:38.15
3	Ruby Shaw	Sutherland	2:39.29
4	Lili Brandt	Port Hacking	2:40.12
5	Emily MacPherson	St George	2:42.78
6	Annabelle Harrington	Port Hacking	2:52.78

Girls U 15 - 800 Metre Run

=====			
Zone: Z 2:23.74 11-Dec-16 Elena Christian, Illawong			
Name	Age	Centre	Final
=====			
1	Lauren Carey	St George	2:20.30Z
2	Tayla Schneider	Sutherland	2:25.81

Girls U 17 - 800 Metre Run

=====			
Zone: Z 2:12.76 11-Dec-16 Emily Schneider, Sutherland			
Name	Age	Centre	Final
=====			
1	Emily Schneider	Sutherland	2:16.25
2	Chloe Gentle	St George	2:22.38
3	Jessica Bennett	Sutherland	2:31.85
4	Miri Maroney	Sutherland	2:42.88
5	Sarah Archer	Sutherland	2:45.93
6	Kody Tiller	Helensburgh	2:48.72
7	Phoebe Bottrill	Revesby Workers	3:18.77

Girls U 10 - 1500 Metre Run

=====			
Zone: Z 5:10.76 13-Dec-14 Imogen Stewart, Illawong			
Name	Age	Centre	Final
=====			
1	Mathilda Delfs	Sutherland	5:42.62
2	Matilda Richards	Revesby Workers	5:47.62
3	Brooke Carson	Illawong	5:53.34
4	Tali Fowler	Helensburgh	5:54.34
5	Kayleigh O'Donoghue	Port Hacking	5:59.79
6	Matilda Ashton	Sutherland	6:02.12
7	Paige Bauer	Port Hacking	6:02.36
8	Summer Anderson	Port Hacking	6:02.57
9	Amelia Spiropoulos	St George	6:07.13
10	Giaan Pilgrim	Sutherland	6:11.13
--	Annaliese Stackpool	Port Hacking	DNF

Girls U 11 - 1500 Metre Run

=====			
Zone: Z 4:49.47 12-Dec-15 Imogen Stewart, Illawong			
Name	Age	Centre	Final
=====			
1	Ivy Boothroyd	Sutherland	5:26.49
2	Sienna Alderson	Sutherland	5:38.91
3	Ciara Cassilles	Revesby Workers	6:02.29
4	Maria Tsavalias	Illawong	6:06.58
5	Sofia Cutro	Helensburgh	6:08.52
6	Mia Fogarty	Sutherland	6:11.68

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 11 - 1500 Metre Run

7	Anna-Kay Winston	Helensburgh	6:21.22
8	Caitlin Gilbett	Helensburgh	6:25.07
9	Sally Archer	Sutherland	6:38.16
10	Bianca Clayton	Port Hacking	6:48.34
11	Kiana Borst	Port Hacking	7:09.67
12	Michaela James	Illawong	7:09.95

Girls U 12 - 1500 Metre Run

=====			
Zone: Z 4:46.45 10-Dec-16 Imogen Stewart, Illawong			
Name	Age	Centre	Final
=====			
1	Mia Toohey	Sutherland	5:03.57
2	Bella Cooper	Sutherland	5:27.11
3	Olivia Robinson	Sutherland	5:28.83
4	Keira Bauer	Port Hacking	5:38.74
5	Lili MacPherson	St George	5:39.83
6	Holly Mathieson	Sutherland	5:44.57
7	Ava Lavender	Helensburgh	5:56.52
8	Sia Pizzardi	St George	6:05.91
9	Amaal Harakeh	St George	6:33.40
10	Sophie Loxley	Port Hacking	6:53.58
11	Chrystal McCormack	Sutherland	6:59.67

Girls U 13 - 1500 Metre Run

=====			
Zone: Z 5:06.41 12-Dec-15 Lauren Carey, St George			
Name	Age	Centre	Final
=====			
1	Imogen Stewart	Illawong	4:37.35Z
2	Lucy Alexander	Sutherland	5:05.34Z
3	Aiesha Stevill	Helensburgh	5:13.05
4	Eden Sigal	Helensburgh	5:22.02
5	Eloise Carey	St George	5:24.63
6	Casey Mood	Sutherland	5:30.48
7	Alexandria Kalamvokis	Illawong	5:38.30
8	Zoe Taciak	Sutherland	5:54.57
9	Killari Artadi	Port Hacking	6:14.13
10	Hayley Denneen	Sutherland	6:19.53

Girls U 14 - 1500 Metre Run

=====			
Zone: Z 4:52.18 13-Dec-14 Emily Schneider, Sutherland			
Name	Age	Centre	Final
=====			
1	Indie Seccombe	Sutherland	5:02.18
2	Ava Honore	Port Hacking	5:21.12
3	Emily MacPherson	St George	5:46.71
4	Annabelle Harrington	Port Hacking	5:59.55
5	Ruby Shaw	Sutherland	6:17.28
6	Clarissa Kalamvokis	Illawong	6:40.50

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 15 - 1500 Metre Run**

Zone: Z 4:38.36 12-Dec-15 Emily Schneider, Sutherland			
Name	Age	Centre	Final
1 Lauren Carey		St George	4:54.69
2 Tayla Schneider		Sutherland	5:02.91
3 Emma Blanch		Port Hacking	5:28.62

Girls U 17 - 1500 Metre Run

Zone: Z 4:57.20 10-Dec-16 Emily Schneider, Sutherland			
Name	Age	Centre	Final
1 Emily Schneider		Sutherland	4:45.59Z
2 Chloe Gentle		St George	5:13.78
3 Jessica Bennett		Sutherland	5:26.36
4 Erin Denneen		Sutherland	5:39.52
5 Kody Tiller		Helensburgh	6:08.31

Girls U 13 - 3000 Metre Run

Zone: Z 10:46.14 13-Dec-13 Emily Schneider, Sutherlan			
Name	Age	Centre	Final
1 Imogen Stewart		Illawong	9:57.40Z
2 Lucy Alexander		Sutherland	10:33.93Z
3 Eloise Carey		St George	10:56.91
4 Aiesha Stevill		Helensburgh	11:03.07
5 Alexandria Kalamvokis		Illawong	11:03.11
6 Eden Sigal		Helensburgh	11:13.38

Girls U 14 - 3000 Metre Run

Zone: Z 10:15.18 12-Dec-14 Emily Schneider, Sutherlan			
Name	Age	Centre	Final
1 Indie Seccombe		Sutherland	10:37.90
2 Clarissa Kalamvokis		Illawong	12:48.42
3 Lili Maroney		Sutherland	13:51.56

Girls U 15 - 3000 Metre Run

Zone: Z 10:01.18 11-Dec-15 Emily Schneider, Sutherlan			
Name	Age	Centre	Final
1 Lauren Carey		St George	10:26.58
2 Tayla Schneider		Sutherland	10:37.82
3 Emma Blanch		Port Hacking	11:45.95
4 Erin Lough		Helensburgh	13:09.73

Girls U 17 - 3000 Metre Run

Zone: Z 10:07.27 12-Dec-14 Jessica Guo, Sutherland			
Name	Age	Centre	Final
1 Emily Schneider		Sutherland	10:18.83

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 17 - 3000 Metre Run**

2	Jessica Bennett	Sutherland	12:22.89
3	Kody Tiller	Helensburgh	12:54.74
4	Erin Denneen	Sutherland	13:14.66

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 11.21 12-Dec-15 Tammin Lampret, Port Hacking			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Jade Strahl	Port Hacking	11.96Q
2	Allegra Little	Port Hacking	12.85Q
3	Emeline Bourke	Port Hacking	13.05Q
4	Maggie Maree	St George	14.40
5	Amelie Ovens	Helensburgh	14.52
6	Livia Copelin	Sutherland	14.54
7	Alexis James	Illawong	16.35
Heat 2 Heats			
1	Madison Cornish	Sutherland	12.44Q
2	Tess Dooley	Sutherland	12.54Q
3	Miricah Murdoch	Illawong	13.00Q
4	Kalani Anderson	Port Hacking	13.85q
5	Ivy Sutton	St George	14.06q
6	Abby Weinstein	Sutherland	15.10
7	Molly O'Donoghue	Port Hacking	15.23
8	Haylie McFarlane	Revesby Workers	15.97

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 11.21 12-Dec-15 Tammin Lampret, Port Hacking			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Jade Strahl	Port Hacking	12.21
2	Madison Cornish	Sutherland	12.67
3	Allegra Little	Port Hacking	12.70
4	Miricah Murdoch	Illawong	12.90
5	Tess Dooley	Sutherland	13.00
6	Emeline Bourke	Port Hacking	13.21
7	Ivy Sutton	St George	13.81

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.38 10-Dec-16 Tammin Lampret, Port Hacking			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Kayla Babington	Port Hacking	11.47Q
2	Molly Rayment	Sutherland	11.68Q
3	Kitty Pearce	Helensburgh	11.83Q
4	Harmony-Jade Taylor	Helensburgh	12.23q
5	Samantha Mitchell	Illawong	12.94
6	Mischa Saunders	St George	12.95
7	Angela Wastie	Revesby Workers	13.04
8	Jasia Dumas	Port Hacking	14.63

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

Heat 2 Heats

1	Matilda Fanning	Sutherland	10.46Q
2	Katie See	Port Hacking	11.05Q
3	Amelie O'Neill	Illawong	11.97Q
4	Charlize Peterson	Sutherland	12.03q
5	Shiloh Macfarlane-Anning	Sutherland	12.65
6	Matilda Kane	Sutherland	13.04
7	Kiarna Franklin	Illawong	13.91

Girls U 9 - 60 Metre Hurdles (45cm)

=====
 Zone: Z 10.38 10-Dec-16 Tammin Lampret, Port Hacking
 Name Age Centre Final
 =====

Section 1 Final

1	Matilda Fanning	Sutherland	10.49
2	Kayla Babington	Port Hacking	11.21
3	Katie See	Port Hacking	11.41
4	Kitty Pearce	Helensburgh	11.57
5	Molly Rayment	Sutherland	11.73
6	Harmony-Jade Taylor	Helensburgh	11.77
7	Amelie O'Neill	Illawong	12.04
8	Charlize Peterson	Sutherland	12.12

Girls U 10 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.53 14-Dec-13 Andrea Marshall, St George
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Tammin Lampret	Port Hacking	Z 10.30Q
2	Evie Gorman	Sutherland	12.12Q
3	Annaliese Stackpool	Port Hacking	12.70Q
4	Telina Adams	Sutherland	12.84q
5	Giaan Pilgrim	Sutherland	13.80
6	Lily Madden	Revesby Workers	13.87
7	Alannah Roberts	St George	14.20
8	Mia Hyndes	St George	16.64

Heat 2 Heats

1	Jade Pawson	Sutherland	11.96Q
2	Gemma Hanley	Sutherland	12.46Q
3	Makayla Vakauta	Illawong	12.79Q
4	Chloe Shephard	Port Hacking	12.81q
5	Jessica Basanovic	Port Hacking	12.94
6	Mackenzie Potts	Port Hacking	13.06
7	Olive Kirby	St George	14.19
8	Isabel McFarlane	Revesby Workers	14.28

Girls U 10 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.53 14-Dec-13 Andrea Marshall, St George
 Name Age Centre Final
 =====

Section 1 Final

1	Tammin Lampret	Port Hacking	10.45Z
---	----------------	--------------	--------

**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK**

Results

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

2	Jade Pawson	Sutherland	12.08
3	Makayla Vakauta	Illawong	12.81
4	Evie Gorman	Sutherland	12.85
5	Chloe Shephard	Port Hacking	12.89
6	Gemma Hanley	Sutherland	13.12
7	Telina Adams	Sutherland	13.18
8	Annaliese Stackpool	Port Hacking	13.21

Girls U 11 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.10 30-Jan-10 S. Moss, Revesby Workers
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Izobelle Louison-Roe	Port Hacking	10.34Q
2	Renee Penitani	Revesby Workers	10.81Q
3	Jada Karika	Helensburgh	12.83Q
4	Elliana Clarke	Sutherland	14.48
5	Tabitha Roberts	Illawong	16.16

Heat 2 Heats

1	Savannah Taylor	Helensburgh	10.34Q
2	Jordan Moore	Sutherland	10.38Q
3	Jordan O'Neill	Illawong	10.89Q
4	Lily Payne	Sutherland	12.33q
5	Caitlin Newman	Illawong	13.58q
6	Sarah Challinor	Port Hacking	14.65

Girls U 11 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.10 30-Jan-10 S. Moss, Revesby Workers
 Name Age Centre Final
 =====

Section 1 Final

1	Savannah Taylor	Helensburgh	10.24
2	Izobelle Louison-Roe	Port Hacking	10.27
3	Jordan Moore	Sutherland	10.40
4	Renee Penitani	Revesby Workers	10.59
5	Jordan O'Neill	Illawong	10.73
6	Lily Payne	Sutherland	12.08
7	Jada Karika	Helensburgh	12.16
8	Caitlin Newman	Illawong	13.27

Girls U 12 - 60 Metre Hurdles (68cm)

=====
 Zone: Z 10.29 12-Dec-15 Andrea Marshall, St George
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Bella Williams	Port Hacking	11.12Q
2	Chynna Hardy	Helensburgh	11.19Q
3	Isabella Sest	Illawong	11.51Q
4	Molly FitzPatrick	Sutherland	12.13q
5	Brylie Caldwell	Sutherland	12.85
6	Sophie Loxley	Port Hacking	15.89

Heat 2 Heats

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 12 - 60 Metre Hurdles (68cm)**

1	Jasynta Lampret	Port Hacking	10.36Q
2	Elizabeth Smithson	Sutherland	11.44Q
3	Lara Davis	Sutherland	11.55Q
4	Alana Pokorny	Sutherland	12.06q
5	Ava Lavender	Helensburgh	14.04

Girls U 12 - 60 Metre Hurdles (68cm)

=====			
	Zone: Z 10.29	12-Dec-15	Andrea Marshall, St George
Name		Age Centre	Final
=====			

Section 1 Final

1	Jasynta Lampret	Port Hacking	10.26Z
2	Chynna Hardy	Helensburgh	11.05
3	Isabella Sest	Illawong	11.20
4	Bella Williams	Port Hacking	11.21
5	Elizabeth Smithson	Sutherland	11.41
6	Lara Davis	Sutherland	11.67
7	Molly FitzPatrick	Sutherland	11.82
8	Alana Pokorny	Sutherland	12.24

Girls U 13 - 80 Metre Hurdles (76cm)

=====			
	Zone: Z 13.23	13-Dec-15	Lauren Hocking, Port Hacking
Name		Age Centre	Heats
=====			

Heat 1 Heats

1	Charlie Hallam	Sutherland	14.50Q
2	Annalissa Riggio	Port Hacking	15.00Q
3	Sabina Rogers	Helensburgh	16.43Q
4	Caitlin James	Illawong	17.67
5	Holly Ramsey	Helensburgh	19.42

Heat 2 Heats

1	Caitlin Saville	Sutherland	14.32Q
2	Estelle Grantham	Illawong	14.42Q
3	Jaimie Byrne	Sutherland	14.73Q
4	Miloshka Sharma	St George	17.35q
5	Laila Waters	Helensburgh	17.47q

Girls U 13 - 80 Metre Hurdles (76cm)

=====			
	Zone: Z 13.23	13-Dec-15	Lauren Hocking, Port Hacking
Name		Age Centre	Final
=====			

Section 1 Final

1	Estelle Grantham	Illawong	14.04
2	Caitlin Saville	Sutherland	14.14
3	Charlie Hallam	Sutherland	14.14
4	Jaimie Byrne	Sutherland	14.26
5	Annalissa Riggio	Port Hacking	14.96
6	Sabina Rogers	Helensburgh	15.33
7	Miloshka Sharma	St George	15.38
8	Laila Waters	Helensburgh	17.09

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 13.00 30-Jan-11 S. Geddes, Port Hacking			
Name	Age	Centre	Final
Section 1			
1 Andrea Marshall		St George	12.62Z
2 Chelsey-Rose Jackson		Helensburgh	13.47
3 Georgia Stevens		Port Hacking	13.87
4 Sanjana Anugu		Port Hacking	14.44
5 Felicity RyanSweeney		Sutherland	14.69

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.60 30-Jan-11 B. Giffen, Illawong			
Name	Age	Centre	Final
1 Lauren Hocking		Port Hacking	14.08
2 Kyla Tracey		Sutherland	17.46
3 Brianna Lumb		Illawong	17.81
4 Celeste Walker		Sutherland	18.74

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 15.02 05-Feb-12 Toni Anderson, Sutherland			
Name	Age	Centre	Final
1 Sophia Cibeai		St George	14.88Z
2 Kiara Lucas		Port Hacking	15.15
3 Hayley Waters		Sutherland	15.81
4 Chantal Yu		Port Hacking	17.17
5 Kelly Wilson		Port Hacking	17.67
6 Sarah Archer		Sutherland	17.72
7 Miri Maroney		Sutherland	19.81
8 Monique Noyeaux		Sutherland	21.42

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.07 12-Dec-15 Lauren Hocking, Port Hacking			
Name	Age	Centre	Final
1 Jaimie Byrne		Sutherland	31.03
2 Estelle Grantham		Illawong	31.97
3 Miloshka Sharma		St George	32.32
4 Emily Laverance		Port Hacking	32.67
5 Stefania Guercio		Illawong	34.52
6 Caitlin James		Illawong	36.08
7 Alexi Wagner		Sutherland	36.95

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 29.10 31-Jan-11 S. Geddes, Port Hacking			
Name	Age	Centre	Final
1 Andrea Marshall		St George	29.34
2 Eve Gardner		Sutherland	29.63
3 Chelsey-Rose Jackson		Helensburgh	30.78

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

4 Sanjana Anugu	Port Hacking	31.85
5 Felicity RyanSweeney	Sutherland	33.37
6 Georgia Stevens	Port Hacking	33.97
-- Jessica Wardrobe	Sutherland	DNF

Girls U 15 - 300 Metre Hurdles (76cm)

=====
 Zone: Z 46.69 10-Dec-16 Hayley Waters, Sutherland
 Name Age Centre Final
 =====

1 Dakota Owers	Port Hacking	52.83
----------------	--------------	-------

Girls U 17 - 300 Metre Hurdles (76cm)

=====
 Zone: Z 50.35 10-Dec-16 Catelyn McKenzie, Port Hackin
 Name Age Centre Final
 =====

1 Hayley Waters	Sutherland	46.20Z
2 Ella Randazzo	Sutherland	46.54Z
3 Sarah Archer	Sutherland	50.84
4 Elena Christian	Illawong	51.62
5 Kelly Wilson	Port Hacking	54.00

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

=====
 Zone: Z 57.42 13-Dec-15 Sutherland, Sutherland
 A Brown, E Gardner, J Moore, E Lee
 Centre Final
 =====

