

Northern Metropolitan Zone Championship 2013**Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 8.80 2005 Brooke Jenkins, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cooper, Annabelle		Northern Suburbs	9.42Q
2 Jom, Hannah		Northern Suburbs	9.72Q
3 Beram, Sienna		Ryde	10.17q
4 Murray, Sophia		Cherrybrook	10.49q
5 Mahony, Skye		Nth Rocks Carlin	10.64
6 Storgato, Sofia		Cherrybrook	10.78
Heat 2 Heats			
1 Reynolds, Hayley		Nth Rocks Carlin	9.71Q
2 Salvi, Sakhi		Parramatta	10.09Q
3 Koot, Sarah-Ann		Cherrybrook	10.70
4 Lee, Annika		Northern Suburbs	10.98
5 Nolan, Niamh		Parramatta	11.23
Heat 3 Heats			
1 Hole, Millie		Northern Suburbs	10.19Q
2 Rushworth, Gabriella		Ryde	10.23Q
3 Costigan, Ella		Ryde	10.54
4 Kerr, Mia		Parramatta	10.99
5 Blume, Emma		Parramatta	11.06
6 Rorani, Jasmine		Cherrybrook	11.26
7 Solomonides, Elliana		Nth Rocks Carlin	11.32

Girls U 7 - 50 Metre Sprint

Zone: Z 8.80 2005 Brooke Jenkins, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper, Annabelle		Northern Suburbs	9.28
2 Reynolds, Hayley		Nth Rocks Carlin	9.41
3 Jom, Hannah		Northern Suburbs	9.78
4 Salvi, Sakhi		Parramatta	9.86
5 Beram, Sienna		Ryde	10.13
5 Rushworth, Gabriella		Ryde	10.13
7 Hole, Millie		Northern Suburbs	10.23
8 Costigan, Ella		Ryde	10.31

Girls U 7 - 70 Metre Sprint

Zone: Z 11.60 1989 P Robertson, Hornsby District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Glinski, Maya		Parramatta	13.81Q
2 Caspers, Madeleine		Northern Suburbs	14.33Q
3 Murray, Elise		Parramatta	14.47q
4 Moujalli, Brieanah		Ryde	14.96
5 Mathews, Charlotte		Nth Rocks Carlin	15.64
Heat 2 Heats			
1 Smith, Nikita		Nth Rocks Carlin	14.17Q
1 Jom, Hannah		Northern Suburbs	14.17Q
3 Sassen, Olivia		Parramatta	14.38q
4 Koot, Sarah-Ann		Cherrybrook	15.25
5 Solomonides, Elliana		Nth Rocks Carlin	16.18
Heat 3 Heats			
1 Jackson, Emily		Parramatta	13.15Q
2 Gathercole, Charlotte		Nth Rocks Carlin	13.19Q

Northern Metropolitan Zone Championship 2013**Results****....Girls U 7 - 70 Metre Sprint**

3	Watson, Sophie	Cherrybrook	14.82
4	Morgan, Estelle	Northern Suburbs	15.60
5	Barlow, Claudia	Ryde	15.70

Girls U 7 - 70 Metre Sprint

=====			
	Zone: Z 11.60	1989	P Robertson, Hornsby District
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Jackson, Emily	Parramatta	12.79
2	Jom, Hannah	Northern Suburbs	13.47
3	Gathercole, Charlotte	Nth Rocks Carlin	13.52
4	Glinski, Maya	Parramatta	13.62
5	Smith, Nikita	Nth Rocks Carlin	13.74
6	Sassen, Olivia	Parramatta	14.15
7	Caspers, Madeleine	Northern Suburbs	14.33
8	Murray, Elise	Parramatta	14.40

Girls U 8 - 70 Metre Sprint

=====			
	Zone: Z 11.10	1993	A Hamilton, Northern Suburbs
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Marshall, Mia	Northern Suburbs	12.67Q
2	Worrell, Ruby	Ryde	12.95Q
3	Henry, Jade	Parramatta	13.24q
4	Gavagna, Alexandra	Northern Suburbs	13.82
5	Coppolelli, Jessica	Cherrybrook	15.06
Heat 2 Heats			
1	Burns, Allanah	Ryde	12.49Q
2	Roberts, Zoe	Northern Suburbs	12.68Q
3	Pawsey, Elysha	Ryde	13.54q
4	Bourke, Chloe	Parramatta	13.85
5	Gerreyn, Grace	Cherrybrook	14.17
6	Elkass, Sara	Cherrybrook	14.47
Heat 3 Heats			
1	Byrne, Sophie	Ryde	12.45Q
2	Uslu, Emily	Parramatta	12.50Q
3	Goodswen, Ava	Parramatta	13.66
4	Prentice, Emily	Northern Suburbs	14.77
5	Oberg, Jacqueline	Cherrybrook	14.85
6	Grebert, Kaiya	Cherrybrook	16.16