1 Sutherland	57.14Z
1) Matilda Fanning 9	2) Jordan Moore 11
3) Jade Pawson 10	4) Sienna Arthur 12
2 Port Hacking	57.50
1) Maddison Druery 9	2) Jasynta Lampret 12
3) Tammin Lampret 10	4) Izobelle Louison-Roe 11
3 Helensburgh	1:00.94
1) Kitty Pearce 9	2) Fa'agase Tupuola-Palale 11
3) Sofia Banda 11	4) Rosalee Floyd-Kerr 10
4 Illawong	1:01.58
1) Amelie O'Neill 9	2) Isabella Sest 12
3) Amy Brice 10	4) Bella-Rose Franklin 11
5 St George	1:04.95
1) Gabriella Knezevic 10	2) Isabella Knezevic 12
3) Mischa Saunders 9	4) Latifa Harakeh 10
6 Revesby Workers	1:05.17
1) Renee Penitani 11	2) Ryleigh Delacour-Batch 9
3) Niamh Mackenzie 10	4) Matilda Richards 10

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

=====
 Zone: Z 51.32 09-Dec-12 Sutherland, Sutherland
 T Williams, J Banach, L Schnabel, L Healey
 Centre Final
 =====

1 Sutherland	50.31Z
--------------	--------

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

1) Sofia Randazzo 14	2) Eve Gardner 14	
3) Emma Lee 13	4) Keely Sykes 17	
2 St George		52.13
1) Andrea Marshall 14	2) Emilia Petkovski 15	
3) Miloshka Sharma 13	4) Jade Johnston-Mitrevska 17	
3 Illawong		52.31
1) Elena Christian 17	2) Mia Ipca 15	
3) Amy Watson 13	4) Michaela Cosgrove 14	
4 Port Hacking		53.04
1) Emily Laverance 13	2) Kiara Lucas 17	
3) Lauren Hocking 15	4) Georgia Stevens 14	
5 Helensburgh		59.48
1) Eve Way 14	2) Sabina Rogers 13	
3) Eden Sigal 13	4) Laila Waters 13	

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

=====
 Zone: Z 1.38m 04-Feb-12 Tomysha Clark, Port Hacking
 Name Age Centre Final
 =====

Flight 1

1	Mariah Photi	Illawong	1.12m
2	Annabelle Zafiris	Port Hacking	1.04m
3	Katie See	Port Hacking	1.02m
4	Haylee Hanley	Sutherland	1.02m
5	Maddison Druery	Port Hacking	0.95m
5	Kayla Babington	Port Hacking	0.95m
7	Elsie Clare	Helensburgh	0.95m
8	Nova Batman	Sutherland	0.95m
9	Taryn Mott	Sutherland	0.90m
10	Charlize Peterson	Sutherland	0.90m
11	Tameka Eshman	Helensburgh	0.80m

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

=====
 Zone: Z 1.40m 09-Dec-12 Tomysha Clark, Port Hacking
 Name Age Centre Final
 =====

1	Gemma Hanley	Sutherland	1.16m
2	Summer Hannah-Campbell	Sutherland	1.16m
3	Amy Brice	Illawong	1.14m
4	Annaliese Stackpool	Port Hacking	1.10m
5	Emily Kennedy	Sutherland	1.06m
6	Latifa Harakeh	St George	0.95m
7	Lily Madden	Revesby Workers	0.95m
8	Rayyan Harakeh	St George	0.95m
9	Brooke Carson	Illawong	0.95m
--	Jami Maroney	Sutherland	NH
--	Hanna Allred	Helensburgh	NH

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 11 - High Jump (S/H 1.00m)**

Zone: Z 1.45m 30-Jan-10 B. Salzman, Illawong			
Name	Age	Centre	Final
1 Izobelle Louison-Roe		Port Hacking	1.40m
2 Jordan O'Neill		Illawong	1.29m
3 Sofia Banda		Helensburgh	1.17m
4 Elisabeth Bubalo		Port Hacking	1.10m
5 Caitlin Gilbett		Helensburgh	1.00m

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

Zone: Z 1.61m 14-Dec-14 Tomysha Clark, Port Hacking			
Name	Age	Centre	Final
1 Karina Bell		Illawong	1.53m
2 Kate Argall		Helensburgh	1.44m
3 Alana Pokorny		Sutherland	1.38m
4 Keira Bauer		Port Hacking	1.36m
5 Ava Lavender		Helensburgh	1.34m
6 Elizabeth Smithson		Sutherland	1.25m
7 Molly FitzPatrick		Sutherland	1.25m
8 Chynna Hardy		Helensburgh	1.20m
9 Ava-Rose Hardy		Helensburgh	1.15m

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

Zone: Z 1.61m 12-Dec-15 Tomysha Clark, Port Hacking			
Name	Age	Centre	Final
1 Caitlin Saville		Sutherland	1.47m
2 Sophie Paice		Illawong	1.47m
3 Holly Ramsey		Helensburgh	1.41m
4 Charlie Hallam		Sutherland	1.37m
5 Charlotte McNamara		Sutherland	1.20m
5 Sienna Wiggins		Port Hacking	1.20m
7 Angelina Tancevski		Sutherland	1.20m
8 Piper Bentley		Port Hacking	1.15m
-- Chia Walters		Sutherland	NH

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

Zone: Z 1.72m 11-Dec-16 Tomysha Clark, Port Hacking			
Name	Age	Centre	Final
1 Lili Brandt		Port Hacking	1.50m
2 Olivia Ensor		Sutherland	1.45m
3 Eliane Toman		Port Hacking	1.43m
4 Monique Oste		Illawong	1.41m
5 Sarah Argall		Helensburgh	1.39m
6 Jessica Wardrobe		Sutherland	1.39m
7 Annabelle Harrington		Port Hacking	1.30m
8 Ruby Shaw		Sutherland	1.25m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

Zone: Z 1.70m 29-Jan-11 T. Anderson, Sutherland			
Name	Age	Centre	Final
1 Eva Kostopoulos		Port Hacking	1.55m

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

Zone: Z 1.66m 09-Dec-12 Toni Anderson, Sutherland			
Name	Age	Centre	Final
1 Kiara Lucas		Port Hacking	1.50m
2 Nicola Yarrow		St George	1.39m
3 Jade Johnston-Mitrevska		St George	1.39m
4 Sophia Cibej		St George	1.39m
5 Rebecca O'Dea		St George	1.35m

Girls U 7 - Long Jump

Zone: Z 3.44m 1976 N. Larkin, Sutherland			
Name	Age	Centre	Final
1 Lowami Carati		St George	2.77m
2 Zoe Skelton		Sutherland	2.76m
3 Alexia Mathison		Port Hacking	2.75m
4 Layla Peterson		Sutherland	2.64m
5 Khloe Hunter		Revesby Workers	2.64m
6 Sadie Rayment		Sutherland	2.62m
7 Ronia Warszawska		Sutherland	2.61m
8 Emerson Spence		Sutherland	2.52m
9 Elizabeth Baird		Illawong	2.25m
10 Brooke Cross		Illawong	2.18m
11 Ruby Walker		Helensburgh	1.99m
12 Natalija Zrno		St George	1.91m
13 Audrey Grygiel		St George	1.55m

Girls U 8 - Long Jump

Zone: Z 3.65m 1981 K. Liprini, Port Hacking			
Name	Age	Centre	Final
1 Allegra Little		Port Hacking	3.19m
2 Tess Dooley		Sutherland	3.10m
3 Madison Cornish		Sutherland	2.97m
4 Miricah Murdoch		Illawong	2.89m
5 Emeline Bourke		Port Hacking	2.89m
6 Emily Ball		Port Hacking	2.85m
7 Ivy Sutton		St George	2.54m
8 Sienna Bender		Revesby Workers	2.49m
9 Jasmine Kaushal		Illawong	2.46m
10 Alexis James		Illawong	2.42m
11 Ruby Delfs		Sutherland	2.42m
12 Abby Weinstein		Sutherland	2.36m
13 Charlotte Kerr		Helensburgh	2.27m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 9 - Long Jump**

Zone: Z 4.14m 1975 F. McConnell, Sutherland			
Name	Age	Centre	Final
1 Matilda Fanning		Sutherland	3.87m
2 Ryleigh Delacour-Batch		Revesby Workers	3.81m
3 Maddison Druery		Port Hacking	3.67m
4 Kitty Pearce		Helensburgh	3.30m
5 Rhianna Karika		Helensburgh	3.30m
6 Haylee Hanley		Sutherland	3.27m
7 Angela Wastie		Revesby Workers	3.11m
8 Lauren McNally		Sutherland	3.03m
9 Katie See		Port Hacking	2.99m
10 Aliyah Extrem		Sutherland	2.59m
11 Charlize Peterson		Sutherland	2.42m
12 Tameka Eshman		Helensburgh	2.34m

Girls U 10 - Long Jump

Zone: Z 4.39m 13-Dec-14 Emma Lee, Sutherland			
Name	Age	Centre	Final
1 Tammin Lampret		Port Hacking	4.14m
2 Amber Tubbs		Port Hacking	4.04m
3 Tali Fowler		Helensburgh	3.66m
4 Gemma Hanley		Sutherland	3.61m
5 Eden Taciak		Sutherland	3.60m
6 Amy Brice		Illawong	3.47m
7 Chloe Shephard		Port Hacking	3.43m
8 Niamh Mackenzie		Revesby Workers	3.39m
9 Gabriella Knezevic		St George	3.25m
10 Tara Skelton		Sutherland	3.21m
11 Evie Gorman		Sutherland	3.18m
12 Lily Madden		Revesby Workers	3.18m
13 Mackenzie Potts		Port Hacking	3.04m
14 Natalie Look		Helensburgh	3.03m
15 Kwanita Olney		Illawong	3.02m
16 Latifa Harakeh		St George	2.99m
17 Matilda Richards		Revesby Workers	2.94m
18 Hanna Allred		Helensburgh	2.71m
19 Mia Hyndes		St George	2.67m

Girls U 11 - Long Jump

Zone: Z 4.53m 30-Jan-10 B. Salzman, Illawong			
Name	Age	Centre	Final
1 Izobelle Louison-Roe		Port Hacking	4.54mZ
2 Bella-Rose Franklin		Illawong	4.16m
3 Olivia Delaney		Port Hacking	3.83m
4 Lily Payne		Sutherland	3.82m
5 Fa'agase Tupuola-Palale		Helensburgh	3.76m
6 Sophie Rogers		Sutherland	3.68m
7 Sofia Banda		Helensburgh	3.62m
8 Catelyn Armstrong		Port Hacking	3.39m
9 Caitlyn Whitbread		Sutherland	3.18m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 11 - Long Jump

10	Sienna Alderson	Sutherland	3.03m
11	Charlotte Ball	Port Hacking	2.87m
12	Caitlin Newman	Illawong	2.79m
13	Lily Ramsey	Helensburgh	2.48m

Girls U 12 - Long Jump

Zone: Z 5.01m 31-Jan-04 L. Turner, Port Hacking			
Name	Age	Centre	Final
1	Jasynta Lampret	Port Hacking	4.74m
2	Amelia Kirby	St George	4.32m
3	Kate Argall	Helensburgh	4.26m
4	Isabella Knezevic	St George	4.25m
5	Keira Bauer	Port Hacking	3.97m
6	Alana Pokorny	Sutherland	3.86m
7	Chynna Hardy	Helensburgh	3.76m
8	Lara Davis	Sutherland	3.72m
9	Ava Lavender	Helensburgh	3.52m
10	Brylie Caldwell	Sutherland	3.33m
11	Haylee McNally	Sutherland	3.03m
12	Sienna Allan	Sutherland	2.26m
13	Amelia Crocker	Port Hacking	2.11m
--	Ava-Rose Hardy	Helensburgh	FOUL

Girls U 13 - Long Jump

Zone: Z 5.25m 02-Feb-03 J. Doyle, Port Hacking			
Name	Age	Centre	Final
1	Emma Lee	Sutherland	4.93m
2	Charlie Hallam	Sutherland	4.82m
3	Caitlin Saville	Sutherland	4.74m
4	Sabina Rogers	Helensburgh	4.39m
5	Stefania Guercio	Illawong	4.25m
6	Laila Waters	Helensburgh	4.18m
7	Jaimie Byrne	Sutherland	4.08m
8	Stephanie Faulkner	Illawong	4.06m
9	Jessica Patterson	Port Hacking	3.99m
10	Holly Ramsey	Helensburgh	3.99m
11	Piper Bentley	Port Hacking	3.75m
12	Sienna Wiggins	Port Hacking	3.63m
13	Emily Challinor	Port Hacking	2.10m

Girls U 14 - Long Jump

Zone: Z 5.27m 07-Feb-87 K. Liprini, Port Hacking			
Name	Age	Centre	Final
1	Hayley McKinlay	Helensburgh	4.87m
2	Monique Oste	Illawong	4.61m
3	Eve Gardner	Sutherland	4.52m
4	Sanjana Anugu	Port Hacking	4.36m
5	Olivia Ensor	Sutherland	4.21m
6	Lili Brandt	Port Hacking	4.18m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 14 - Long Jump**

7 Natanya Sihota	Sutherland	3.83m
------------------	------------	-------

Girls U 15 - Long Jump

Zone: Z 5.46m 09-Dec-12 Tay-Leiha Clark, Port Hacking

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

1 Brianna Lumb	Illawong	4.40m
2 Aishlin Walker	Sutherland	4.22m
3 Dakota Owers	Port Hacking	3.97m

Girls U 17 - Long Jump

Zone: Z 5.19m 11-Dec-16 Chantal Yu, Port Hacking

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

1 Sophia Cibeil	St George	5.21mZ
2 Jade Johnston-Mitrevska	St George	4.88m
3 Kiara Lucas	Port Hacking	4.75m
4 Chantal Yu	Port Hacking	4.73m
5 Kelly Wilson	Port Hacking	4.61m
6 Jessica Vandermaal	Sutherland	4.61m
7 Danielle Katzos	St George	4.04m

Girls U 11 - Triple Jump

Zone: Z 9.52m 30-Jan-93 B. Sanders, Sutherland

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

1 Izobelle Louison-Roe	Port Hacking	9.65mZ
2 Olivia Delaney	Port Hacking	8.23m
3 Sophie Rogers	Sutherland	8.03m
4 Jordan Moore	Sutherland	7.90m
5 Catelyn Armstrong	Port Hacking	7.70m
6 Maria Tsavalias	Illawong	7.15m
7 Caitlyn Whitbread	Sutherland	6.90m
8 Elliana Clarke	Sutherland	6.75m
9 Charlotte Taylor	St George	6.23m

Girls U 12 - Triple Jump

Zone: Z 10.10m 06-Feb-94 B. Sanders, Sutherland

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

1 Jasynta Lampret	Port Hacking	9.26m
2 Isabella Knezevic	St George	8.76m
3 Jessica Little	Port Hacking	8.56m
4 Ariane Brown	Sutherland	8.36m
5 Alana Pokorny	Sutherland	7.87m
6 Elizabeth Smithson	Sutherland	7.61m
7 Tyra Olney	Illawong	7.59m
8 Rachel Elton	Sutherland	7.55m
9 Isabella Banovic	Port Hacking	6.73m
10 Taylor Leonard	Sutherland	6.68m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 13 - Triple Jump**

Zone: Z 10.99m 31-Jan-04 K. Bannister, Illawong			
Name	Age	Centre	Final
1 Caitlin Saville		Sutherland	9.74m
2 Charlie Hallam		Sutherland	9.57m
3 Sophie Paice		Illawong	9.23m
4 Amy Watson		Illawong	9.17m
5 Elizabeth Wastie		Revesby Workers	8.71m
6 Stephanie Faulkner		Illawong	8.24m
7 Emily Laverance		Port Hacking	8.18m
8 Annalissa Riggio		Port Hacking	8.15m
9 Stefania Guercio		Illawong	8.02m
10 Jessica Patterson		Port Hacking	7.77m

Girls U 14 - Triple Jump

Zone: Z 11.20m 30-Jan-05 K. Bannister, Illawong			
Name	Age	Centre	Final
1 Monique Oste		Illawong	9.77m
2 Jessica Wardrobe		Sutherland	9.67m
3 Lili Brandt		Port Hacking	8.93m
4 Ella Ashton		Revesby Workers	7.92m
5 Lauren Delaney		Port Hacking	7.79m

Girls U 15 - Triple Jump

Zone: Z 11.72m 29-Jan-06 K. Bannister, Illawong			
Name	Age	Centre	Final
1 Eva Kostopoulos		Port Hacking	10.64m
2 Rachel Tougher		Sutherland	10.42m
3 Kyla Tracey		Sutherland	9.54m
4 Anna Wu		Port Hacking	9.46m
5 Brianna Lumb		Illawong	9.21m
6 Aishlin Walker		Sutherland	9.11m
7 Celeste Walker		Sutherland	8.35m

Girls U 17 - Triple Jump

Zone: Z 11.23m 12-Dec-15 Sarah Ding, Port Hacking			
Name	Age	Centre	Final
1 Jade Johnston-Mitrevska		St George	10.68m
2 Kelly Wilson		Port Hacking	10.25m
3 Jessica Vandermaal		Sutherland	9.86m
4 Kiara Lucas		Port Hacking	9.73m
5 Chantal Yu		Port Hacking	9.63m
6 Brittany Robertson		Port Hacking	9.49m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 7 - Shot Put (1.0 Kg)**