Girls U 8 - 70 Metre Sprint

=====			
	Zone: Z 11.10	1993	A Hamilton, Northern Suburbs
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Burns, Allanah	Ryde	12.15
2	Byrne, Sophie	Ryde	12.16
3	Uslu, Emily	Parramatta	12.24
4	Roberts, Zoe	Northern Suburbs	12.37
5	Marshall, Mia	Northern Suburbs	12.39
6	Worrell, Ruby	Ryde	12.52
7	Henry, Jade	Parramatta	13.01
8	Pawsey, Elysha	Ryde	13.21

Northern Metropolitan Zone Championship 2013**Results****Girls U 9 - 70 Metre Sprint**

Zone: Z 10.30 1999		Sarah Thomson, Cherrybrook	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Damian, Matilda	Northern Suburbs	12.35Q	
2 Greenup, Emma	Northern Suburbs	12.77Q	
3 Bingham, Eloise	Cherrybrook	12.96	
4 Stevenson, Gemma	Ryde	13.03	
5 Waldron, Caitlin	Nth Rocks Carlin	14.31	
6 Wilmshurst, Saskia	Nth Rocks Carlin	14.32	
Heat 2 Heats			
1 Kelleher, Mikayla	Ryde	12.26Q	
2 Polley, Amelia	Parramatta	12.30Q	
3 O'Donnell, Larissa	Northern Suburbs	12.62q	
4 Pearson, Sarah	Parramatta	12.95	
5 Brown, Monique	Nth Rocks Carlin	12.97	
6 Brown, Rachel	Ryde	13.25	
Heat 3 Heats			
1 Crawford, Emily	Cherrybrook	11.10Q	
2 Drobot, Natalia	Ryde	11.66Q	
3 Hodge, Alyssa	Nth Rocks Carlin	12.44q	
4 McKenzie, Ella	Cherrybrook	13.26	
5 Edmondson, Paige	Northern Suburbs	13.33	
6 Kalachian, Izabella	Ryde	13.86	
7 Milat, Amelia	Nth Rocks Carlin	13.97	
8 Nolan, Maeve	Parramatta	15.52	

Girls U 9 - 70 Metre Sprint

Zone: Z 10.30 1999		Sarah Thomson, Cherrybrook	
Name	Age Centre	Final	
Section 1 Final			
1 Crawford, Emily	Cherrybrook	10.81	
2 Drobot, Natalia	Ryde	11.41	
3 Hodge, Alyssa	Nth Rocks Carlin	11.93	
3 Polley, Amelia	Parramatta	11.93	
5 Kelleher, Mikayla	Ryde	12.00	
5 Damian, Matilda	Northern Suburbs	12.00	
7 O'Donnell, Larissa	Northern Suburbs	12.50	
8 Greenup, Emma	Northern Suburbs	12.56	

Girls U 10 - 70 Metre Sprint

Zone: Z 10.20 2000		Sarah Thomson, Cherrybrook	
Zone: Z 10.20 17/12/2006		Natalie Tobin, Cherrybrook	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Andrews, Greta	Northern Suburbs	10.90Q	
2 King, Amy	Nth Rocks Carlin	11.31Q	
3 O'Kane, Scarlett	Northern Suburbs	11.56q	
4 Sutherland-Robinson, Ane	Ryde	11.62	
5 Horton-Uch, Alisha	Nth Rocks Carlin	13.03	
6 Briggs, Clara	Parramatta	13.91	
Heat 2 Heats			
1 Clancy, Charlotte	Northern Suburbs	11.35Q	
2 Prasetya, Thea	Nth Rocks Carlin	11.41Q	
3 Nicholas, Ruby	Cherrybrook	11.52q	
4 Higginson, Grace	Ryde	12.20	

Northern Metropolitan Zone Championship 2013

Results

....Girls U 10 - 70 Metre Sprint

5	Rollo, Brooke	Parramatta	14.19
Heat 3 Heats			
1	Osifo, Danielle	Cherrybrook	10.68Q
2	Lillis, Chiara	Ryde	11.24Q
3	Musto, Emelia	Northern Suburbs	12.05
4	Smith, Chelsea	Nth Rocks Carlin	12.41
5	Horton-Uch, Keisha	Nth Rocks Carlin	12.92
6	Collins, Katie	Parramatta	14.06

Girls U 10 - 70 Metre Sprint

=====			
	Zone: Z 10.20	2000	Sarah Thomson, Cherrybrook
	Zone: Z 10.20	17/12/2006	Natalie Tobin, Cherrybrook
	Name	Age Centre	Final
=====			
Section 1 Final			
1	Osifo, Danielle	Cherrybrook	10.55
2	Andrews, Greta	Northern Suburbs	10.65
3	Lillis, Chiara	Ryde	11.09
4	Prasetya, Thea	Nth Rocks Carlin	11.29
5	Clancy, Charlotte	Northern Suburbs	11.32
6	Nicholas, Ruby	Cherrybrook	11.35
7	King, Amy	Nth Rocks Carlin	11.39
8	O'Kane, Scarlett	Northern Suburbs	11.51