Zone: Z 6.44m 07-Feb-78 J. Spiteri, Port Hacking			
Name	Age	Centre	Final
1 Lowami Carati		St George	4.99m
2 Layla Peterson		Sutherland	4.61m
3 Ella VanDerMeer		Illawong	4.55m
4 Zara Roper		Sutherland	3.85m
5 Audrey Grygiel		St George	3.72m
6 Natalija Zrno		St George	3.71m
7 Hope Robinson		Sutherland	3.66m
8 Bronte Whitbread		Sutherland	3.48m
9 Charli Whitbread		Sutherland	2.81m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 7.09m 04-Feb-07 G. Robinson, St George			
Zone: Z 7.09m 11-Dec-16 Keira Toohey, Sutherland			
Name	Age	Centre	Final
1 Sienna Latanis		St George	6.22m
2 Maggie Maree		St George	4.15m
3 Jasmine Kaushal		Illawong	3.74m
4 Reghan Olney		Illawong	3.36m
5 Alexis James		Illawong	3.34m
6 Molly O'Donoghue		Port Hacking	3.03m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 9.06m 01-Feb-03 A. Iosefo, St George			
Name	Age	Centre	Final
1 Keira Toohey		Sutherland	6.97m
2 Taryn Mott		Sutherland	5.30m
3 Annabelle Zafiris		Port Hacking	4.89m
4 Rhianna Karika		Helensburgh	4.50m
5 Lauren McNally		Sutherland	4.36m
6 Tara Hannah-Campbell		Sutherland	4.08m
7 Tameka Eshman		Helensburgh	3.92m
8 Aliyah Extrem		Sutherland	3.78m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 11.03m 01-Feb-09 G. Robinson, St George			
Name	Age	Centre	Final
1 Jasmine Franich		St George	8.36m
2 Mareta Carati		St George	6.98m
3 Paige Bauer		Port Hacking	6.32m
4 Gemma Hanley		Sutherland	5.67m
5 Mackenzie Potts		Port Hacking	5.43m
6 Matilda Ashton		Sutherland	5.01m
7 Kwanita Olney		Illawong	4.97m
8 Mia Hyndes		St George	4.60m
9 Heidi RyanSweeney		Sutherland	4.59m
10 Grace Williams		Port Hacking	4.58m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 13.14m 30-Jan-10 G. Robinson, St George			
Name	Age	Centre	Final
1 Brooke Hunter		Revesby Workers	8.41m
2 Brooke Williams		Illawong	7.05m
3 Fa'agase Tupuola-Palale		Helensburgh	6.78m
4 Stephanie Byrne		Sutherland	6.78m
5 Charlotte Taylor		St George	6.74m
6 Hayley Blanch		Port Hacking	6.59m
7 Maddison Bowden		Helensburgh	5.90m
8 Bianca Clayton		Port Hacking	5.77m
9 Jada Karika		Helensburgh	5.34m
10 Sophie McNamara		Sutherland	5.25m
11 Elliana Clarke		Sutherland	4.76m
12 Sally Archer		Sutherland	4.30m
13 Sarah Challinor		Port Hacking	3.34m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 15.08m 30-Jan-11 G. Robinson, St George			
Name	Age	Centre	Final
1 Karina Bell		Illawong	11.85m
2 Audree Impey		Port Hacking	10.09m
3 Georgie Latanis		St George	9.33m
4 Nanditha Hariharan		Port Hacking	7.83m
5 Rachel Elton		Sutherland	7.78m
6 Phoebe RyanSweeney		Sutherland	7.76m
7 Bella Williams		Port Hacking	7.54m
8 Lara Davis		Sutherland	7.38m
9 Taylor Leonard		Sutherland	7.24m
10 Haylee McNally		Sutherland	6.49m
11 Amelia Crocker		Port Hacking	3.91m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 14.21m 04-Feb-12 Grace Robinson, St George			
Name	Age	Centre	Final
1 Charlotte Beudeker		Sutherland	8.47m
2 Madeleine Chubb		St George	8.28m
3 Grace McManus		Sutherland	7.62m
4 Stephanie Hocroft		Illawong	7.59m
5 Holly Ramsey		Helensburgh	7.59m
6 Leila Yavala		Port Hacking	7.53m
7 Caitlin James		Illawong	7.26m
8 Piper Bentley		Port Hacking	6.84m
9 Stephanie Faulkner		Illawong	6.80m
10 Caitlin Saville		Sutherland	6.66m
11 Ashleigh Barton		Illawong	6.20m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Girls U 14 - Shot Put (3.0 Kg)**

Zone: Z 14.98m 08-Dec-12 Grace Robinson, St George			
Name	Age	Centre	Final
1 Aurelia Banach		Helensburgh	11.17m
2 Georgia Portelli		Port Hacking	10.32m
3 Felicity RyanSweeney		Sutherland	8.80m
4 Zoe Byrne		Sutherland	8.49m
5 Jessica Ward		Sutherland	8.00m
6 Emma McNally		Sutherland	6.78m
7 Lauren Delaney		Port Hacking	5.94m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 15.24m 15-Dec-13 Grace Robinson, St George			
Name	Age	Centre	Final
1 Emma Blanch		Port Hacking	10.60m
2 Kyla Tracey		Sutherland	8.49m
3 Samantha Archer		Sutherland	8.39m
4 Jasmine Awad		St George	6.84m
5 Grace Bull		Sutherland	4.90m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 15.46m 13-Dec-15 Grace Robinson, St George			
Name	Age	Centre	Final
1 Sophia Cibeil		St George	11.39m
2 Kelsie Owers		Port Hacking	8.36m
3 Kelly Wilson		Port Hacking	8.30m
4 Rebecca O'Dea		St George	7.82m
5 Catelyn McKenzie		Port Hacking	6.71m

Girls U 7 - Discus (350 Gram)

Zone: Z 15.94m 10-Dec-16 Sienna Latanis, St George			
Name	Age	Centre	Final
1 Lowami Carati		St George	10.47m
2 Alexia Mathison		Port Hacking	10.16m
3 Ronia Warszawska		Sutherland	9.73m
4 Bronte Whitbread		Sutherland	9.10m
5 Charli Whitbread		Sutherland	8.20m
6 Amelia May		Sutherland	8.03m
7 Ella VanDerMeer		Illawong	7.76m
8 Zara Roper		Sutherland	7.32m
9 Natalija Zrno		St George	6.10m
10 Ruby McGraw		Revesby Workers	4.46m

Girls U 8 - Discus (500 Gram)

Zone: Z 19.89m 31-Jan-09 A. Dimon, Port Hacking			
Name	Age	Centre	Final
1 Sienna Latanis		St George	17.93m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

2 Allegra Little	Port Hacking	11.89m
3 Livia Copelin	Sutherland	11.15m
4 Madison Cornish	Sutherland	9.27m
5 Alexis James	Illawong	9.24m
6 Emeline Bourke	Port Hacking	8.63m
7 Bianca Loxley	Port Hacking	8.39m
8 Reghan Olney	Illawong	7.84m
9 Charlotte Kerr	Helensburgh	6.01m
10 Gemma Hamilton	Sutherland	5.79m
11 Molly O'Donoghue	Port Hacking	4.17m

Girls U 9 - Discus (500 Gram)

=====			
Zone: Z 25.30m 14-Dec-14 Georgie Latanis, St George			
Name	Age Centre		Final
=====			
1 Keira Toohey	Sutherland		18.39m
2 Amelie O'Neill	Illawong		14.11m
3 Lauren McNally	Sutherland		13.66m
4 Kiarna Franklin	Illawong		11.46m
5 Charlize Peterson	Sutherland		9.91m
6 Scarlett McGraw	Revesby Workers		9.77m
7 Tara Hannah-Campbell	Sutherland		9.31m
8 Shayna Eshman	Helensburgh		8.82m
9 Tameka Eshman	Helensburgh		7.49m
10 Mariam Harakeh	St George		7.13m
11 Taryn Mott	Sutherland		7.02m

Girls U 10 - Discus (500 Gram)

=====			
Zone: Z 33.56m 03-Feb-07 M. Dimon, Sutherland			
Name	Age Centre		Final
=====			
1 Jasmine Franich	St George		22.44m
2 Mareta Carati	St George		16.27m
3 Kwanita Olney	Illawong		14.82m
4 Heidi RyanSweeney	Sutherland		13.79m
5 Matilda Ashton	Sutherland		13.53m
6 Amelia Spiropoulos	St George		12.99m
7 Mackenzie Potts	Port Hacking		12.82m
8 Jami Maroney	Sutherland		11.13m
9 Lily Jenkins	Port Hacking		10.59m
10 Grace Williams	Port Hacking		10.07m
11 Rayyan Harakeh	St George		9.90m
12 Isabel McFarlane	Revesby Workers		9.69m
13 Tara Skelton	Sutherland		9.49m
14 Telina Adams	Sutherland		9.32m

Girls U 11 - Discus (750 Gram)

=====			
Zone: Z 35.62m 30-Jan-10 G. Robinson, St George			
Name	Age Centre		Final
=====			
1 Brooke Williams	Illawong		21.87m
2 Hayley Blanch	Port Hacking		20.87m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

3	Kayla Barton	Illawong	17.52m
4	Charlotte Taylor	St George	17.00m
5	Brooke Hunter	Revesby Workers	15.92m
6	Maddison Bowden	Helensburgh	13.65m
7	Stephanie Byrne	Sutherland	13.22m
8	Sophie McNamara	Sutherland	10.07m
9	Sarah Challinor	Port Hacking	9.49m
10	Renee Penitani	Revesby Workers	8.11m
11	Sally Archer	Sutherland	7.97m
12	Caitlyn Whitbread	Sutherland	7.08m

Girls U 12 - Discus (750 Gram)

Zone: Z 43.60m 29-Jan-11 G. Robinson, St George			
Name	Age	Centre	Final
1	Karina Bell	Illawong	34.21m
2	Georgie Latanis	St George	26.20m
3	Audree Impey	Port Hacking	25.45m
4	Rachel Elton	Sutherland	23.30m
5	Isabella Sest	Illawong	20.63m
6	Jacinta Laverance	Port Hacking	19.71m
7	Phoebe RyanSweeney	Sutherland	19.63m
8	Nanditha Hariharan	Port Hacking	17.74m
9	Ella Batman	Sutherland	17.10m
10	Brylie Caldwell	Sutherland	15.45m
11	Taylor Leonard	Sutherland	14.49m
12	Amelia Crocker	Port Hacking	10.51m

Girls U 13 - Discus (750 Gram)

Zone: Z 39.10m 03-Feb-01 Z. Giampietro, St George			
Name	Age	Centre	Final
1	Madeleine Chubb	St George	30.18m
2	Stephanie Hocroft	Illawong	28.72m
3	Grace McManus	Sutherland	22.28m
4	Caitlin James	Illawong	20.66m
5	Charlotte Beudeker	Sutherland	20.40m
6	Ashleigh Barton	Illawong	20.29m
7	Angelina Tancevski	Sutherland	20.03m
8	Ashleigh Waters	Sutherland	18.18m
9	Holly Ramsey	Helensburgh	16.61m
10	Caitlin Saville	Sutherland	15.86m
11	Emily Challinor	Port Hacking	9.38m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 39.78m 08-Feb-95 F. Entwistle, Revesby Worker			
Name	Age	Centre	Final
1	Aurelia Banach	Helensburgh	29.96m
2	Georgia Portelli	Port Hacking	27.15m
3	Felicity RyanSweeney	Sutherland	24.28m
4	Jessica Ward	Sutherland	23.73m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 14 - Discus (1.0 Kg)**

5	Zoe Byrne	Sutherland	19.56m
6	Emma McNally	Sutherland	19.53m
7	Lauren Delaney	Port Hacking	14.24m
8	Brooke Pokorny	Sutherland	12.99m

Girls U 15 - Discus (1.0 Kg)

=====			
Zone: Z 40.46m 03-Feb-96 F. Entwistle, Revesby Worker			
Name	Age	Centre	Final
=====			
1	Emma Blanch	Port Hacking	26.05m
2	Samantha Archer	Sutherland	21.65m
3	Dakota Owers	Port Hacking	16.26m
4	Celeste Walker	Sutherland	15.80m
5	Jasmine Awad	St George	15.08m

Girls U 17 - Discus (1.0 Kg)

=====			
Zone: Z 40.95m 13-Dec-14 Grace Robinson, St George			
Name	Age	Centre	Final
=====			
1	Emily Markoski	Port Hacking	25.96m
2	Kelsie Owers	Port Hacking	24.77m
3	Rebecca O'Dea	St George	19.96m
4	Monique Noyeaux	Sutherland	14.88m

Girls U 11 - Javelin (400 Gram)

=====			
Zone: Z 21.05m 10-Dec-16 Lili Macpherson, St George			
Name	Age	Centre	Final
=====			
1	Kayla Barton	Illawong	17.69m
2	Charlotte Taylor	St George	16.33m
3	Hayley Blanch	Port Hacking	16.19m
4	Brooke Hunter	Revesby Workers	15.82m
5	Stephanie Byrne	Sutherland	15.23m
6	Michaela James	Illawong	12.21m
7	Brooke Williams	Illawong	10.80m
8	Maddison Bowden	Helensburgh	10.26m
9	Elliana Clarke	Sutherland	9.31m
10	Caitlyn Whitbread	Sutherland	9.30m
11	Caitlin Gilbett	Helensburgh	8.92m

Girls U 12 - Javelin (400 Gram)

=====			
Zone: Z 28.92m 10-Dec-16 Leila Yavala, Port Hacking			
Name	Age	Centre	Final
=====			
1	Karina Bell	Illawong	30.91mZ
2	Lili MacPherson	St George	24.68m
3	Rachel Elton	Sutherland	19.09m
4	Jacinta Laverance	Port Hacking	17.79m
5	Brylie Caldwell	Sutherland	15.16m
6	Natasha Lord	Sutherland	14.87m
7	Jessica Little	Port Hacking	14.84m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Girls U 12 - Javelin (400 Gram)**

8 Taylor Leonard	Sutherland	14.65m
9 Kiana Naitaka	Illawong	13.18m
10 Haylee McNally	Sutherland	12.17m
11 Bella Williams	Port Hacking	12.15m
12 Nanditha Hariharan	Port Hacking	11.70m
13 Audree Impey	Port Hacking	11.50m

Girls U 13 - Javelin (400 Gram)

Zone: Z 33.40m 04-Feb-07 Z Schubert, St George		
Name	Age Centre	Final
1 Leila Yavala	Port Hacking	29.67m
2 Annalissa Riggio	Port Hacking	24.65m
3 Ashleigh Barton	Illawong	24.52m
4 Ashleigh Waters	Sutherland	23.68m
5 Emily Laverance	Port Hacking	21.88m
6 Madeleine Chubb	St George	19.82m
7 Holly Ramsey	Helensburgh	17.17m
8 Elizabeth Wastie	Revesby Workers	16.56m
9 Caitlin James	Illawong	16.39m
10 Charlotte Beudeker	Sutherland	16.03m
11 Jaimie Byrne	Sutherland	14.76m

Girls U 14 - Javelin (400 Gram)

Zone: Z 38.77m 12-Dec-15 Jasmin Lockwood, Sutherland		
Name	Age Centre	Final
1 Georgia Portelli	Port Hacking	39.74mZ
2 Eve Way	Helensburgh	29.06m
3 Jessica Ward	Sutherland	22.69m
4 Lili Brandt	Port Hacking	22.46m
5 Aurelia Banach	Helensburgh	22.13m
6 Emily MacPherson	St George	21.93m
7 Emma McNally	Sutherland	21.20m
8 Lauren Delaney	Port Hacking	20.08m

Girls U 15 - Javelin (500 Gram)

Zone: Z 36.80m 13-Dec-15 Rebekah Lee, Illawong		
Name	Age Centre	Final
1 Emma Blanch	Port Hacking	29.04m
2 Lauren Hocking	Port Hacking	26.32m
3 Brianna Lumb	Illawong	24.23m
4 Samantha Archer	Sutherland	15.59m

Girls U 17 - Javelin (500 Gram)

Zone: Z 41.65m 02-Jan-09 A Severino, Port Hacking		
Name	Age Centre	Final
1 Jasmin Lockwood	Port Hacking	43.54mZ
2 Emily Markoski	Port Hacking	38.46m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

3	Sophia Cibeil	St George	38.38m
4	Chantal Yu	Port Hacking	24.16m
5	Brittany Robertson	Port Hacking	22.69m
6	Kelsie Owers	Port Hacking	17.95m

Girls U 9 - 700 Metre Walk

Zone: Z 4:27.00 30-Jan-11 E. Robinson, Illawong			
Name	Age	Centre	Final
Section 1			
1	Amelie O'Neill	Illawong	4:28.54
2	Phoebe Parsons	Illawong	4:48.65
3	Scarlett McGraw	Revesby Workers	4:49.57

Girls U 10 - 1100 Metre Walk

Zone: Z 6:14.29 05-Feb-12 Ella Robinson, Illawong			
Name	Age	Centre	Final
1	Kayleigh O'Donoghue	Port Hacking	6:52.82
2	Amy Brice	Illawong	6:53.76
3	Lily Madden	Revesby Workers	7:16.34
4	Grace Williams	Port Hacking	10:08.12
--	Matilda Arndell	Port Hacking	DQ

Girls U 11 - 1100 Metre Walk

Zone: Z 5:37.39 13-Dec-15 Ellie-jo De Celis, Illawong			
Name	Age	Centre	Final
1	Caitlin Giovenco	Illawong	7:06.67
2	Bianca Clayton	Port Hacking	7:11.63
3	Hayley Blanch	Port Hacking	7:13.70
4	Sarah Challinor	Port Hacking	7:26.54
5	Ciara Cassilles	Revesby Workers	7:51.97
6	Maria Tsavalias	Illawong	7:54.80

Girls U 12 - 1500 Metre Walk

Zone: Z 7:38.68 14-Dec-14 Emma Blanch, Port Hacking			
Name	Age	Centre	Final
1	Amelia Crocker	Port Hacking	10:59.59
2	Bella Williams	Port Hacking	13:47.96
3	Nanditha Hariharan	Port Hacking	14:08.25
--	Phoebe RyanSweeney	Sutherland	DQ

Girls U 13 - 1500 Metre Walk

Zone: Z 7:36.09 13-Dec-15 Emma Blanch, Port Hacking			
Name	Age	Centre	Final
1	Ellie DeCelis	Illawong	7:43.60
2	Chia Walters	Sutherland	8:08.67

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Girls U 13 - 1500 Metre Walk

3 Ashleigh Barton	Illawong	10:16.09
4 Emily Challinor	Port Hacking	10:59.65

Girls U 14 - 1500 Metre Walk

Name	Age Centre	Final
Zone: Z 7:03.99 11-Dec-16 Emma Blanch, Port Hacking		
1 Casey Stanley	Illawong	8:19.61
2 Annabelle Harrington	Port Hacking	10:08.98
3 Ella Ashton	Revesby Workers	10:14.53

Girls U 15 - 1500 Metre Walk

Name	Age Centre	Final
Zone: Z 8:10.77 11-Dec-16 Brittany Robertson, Port Ha		
1 Emma Blanch	Port Hacking	6:54.16Z

Girls U 17 - 1500 Metre Walk

Name	Age Centre	Final
Zone: Z 7:58.00 30-Jan-10 S. Flood, Revesby Workers		
1 Brittany Robertson	Port Hacking	9:00.57
2 Kiera Hinton	Port Hacking	10:26.41

Boys U 7 - 50 Metre Sprint

Name	Age Centre	Heats
Zone: Z 8.51 13-Dec-14 Callum Grantham, Illawong		
Heat 1 Heats		
1 Jye Pisani	Sutherland	9.05Q
2 Connor Wirth	Sutherland	9.30Q
3 Alex Pili	St George	9.32Q
4 Micah Wilson	Port Hacking	9.32q
5 Novak Petkovski	St George	9.80q
6 Blake Noble	Helensburgh	9.95
7 Caleb Hubbard	Illawong	10.42
Heat 2 Heats		
1 Jaxon Goode	Helensburgh	9.33Q
2 Judah Searles	St George	9.82Q
3 Nate Waller	Helensburgh	11.33Q

Boys U 7 - 50 Metre Sprint

Name	Age Centre	Final
Zone: Z 8.51 13-Dec-14 Callum Grantham, Illawong		
Section 1 Final		
1 Jye Pisani	Sutherland	8.92
2 Jaxon Goode	Helensburgh	8.98
3 Connor Wirth	Sutherland	9.18
4 Micah Wilson	Port Hacking	9.31

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS

THE RIDGE ATHLETICS TRACK

Results

....Boys U 7 - 50 Metre Sprint

5 Alex Pili	St George	9.32
6 Judah Searles	St George	9.84
7 Novak Petkovski	St George	9.91
8 Nate Waller	Helensburgh	11.58

Boys U 7 - 70 Metre Sprint

=====
 Zone: Z 11.48 14-Dec-14 Callum Grantham, Illawong

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

Heat 1 Heats

1 Jye Pisani	Sutherland	11.83Q
2 Jaxon Goode	Helensburgh	12.03Q
3 Cooper Kennedy	Sutherland	12.33Q
4 Harlan Taylor	Helensburgh	13.41q
5 Judah Searles	St George	13.72
6 Aiden May	Sutherland	14.53
7 Elias Stevill	Helensburgh	16.18

Heat 2 Heats

1 Alex Pili	St George	12.13Q
2 Micah Wilson	Port Hacking	12.58Q
3 Blake Noble	Helensburgh	12.93Q
4 Ty Babington	Port Hacking	13.20q
5 Caleb Hubbard	Illawong	14.06

Boys U 7 - 70 Metre Sprint

=====
 Zone: Z 11.48 14-Dec-14 Callum Grantham, Illawong

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

Section 1 Final

1 Jye Pisani	Sutherland	11.93
2 Jaxon Goode	Helensburgh	12.27
3 Micah Wilson	Port Hacking	12.45
3 Cooper Kennedy	Sutherland	12.45
5 Alex Pili	St George	12.47
6 Blake Noble	Helensburgh	12.70
7 Ty Babington	Port Hacking	12.75
8 Harlan Taylor	Helensburgh	13.45

Boys U 8 - 70 Metre Sprint

=====
 Zone: Z 11.06 14-Dec-14 Reilly Farrell, Port Hacking

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

Heat 1 Heats

1 Matthew RyanSweeney	Sutherland	11.43Q
2 Hamish Carson	Illawong	11.65Q
3 Harry Fisher	Port Hacking	11.65Q
4 Noah Farley	Port Hacking	12.06q
5 Cooper Hunter	Revesby Workers	12.75
6 Lucas Clarke	Sutherland	12.97
7 Jeriah Leger	St George	13.29
8 Luke Challinor	Port Hacking	19.54

Heat 2 Heats

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 8 - 70 Metre Sprint

1	Zinzan Pure	Port Hacking	11.39Q
2	Oliver Banda	Helensburgh	11.82Q
3	Brock Lampret	Port Hacking	11.87Q
4	Shea Cassilles	Revesby Workers	12.27q
5	Cruz Dennis	Illawong	12.51
6	Axel Murphy	Sutherland	12.74

Boys U 8 - 70 Metre Sprint

=====
 Zone: Z 11.06 14-Dec-14 Reilly Farrell, Port Hacking
 Name Age Centre Final
 =====

Section 1 Final

1	Zinzan Pure	Port Hacking	10.87Z
2	Matthew RyanSweeney	Sutherland	11.10
3	Hamish Carson	Illawong	11.54
4	Harry Fisher	Port Hacking	11.59
5	Oliver Banda	Helensburgh	11.64
6	Brock Lampret	Port Hacking	11.66
7	Shea Cassilles	Revesby Workers	11.79
8	Noah Farley	Port Hacking	11.81

Boys U 9 - 70 Metre Sprint

=====
 Zone: Z 10.41 15-Dec-13 Daniel Cattana, Sutherland
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Elliott Lindbeck	Sutherland	11.58Q
2	Ethan Cavell	Illawong	11.60Q
3	Jake Batten	St George	11.61Q
4	Oscar Randazzo	Sutherland	11.78q
5	Kale Harris	Helensburgh	12.39
6	Corbin Eshman	Helensburgh	12.58
7	Lachlan Mackenzie	Sutherland	12.74

Heat 2 Heats

1	Tomas Faulkner	Illawong	10.74Q
2	Taoko Samson	St George	10.75Q
3	Max Nicholls	Revesby Workers	10.79Q
4	Zayne Pisani	Sutherland	11.52q
5	Daniel Simpson	Sutherland	11.91
6	Cormac Waters	Helensburgh	12.41

Boys U 9 - 70 Metre Sprint

=====
 Zone: Z 10.41 15-Dec-13 Daniel Cattana, Sutherland
 Name Age Centre Final
 =====

Section 1 Final

1	Tomas Faulkner	Illawong	10.87
2	Max Nicholls	Revesby Workers	10.94
3	Taoko Samson	St George	10.99
4	Elliott Lindbeck	Sutherland	11.07
5	Zayne Pisani	Sutherland	11.42
6	Ethan Cavell	Illawong	11.57

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 9 - 70 Metre Sprint

7 Oscar Randazzo	Sutherland	11.73
8 Jake Batten	St George	11.84

Boys U 10 - 70 Metre Sprint

Name	Age	Centre	Heats
Zone: Z	9.79	14-Dec-14	Daniel Cattana, Sutherland

Heat 1 Heats

1 Declan Garner	Port Hacking	10.50Q
2 Jay Robinson	Sutherland	10.64Q
3 Hugo France	Port Hacking	10.73Q
4 Dylan Pisani	Sutherland	10.75q
5 Jovan Leger	St George	10.90
6 Toby Calder	Illawong	11.07
7 Joshua Chernich	Port Hacking	12.26

Heat 2 Heats

1 Callum Grantham	Illawong	10.33Q
2 Kingston Yavala	Port Hacking	10.50Q
3 Cayde Herbert	Revesby Workers	10.62Q
4 Oliver Ovens	Helensburgh	10.89q
5 Calvin Dunn	Sutherland	11.30

Boys U 10 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z	9.79	14-Dec-14	Daniel Cattana, Sutherland

Section 1 Final

1 Callum Grantham	Illawong	10.29
2 Jay Robinson	Sutherland	10.34
3 Declan Garner	Port Hacking	10.51
4 Hugo France	Port Hacking	10.57
5 Kingston Yavala	Port Hacking	10.58
6 Dylan Pisani	Sutherland	10.68
7 Cayde Herbert	Revesby Workers	10.68
8 Oliver Ovens	Helensburgh	10.80

Boys U 7 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z	16.40	14-Dec-13	Dylan Charmer, Helensburgh

Heat 1 Heats

1 Jye Pisani	Sutherland	17.26Q
2 Flynn Manley	St George	17.93Q
3 Michael Mathison	Port Hacking	18.54Q
4 William Stackpool	Port Hacking	18.68
5 Novak Petkovski	St George	18.93
6 Harlan Taylor	Helensburgh	19.69
7 Jackson Hill	Illawong	20.35

Heat 2 Heats

1 Jaxon Goode	Helensburgh	17.41Q
2 Alex Pili	St George	17.45Q
3 Rory O'Brien	Illawong	17.65Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 7 - 100 Metre Sprint

4	Connor Wirth	Sutherland	17.72q
5	Aston Tompsett	Port Hacking	17.95q
6	Zwi Ratajczak	Sutherland	17.98
7	Micah Wilson	Port Hacking	18.37
8	Blake Noble	Helensburgh	18.48

Boys U 7 - 100 Metre Sprint

=====
 Zone: Z 16.40 14-Dec-13 Dylan Charmer, Helensburgh
 Name Age Centre Final
 =====

Section 1 Final

1	Jye Pisani	Sutherland	17.71
2	Jaxon Goode	Helensburgh	17.88
3	Rory O'Brien	Illawong	18.02
4	Connor Wirth	Sutherland	18.09
5	Aston Tompsett	Port Hacking	18.13
6	Alex Pili	St George	18.14
7	Flynn Manley	St George	18.14
8	Michael Mathison	Port Hacking	18.89

Boys U 8 - 100 Metre Sprint

=====
 Zone: Z 15.66 12-Dec-15 Callum Grantham, Illawong
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Matthew RyanSweeney	Sutherland	16.69Q
2	Hamish Carson	Illawong	16.79Q
3	Harry Fisher	Port Hacking	16.93Q
4	Shea Cassilles	Revesby Workers	17.76
5	Axel Murphy	Sutherland	18.59
6	Angus Clare	Helensburgh	18.97
7	Jeriah Leger	St George	19.15

Heat 2 Heats

1	Zinzan Pure	Port Hacking	15.68Q
2	Boston Traino	Sutherland	16.33Q
3	Oliver Banda	Helensburgh	16.57Q
4	Brock Lampret	Port Hacking	16.76q
5	Brock Farrow	Port Hacking	16.84q
6	Tifii Mhando	St George	16.90
7	Dominick Rogers	Helensburgh	17.12
--	Angus O'Brien	Illawong	DNF

Boys U 8 - 100 Metre Sprint

=====
 Zone: Z 15.66 12-Dec-15 Callum Grantham, Illawong
 Name Age Centre Final
 =====

Section 1 Final

1	Zinzan Pure	Port Hacking	15.47Z
2	Matthew RyanSweeney	Sutherland	16.02
3	Hamish Carson	Illawong	16.54
4	Boston Traino	Sutherland	16.54
5	Harry Fisher	Port Hacking	16.65

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 8 - 100 Metre Sprint

6 Oliver Banda	Helensburgh	16.74
7 Brock Lampret	Port Hacking	17.03
8 Brock Farrow	Port Hacking	17.22

Boys U 9 - 100 Metre Sprint

=====
 Zone: Z 14.38 14-Dec-13 Daniel Cattana, Sutherland
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Ethan Cavell	Illawong	15.86Q
2 Jake Batten	St George	15.92Q
3 Elliott Lindbeck	Sutherland	16.46Q
4 Zayne Pisani	Sutherland	16.79
5 Kale Harris	Helensburgh	17.56

Heat 2 Heats

1 Tomas Faulkner	Illawong	15.28Q
2 Max Nicholls	Revesby Workers	15.37Q
3 Taoko Samson	St George	15.38Q
4 Samuel Banovic	Port Hacking	15.84q
5 Cooper Starr	Sutherland	16.31q
6 Lachlan Mackenzie	Sutherland	17.44
7 Luke Hocroft	Illawong	17.45
8 Cormac Waters	Helensburgh	18.15

Boys U 9 - 100 Metre Sprint

=====
 Zone: Z 14.38 14-Dec-13 Daniel Cattana, Sutherland
 Name Age Centre Final
 =====

Section 1 Final

1 Max Nicholls	Revesby Workers	15.30
2 Taoko Samson	St George	15.33
3 Tomas Faulkner	Illawong	15.54
4 Samuel Banovic	Port Hacking	15.77
5 Elliott Lindbeck	Sutherland	15.85
6 Ethan Cavell	Illawong	16.15
7 Jake Batten	St George	16.17
8 Cooper Starr	Sutherland	16.18

Boys U 10 - 100 Metre Sprint

=====
 Zone: Z 13.85 08-Dec-12 Andrew Goschnik, Port Hacking
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Mason McGroder	Sutherland	14.62Q
2 Cayde Herbert	Revesby Workers	14.91Q
3 Riley Fong	St George	15.16Q
4 Kingston Yavala	Port Hacking	15.19q
5 Hugo France	Port Hacking	15.33q
6 Oliver Ovens	Helensburgh	15.74
7 Cameron Marshall	St George	16.67

Heat 2 Heats

1 Declan Garner	Port Hacking	15.18Q
-----------------	--------------	--------

**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK**

Results

....Boys U 10 - 100 Metre Sprint

2 Jay Robinson	Sutherland	15.26Q
3 Dylan Pisani	Sutherland	15.35Q
4 Jovan Leger	St George	15.49
5 Jake Bender	Revesby Workers	15.50
6 Henry Grygiel	St George	15.69
7 Angus Hamilton	Sutherland	15.74
8 Zain Moussa	St George	15.84
9 Brodie Johnsen	Sutherland	16.35

Boys U 10 - 100 Metre Sprint

=====
 Zone: Z 13.85 08-Dec-12 Andrew Goschnik, Port Hacking
 Name Age Centre Final
 =====

Section 1 Final

1 Mason McGroder	Sutherland	14.53
2 Riley Fong	St George	14.77
3 Cayde Herbert	Revesby Workers	14.78
4 Jay Robinson	Sutherland	14.94
5 Declan Garner	Port Hacking	14.97
6 Kingston Yavala	Port Hacking	15.04
7 Dylan Pisani	Sutherland	15.30
8 Hugo France	Port Hacking	15.33

Boys U 11 - 100 Metre Sprint

=====
 Zone: Z 13.27 14-Dec-13 Jack Hornery, Sutherland
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Lucas McKillop	Port Hacking	14.17Q
2 Sonny French	Sutherland	14.55Q
3 Dylan Charmer	Helensburgh	14.72Q
4 Cody O'Brien	Revesby Workers	14.93q
5 Lukas Webber	Port Hacking	14.97q
6 Cameron Nettle	Illawong	15.73
7 Mitchell Searles	St George	16.89
8 Hayden Cavell	Illawong	17.51

Heat 2 Heats

1 Matthew Basanovic	Port Hacking	14.57Q
2 Harrison Farrow	Port Hacking	14.86Q
3 Daniel Hornery	Sutherland	15.04Q
4 Samuel Saszczak	Sutherland	15.16
5 Taurus Traino	Sutherland	15.18
6 Max DeCelis	Illawong	15.42
7 Mitchell Waller	Helensburgh	15.54
8 Jett Murphy	Sutherland	16.13
9 Toby Cavell	Illawong	16.64

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Boys U 11 - 100 Metre Sprint

Zone: Z 13.27 14-Dec-13 Jack Hornery, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Lucas McKillop		Port Hacking	14.15
2 Matthew Basanovic		Port Hacking	14.28
3 Sonny French		Sutherland	14.36
4 Dylan Charmer		Helensburgh	14.51
5 Daniel Hornery		Sutherland	14.74
6 Lukas Webber		Port Hacking	14.84
7 Samuel Saszczak		Sutherland	15.08
8 Cody O'Brien		Revesby Workers	15.11

Boys U 12 - 100 Metre Sprint

Zone: Z 12.76 08-Dec-12 Sidney Noppen, St George			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Nicholas Muir		Port Hacking	13.88Q
2 Mark Farley		Port Hacking	14.07Q
3 Tristan Tubbs		Port Hacking	14.36Q
4 Jarvis Rosette		Illawong	14.44q
5 Kosta Milionis		Sutherland	14.49q
6 Mohamed Moussa		St George	15.10
7 James Chernich		Port Hacking	15.20
Heat 2 Heats			
1 Lachlan Ball		Port Hacking	14.40Q
2 Jett Dunn		Sutherland	14.57Q
3 Owen Burgher		Illawong	14.75Q
4 Jordan Talbot		Sutherland	14.86
5 Cameron Jones		St George	15.27
6 Lucas Rego		Helensburgh	15.44
7 Ryan Redman		Illawong	15.54

Boys U 12 - 100 Metre Sprint

Zone: Z 12.76 08-Dec-12 Sidney Noppen, St George			
Name	Age	Centre	Final
Section 1 Final			
1 Nicholas Muir		Port Hacking	13.68
2 Tristan Tubbs		Port Hacking	13.93
3 Mark Farley		Port Hacking	13.98
4 Lachlan Ball		Port Hacking	14.14
5 Jett Dunn		Sutherland	14.46
6 Kosta Milionis		Sutherland	14.55
7 Owen Burgher		Illawong	14.61

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.30 30-Jan-10 C. Moore, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Daniel Cattana		Sutherland	12.51Q
2 Dion Zafiris		Port Hacking	13.75Q
3 Reuben Maree		St George	14.78Q
4 Brodie Watkins		Helensburgh	14.83q
5 Logan Talbot		Sutherland	14.90q
6 Jordan Heckenberg		Illawong	14.92
Heat 2 Heats			
1 Conor Ryan		St George	13.35Q
2 Marcus Armstrong		Port Hacking	13.81Q
3 Bailey Clarke		Sutherland	14.25Q
4 Ben Flanagan		Illawong	15.11
5 Taylor Allan		Sutherland	16.29

Boys U 13 - 100 Metre Sprint

Zone: Z 12.30 30-Jan-10 C. Moore, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Daniel Cattana		Sutherland	12.59
2 Conor Ryan		St George	13.41
3 Marcus Armstrong		Port Hacking	13.67
4 Dion Zafiris		Port Hacking	13.76
5 Bailey Clarke		Sutherland	14.11
6 Reuben Maree		St George	14.97
7 Brodie Watkins		Helensburgh	15.01

Boys U 14 - 100 Metre Sprint

Zone: Z 11.81 14-Dec-13 Milton Stathakis, Port Hackin			
Name	Age	Centre	Final
Section 1			
1 Rowan Tan		Port Hacking	12.57
2 Jesse Photi		Illawong	12.95
3 Caleb Donald		Helensburgh	13.25
4 Miles Scarra		Sutherland	13.61
5 Ryan McKinlay		Helensburgh	14.20
6 Ryan Noyeaux		Sutherland	14.40

Boys U 15 - 100 Metre Sprint

Zone: Z 11.46 13-Dec-14 Zachary Cameron, St George			
Name	Age	Centre	Final
1 Jack Hornery		Sutherland	11.61
2 IramBennet Palma		Sutherland	11.99
3 Jack Tipping		Sutherland	12.42
4 Noah Dakin		Sutherland	12.54
5 Emmanuel Vlachos		St George	12.60
6 Mitchell Carroll		Revesby Workers	13.78

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 17 - 100 Metre Sprint**

Zone: Z 10.83 14-Dec-13 Zach Holdsworth, Sutherland			
Name	Age	Centre	Final
1 Sean Noyeaux		Sutherland	11.38
2 William Humberstone		Port Hacking	11.53
3 Luke Goschnik		Port Hacking	11.78
4 MuhammadHadi Saadi		Port Hacking	12.02
5 Nelson Carey		Revesby Workers	12.15
6 Tallis Brown		St George	12.17
7 Jack Weinstein		Port Hacking	12.36
8 Liam Bolger		St George	12.39

Boys U 7 - 200 Metre Sprint

Zone: Z 33.87 14-Dec-14 Callum Grantham, Illawong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zuma Wever		Port Hacking	36.91Q
2 Aston Tompsett		Port Hacking	37.16Q
3 Zwi Ratajczak		Sutherland	37.23Q
4 Michael Mathison		Port Hacking	39.73q
5 Harlan Taylor		Helensburgh	41.34
6 Aiden May		Sutherland	46.11
Heat 2 Heats			
1 Jye Pisani		Sutherland	36.02Q
2 William Stackpool		Port Hacking	37.35Q
3 Cooper Kennedy		Sutherland	37.48Q
4 Rhys Mathieson		Sutherland	37.58q
5 Blake Bowden		Helensburgh	44.13

Boys U 7 - 200 Metre Sprint

Zone: Z 33.87 14-Dec-14 Callum Grantham, Illawong			
Name	Age	Centre	Final
Section 1 Final			
1 Jye Pisani		Sutherland	36.00
2 Zwi Ratajczak		Sutherland	36.52
3 Aston Tompsett		Port Hacking	36.86
4 Zuma Wever		Port Hacking	37.36
5 Cooper Kennedy		Sutherland	37.66
6 William Stackpool		Port Hacking	37.68
7 Rhys Mathieson		Sutherland	39.08
8 Michael Mathison		Port Hacking	39.19

Boys U 8 - 200 Metre Sprint

Zone: Z 32.74 14-Dec-14 Liam Sykes, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Zac Porter		Sutherland	37.04Q
2 Angus Clare		Helensburgh	38.52Q
3 Lucas Clarke		Sutherland	38.82

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Boys U 8 - 200 Metre Sprint**