Girls U 7 - 100 Metre Sprint

=====			
	Zone: Z 16.60	1991	J Edwards, Ryde
	Name	Age Centre	Heats
=====			
Heat 1 Heats			
1	Reynolds, Hayley	Nth Rocks Carlin	18.48Q
2	Glinski, Maya	Parramatta	19.39Q
3	Hole, Millie	Northern Suburbs	20.10q
4	Rothwell, Eve	Northern Suburbs	21.18
5	O'Shea, Miah	Ryde	21.52
6	Rorani, Jasmine	Cherrybrook	22.07
7	Nolan, Niamh	Parramatta	22.32
Heat 2 Heats			
1	Cooper, Annabelle	Northern Suburbs	18.74Q
2	Murray, Elise	Parramatta	20.09Q
3	Smith, Nikita	Nth Rocks Carlin	20.47
4	Mehajer, Layla	Parramatta	20.74
5	Koot, Sarah-Ann	Cherrybrook	20.77
6	Murray, Sophia	Cherrybrook	20.82
7	Costigan, Ella	Ryde	21.05
Heat 3 Heats			
1	Phillips, Georgia	Ryde	18.93Q
2	Gathercole, Charlotte	Nth Rocks Carlin	19.37Q
3	Sassen, Olivia	Parramatta	20.10q
4	Beram, Sienna	Ryde	20.24
5	Massaro, Emilia	Northern Suburbs	20.83
6	Wilmshurst, Zoe	Nth Rocks Carlin	21.87
7	Storgato, Sofia	Cherrybrook	21.98

Northern Metropolitan Zone Championship 2013**Results****Girls U 7 - 100 Metre Sprint**

Zone: Z 16.60 1991 J Edwards, Ryde			
Name	Age	Centre	Final
Section 1 Final			
1 Cooper, Annabelle		Northern Suburbs	18.22
2 Reynolds, Hayley		Nth Rocks Carlin	18.49
3 Gathercole, Charlotte		Nth Rocks Carlin	18.64
4 Phillips, Georgia		Ryde	18.76
5 Glinski, Maya		Parramatta	19.46
6 Hole, Millie		Northern Suburbs	20.22
7 Murray, Elise		Parramatta	20.26
8 Sassen, Olivia		Parramatta	20.29

Girls U 8 - 100 Metre Sprint

Zone: Z 15.40 1993 A Hamilton, Northern Suburbs			
Name	Age	Centre	Heats
Heat 1 Heats			
1 O'Connor, Alicia		Ryde	17.78Q
2 Simos, Ava		Northern Suburbs	18.10Q
3 Moala, Aliana		Ryde	18.16q
4 Nilon, Isabelle		Nth Rocks Carlin	18.17
5 Rorani, Pearl		Cherrybrook	18.60
6 Goodswen, Ava		Parramatta	19.34
7 Elkass, Sara		Cherrybrook	19.48
Heat 2 Heats			
1 Roberts, Zoe		Northern Suburbs	17.37Q
2 Maikhael, Chanelle		Parramatta	17.76Q
3 Graham, Cameron		Cherrybrook	18.34
4 Henry, Jade		Parramatta	18.63
5 Flodin, Freya		Ryde	18.98
6 Oberg, Jacqueline		Cherrybrook	19.73
Heat 3 Heats			
1 Byrne, Sophie		Ryde	17.44Q
2 Marshall, Mia		Northern Suburbs	17.67Q
3 Leong, Ziggy		Northern Suburbs	17.93q
4 Pawsey, Elysha		Ryde	18.61
5 Frischknecht, Lydia		Cherrybrook	20.10
6 Bourke, Chloe		Parramatta	20.46

Girls U 8 - 100 Metre Sprint

Zone: Z 15.40 1993 A Hamilton, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Byrne, Sophie		Ryde	17.46
2 Roberts, Zoe		Northern Suburbs	17.53
3 O'Connor, Alicia		Ryde	17.63
4 Marshall, Mia		Northern Suburbs	17.67
5 Leong, Ziggy		Northern Suburbs	17.71
6 Moala, Aliana		Ryde	17.79
7 Simos, Ava		Northern Suburbs	18.14
8 Maikhael, Chanelle		Parramatta	18.20

Northern Metropolitan Zone Championship 2013**Results****Girls U 9 - 100 Metre Sprint**

Zone: Z 14.60 1999 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Drobot, Natalia		Ryde	16.15Q
2 Hodge, Alyssa		Nth Rocks Carlin	17.00Q
3 Thomas, Emma		Parramatta	17.22
4 Bingham, Eloise		Cherrybrook	18.15
5 Edmondson, Paige		Northern Suburbs	18.55
6 Demasi, Tahlia		Ryde	18.74
7 Milat, Amelia		Nth Rocks Carlin	18.99
Heat 2 Heats			
1 Tilt, Lily		Nth Rocks Carlin	16.09Q
2 Cook, Evie		Northern Suburbs	16.20Q
3 Galvin, Lidia		Nth Rocks Carlin	16.56q
4 Metcalfe, Emily		Ryde	16.74
5 Versace, Phoebe		Northern Suburbs	17.28
6 Polson, Sofia		Parramatta	17.49
7 Ball, Natasha		Parramatta	19.30
Heat 3 Heats			
1 Crawford, Emily		Cherrybrook	14.82Q
2 Polley, Amelia		Parramatta	16.54Q
3 McKenzie, Eliza		Nth Rocks Carlin	16.70q
4 Kelleher, Mikayla		Ryde	16.86
5 Granelli, Lara		Parramatta	17.03
6 Dransfield, Alexandra		Northern Suburbs	17.07
7 Panozzo, Giuliana		Northern Suburbs	17.66
8 Brown, Rachel		Ryde	18.08

Girls U 9 - 100 Metre Sprint

Zone: Z 14.60 1999 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Crawford, Emily		Cherrybrook	14.78
2 Drobot, Natalia		Ryde	15.91
3 Tilt, Lily		Nth Rocks Carlin	16.09
4 Cook, Evie		Northern Suburbs	16.16
5 Hodge, Alyssa		Nth Rocks Carlin	16.56
6 McKenzie, Eliza		Nth Rocks Carlin	16.61
7 Polley, Amelia		Parramatta	16.73
8 Galvin, Lidia		Nth Rocks Carlin	16.77

Girls U 10 - 100 Metre Sprint

Zone: Z 13.80 2000 E Wilson, North Rocks Carling			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Andrews, Greta		Northern Suburbs	14.61Q
2 Osifo, Danielle		Cherrybrook	14.81Q
3 Healy, Georgia		Northern Suburbs	14.92q
4 McAndrew, Adria		Ryde	15.95
5 Rodriguez, Caitlin		Parramatta	16.44
6 Hijazi, Jud		Cherrybrook	16.52
7 Horton-Uch, Keisha		Nth Rocks Carlin	17.91
Heat 2 Heats			
1 Davies, Sharlae		Parramatta	16.07Q
2 Musto, Emelia		Northern Suburbs	16.21Q

Northern Metropolitan Zone Championship 2013

Results

....Girls U 10 - 100 Metre Sprint

3	Abimanju, Akshara	Cherrybrook	16.62
4	Lacic, Anastasia	Ryde	16.90
5	Higginson, Grace	Ryde	17.08
6	Smith, Chelsea	Nth Rocks Carlin	17.24
7	Horton-Uch, Alisha	Nth Rocks Carlin	17.43
8	Henderson, Peyton	Cherrybrook	17.77

Heat 3 Heats

1	Da Silva, Eliza	Ryde	15.03Q
2	O'Kane, Scarlett	Northern Suburbs	15.65Q
3	Sutherland-Robinson, Ane	Ryde	15.71q
4	Nicholas, Ruby	Cherrybrook	15.81
5	Prasetya, Thea	Nth Rocks Carlin	15.89
5	Clancy, Charlotte	Northern Suburbs	15.89
7	Yap, Chloe	Parramatta	17.50

Girls U 10 - 100 Metre Sprint

=====			
	Zone: Z 13.80	2000	E Wilson, North Rocks Carling
Name	Age	Centre	Final
=====			

Section 1 Final

1	Andrews, Greta	Northern Suburbs	14.60
2	Osifo, Danielle	Cherrybrook	14.65
3	Healy, Georgia	Northern Suburbs	15.17
4	Da Silva, Eliza	Ryde	15.20
5	O'Kane, Scarlett	Northern Suburbs	15.62
6	Sutherland-Robinson, Ane	Ryde	16.10
7	Davies, Sharlae	Parramatta	16.21
8	Musto, Emelia	Northern Suburbs	16.47

Girls U 11 - 100 Metre Sprint

=====			
	Zone: Z 13.60	1989	E Wilson, North Rocks Carling
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Lowe, Alyssa	Ryde	15.20Q
2	Gassmann, Lea	Northern Suburbs	15.52Q
3	Partridge, Eleanor	Ryde	15.67q
4	Rooney, Olivia	Northern Suburbs	15.80
5	McKeown, Genevieve	Nth Rocks Carlin	16.35
6	Layton, Jessica	Parramatta	16.49