4 Kevin He	St George	40.03
5 Jasper Roberts	Illawong	41.04
Heat 2 Heats		
1 Zinzan Pure	Port Hacking	Z 32.48Q
2 Cooper Shephard	Port Hacking	33.15Q
3 Mahley Louison-Roe	Port Hacking	35.43q
4 Brock Farrow	Port Hacking	36.63
5 Eoin Richards	Revesby Workers	40.00
Heat 3 Heats		
1 Oliver Banda	Helensburgh	34.92Q
2 Hamish Carson	Illawong	35.12Q
3 Noah Farley	Port Hacking	35.30q
4 Lachlan Wheeler	Sutherland	35.46
5 Shea Cassilles	Revesby Workers	35.58

Boys U 8 - 200 Metre Sprint

=====			
Zone: Z 32.74 14-Dec-14 Liam Sykes, Port Hacking			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Zinzan Pure		Port Hacking	32.67Z
2 Cooper Shephard		Port Hacking	33.66
3 Hamish Carson		Illawong	34.75
4 Oliver Banda		Helensburgh	35.24
5 Mahley Louison-Roe		Port Hacking	35.44
6 Noah Farley		Port Hacking	35.99
7 Zac Porter		Sutherland	38.05
8 Angus Clare		Helensburgh	39.52

Boys U 9 - 200 Metre Sprint

=====			
Zone: Z 30.97 15-Dec-13 Daniel Cattana, Sutherland			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Cooper Penman		Sutherland	Z 30.77Q
2 Tomas Faulkner		Illawong	32.37Q
3 Elliott Lindbeck		Sutherland	33.90Q
4 Joji Allred		Helensburgh	34.53q
5 Ethan Cavell		Illawong	35.15
6 Daniel Simpson		Sutherland	35.92
7 Charlie Santo		Port Hacking	36.21
Heat 2 Heats			
1 Max Nicholls		Revesby Workers	31.59Q
2 Samuel Banovic		Port Hacking	32.06Q
3 Cooper Starr		Sutherland	32.49Q
4 Jake Batten		St George	34.19q
5 Kale Harris		Helensburgh	35.45

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 9 - 200 Metre Sprint**

Zone: Z 30.97 15-Dec-13 Daniel Cattana, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper Penman		Sutherland	31.38
2 Max Nicholls		Revesby Workers	32.06
3 Tomas Faulkner		Illawong	32.19
4 Samuel Banovic		Port Hacking	33.12
5 Cooper Starr		Sutherland	33.19
6 Elliott Lindbeck		Sutherland	33.76
7 Jake Batten		St George	34.63
8 Joji Allred		Helensburgh	34.97

Boys U 10 - 200 Metre Sprint

Zone: Z 28.20 14-Dec-14 Daniel Cattana, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Callum Grantham		Illawong	30.09Q
2 Kingston Yavala		Port Hacking	31.23Q
3 Benjamin Gardner		Sutherland	31.41
4 Zain Moussa		St George	31.55
5 Hugo France		Port Hacking	32.44
6 Calvin Dunn		Sutherland	32.65
Heat 2 Heats			
1 Declan Garner		Port Hacking	30.66Q
2 Kobe Stewart		Illawong	31.01Q
3 Jake Procter		Illawong	31.29q
4 Cayde Herbert		Revesby Workers	31.39q
5 Oliver Ovens		Helensburgh	32.81
Heat 3 Heats			
1 Mason McGroder		Sutherland	30.26Q
2 Henry Grygiel		St George	31.68Q
3 Jake Bender		Revesby Workers	32.10
4 Dylan Pisani		Sutherland	32.70
5 Cooper Moss		Sutherland	35.21
6 Zachary Schutt		Helensburgh	35.35
7 Takoda Murphy		Illawong	36.21

Boys U 10 - 200 Metre Sprint

Zone: Z 28.20 14-Dec-14 Daniel Cattana, Sutherland			
Name	Age	Centre	Final
Section 1 Final			
1 Mason McGroder		Sutherland	29.48
2 Callum Grantham		Illawong	29.61
3 Declan Garner		Port Hacking	30.83
4 Jake Procter		Illawong	31.49
5 Cayde Herbert		Revesby Workers	31.76
6 Kingston Yavala		Port Hacking	32.07
7 Henry Grygiel		St George	32.98

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS

THE RIDGE ATHLETICS TRACK

Results

Boys U 11 - 200 Metre Sprint

Zone: Z 27.76 14-Dec-14 Jesper Webber, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lucas McKillop		Port Hacking	28.70Q
2 Michael Paino		Sutherland	30.54Q
3 Cody O'Brien		Revesby Workers	31.15
4 Mitchell Searles		St George	34.68
5 Toby Cavell		Illawong	35.17
Heat 2 Heats			
1 Lukas Webber		Port Hacking	29.90Q
2 Kaden Garner		Port Hacking	30.63Q
3 Samuel Saszczak		Sutherland	30.87q
4 Hayden Cavell		Illawong	36.41
Heat 3 Heats			
1 Matthew Basanovic		Port Hacking	28.99Q
2 Daniel Hornery		Sutherland	30.31Q
3 Henry Daniel		St George	30.62q
4 Taurus Traino		Sutherland	31.03
5 Max DeCelis		Illawong	31.29

Boys U 11 - 200 Metre Sprint

Zone: Z 27.76 14-Dec-14 Jesper Webber, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1 Lucas McKillop		Port Hacking	28.65
2 Matthew Basanovic		Port Hacking	29.61
3 Lukas Webber		Port Hacking	29.92
4 Daniel Hornery		Sutherland	30.25
5 Michael Paino		Sutherland	30.58
6 Henry Daniel		St George	30.82
7 Kaden Garner		Port Hacking	31.92
8 Samuel Saszczak		Sutherland	32.61

Boys U 12 - 200 Metre Sprint

Zone: Z 26.58 14-Dec-14 Iram Palma, Sutherland			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Joel Cochran		Port Hacking	27.66Q
2 Owen Burgher		Illawong	28.83Q
3 Mark Farley		Port Hacking	29.55q
4 Sam Batten		St George	29.88
5 Mohamed Moussa		St George	30.35
Heat 2 Heats			
1 Lachlan Ball		Port Hacking	28.62Q
2 Jett Dunn		Sutherland	29.25Q
3 Jarvis Rosette		Illawong	29.47q
4 Lucas Rego		Helensburgh	30.65
5 Harvey Glazier		Sutherland	30.82
Heat 3 Heats			
1 Kosta Milionis		Sutherland	29.31Q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Boys U 12 - 200 Metre Sprint**

2	Jordan Talbot	Sutherland	30.34Q
3	Cameron Jones	St George	30.84
4	Torin Sopuch	Illawong	31.07

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.58 14-Dec-14 Iram Palma, Sutherland			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Joel Cochran	Port Hacking	27.61
2	Lachlan Ball	Port Hacking	27.80
3	Owen Burgher	Illawong	28.80
4	Jarvis Rosette	Illawong	29.10
5	Mark Farley	Port Hacking	29.10
6	Kosta Milionis	Sutherland	29.44
7	Jett Dunn	Sutherland	29.85
8	Jordan Talbot	Sutherland	31.21

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 26.10 30-Jan-11 T. Fragiadakis, Sutherland			
Name	Age	Centre	Final
=====			
Section 1			
1	Daniel Cattana	Sutherland	25.02Z
2	Marcus Armstrong	Port Hacking	27.33
3	Mathew Lavidis	Illawong	27.44
4	Brendan Felice	Illawong	29.10
5	Logan Talbot	Sutherland	30.49
6	Brodie Watkins	Helensburgh	30.98

Boys U 14 - 200 Metre Sprint

=====			
Zone: Z 24.10 05-Feb-12 Teri Fragiadakis, Sutherland			
Name	Age	Centre	Final
=====			
1	Rowan Tan	Port Hacking	25.15
2	Jesse Photi	Illawong	26.77
3	Caleb Donald	Helensburgh	26.93
4	Miles Scarra	Sutherland	27.29
5	Ryan McKinlay	Helensburgh	30.72

Boys U 15 - 200 Metre Sprint

=====			
Zone: Z 23.34 14-Dec-14 Zachary Cameron, St George			
Name	Age	Centre	Final
=====			
1	Jack Hornery	Sutherland	22.73Z
2	IramBennet Palma	Sutherland	24.32
3	Jack Tipping	Sutherland	24.37
4	Noah Dakin	Sutherland	24.62
5	Emmanuel Vlachos	St George	25.60
6	Mitchell Carroll	Revesby Workers	27.32

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 17 - 200 Metre Sprint**

=====			
Zone: Z 21.95 14-Dec-14 Teri Fragiadakis, Sutherland			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Luke Goschnik		Port Hacking	23.84Q
2 Jay Scarra		Sutherland	24.53Q
3 Nelson Carey		Revesby Workers	24.62Q
4 Ky Gawinek		Port Hacking	24.78
5 Christopher Lavidis		Illawong	26.32
Heat 2 Heats			
1 Sean Noyeaux		Sutherland	23.25Q
2 Connor Murphy		Illawong	23.57Q
3 William Humberstone		Port Hacking	23.84Q
4 MuhammadHadi Saadi		Port Hacking	24.43q
5 Jack Weinstein		Port Hacking	24.75q
6 Cody Nicholson		Sutherland	25.39

Boys U 17 - 200 Metre Sprint

=====			
Zone: Z 21.95 14-Dec-14 Teri Fragiadakis, Sutherland			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Sean Noyeaux		Sutherland	23.12
2 William Humberstone		Port Hacking	23.28
3 Connor Murphy		Illawong	23.44
4 Luke Goschnik		Port Hacking	23.62
5 MuhammadHadi Saadi		Port Hacking	24.25
6 Jay Scarra		Sutherland	24.29
7 Jack Weinstein		Port Hacking	24.66
8 Nelson Carey		Revesby Workers	24.76

Boys U 8 - 400 Metre Sprint

=====			
Zone: Z 1:12.18 12-Dec-15 Callum Grantham, Illawong			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Liam Lakomy		Sutherland	1:26.45Q
2 Joshua Potts		Port Hacking	1:27.59Q
3 Angus Clare		Helensburgh	1:34.40
4 Jack Fogarty		Sutherland	1:40.00
Heat 2 Heats			
1 Lachlan Wheeler		Sutherland	1:20.05Q
2 Cruz Wever		Port Hacking	1:22.07Q
3 Harry Fisher		Port Hacking	1:22.40q
4 Eoin Richards		Revesby Workers	1:26.37q
5 Kevin He		St George	1:26.74
6 Jasper Roberts		Illawong	1:32.55
Heat 3 Heats			
1 Cooper Shephard		Port Hacking	1:16.64Q
2 Zac Porter		Sutherland	1:21.17Q
3 Cooper Laverance		Port Hacking	1:26.40
4 Louis Wang		St George	1:31.35

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Boys U 8 - 400 Metre Sprint

Zone: Z 1:12.18 12-Dec-15 Callum Grantham, Illawong			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper Shephard		Port Hacking	1:14.80
2 Lachlan Wheeler		Sutherland	1:19.30
3 Zac Porter		Sutherland	1:20.33
4 Cruz Wever		Port Hacking	1:24.82
5 Eoin Richards		Revesby Workers	1:26.40
6 Liam Lakomy		Sutherland	1:26.50
7 Joshua Potts		Port Hacking	1:26.81
8 Harry Fisher		Port Hacking	1:29.82

Boys U 9 - 400 Metre Sprint

Zone: Z 1:09.35 10-Dec-16 Callum Grantham, Illawong			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cooper Penman		Sutherland	1:11.59Q
2 Joshua Gibson		Sutherland	1:18.51Q
3 Charlie Santo		Port Hacking	1:19.23Q
4 Thomas Fogarty		Sutherland	1:21.23
5 Kale Harris		Helensburgh	1:23.40
6 Jone Tuqiri		St George	1:24.13
7 Kaden Anthony		Sutherland	1:34.08
Heat 2 Heats			
1 Chase Cross		Illawong	1:13.57Q
2 Samuel Banovic		Port Hacking	1:13.58Q
3 Joshua Kannengiesser		Illawong	1:14.21Q
4 Finn Nixon		Sutherland	1:14.68q
5 Joji Allred		Helensburgh	1:16.63q
6 Ty Young		Port Hacking	1:27.50

Boys U 9 - 400 Metre Sprint

Zone: Z 1:09.35 10-Dec-16 Callum Grantham, Illawong			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper Penman		Sutherland	1:10.01
2 Chase Cross		Illawong	1:12.64
3 Finn Nixon		Sutherland	1:13.59
4 Samuel Banovic		Port Hacking	1:13.67
5 Joji Allred		Helensburgh	1:15.17
6 Joshua Kannengiesser		Illawong	1:16.15
7 Joshua Gibson		Sutherland	1:18.27
8 Charlie Santo		Port Hacking	1:19.45

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 10 - 400 Metre Sprint**

```

=====
Zone: Z 1:06.45 10-Dec-16 Harrison Farrow, Port Hacki
Name           Age Centre           Heats
=====

```

Heat 1 Heats

1	Kobe Stewart	Illawong	1:09.20Q
2	Jake Procter	Illawong	1:11.31Q
3	Callum Grantham	Illawong	1:12.42Q
4	Cooper Bowden	Helensburgh	1:13.77q
5	Adam Kotb	Port Hacking	1:14.04q
6	Jack Robinson	Sutherland	1:15.40
7	Alexander Lindner	St George	1:17.15
8	Zoran Szekeres	Sutherland	1:20.35

Heat 2 Heats

1	Benjamin Gardner	Sutherland	1:12.39Q
2	Bailey Dean Latanis	St George	1:13.36Q
3	Alex Christian	Illawong	1:15.90Q
4	Dylan Pisani	Sutherland	1:17.48
5	Sebastien Impey	Port Hacking	1:19.95

Boys U 10 - 400 Metre Sprint

```

=====
Zone: Z 1:06.45 10-Dec-16 Harrison Farrow, Port Hacki
Name           Age Centre           Final
=====

```

Section 1 Final

1	Callum Grantham	Illawong	1:06.18Z
2	Kobe Stewart	Illawong	1:06.56
3	Bailey Dean Latanis	St George	1:07.28
4	Alex Christian	Illawong	1:09.74
5	Jake Procter	Illawong	1:10.10
6	Benjamin Gardner	Sutherland	1:12.47
7	Adam Kotb	Port Hacking	1:13.39
8	Cooper Bowden	Helensburgh	1:17.00

Boys U 11 - 400 Metre Sprint

```

=====
Zone: Z 1:04.61 10-Dec-16 Joel Cochran, Port Hacking
Name           Age Centre           Heats
=====

```

Heat 1 Heats

1	Jacob Fong	St George	1:09.86Q
2	Jesiah Low	Sutherland	1:13.54Q
3	Taurus Traino	Sutherland	1:16.58Q
4	Cody O'Brien	Revesby Workers	1:22.66q
5	Zack Strkljevic	Port Hacking	1:29.06q
6	Hayden Cavell	Illawong	1:31.03

Heat 2 Heats

1	Lucas McKillop	Port Hacking	1:12.67Q
2	Henry Daniel	St George	1:13.17Q
3	Matthew Basanovic	Port Hacking	1:14.37Q
4	Jayden Brown	Sutherland	1:31.76

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 11 - 400 Metre Sprint**

Zone: Z 1:04.61 10-Dec-16 Joel Cochran, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1 Lucas McKillop		Port Hacking	1:04.46Z
2 Jacob Fong		St George	1:05.10
3 Jesiah Low		Sutherland	1:09.53
4 Henry Daniel		St George	1:12.74
5 Matthew Basanovic		Port Hacking	1:14.54
6 Taurus Traino		Sutherland	1:14.88
7 Cody O'Brien		Revesby Workers	1:21.26

Boys U 12 - 400 Metre Sprint

Zone: Z 1:02.07 10-Dec-16 Henri Hiles-Fraser, Helensb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Jarvis Rosette		Illawong	1:04.80Q
2 Nicholas Muir		Port Hacking	1:05.32Q
3 Lachlan Ball		Port Hacking	1:05.92Q
4 Dane Mitchell		St George	1:06.41q
5 Blake Wardrobe		Sutherland	1:07.57q
6 Sam Batten		St George	1:11.54
Heat 2 Heats			
1 Joel Cochran		Port Hacking	1:04.62Q
2 Lucas Cross		Illawong	1:08.54Q
3 Kosta Milionis		Sutherland	1:08.88Q
4 Mohamed Moussa		St George	1:09.86
5 Harvey Glazier		Sutherland	1:11.13

Boys U 12 - 400 Metre Sprint

Zone: Z 1:02.07 10-Dec-16 Henri Hiles-Fraser, Helensb			
Name	Age	Centre	Final
Section 1 Final			
1 Joel Cochran		Port Hacking	1:02.25
2 Lachlan Ball		Port Hacking	1:03.73
3 Jarvis Rosette		Illawong	1:05.07
4 Dane Mitchell		St George	1:05.69
5 Nicholas Muir		Port Hacking	1:07.82
6 Blake Wardrobe		Sutherland	1:08.60
7 Kosta Milionis		Sutherland	1:08.70
8 Lucas Cross		Illawong	1:13.67

Boys U 13 - 400 Metre Sprint

Zone: Z 1:01.06 10-Dec-16 Rowan Tan, Port Hacking			
Name	Age	Centre	Final
Section 1			
1 Daniel Cattana		Sutherland	56.52Z
2 Conor Ryan		St George	1:00.89Z
3 Brendan Felice		Illawong	1:04.63

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Boys U 13 - 400 Metre Sprint**

4	Marcus Armstrong	Port Hacking	1:06.08
5	Riley Fowler	Helensburgh	1:08.05
6	Brodie Watkins	Helensburgh	1:14.15
7	Taylor Allan	Sutherland	1:15.82

Boys U 14 - 400 Metre Sprint

=====			
	Zone: Z 57.73	12-Dec-15	Bradley Simpson, Illawong
Name	Age	Centre	Final
=====			
1	Rowan Tan	Port Hacking	55.76Z
2	Caleb Donald	Helensburgh	1:01.33
3	Dylan Anthony	Sutherland	1:04.89

Boys U 15 - 400 Metre Sprint

=====			
	Zone: Z 54.77	04-Feb-12	Nicholas Fox, Port Hacking
Name	Age	Centre	Final
=====			
1	Andrew Goschnik	Port Hacking	55.55
2	Noah Dakin	Sutherland	57.81
3	Thomas Harris	Sutherland	1:01.14

Boys U 17 - 400 Metre Sprint

=====			
	Zone: Z 51.25	14-Dec-13	Teri Fragiadakis, Sutherland
Name	Age	Centre	Final
=====			
1	MuhammadHadi Saadi	Port Hacking	55.75
2	Bailey Fowler	Helensburgh	56.08
3	Harrison Jurd	Sutherland	56.86
4	Jordan Pejowski	St George	57.65
5	Cody Nicholson	Sutherland	57.92

Boys U 7 - 500 Metre Run Pack Start

=====			
	Zone: Z 1:43.00	13-Dec-14	Bailey Dean Latanis, St Geo
Name	Age	Centre	Final
=====			
1	Zuma Wever	Port Hacking	1:48.06
2	William Stackpool	Port Hacking	1:48.20
3	Rory O'Brien	Illawong	1:53.33
4	Cooper Kennedy	Sutherland	1:54.99
5	Zwi Ratajczak	Sutherland	1:57.74
6	Daniel Harrington	Port Hacking	1:59.44
7	Flynn Manley	St George	2:00.33
8	Michael Mathison	Port Hacking	2:00.84
9	Jake Rogers	Sutherland	2:04.02
10	Rhys Mathieson	Sutherland	2:04.40
11	Harlan Taylor	Helensburgh	2:06.00
12	Blake Bowden	Helensburgh	2:08.40
13	Jackson Hill	Illawong	2:18.02

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 8 - 700 Metre Run Pack Start**

Zone: Z 2:19.58 13-Dec-15 Kobe Stewart, Illawong			
Name	Age	Centre	Final
1 Cooper Shephard		Port Hacking	2:30.00
2 Lachlan Wheeler		Sutherland	2:37.37
3 Zac Porter		Sutherland	2:39.59
4 Cruz Wever		Port Hacking	2:42.03
5 Eoin Richards		Revesby Workers	2:44.03
6 Shea Cassilles		Revesby Workers	2:46.08
7 Max France		Port Hacking	2:51.05
8 Tyler Reeve		Port Hacking	2:51.73
9 Samuel Gibson		Sutherland	2:52.63
10 Liam Lakomy		Sutherland	2:54.14
11 Kevin He		St George	3:02.29
12 Jasper Roberts		Illawong	3:02.36
13 Luke Challinor		Port Hacking	3:31.72

Boys U 9 - 800 Metre Run

Zone: Z 2:39.01 11-Dec-16 Kobe Stewart, Illawong			
Name	Age	Centre	Final
1 Finn Hanna		Port Hacking	2:46.89
2 Thomas Fogarty		Sutherland	2:49.00
3 Joji Allred		Helensburgh	2:51.91
4 Jone Tuqiri		St George	2:58.23
5 Daniel Simpson		Sutherland	2:58.95
6 Charlie Santo		Port Hacking	3:03.76
7 James Tsavalias		Illawong	3:12.91
8 Charbel Khoury		Revesby Workers	3:13.87
9 Benjamin Clayton		Port Hacking	3:21.82
Section 2			
1 Cooper Penman		Sutherland	2:40.35
2 Finn Nixon		Sutherland	2:47.31
3 Joshua Kannengiesser		Illawong	2:56.53
4 Lucas Lenarduzzi		Helensburgh	3:02.42
5 Ty Young		Port Hacking	3:05.04
6 Will Pittman		Helensburgh	3:13.51
7 Brennan Borst		Port Hacking	3:27.87

Boys U 10 - 800 Metre Run

Zone: Z 2:33.85 11-Dec-16 Jesiah Low, Sutherland			
Name	Age	Centre	Final
Section 1			
1 Kobe Stewart		Illawong	2:28.90Z
2 Alex Christian		Illawong	2:34.54
3 Riley Fong		St George	2:35.34
4 Adam Kotb		Port Hacking	2:41.23
5 Ty Brannock		Sutherland	2:41.55
6 Benjamin Gardner		Sutherland	2:44.79
7 Jack Robinson		Sutherland	2:45.93
8 Cooper Bowden		Helensburgh	2:51.08
9 Sebastien Impey		Port Hacking	2:55.81

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 10 - 800 Metre Run

10	Zain Moussa	St George	2:56.11
11	Alexander Lindner	St George	2:57.40
12	Luke Farley	Port Hacking	3:01.82
13	Zoran Szekeres	Sutherland	3:04.44
14	Marco Venturino	St George	3:05.36

Boys U 11 - 800 Metre Run

=====			
Zone: Z 2:27.62 13-Dec-15 Jack Waide, Illawong			
Name	Age	Centre	Final
=====			
1	Jacob Fong	St George	2:26.77Z
2	Jesiah Low	Sutherland	2:28.57
3	Logan Toohey	Sutherland	2:34.26
4	Henry Daniel	St George	2:43.18
5	Michael Paino	Sutherland	2:47.31
6	Benjamin Lenarduzzi	Helensburgh	2:50.55
7	Ryan Arnold	Port Hacking	2:55.52
8	Brock Cairns	Illawong	2:56.88
9	Jayden Brown	Sutherland	3:21.87

Boys U 12 - 800 Metre Run

=====			
Zone: Z 2:22.78 11-Dec-16 Dobson Max, Sutherland			
Name	Age	Centre	Final
=====			
1	Dane Mitchell	St George	2:22.74Z
2	Blake Wardrobe	Sutherland	2:32.46
3	Orrin Young	Port Hacking	2:34.79
4	Taj Hanna	Port Hacking	2:40.00
5	Harvey Glazier	Sutherland	2:43.25
6	Ryan Redman	Illawong	2:44.29
7	Cameron Jones	St George	2:49.05
8	Finley Saunders	St George	2:50.39
9	Brodie Pittman	Helensburgh	3:02.43

Boys U 13 - 800 Metre Run

=====			
Zone: Z 2:17.90 13-Dec-15 Kai Hammond, St George			
Name	Age	Centre	Final
=====			
1	Joshua Hewitt	St George	2:19.76
2	Max Dobson	Sutherland	2:22.69
3	Jack Waide	Illawong	2:25.56
4	Joseph Cantlon	Sutherland	2:27.75
5	Riley Fowler	Helensburgh	2:30.27
6	Brendan Felice	Illawong	2:32.09
7	Oliver Santo	Port Hacking	2:34.93
8	Taylor Allan	Sutherland	2:49.88
9	Aidan Karaman	St George	2:51.91
10	Curtis Bevern	Port Hacking	3:09.23

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 14 - 800 Metre Run**

Zone: Z 2:12.29 11-Dec-16 Kai Hammond, St George			
Name	Age	Centre	Final
1 Theo Christian		Illawong	2:14.36
2 Tom Jessep		Port Hacking	2:33.84
3 Dylan Anthony		Sutherland	2:46.43
4 Jordan Papadakis		Sutherland	3:01.81

Boys U 15 - 800 Metre Run

Zone: Z 2:11.65 11-Dec-16 Riley Dobson, Sutherland			
Name	Age	Centre	Final
1 Patrick Cantlon		Sutherland	2:10.09Z
2 Bevan Lord		Sutherland	2:15.38
3 Thomas Harris		Sutherland	2:20.03
4 Blake Toohey		Sutherland	2:24.76
5 Rogan McManus		Sutherland	2:34.37
6 Nicholas Papadakis		Sutherland	2:37.90

Boys U 17 - 800 Metre Run

Zone: Z 1:58.63 11-Dec-16 James Bottrill, Revesby Wor			
Name	Age	Centre	Final
1 Riley Dobson		Sutherland	2:07.84
2 Mitchell Parsons		Sutherland	2:08.14
3 William Gair		Sutherland	2:09.09
4 Joshua Toohey		Sutherland	2:12.81
5 Bailey Fowler		Helensburgh	2:14.58
6 Harrison Jurd		Sutherland	2:16.60

Boys U 10 - 1500 Metre Run

Zone: Z 5:14.00 10-Dec-16 Jesiah Low, Sutherland			
Name	Age	Centre	Final
1 Kobe Stewart		Illawong	4:51.37Z
2 Alex Christian		Illawong	5:18.11
3 Adam Kotb		Port Hacking	5:23.43
4 Ty Brannock		Sutherland	5:24.48
5 Jack Robinson		Sutherland	5:34.43
6 Cooper Bowden		Helensburgh	5:36.83
7 Luke Farley		Port Hacking	5:57.73
8 Sebastien Impey		Port Hacking	6:15.87
9 Cooper Moss		Sutherland	6:45.73

Boys U 11 - 1500 Metre Run

Zone: Z 5:00.31 12-Dec-15 Jack Waide, Illawong			
Name	Age	Centre	Final
1 Jesiah Low		Sutherland	4:57.83Z
2 Jacob Fong		St George	5:04.43
3 Henry Daniel		St George	5:28.67

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 11 - 1500 Metre Run

4 Brock Cairns	Illawong	5:38.09
5 Benjamin Lenarduzzi	Helensburgh	5:59.49
6 Zac Pokorny	Sutherland	6:09.12
7 Christian Ison	Port Hacking	6:49.10
8 Jayden Brown	Sutherland	7:00.50

Boys U 12 - 1500 Metre Run

=====			
Zone: Z 4:43.66 10-Dec-16 Jack Waide, Illawong			
Name	Age Centre	Final	
=====			
1 Dane Mitchell	St George	4:57.02	
2 Thomas O'Brien	Illawong	5:09.25	
3 Orrin Young	Port Hacking	5:16.74	
4 Taj Hanna	Port Hacking	5:18.94	
5 Blake Wardrobe	Sutherland	5:20.96	
6 Ryan Redman	Illawong	5:41.55	
7 Finley Saunders	St George	5:48.86	
8 Brodie Pittman	Helensburgh	6:01.17	
9 Ryan Brice	Illawong	6:45.92	

Boys U 13 - 1500 Metre Run

=====			
Zone: Z 4:43.75 12-Dec-15 Patrick Cantlon, Sutherland			
Name	Age Centre	Final	
=====			
1 Jack Waide	Illawong	4:33.10Z	
2 Joshua Hewitt	St George	4:49.54	
3 Max Dobson	Sutherland	4:59.08	
4 Joseph Cantlon	Sutherland	5:01.57	
5 Oliver Santo	Port Hacking	5:25.01	
6 Brendan Felice	Illawong	5:33.78	
7 Aidan Karaman	St George	5:48.21	

Boys U 14 - 1500 Metre Run

=====			
Zone: Z 4:35.50 10-Dec-16 Patrick Cantlon, Sutherland			
Name	Age Centre	Final	
=====			
1 Theo Christian	Illawong	4:57.68	
2 Tom Jessep	Port Hacking	5:01.89	

Boys U 15 - 1500 Metre Run

=====			
Zone: Z 4:28.62 12-Dec-15 Kash Powell, Illawong			
Name	Age Centre	Final	
=====			
1 Kai Hammond	St George	4:26.35Z	
2 Patrick Cantlon	Sutherland	4:30.05	
3 Corey Denneen	Sutherland	4:33.04	
4 Bevan Lord	Sutherland	4:34.83	
5 Thomas Harris	Sutherland	4:43.29	
6 Rogan McManus	Sutherland	5:19.32	

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 17 - 1500 Metre Run**

Zone: Z 4:22.24 10-Dec-16 James Bottrill, Revesby Wor			
Name	Age	Centre	Final
1 Mitchell Parsons		Sutherland	4:29.32
2 Riley Dobson		Sutherland	4:30.12
3 William Gair		Sutherland	4:34.00
4 Bailey Fowler		Helensburgh	4:47.65
5 Joshua Toohey		Sutherland	4:51.75
6 Patrick Cartwright		Helensburgh	5:19.43
7 Jonah Sigal		Helensburgh	5:46.65

Boys U 13 - 3000 Metre Run

Zone: Z 10:21.10 30-Jan-10 P. Coles-Sinclair, Illawong			
Name	Age	Centre	Final
1 Jack Waide		Illawong	9:58.90Z
2 Joshua Hewitt		St George	10:15.86Z
3 Max Dobson		Sutherland	10:28.70
4 Joseph Cantlon		Sutherland	10:31.99
5 Callum Powell		Revesby Workers	10:32.02
6 Brendan Felice		Illawong	11:13.49
7 Aidan Karaman		St George	12:21.08

Boys U 14 - 3000 Metre Run

Zone: Z 9:52.92 09-Dec-16 Kai Hammond, St George			
Name	Age	Centre	Final
1 Theo Christian		Illawong	10:03.58

Boys U 15 - 3000 Metre Run

Zone: Z 9:52.24 03-Feb-12 Rhys Gillon, Sutherland			
Name	Age	Centre	Final
1 Kai Hammond		St George	9:37.66Z
2 Patrick Cantlon		Sutherland	9:52.93
3 Bevan Lord		Sutherland	9:53.79
4 Corey Denneen		Sutherland	11:48.81

Boys U 17 - 3000 Metre Run

Zone: Z 9:47.65 09-Dec-16 James Bottrill, Revesby Wor			
Name	Age	Centre	Final
1 William Gair		Sutherland	9:53.16
2 Riley Dobson		Sutherland	9:53.90
3 Mitchell Parsons		Sutherland	11:48.81
4 Jonah Sigal		Helensburgh	11:49.48
5 Patrick Cartwright		Helensburgh	11:50.68

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 30-Jan-11 A. Goschnik, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cooper Shephard		Port Hacking	11.90Q
2 Brock Farrow		Port Hacking	12.21Q
3 Cooper Hunter		Revesby Workers	12.47Q
4 Jasper Roberts		Illawong	13.54
5 Lucas Clarke		Sutherland	13.79
6 Samuel Gibson		Sutherland	14.00
7 Angus Clare		Helensburgh	14.72

Heat 2 Heats			
1 Matthew RyanSweeney		Sutherland	11.27Q
2 Brock Lampret		Port Hacking	11.45Q
3 Cooper Laverance		Port Hacking	12.12Q
4 Mahley Louison-Roe		Port Hacking	12.16q
5 Dominick Rogers		Helensburgh	12.59q
6 Cruz Dennis		Illawong	12.62
7 Jeriah Leger		St George	13.83

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 30-Jan-11 A. Goschnik, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1 Matthew RyanSweeney		Sutherland	11.41
2 Cooper Shephard		Port Hacking	11.59
3 Brock Farrow		Port Hacking	12.24
4 Cooper Laverance		Port Hacking	12.45
5 Dominick Rogers		Helensburgh	12.57
6 Cooper Hunter		Revesby Workers	12.59
7 Mahley Louison-Roe		Port Hacking	12.80
8 Brock Lampret		Port Hacking	13.08

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.51 12-Dec-15 Liam Sykes, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Finn Hanna		Port Hacking	11.71Q
2 Zayne Pisani		Sutherland	11.93Q
3 Lucas Lenarduzzi		Helensburgh	12.00Q
4 Will Pittman		Helensburgh	12.61
5 Cormac Waters		Helensburgh	13.05
6 Austin Alexander		Sutherland	13.29

Heat 2 Heats			
1 Cooper Penman		Sutherland	10.55Q
2 Cooper Starr		Sutherland	11.06Q
3 Joshua Kannengiesser		Illawong	11.53Q
4 Zak Pearce		Port Hacking	12.21q
5 Ty Young		Port Hacking	12.24q

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 9 - 60 Metre Hurdles (45cm)**

Zone: Z 10.51 12-Dec-15 Liam Sykes, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper Penman		Sutherland	10.85
2 Cooper Starr		Sutherland	10.94
3 Joshua Kannengiesser		Illawong	11.51
4 Zayne Pisani		Sutherland	11.67
5 Finn Hanna		Port Hacking	12.00
6 Lucas Lenarduzzi		Helensburgh	12.12
7 Ty Young		Port Hacking	12.26
8 Will Pittman		Helensburgh	12.82

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.44 14-Dec-13 Jesper Webber, Port Hacking			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bailey Dean Latanis		St George	10.91Q
2 Alex Christian		Illawong	11.00Q
3 Hugo France		Port Hacking	11.87Q
4 Henry Grygiel		St George	11.95q
5 Cameron Marshall		St George	12.49
6 Brodie Johnsen		Sutherland	12.84
7 Callum Hill		Illawong	13.10
8 Joshua Chernich		Port Hacking	14.38
9 Kyan Reeve		Port Hacking	16.53
Heat 2 Heats			
1 Jay Robinson		Sutherland	10.62Q
2 Benjamin Gardner		Sutherland	11.46Q
3 Declan Garner		Port Hacking	11.56Q
4 Cayde Herbert		Revesby Workers	11.88q
5 Luka Pili		St George	12.27
6 Luke Farley		Port Hacking	12.31
7 Takoda Murphy		Illawong	12.57
8 Charlie Cumming		Sutherland	12.59
9 Isaac Leonard		Sutherland	13.95

Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.44 14-Dec-13 Jesper Webber, Port Hacking			
Name	Age	Centre	Final
Section 1 Final			
1 Bailey Dean Latanis		St George	10.56
2 Jay Robinson		Sutherland	10.57
3 Alex Christian		Illawong	11.06
4 Benjamin Gardner		Sutherland	11.34
5 Henry Grygiel		St George	11.56
6 Declan Garner		Port Hacking	11.57
7 Cayde Herbert		Revesby Workers	11.73
8 Hugo France		Port Hacking	11.76

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 11 - 60 Metre Hurdles (60cm)**

Name	Age	Centre	Heats
Zone: Z 9.96 13-Dec-14 Jesper Webber, Port Hacking			

Heat 1 Heats

1	Lukas Webber	Port Hacking	10.45Q
2	Logan Toohey	Sutherland	10.82Q
3	Alexander Zafiris	Port Hacking	11.88Q
4	Kobi Porter	Sutherland	11.97q
5	Jett Murphy	Sutherland	12.59
6	Michael Papadakis	Sutherland	12.95

Heat 2 Heats

1	Matthew Basanovic	Port Hacking	10.49Q
2	Indiana Murphy	Illawong	11.12Q
3	Dylan Charmer	Helensburgh	11.58Q
4	Eugene Samson	St George	11.62q
5	Benjamin Pittman	Revesby Workers	12.18
6	Alexander Photi	Illawong	12.25
7	Jayden Brown	Sutherland	13.88

Boys U 11 - 60 Metre Hurdles (60cm)

Name	Age	Centre	Final
Zone: Z 9.96 13-Dec-14 Jesper Webber, Port Hacking			

Section 1 Final

1	Lukas Webber	Port Hacking	10.43
2	Logan Toohey	Sutherland	10.49
3	Matthew Basanovic	Port Hacking	10.56
4	Dylan Charmer	Helensburgh	11.31
5	Indiana Murphy	Illawong	11.45
6	Kobi Porter	Sutherland	11.78
7	Eugene Samson	St George	11.84
8	Alexander Zafiris	Port Hacking	12.06

Boys U 12 - 60 Metre Hurdles (68cm)

Name	Age	Centre	Final
Zone: Z 9.94 13-Dec-14 Andrew Goschnik, Port Hacking			

Section 1

1	Kosta Milionis	Sutherland	11.09
2	Finn Ramanauskas	Illawong	11.62
3	Mark Farley	Port Hacking	12.03
4	Jack Stewart	Sutherland	12.18
5	Drew Madsen	Sutherland	12.56
6	Brodie Pittman	Helensburgh	12.83
7	Blake Jenkins	Port Hacking	13.33
8	Finley Saunders	St George	14.30

Boys U 13 - 80 Metre Hurdles (76cm)

Name	Age	Centre	Final
Zone: Z 13.09 13-Dec-15 Andrew Goschnik, Port Hacking			

1	Baxter Kitteringham	Port Hacking	13.81
---	---------------------	--------------	-------

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

2	Bailey Clarke	Sutherland	14.22
3	Bailey Warland	Port Hacking	15.36
4	Dion Zafiris	Port Hacking	16.31
5	Curtis Bevern	Port Hacking	17.46
6	Jett Hardy	Helensburgh	17.47
7	Taylor Allan	Sutherland	19.67