Heat 2 Heats

1	Prowse, Scarlett	Cherrybrook	14.43Q
2	Cramer, Elysha	Northern Suburbs	14.82Q
3	Foye, Tahlia	Parramatta	15.04q
4	Docdoc, Jana	Ryde	15.76
5	Browne, Annabelle	Parramatta	16.20
6	Ferraro, Kate	Nth Rocks Carlin	16.43
7	Oberg, Jordan	Cherrybrook	16.57
8	Sutherland, Siena	Nth Rocks Carlin	17.42

Heat 3 Heats

1	Wayne, Tarsha	Nth Rocks Carlin	15.28Q
2	Turner, Chloe	Northern Suburbs	15.41Q
3	Fartek, Jessica	Nth Rocks Carlin	15.78
4	Roffe, Emily	Cherrybrook	15.93
5	Bruntsch, Mikaela	Ryde	16.07
6	Krishnamoorthy, Abbinaya	Cherrybrook	16.19
7	Sloane, Madison	Parramatta	16.36
8	Mewburn, Jade	Northern Suburbs	16.47

Northern Metropolitan Zone Championship 2013**Results****Girls U 11 - 100 Metre Sprint**

Zone: Z 13.60 1989 E Wilson, North Rocks Carling			
Name	Age	Centre	Final
Section 1 Final			
1 Prowse, Scarlett		Cherrybrook	14.33
2 Cramer, Elysha		Northern Suburbs	14.60
3 Wayne, Tarsha		Nth Rocks Carlin	15.03
4 Lowe, Alyssa		Ryde	15.05
5 Foye, Tahlia		Parramatta	15.16
6 Gassmann, Lea		Northern Suburbs	15.35
7 Partridge, Eleanor		Ryde	15.55
8 Turner, Chloe		Northern Suburbs	15.59

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 1999 Miriam Ramsay, Ryde			
Zone: Z 13.20 17/12/2005 Gerorgina Burnett, Hornsby D			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Devitt, Faith		Cherrybrook	15.06Q
2 Henderson, Bailey		Cherrybrook	15.18Q
3 Zantiotis, Gemma		Northern Suburbs	15.32
4 Plummer, Eleanor		Ryde	15.50
5 Newstead, Sophie		Parramatta	16.73
6 Barnsley, Samantha		Nth Rocks Carlin	16.78
Heat 2 Heats			
1 Rea, Tarell		Parramatta	14.59Q
2 Lamperts, Eleanor		Cherrybrook	14.85Q
3 Vosper, Ava		Nth Rocks Carlin	14.87q
4 Barry, Kate		Northern Suburbs	14.89q
5 Halmarick, Lara		Ryde	15.21
6 Elgood, Catherine		Ryde	17.64
Heat 3 Heats			
1 Fartek, Alicia		Nth Rocks Carlin	14.37Q
2 D'onofrio, Nicolette		Northern Suburbs	14.48Q
3 Newman, Saskia		Northern Suburbs	15.74
4 Browne, Jessica		Parramatta	16.36
5 Demasi, Myah		Ryde	16.56
6 Crehan, Lily		Ryde	17.08
7 Clarke, Claudia		Cherrybrook	17.82

Girls U 12 - 100 Metre Sprint

Zone: Z 13.20 1999 Miriam Ramsay, Ryde			
Zone: Z 13.20 17/12/2005 Gerorgina Burnett, Hornsby D			
Name	Age	Centre	Final
Section 1 Final			
1 Fartek, Alicia		Nth Rocks Carlin	13.92
2 Rea, Tarell		Parramatta	14.01
3 D'onofrio, Nicolette		Northern Suburbs	14.21
4 Lamperts, Eleanor		Cherrybrook	14.51
5 Vosper, Ava		Nth Rocks Carlin	14.58
6 Barry, Kate		Northern Suburbs	14.82
7 Henderson, Bailey		Cherrybrook	14.95
8 Devitt, Faith		Cherrybrook	14.97

Northern Metropolitan Zone Championship 2013

Results

Girls U 13 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 12.90 1992 E Wilson, North Rocks Carling			
Zone: Z 12.90 6/12/2003 Sarah Thomson, Cherrybrook			
=====			
Heat 1 Heats			
1 Fisher, Alanna		Northern Suburbs	13.96Q
2 Lyon, Katrina		Ryde	13.98Q
3 Jenkins, Olivia		Cherrybrook	14.51q
4 Wunderlich, Laura		Cherrybrook	14.60
5 Holswich, Amy		Cherrybrook	14.65
6 Cameron, Emily		Northern Suburbs	15.25
7 Ma, Jenny		Parramatta	15.65
Heat 2 Heats			
1 Marconi, Taylor-Lee		Parramatta	13.18Q
2 Collyer, Sophie		Ryde	14.51Q
3 Jenkins, Claudia		Cherrybrook	14.62
4 Fang, Junyi		Ryde	15.19
5 Huxtable, Marica		Northern Suburbs	15.51
6 Kely, Sara		Nth Rocks Carlin	15.78
7 Clark, Nikkita		Cherrybrook	16.71
Heat 3 Heats			
1 Fartek, Madelyn		Nth Rocks Carlin	14.06Q
2 Simula, Kiera		Ryde	14.48Q
3 Timms, Eve		Cherrybrook	14.52q
4 Hirst, Ella		Cherrybrook	14.73
5 Badaoui, Anna		Ryde	14.78
6 Ingram, Rachel		Cherrybrook	15.23