Boys U 14 - 90 Metre Hurdles (76cm)

=====			
Zone: Z 13.20 30-Jan-10 D. Watt, Port Hacking			
Name	Age	Centre	Final
=====			
1	Aiden Gambrell	St George	14.25
2	Caleb Donald	Helensburgh	16.50
3	Miles Scarra	Sutherland	16.78
4	Riley Sykes	Port Hacking	18.04
5	Ryan Noyeaux	Sutherland	18.83
6	Riley Kennedy	Sutherland	19.51

Boys U 15 - 100 Metre Hurdles (76cm)

=====			
Zone: Z 13.90 30-Jan-11 D. Watt, Port Hacking			
Name	Age	Centre	Final
=====			
1	Andrew Goschnik	Port Hacking	13.76Z
2	Blake Toohey	Sutherland	15.37
3	Finn Murphy	Illawong	15.75
4	Jay Louison-Roe	Port Hacking	16.47

Boys U 17 - 110 Metre Hurdles (76cm)

=====			
Zone: Z 14.84 15-Dec-13 Liam Cashman, Port Hacking			
Name	Age	Centre	Final
=====			
1	William Humberstone	Port Hacking	14.45Z
2	Jack Weinstein	Port Hacking	15.17
3	Luke Goschnik	Port Hacking	15.27

Boys U 13 - 200 Metre Hurdles (68cm)

=====			
Zone: Z 28.79 12-Dec-15 Jack Hornery, Sutherland			
Name	Age	Centre	Final
=====			
1	Bailey Clarke	Sutherland	30.66
2	Marcus Armstrong	Port Hacking	30.72
3	Dion Zafiris	Port Hacking	31.63
4	Riley Fowler	Helensburgh	32.66
5	Bailey Warland	Port Hacking	32.74
6	Brendan Felice	Illawong	33.97

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 26.21 13-Dec-14 William Humberstone, Port Hac			
Name	Age	Centre	Final
1 Aiden Gambrell		St George	30.04
2 Miles Scarra		Sutherland	32.04
3 Tom Jessep		Port Hacking	33.50
4 Riley Kennedy		Sutherland	37.02

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 45.57 10-Dec-16 Jack Weinstein, Port Hacking			
Name	Age	Centre	Final
1 Andrew Goschnik		Port Hacking	42.01Z
2 Jack Tipping		Sutherland	43.47Z
3 Blake Toohey		Sutherland	46.88

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 40.12 10-Dec-16 Donald Catallo, Port Hacking			
Name	Age	Centre	Final
1 Luke Goschnik		Port Hacking	41.51
2 Jack Weinstein		Port Hacking	43.71
3 Mitchell Parsons		Sutherland	1:06.73
4 Donald Catallo		Port Hacking	1:27.94

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

Zone: Z 56.71 14-Dec-14 Port Hacking, Port Hacking			
Centre	T Tubbs, A Goschnik, M Armstrong, J Webber		Final
1 Port Hacking			56.87
1) Samuel Banovic 9	2) Joel Cochran 12		
3) Lucas McKillop 11	4) Declan Garner 10		
2 Sutherland			57.42
1) Cooper Penman 9	2) Sonny French 11		
3) Mason McGroder 10	4) Jordan Talbot 12		
3 Illawong			58.63
1) Alexander Photi 11	2) Tomas Faulkner 9		
3) Callum Grantham 10	4) Jarvis Rosette 12		
4 St George			59.86
1) Riley Fong 10	2) Jacob Fong 11		
3) Taoko Samson 9	4) Bailey Dean Latanis 10		
5 Revesby Workers			1:00.83
1) Cody O'Brien 11	2) Cayde Herbert 10		
3) Max Nicholls 9	4) Jake Bender 10		
6 Helensburgh			1:05.56
1) Cooper Bowden 10	2) Kale Harris 9		
3) Oliver Ovens 10	4) Joji Allred 9		

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

Zone: Z 47.20 09-Dec-12 Sutherland, Sutherland			
Holdsworth, Schmidt-Uili, Woerndl, Fragiadakis			
Centre			Final
1 Sutherland			46.79Z
1) Miles Scarra 14		2) Sean Noyeaux 17	
3) Daniel Cattana 13		4) Jack Hornery 15	
2 Port Hacking			47.45
1) Marcus Armstrong 13		2) Luke Goschnik 17	
3) Andrew Goschnik 15		4) Rowan Tan 14	
3 Illawong			51.99
1) Mathew Lavidis 13		2) Christopher Lavidis 17	
3) Theo Christian 14		4) Jesse Photi 14	
4 Helensburgh			53.63
1) Jett Hardy 13		2) Patrick Cartwright 17	
3) Caleb Donald 14		4) Noah Ramsey 15	

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

Zone: Z 1.30m 31-Jan-09 H. Brierley, Illawong			
Name	Age	Centre	Final
Flight 1			
1 Finn Nixon		Sutherland	1.13m
2 Finn Hanna		Port Hacking	1.11m
3 Cooper Starr		Sutherland	1.07m
4 Wilson Toman		Port Hacking	1.05m
5 Taoko Samson		St George	1.05m
6 Oscar Randazzo		Sutherland	1.00m
7 Kade Rogers		Sutherland	1.00m
8 Zak Pearce		Port Hacking	1.00m
9 Corbin Eshman		Helensburgh	0.95m
10 Joshua Gibson		Sutherland	0.95m

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

Zone: Z 1.47m 04-Feb-07 T. Potin, Illawong			
Name	Age	Centre	Final
1 Angus Hamilton		Sutherland	1.18m
2 Mason McGroder		Sutherland	1.16m
3 Jake Bender		Revesby Workers	1.14m
4 Joshua Chernich		Port Hacking	1.12m
5 Toby Calder		Illawong	1.05m
5 Cameron Marshall		St George	1.05m
7 Takoda Murphy		Illawong	1.05m
8 Dominic Schofield		St George	1.05m
8 Nixon Pure		Port Hacking	1.05m
10 Isaac Leonard		Sutherland	1.05m
11 Charlie Cumming		Sutherland	1.05m
12 Zain Moussa		St George	1.00m
12 Henry Grygiel		St George	1.00m
14 Calvin Dunn		Sutherland	0.95m
-- Jake Procter		Illawong	NH
-- Alexander Lindner		St George	NH

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 11 - High Jump (S/H 1.05m)**

Zone: Z 1.55m 11-Dec-16 Finn Ramanauskas, Illawong			
Name	Age	Centre	Final
1 Kurt Michael		Port Hacking	1.32m
2 Milan Toman		Port Hacking	1.30m
3 Mitchell Waller		Helensburgh	1.24m
4 Cameron Nettle		Illawong	1.24m
5 Sonny French		Sutherland	1.15m
6 Michael Paino		Sutherland	1.15m
7 Eugene Samson		St George	1.15m
8 Indiana Murphy		Illawong	1.10m
9 Mitchell Searles		St George	1.10m
10 Ryan Arnold		Port Hacking	1.05m

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

Zone: Z 1.66m 04-Feb-12 Harrison Brierley, Illawong			
Name	Age	Centre	Final
1 Finn Ramanauskas		Illawong	1.67mZ
2 Joel Cochran		Port Hacking	1.53m
3 Lucas Cross		Illawong	1.49m
4 Torin Sopuch		Illawong	1.43m
5 Anthony Valenta		Sutherland	1.37m
6 Owen Burgher		Illawong	1.35m
7 Orrin Young		Port Hacking	1.30m
8 Taj Hanna		Port Hacking	1.25m
9 Mark Farley		Port Hacking	1.20m
10 Noah Ovens		Helensburgh	1.20m
-- Mohamed Moussa		St George	NH

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

Zone: Z 1.71m 30-Jan-10 T. Potin, Illawong			
Name	Age	Centre	Final
1 Oskar Oxenbury		Helensburgh	1.50m
2 Joshua Keating		Illawong	1.46m
3 Jett Hardy		Helensburgh	1.46m
4 Baxter Kitteringham		Port Hacking	1.40m
5 Connor Giovenco		Illawong	1.36m
6 Bailey Pawson		Sutherland	1.30m

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

Zone: Z 1.82m 12-Dec-15 Kobi Sharp, Port Hacking			
Name	Age	Centre	Final
1 Riley Kennedy		Sutherland	1.40m
2 Ryan McKinlay		Helensburgh	1.35m
3 Aiden Gambrell		St George	1.25m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 15 - High Jump (S/H 1.25m)**

Zone: Z 1.96m 11-Dec-16 Kobi Sharp, Illawong			
Name	Age	Centre	Final
1 Dane Gawinek		Port Hacking	1.70m
2 Noah Ramsey		Helensburgh	1.68m
3 Finn Murphy		Illawong	1.60m
4 Thomas Harris		Sutherland	1.56m
5 Tyrone Schutt		Helensburgh	1.50m
6 Blake Toohey		Sutherland	1.50m
7 Mitchell Carroll		Revesby Workers	1.45m
8 Jay Louison-Roe		Port Hacking	1.45m
9 Rogan McManus		Sutherland	1.45m

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

Zone: Z 2.00m 10-Dec-16 Harrison Brierley, Illawong			
Name	Age	Centre	Final
1 Joshua Jock		Port Hacking	1.85m
2 Ky Gawinek		Port Hacking	1.85m
3 Nelson Carey		Revesby Workers	1.85m

Boys U 7 - Long Jump

Zone: Z 3.43m 1978 P. Dowd, M F			
Name	Age	Centre	Final
1 Flynn Manley		St George	3.22m
2 Connor Wirth		Sutherland	2.90m
3 Daniel Harrington		Port Hacking	2.88m
4 Zuma Wever		Port Hacking	2.84m
5 Zwi Ratajczak		Sutherland	2.81m
6 William Stackpool		Port Hacking	2.78m
7 Judah Searles		St George	2.78m
8 Blake Noble		Helensburgh	2.68m
9 Micah Wilson		Port Hacking	2.68m
10 Alex Pili		St George	2.59m
11 Jaxon Goode		Helensburgh	2.36m
12 Ty Babington		Port Hacking	2.26m
13 Jake Rogers		Sutherland	2.09m
14 Nate Waller		Helensburgh	2.05m

Boys U 8 - Long Jump

Zone: Z 3.89m 08-Feb-87 S. Grant, Port Hacking			
Name	Age	Centre	Final
1 Zinzan Pure		Port Hacking	3.62m
2 Mahley Louison-Roe		Port Hacking	3.40m
3 Brock Lampret		Port Hacking	3.33m
4 Matthew RyanSweeney		Sutherland	3.24m
5 Boston Traino		Sutherland	3.24m
6 Hamish Carson		Illawong	3.22m
7 Tifii Mhando		St George	3.20m
8 Oliver Banda		Helensburgh	3.18m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 8 - Long Jump

9	Liam Lakomy	Sutherland	2.86m
10	Joshua Potts	Port Hacking	2.67m
11	Samuel Gibson	Sutherland	2.51m
12	Lucas Clarke	Sutherland	2.49m

Boys U 9 - Long Jump

=====			
Zone: Z 4.13m 05-Feb-98 J. Reddy, Sutherland			
Name	Age	Centre	Final
=====			
1	Taoko Samson	St George	3.95m
2	Finn Nixon	Sutherland	3.63m
3	Chase Cross	Illawong	3.60m
4	Ethan Cavell	Illawong	3.45m
5	Finn Hanna	Port Hacking	3.45m
6	Samuel Banovic	Port Hacking	3.44m
7	Joshua Kannengiesser	Illawong	3.41m
8	Kade Rogers	Sutherland	3.38m
9	Alex Brandt	Port Hacking	3.15m
9	Lucas Lenarduzzi	Helensburgh	3.15m
11	Joshua Gibson	Sutherland	3.08m
12	Elliott Lindbeck	Sutherland	3.05m
13	Tyler Mckinnon	Illawong	3.00m
13	Austin Alexander	Sutherland	3.00m
15	Jake Batten	St George	2.99m
16	James Tsavalias	Illawong	2.95m
17	Charbel Khoury	Revesby Workers	2.94m
18	Corbin Eshman	Helensburgh	2.85m
19	Cormac Waters	Helensburgh	2.69m
20	Will Pittman	Helensburgh	2.67m
21	Tarun Hariharan	Port Hacking	1.87m

Boys U 10 - Long Jump

=====			
Zone: Z 4.63m 05-Feb-89 C. Best, Sutherland			
Name	Age	Centre	Final
=====			
1	Mason McGroder	Sutherland	4.20m
2	Callum Grantham	Illawong	4.13m
3	Jay Robinson	Sutherland	3.84m
4	Angus Hamilton	Sutherland	3.79m
5	Kingston Yavala	Port Hacking	3.78m
6	Luka Pili	St George	3.76m
7	Jovan Leger	St George	3.74m
8	Dominic Schofield	St George	3.65m
9	Jake Procter	Illawong	3.58m
10	Oliver Ovens	Helensburgh	3.54m
11	Charlie Cumming	Sutherland	3.51m
12	Jake Bender	Revesby Workers	3.32m
13	Lucas Wiggins	Port Hacking	3.30m
14	Takoda Murphy	Illawong	3.29m
15	Brodie Johnsen	Sutherland	3.25m
16	Marco Venturino	St George	3.23m
17	Callum Hill	Illawong	3.22m
18	Toby Calder	Illawong	3.16m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 10 - Long Jump

19 Zachary Schutt Helensburgh 2.90m

Boys U 11 - Long Jump

Zone: Z 5.22m 18-Feb-90 C. Best, Sutherland

Name	Age Centre	Final
1 Sonny French	Sutherland	4.48m
2 Liam Sykes	Port Hacking	4.41m
3 Dylan Charmer	Helensburgh	4.36m
4 Mitchell Waller	Helensburgh	4.08m
5 Michael Paino	Sutherland	4.07m
6 Jack Druery	Port Hacking	3.81m
7 Kaden Garner	Port Hacking	3.78m
8 Brock Cairns	Illawong	3.71m
9 Indiana Murphy	Illawong	3.63m
10 Mitchell Searles	St George	3.50m
11 Cameron Nettle	Illawong	3.43m
12 Cody O'Brien	Revesby Workers	3.38m
13 Tyler Extrem	Sutherland	3.36m
14 Toby Cavell	Illawong	3.27m
15 Jett Murphy	Sutherland	3.08m
16 Lincoln Schutt	Helensburgh	3.03m

Boys U 12 - Long Jump

Zone: Z 5.28m 30-Jan-99 D. Tehuia, St George

Name	Age Centre	Final
1 Nicholas Muir	Port Hacking	4.80m
2 Finn Ramanauskas	Illawong	4.47m
3 Joel Cochran	Port Hacking	4.30m
4 Tristan Tubbs	Port Hacking	4.28m
5 James Chernich	Port Hacking	4.10m
6 Lucas Rego	Helensburgh	4.05m
7 Anthony Valenta	Sutherland	4.04m
8 Jordan Talbot	Sutherland	3.83m
9 Cameron Jones	St George	3.80m
10 Zane Walker	Helensburgh	3.76m
11 Jack Stewart	Sutherland	3.55m
12 Brodie Pittman	Helensburgh	3.53m
12 Ryan Brice	Illawong	3.53m
14 Finley Saunders	St George	3.32m

Boys U 13 - Long Jump

Zone: Z 5.56m 18-Feb-90 M. Stcherbina, Port Hacking

Name	Age Centre	Final
1 Daniel Cattana	Sutherland	5.20m
2 Bailey Clarke	Sutherland	4.67m
3 Marcus Armstrong	Port Hacking	4.55m
4 Bailey Warland	Port Hacking	4.42m
5 Jett Hardy	Helensburgh	4.37m
6 Riley Fowler	Helensburgh	4.33m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 13 - Long Jump

7	Curtis Bevern	Port Hacking	4.02m
8	Logan Talbot	Sutherland	3.90m

Boys U 14 - Long Jump

Zone: Z 5.63m 15-Dec-13 Harrison Brierley, Illawong			
Name	Age	Centre	Final
1	Rowan Tan	Port Hacking	5.35m
2	Ryan McKinlay	Helensburgh	4.83m
3	Chet French	Sutherland	4.53m
4	Caleb Donald	Helensburgh	4.43m
5	Riley Kennedy	Sutherland	4.13m
6	Solomon Tuqiri	St George	3.80m

Boys U 15 - Long Jump

Zone: Z 6.33m 28-Jan-06 C. Sills, Port Hacking			
Name	Age	Centre	Final
1	Andrew Goschnik	Port Hacking	6.11m
2	Joshua Saville	Sutherland	5.69m
3	Jack Hornery	Sutherland	5.67m
4	Finn Murphy	Illawong	5.56m
5	IramBennet Palma	Sutherland	5.28m
6	Mitchell Carroll	Revesby Workers	5.27m
7	Luke Arendse	Sutherland	5.13m
8	Jay Louison-Roe	Port Hacking	4.99m

Boys U 17 - Long Jump

Zone: Z 6.82m 14-Dec-13 Liam Cashman, Port Hacking			
Name	Age	Centre	Final
1	Connor Murphy	Illawong	6.23m
2	Luke Goschnik	Port Hacking	6.17m
3	Joshua Jock	Port Hacking	5.79m
4	Jordan Pejowski	St George	5.75m
5	Tallis Brown	St George	5.52m
6	Liam Bolger	St George	5.34m
7	Jack Weinstein	Port Hacking	5.11m

Boys U 11 - Triple Jump

Zone: Z 9.82m 12-Dec-15 Fernando Nash, Port Hacking			
Name	Age	Centre	Final
1	Sonny French	Sutherland	9.45m
2	Jack Druery	Port Hacking	8.80m
3	Alexander Photi	Illawong	8.71m
4	Kaden Garner	Port Hacking	8.67m
5	Mitchell Waller	Helensburgh	8.62m
6	Daniel Hornery	Sutherland	8.53m
7	Indiana Murphy	Illawong	8.30m
8	Kobi Porter	Sutherland	7.98m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****....Boys U 11 - Triple Jump**

9 Kurt Michael	Port Hacking	7.65m
10 Tyler Extrem	Sutherland	7.44m
11 Taurus Traino	Sutherland	7.43m
12 Alexander Zafiris	Port Hacking	7.39m
13 Benjamin Pittman	Revesby Workers	7.27m
14 Eugene Samson	St George	7.24m
15 Toby Cavell	Illawong	6.47m

Boys U 12 - Triple Jump

Zone: Z 10.67m 01-Feb-90 A. Macarthur, Sutherland

Name	Age Centre	Final
1 James Chernich	Port Hacking	9.55m
2 Tristan Tubbs	Port Hacking	9.55m
3 Lachlan Ball	Port Hacking	8.91m
4 Lucas Cross	Illawong	8.71m
5 Blake Wardrobe	Sutherland	8.67m
6 Anthony Valenta	Sutherland	8.60m
7 Harvey Glazier	Sutherland	8.54m
8 Drew Madsen	Sutherland	7.95m
9 Jack Stewart	Sutherland	7.83m
10 Ryan Brice	Illawong	7.59m