Girls U 13 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.90 1992 E Wilson, North Rocks Carling			
Zone: Z 12.90 6/12/2003 Sarah Thomson, Cherrybrook			
=====			
Section 1 Final			
1 Marconi, Taylor-Lee		Parramatta	13.13
2 Lyon, Katrina		Ryde	13.80
3 Fartek, Madelyn		Nth Rocks Carlin	13.93
4 Fisher, Alanna		Northern Suburbs	14.01
5 Simula, Kiera		Ryde	14.35
6 Jenkins, Olivia		Cherrybrook	14.41
7 Timms, Eve		Cherrybrook	14.60
8 Collyer, Sophie		Ryde	14.64

Girls U 14 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 12.60 1991 J Horne, Parramatta			
Zone: Z 12.60 1990 R Fernandes, Ryde			
Zone: Z 12.60 5/12/2004 Sarah Thomson, Cherrybrook			
Zone: Z 12.60 13/12/2008 Philippa Williams, Cherrybrook			
=====			
Heat 1 Heats			
1 Devitt, Katie		Cherrybrook	12.99Q
2 Smith, Emma		Ryde	13.72Q
3 Court, Amy		Ryde	13.87Q
4 Matheson, Brooke		Ryde	14.27q
5 Phelps, Harriet		Northern Suburbs	14.67
6 Jones, Taylor		Cherrybrook	15.45
Heat 2 Heats			

Northern Metropolitan Zone Championship 2013**Results****....Girls U 14 - 100 Metre Sprint**

1	Cooper-Phillis, Kelsey	Ryde	13.56Q
2	Milne, Kate	Nth Rocks Carlin	13.88Q
3	Henke, Aurora	Cherrybrook	14.07Q
4	Brown, Jessica	Ryde	14.23q
5	Smelt, Emily	Northern Suburbs	14.62
6	Leatherbarrow, Sarah	Northern Suburbs	15.06

Girls U 14 - 100 Metre Sprint

Zone: Z 12.60	1991	J Horne, Parramatta
Zone: Z 12.60	1990	R Fernandes, Ryde
Zone: Z 12.60	5/12/2004	Sarah Thomson, Cherrybrook
Zone: Z 12.60	13/12/2008	Philippa Williams, Cherrybrook

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

Section 1 Final

1	Devitt, Katie	Cherrybrook	12.85
2	Cooper-Phillis, Kelsey	Ryde	13.50
3	Milne, Kate	Nth Rocks Carlin	13.81
4	Smith, Emma	Ryde	13.86
5	Henke, Aurora	Cherrybrook	13.99
6	Court, Amy	Ryde	14.07
7	Brown, Jessica	Ryde	14.27
8	Matheson, Brooke	Ryde	14.31

Girls U 15 - 100 Metre Sprint

Zone: Z 12.40	2005	Sarah Thomson, Cherrybrook
---------------	------	----------------------------

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

Heat 1 Heats

1	Falconer, Alice	Northern Suburbs	13.30Q
2	Pretorius, Helen	Ryde	13.72Q
3	Hodge, Abbey	Nth Rocks Carlin	13.99q
4	Rankin, Isabella	Northern Suburbs	14.48q
5	Higginson, Claire	Ryde	15.12
6	Chen, Sandy	Nth Rocks Carlin	15.20
7	Cuevas, Raquel	Cherrybrook	15.39

Heat 2 Heats

1	Cattell, Courtney	Cherrybrook	13.39Q
2	Parfait, Venus	Nth Rocks Carlin	13.54Q
3	Spender, Kate	Cherrybrook	14.16q
4	Bell, Nadine	Northern Suburbs	14.31q

Girls U 15 - 100 Metre Sprint

Zone: Z 12.40	2005	Sarah Thomson, Cherrybrook
---------------	------	----------------------------

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

Section 1 Final

1	Falconer, Alice	Northern Suburbs	13.13
2	Cattell, Courtney	Cherrybrook	13.31
3	Pretorius, Helen	Ryde	13.67
4	Parfait, Venus	Nth Rocks Carlin	13.71
5	Hodge, Abbey	Nth Rocks Carlin	13.83
6	Bell, Nadine	Northern Suburbs	13.85
7	Spender, Kate	Cherrybrook	14.31
8	Rankin, Isabella	Northern Suburbs	14.78

Northern Metropolitan Zone Championship 2013**Results****Girls U 17 - 100 Metre Sprint**

Zone: Z 12.50 2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Sinha, Ria		Cherrybrook	13.45Q
2 Gilbert, Lauren		Parramatta	13.50Q
3 Phillips, Brianna		Cherrybrook	13.97Q
4 Wang, Christine		Northern Suburbs	14.42q
5 Bessis, Sarah		Nth Rocks Carlin	14.85q
6 Moran, Eilish		Parramatta	15.71
Heat 2 Heats			
1 Haggerty-Mayers, Nicola		Northern Suburbs	13.36Q
2 Takchi, Carla		Cherrybrook	13.47Q
3 peck, lucy		Northern Suburbs	14.44Q

Girls U 17 - 100 Metre Sprint

Zone: Z 12.50 2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Haggerty-Mayers, Nicola		Northern Suburbs	12.95
2 Takchi, Carla		Cherrybrook	13.18
3 Sinha, Ria		Cherrybrook	13.35
4 Gilbert, Lauren		Parramatta	13.55
5 Phillips, Brianna		Cherrybrook	13.92
6 Wang, Christine		Northern Suburbs	14.30
7 peck, lucy		Northern Suburbs	14.55
8 Bessis, Sarah		Nth Rocks Carlin	14.81

Girls U 7 - 200 Metre Sprint

Zone: Z 36.00 1989 P Robertson, Hornsby District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cooper, Annabelle		Northern Suburbs	38.45Q
2 Phillips, Georgia		Ryde	41.25Q
3 Storgato, Sofia		Cherrybrook	43.32
4 Costigan, Ella		Ryde	43.55
5 Searle, Tahlia		Cherrybrook	45.27
6 Mehajer, Layla		Parramatta	45.66
7 Nolan, Niamh		Parramatta	46.21
Heat 2 Heats			
1 Jackson, Emily		Parramatta	38.50Q
2 Rothwell, Eve		Northern Suburbs	42.80Q
3 Beram, Sienna		Ryde	43.21
4 O'Shea, Miah		Ryde	43.26
5 Sassen, Olivia		Parramatta	43.84
6 Murray, Sophia		Cherrybrook	45.29
7 Wilmshurst, Zoe		Nth Rocks Carlin	46.08
Heat 3 Heats			
1 Gathercole, Charlotte		Nth Rocks Carlin	39.29Q
2 Baker, Sarah		Northern Suburbs	40.89Q
3 Hole, Millie		Northern Suburbs	41.36q
4 Watson, Sophie		Cherrybrook	42.85q
5 Rushworth, Gabriella		Ryde	43.53
6 Rorani, Jasmine		Cherrybrook	44.73

Northern Metropolitan Zone Championship 2013**Results****Girls U 7 - 200 Metre Sprint**

Zone: Z 36.00 1989 P Robertson, Hornsby District			
Name	Age	Centre	Final
Section 1 Final			
1 Jackson, Emily		Parramatta	37.52
2 Cooper, Annabelle		Northern Suburbs	38.15
3 Gathercole, Charlotte		Nth Rocks Carlin	39.15
4 Phillips, Georgia		Ryde	41.31
5 Baker, Sarah		Northern Suburbs	41.89
6 Hole, Millie		Northern Suburbs	42.33
7 Rothwell, Eve		Northern Suburbs	44.04

Girls U 8 - 200 Metre Sprint

Zone: Z 33.80 1997 S Corio, Tiger Wests			
Zone: Z 33.80 16/12/2001 Courtney Cross, Hornsby Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Burns, Allanah		Ryde	36.45Q
2 Roberts, Zoe		Northern Suburbs	37.25Q
3 Timms, Sierra		Cherrybrook	37.30Q
4 Moala, Aliana		Ryde	39.21q
5 McCrostie, Nicole		Cherrybrook	40.63q
6 Jackson, Scarlett		Parramatta	40.93
7 Hollins, Isabella		Ryde	41.06
8 Goodswen, Ava		Parramatta	42.28
Heat 2 Heats			
1 O'Connor, Alicia		Ryde	37.77Q
2 Archer, Sophia		Northern Suburbs	39.77Q
3 Marshall, Mia		Northern Suburbs	39.97Q
4 Muir, Nellie		Ryde	40.70
5 Davies, Priyella		Parramatta	43.25
6 Grebert, Kaiya		Cherrybrook	46.29
7 Coppolelli, Jessica		Cherrybrook	46.47