Boys U 13 - Triple Jump

Zone: Z 11.43m 10-Dec-16 Rowan Tan, Port Hacking

Name	Age Centre	Final
1 Bailey Clarke	Sutherland	9.96m
2 Baxter Kitteringham	Port Hacking	9.84m
3 Dion Zafiris	Port Hacking	9.41m
4 Marcus Armstrong	Port Hacking	9.32m
5 Riley Fowler	Helensburgh	9.09m
6 Jordan Heckenberg	Illawong	9.06m
7 Bailey Warland	Port Hacking	8.97m
8 Reuben Maree	St George	8.30m

Boys U 14 - Triple Jump

Zone: Z 12.15m 30-Jan-93 G. Cuthill, Sutherland

Name	Age Centre	Final
1 Rowan Tan	Port Hacking	11.82m
2 Joshua Richardson	Sutherland	10.36m
3 Miles Scarra	Sutherland	10.12m
4 Riley Kennedy	Sutherland	9.12m
5 Dylan Anthony	Sutherland	8.93m

Boys U 15 - Triple Jump

Zone: Z 12.97m 11-Dec-16 Connor Murphy, Illawong

Name	Age Centre	Final
1 Andrew Goschnik	Port Hacking	12.37m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

....Boys U 15 - Triple Jump

2	Jack Hornery	Sutherland	11.93m
3	Finn Murphy	Illawong	11.82m
4	Dane Gawinek	Port Hacking	11.47m
5	Joshua Saville	Sutherland	10.81m
6	Jay Louison-Roe	Port Hacking	10.63m
7	IramBennet Palma	Sutherland	10.47m
8	Luke Arendse	Sutherland	10.34m
9	Mitchell Carroll	Revesby Workers	9.96m

Boys U 17 - Triple Jump

=====
 Zone: Z 13.71m 15-Dec-13 Liam Cashman, Port Hacking
 Name Age Centre Final
 =====

1	Connor Murphy	Illawong	13.92mZ
2	Nelson Carey	Revesby Workers	12.08m
3	Cody Nicholson	Sutherland	10.80m
4	Jordan Pejowski	St George	10.37m

Boys U 7 - Shot Put (1.0 Kg)

=====
 Zone: Z 9.99m 02-Feb-86 S. Grant, Port Hacking
 Name Age Centre Final
 =====

1	Novak Petkovski	St George	5.34m
2	Rory O'Brien	Illawong	5.11m
3	Daniel Harrington	Port Hacking	4.55m
4	Jake Rogers	Sutherland	4.45m
5	Jackson Hill	Illawong	4.41m
6	Aiden May	Sutherland	3.66m
7	Nate Waller	Helensburgh	2.95m

Boys U 8 - Shot Put (1.5 Kg)

=====
 Zone: Z 9.60m 29-Jan-11 B. Toohey, Sutherland
 Name Age Centre Final
 =====

1	Boston Traino	Sutherland	8.20m
2	Cooper Hunter	Revesby Workers	7.12m
3	Cooper Laverance	Port Hacking	6.98m
4	Cruz Dennis	Illawong	6.36m
5	Tifii Mhando	St George	6.27m
6	Joshua Potts	Port Hacking	5.55m
7	Dominick Rogers	Helensburgh	5.53m
8	Axel Murphy	Sutherland	4.79m
9	Archer Adams	Sutherland	4.47m
10	Max France	Port Hacking	4.24m
11	Louis Wang	St George	3.97m
12	Luke Challinor	Port Hacking	1.58m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 9 - Shot Put (2.0 Kg)**

Zone: Z 10.55m 02-Feb-08 P. Toamotu, St George			
Name	Age	Centre	Final
1 Ashton Beudeker		Sutherland	6.82m
2 Luke Hocroft		Illawong	6.34m
3 Alex Brandt		Port Hacking	6.25m
4 Kade Rogers		Sutherland	5.91m
5 Kaden Anthony		Sutherland	5.24m
6 Dylan Bristow		Sutherland	4.72m
7 Benjamin Clayton		Port Hacking	4.67m
8 Joji Allred		Helensburgh	4.55m
9 Tarun Hariharan		Port Hacking	3.56m
10 Ty Young		Port Hacking	3.27m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 11.26m 09-Dec-12 Blake Toohey, Sutherland			
Name	Age	Centre	Final
1 Bailey Dean Latanis		St George	9.04m
2 Zoran Szekeres		Sutherland	8.90m
3 Cody Ramanauskas		Illawong	7.36m
4 Christopher Szekeres		Sutherland	7.19m
5 Dylan kerr		Helensburgh	7.10m
6 Cooper Moss		Sutherland	6.72m
7 Nixon Pure		Port Hacking	6.69m
8 Luka Pili		St George	6.53m
9 Charlie Cumming		Sutherland	6.27m
10 Jonah Austin		Revesby Workers	5.83m
11 Cameron Marshall		St George	5.53m
12 Dominic Schofield		St George	5.47m
13 Zachary Schutt		Helensburgh	5.26m
14 Isaac Leonard		Sutherland	5.12m
15 Marco Venturino		St George	4.93m
16 Kyan Reeve		Port Hacking	3.92m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.18m 02-Feb-08 H. Sele, St George			
Name	Age	Centre	Final
1 Alexander Photi		Illawong	11.50m
2 Logan Toohey		Sutherland	10.30m
3 Alexander Zafiris		Port Hacking	9.11m
4 Benjamin Pittman		Revesby Workers	8.88m
5 Lukas Webber		Port Hacking	8.35m
6 Kaden Garner		Port Hacking	7.99m
7 Kael Austin		Revesby Workers	7.76m
8 Zack Strkljevic		Port Hacking	7.73m
9 Zac Pokorny		Sutherland	7.28m
10 Michael Papadakis		Sutherland	7.12m
11 Kobi Porter		Sutherland	5.93m
12 Lincoln Schutt		Helensburgh	5.88m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 12 - Shot Put (3.0 Kg)**

Zone: Z 12.75m 30-Jan-11 P. Toamotu, St George			
Name	Age	Centre	Final
1 Jack Jessep		Port Hacking	7.74m
2 Zane Walker		Helensburgh	6.89m
3 Torin Sopuch		Illawong	6.76m
4 Noah Ovens		Helensburgh	6.67m
5 Drew Madsen		Sutherland	6.12m
6 Blake Jenkins		Port Hacking	4.95m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 15.36m 05-Feb-12 Peta Toamotu, St George			
Name	Age	Centre	Final
1 Mathew Lavidis		Illawong	12.24m
2 Luke Nicholson		Sutherland	9.96m
3 Baxter Kitteringham		Port Hacking	9.87m
4 Adam Pittman		Revesby Workers	8.87m
5 Oliver Santo		Port Hacking	8.36m
6 Luke Carati		St George	8.17m
7 Bailey Pawson		Sutherland	7.54m
8 Brodie Watkins		Helensburgh	7.18m
9 Michael Samson		St George	6.54m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 16.95m 09-Dec-12 Pita Toamotu, St George			
Name	Age	Centre	Final
1 Connell Hadzinickitas		St George	11.13m
2 Solomon Tuqiri		St George	9.98m
3 Dylan Anthony		Sutherland	9.49m
4 Jordan Papadakis		Sutherland	8.75m
5 Riley Sykes		Port Hacking	8.72m
6 Thomas Banda		Helensburgh	4.91m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 17.25m 14-Dec-13 Pita Toamotu, St George			
Name	Age	Centre	Final
1 Jack Hornery		Sutherland	12.67m
2 Nicholas Papadakis		Sutherland	11.42m
3 Jack Tipping		Sutherland	10.49m
4 Jay Louison-Roe		Port Hacking	8.45m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 16.74m 13-Dec-14 Pita Toamotu, St George			
Name	Age	Centre	Final
1 Ky Gawinek		Port Hacking	10.72m
2 Jared Rios		St George	10.02m
3 Patrick Cartwright		Helensburgh	7.41m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 7 - Discus (350 Gram)**

Zone: Z 24.51m 31-Jan-05 A. Kakouski, Port Hacking			
Name	Age	Centre	Final
1 Caleb Hubbard		Illawong	11.42m
2 Jake Rogers		Sutherland	11.29m
3 Jackson Hill		Illawong	10.82m
4 Zuma Wever		Port Hacking	9.24m
5 Aiden May		Sutherland	9.22m
6 Daniel Harrington		Port Hacking	9.13m
7 Michael Mathison		Port Hacking	8.16m
8 Judah Searles		St George	7.91m
9 Nate Waller		Helensburgh	4.95m

Boys U 8 - Discus (500 Gram)

Zone: Z 22.90m 01-Dec-91 J. Parsons, Revesby Workers			
Name	Age	Centre	Final
1 Boston Traino		Sutherland	20.64m
2 Cooper Laverance		Port Hacking	19.70m
3 Cooper Hunter		Revesby Workers	19.34m
4 Cruz Dennis		Illawong	18.72m
5 Brock Farrow		Port Hacking	13.23m
6 Joshua Potts		Port Hacking	12.65m
7 Jeriah Leger		St George	11.56m
8 Zac Porter		Sutherland	9.79m
9 Samuel Gibson		Sutherland	8.67m
10 Tyler Reeve		Port Hacking	8.29m
11 Archer Adams		Sutherland	5.74m

Boys U 9 - Discus (500 Gram)

Zone: Z 31.34m 05-Feb-12 Blake Toohey, Sutherland			
Name	Age	Centre	Final
1 Kade Rogers		Sutherland	21.51m
2 Alex Brandt		Port Hacking	18.52m
3 Luke Hocroft		Illawong	18.38m
4 Kaden Anthony		Sutherland	17.60m
5 Jone Tuqiri		St George	15.48m
6 Benjamin Clayton		Port Hacking	14.88m
7 Zak Pearce		Port Hacking	13.58m
8 Liam Stuart		Sutherland	13.09m
9 Lucas Lenarduzzi		Helensburgh	13.03m
10 Ashton Beudeker		Sutherland	12.48m
11 Oscar Randazzo		Sutherland	12.27m
12 Max Nicholls		Revesby Workers	11.66m
13 Tarun Hariharan		Port Hacking	11.50m
14 Corbin Eshman		Helensburgh	10.55m
15 Will Pittman		Helensburgh	8.60m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

Boys U 10 - Discus (500 Gram)

Zone: Z 34.92m 03-Feb-97 A. Huntiungdon, Sutherland			
Name	Age	Centre	Final
1 Bailey Dean Latanis		St George	27.83m
2 Christopher Szekeres		Sutherland	26.85m
3 Zoran Szekeres		Sutherland	26.04m
4 Sebastien Impey		Port Hacking	19.38m
5 Luka Pili		St George	17.83m
6 Cooper Bowden		Helensburgh	17.76m
7 Jonah Austin		Revesby Workers	17.60m
8 Jovan Leger		St George	15.57m
9 Zachary Schutt		Helensburgh	15.18m
10 Callum Hill		Illawong	14.23m
11 Marco Venturino		St George	14.04m
12 Joshua Chernich		Port Hacking	13.01m
13 Isaac Leonard		Sutherland	11.84m
14 Kyan Reeve		Port Hacking	11.47m
15 Cooper Moss		Sutherland	6.27m
16 Angus Hamilton		Sutherland	5.36m

Boys U 11 - Discus (750 Gram)

Zone: Z 33.70m 04-Feb-89 M. McGrath, Illawong			
Name	Age	Centre	Final
1 Alexander Photi		Illawong	28.79m
2 Logan Toohey		Sutherland	26.52m
3 Liam Sykes		Port Hacking	24.01m
4 Benjamin Pittman		Revesby Workers	23.34m
5 Zac Pokorny		Sutherland	19.65m
6 Kurt Michael		Port Hacking	18.27m
7 Michael Papadakis		Sutherland	18.19m
8 Kael Austin		Revesby Workers	17.69m
9 Zack Strkljevic		Port Hacking	16.21m

Boys U 12 - Discus (750 Gram)

Zone: Z 45.49m 31-Jan-08 H. Sele, St George			
Name	Age	Centre	Final
1 Jack Jessep		Port Hacking	25.67m
2 Torin Sopuch		Illawong	24.56m
3 Noah Ovens		Helensburgh	17.93m
4 Blake Jenkins		Port Hacking	15.16m
5 Hayden Heckenberg		Illawong	14.63m
6 Taj Hanna		Port Hacking	14.18m
7 Zacary Awad		St George	12.87m

Boys U 13 - Discus (1.0 Kg)

Zone: Z 46.80m 30-Jan-10 H. Sele, St George			
Name	Age	Centre	Final
1 Mathew Lavidis		Illawong	37.20m
2 Luke Nicholson		Sutherland	28.10m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

3 Adam Pittman	Revesby Workers	24.27m
4 Oskar Oxenbury	Helensburgh	23.67m
5 Riley Fowler	Helensburgh	21.01m
6 Michael Samson	St George	18.84m
7 Jett Hardy	Helensburgh	15.47m
8 Bailey Pawson	Sutherland	14.73m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 50.57m 08-Dec-12 Pita Toamotu, St George		
Name	Age Centre	Final
1 Solomon Tuqiri	St George	30.80m
2 Dylan Anthony	Sutherland	27.51m
3 Jordan Papadakis	Sutherland	26.39m
4 Connell Hadzinickitas	St George	24.14m
5 Thomas Banda	Helensburgh	13.59m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 62.90m 31-Jan-93 M. McGrath, Illawong		
Name	Age Centre	Final
1 Blake Toohey	Sutherland	34.93m
2 Nicholas Papadakis	Sutherland	34.47m
3 Noah Ramsey	Helensburgh	26.06m
4 Tyrone Schutt	Helensburgh	20.71m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 53.52m 14-Dec-14 Pita Toamotu, St George		
Name	Age Centre	Final
1 Ky Gawinek	Port Hacking	37.40m
2 Christopher Lavidis	Illawong	26.95m
3 Patrick Cartwright	Helensburgh	24.64m

Boys U 11 - Javelin (400 Gram)

Zone: Z 25.12m 11-Dec-16 Jack Jessep, Port Hacking		
Name	Age Centre	Final
1 Liam Sykes	Port Hacking	28.05mZ
2 Alexander Zafiris	Port Hacking	22.26m
3 Ryan Arnold	Port Hacking	21.10m
4 Michael Papadakis	Sutherland	20.78m
5 Zack Strkljevic	Port Hacking	18.29m
6 Kurt Michael	Port Hacking	17.38m
7 Alex Beardsell	Sutherland	16.07m
8 Max DeCelis	Illawong	15.59m
9 Lincoln Schutt	Helensburgh	14.57m
10 Benjamin Lenarduzzi	Helensburgh	13.76m
11 Kobi Porter	Sutherland	11.15m
12 Kael Austin	Revesby Workers	9.07m
-- Tyler Extrem	Sutherland	ND

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
THE RIDGE ATHLETICS TRACK

Results

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

-- Eugene Samson	St George	ND
-- Brock Cairns	Illawong	ND

Boys U 12 - Javelin (400 Gram)

Zone: Z 34.97m 14-Dec-14 Blake Toohey, Sutherland			
Name	Age	Centre	Final
1 Jack Jessep		Port Hacking	26.84m
2 Orrin Young		Port Hacking	23.40m
3 Drew Madsen		Sutherland	19.53m
4 Anthony Valenta		Sutherland	19.20m
5 Jack Cramsie		Port Hacking	19.07m
6 Noah Ovens		Helensburgh	17.59m
7 Ryan Brice		Illawong	12.41m
8 Zacary Awad		St George	10.84m
9 Blake Jenkins		Port Hacking	7.93m

Boys U 13 - Javelin (600 Gram)

Zone: Z 44.47m 30-Jan-10 H Sele, St George			
Name	Age	Centre	Final
1 Baxter Kitteringham		Port Hacking	34.17m
2 Luke Nicholson		Sutherland	33.05m
3 Oliver Santo		Port Hacking	24.53m
4 Oskar Oxenbury		Helensburgh	24.17m
5 Jett Hardy		Helensburgh	15.76m
6 Michael Samson		St George	12.43m

Boys U 14 - Javelin (600 Gram)

Zone: Z 43.70m 31-Jan-08 M Ferencak, Port Hacking			
Name	Age	Centre	Final
1 Dylan Anthony		Sutherland	31.78m
2 Riley Sykes		Port Hacking	29.76m
3 Tom Jessep		Port Hacking	25.27m
4 Solomon Tuqiri		St George	22.28m

Boys U 15 - Javelin (700 Gram)

Zone: Z 49.22m 13-Dec-14 Joshua Smith, Illawong			
Name	Age	Centre	Final
1 Blake Toohey		Sutherland	42.80m
2 Andrew Goschnik		Port Hacking	36.50m
3 Thomas McDougall		Port Hacking	36.00m
4 Nicholas Papadakis		Sutherland	30.11m
5 Tyrone Schutt		Helensburgh	24.08m
6 Noah Ramsey		Helensburgh	22.87m

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**THE RIDGE ATHLETICS TRACK****Results****Boys U 17 - Javelin (700 Gram)**

Zone: Z 51.33m 14-Dec-14 G Farmakidis, Port Hacking			
Name	Age	Centre	Final
1 Patrick Cartwright		Helensburgh	40.04m
2 Luke Goschnik		Port Hacking	38.67m
3 Christopher Lavidis		Illawong	31.25m

Boys U 9 - 700 Metre Walk

Zone: Z 4:10.63 13-Dec-15 Taylor Harrod, Port Hacking			
Name	Age	Centre	Final
Section 1			
1 Tyler Mckinnon		Illawong	4:47.69
2 Charbel Khoury		Revesby Workers	4:49.67
3 Benjamin Clayton		Port Hacking	4:57.55
-- Tarun Hariharan		Port Hacking	DNF
-- Lachlan Mackenzie		Sutherland	DQ
-- Jone Tuqiri		St George	DQ
-- James Tsavalias		Illawong	DQ
-- Alex Brandt		Port Hacking	DQ

Boys U 10 - 1100 Metre Walk

Zone: Z 6:04.10 30-Jan-10 A. Duffy, Port Hacking			
Name	Age	Centre	Final
1 Callum Hill		Illawong	8:34.37
2 Jonah Austin		Revesby Workers	9:41.62
-- Luke Farley		Port Hacking	DQ

Boys U 12 - 1500 Metre Walk

Zone: Z 7:35.84 11-Dec-16 Oliver Santo, Port Hacking			
Name	Age	Centre	Final
1 Jack Jessep		Port Hacking	10:56.16

Boys U 13 - 1500 Metre Walk

Zone: Z 7:40.51 11-Dec-16 Tom Jessep, Port Hacking			
Name	Age	Centre	Final
1 Oliver Santo		Port Hacking	8:04.59
2 Curtis Bevern		Port Hacking	11:51.14

Boys U 14 - 1500 Metre Walk

Zone: Z 8:11.85 14-Dec-14 Luke Goschnik, Port Hacking			
Name	Age	Centre	Final
1 Tom Jessep		Port Hacking	7:30.77Z

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS

THE RIDGE ATHLETICS TRACK

Results

Boys U 15 - 1500 Metre Walk

```
=====
Zone: Z 8:08.30 13-Dec-15 Donald Catallo, Port Hackin
Name           Age Centre           Final
=====
1 Nicholas Papadakis           Sutherland           10:26.23
=====
```