Girls U 8 - 200 Metre Sprint

Zone: Z 33.80 1997 S Corio, Tiger Wests			
Zone: Z 33.80 16/12/2001 Courtney Cross, Hornsby Distr			
Name	Age	Centre	Final
Section 1 Final			
1 Burns, Allanah		Ryde	36.10
2 O'Connor, Alicia		Ryde	36.87
3 Roberts, Zoe		Northern Suburbs	37.30
4 Timms, Sierra		Cherrybrook	37.37
5 Moala, Aliana		Ryde	37.99
6 Archer, Sophia		Northern Suburbs	39.77
7 McCrostie, Nicole		Cherrybrook	40.36
8 Marshall, Mia		Northern Suburbs	41.83

Girls U 9 - 200 Metre Sprint

Zone: Z 31.50 2002 Courtney Cross, Hornsby Distr			
Zone: Z 31.50 6/12/2003 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 McKenzie, Eliza		Nth Rocks Carlin	35.19Q

Northern Metropolitan Zone Championship 2013

Results

....Girls U 9 - 200 Metre Sprint

2 Metcalfe, Emily	Ryde	36.11Q
3 Kelleher, Mikayla	Ryde	37.20q
4 O'Donnell, Larissa	Northern Suburbs	37.36
5 Polson, Sofia	Parramatta	38.14
Heat 2 Heats		
1 Crawford, Emily	Cherrybrook	Z 31.20Q
2 Tilt, Lily	Nth Rocks Carlin	33.74Q
3 Cook, Evie	Northern Suburbs	34.89q
4 Milat, Amelia	Nth Rocks Carlin	41.78
5 Inkster, Madeleine	Ryde	46.13
Heat 3 Heats		
1 Dale, Hannah	Nth Rocks Carlin	36.04Q
2 Greenup, Emma	Northern Suburbs	37.11Q
3 Doherty, Clare	Ryde	37.81
4 Bird, Isobel	Northern Suburbs	37.85
5 McMahan, Jorja	Nth Rocks Carlin	39.34
-- Smulders, Heaven	Parramatta	NT

Girls U 9 - 200 Metre Sprint

=====
 Zone: Z 31.50 2002 Courtney Cross, Hornsby Distr
 Zone: Z 31.50 6/12/2003 Sarah Thomson, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1 Crawford, Emily	Cherrybrook	31.42Z
2 Tilt, Lily	Nth Rocks Carlin	33.69
3 Cook, Evie	Northern Suburbs	34.56
4 McKenzie, Eliza	Nth Rocks Carlin	35.62
5 Metcalfe, Emily	Ryde	35.78
6 Kelleher, Mikayla	Ryde	36.20
7 Greenup, Emma	Northern Suburbs	37.19
8 Dale, Hannah	Nth Rocks Carlin	37.95

Girls U 10 - 200 Metre Sprint

=====
 Zone: Z 29.00 2003 Rubeena King, Northern Suburb
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Healy, Georgia	Northern Suburbs	31.29Q
2 Prasetya, Thea	Nth Rocks Carlin	34.08Q
3 Cochrane, Jasmine	Northern Suburbs	35.02
4 Higginson, Grace	Ryde	35.17
5 Hijazi, Jud	Cherrybrook	35.22
6 King, Amy	Nth Rocks Carlin	35.77
7 Rollo, Brooke	Parramatta	46.55

Heat 2 Heats

1 Lynch, Annika	Northern Suburbs	30.42Q
2 Da Silva, Eliza	Ryde	31.57Q
3 Davies, Sharlae	Parramatta	34.31q
4 Mathews, Hannah	Nth Rocks Carlin	34.67
5 Henry, Tamiah	Parramatta	35.16
6 Holswich, Imogen	Cherrybrook	37.39

Heat 3 Heats

1 Andrews, Greta	Northern Suburbs	32.47Q
2 Gathercole, Emily	Nth Rocks Carlin	33.66Q
3 Clancy, Charlotte	Northern Suburbs	34.31q
4 Rodriguez, Caitlin	Parramatta	34.41
5 Craig, Xanthe	Cherrybrook	34.43

Northern Metropolitan Zone Championship 2013

Results

....Girls U 10 - 200 Metre Sprint

6 Kely, Anna Nth Rocks Carlin 39.06

Girls U 10 - 200 Metre Sprint

=====			
	Zone: Z 29.00	2003	Rubeena King, Northern Suburb
Name	Age	Centre	Final
=====			

Section 1 Final

1 Lynch, Annika		Northern Suburbs	30.41
2 Andrews, Greta		Northern Suburbs	31.51
3 Da Silva, Eliza		Ryde	31.82
4 Healy, Georgia		Northern Suburbs	32.68
5 Prasetya, Thea		Nth Rocks Carlin	33.35
6 Gathercole, Emily		Nth Rocks Carlin	33.76
7 Davies, Sharlae		Parramatta	35.15
8 Clancy, Charlotte		Northern Suburbs	35.55

Girls U 11 - 200 Metre Sprint

=====			
	Zone: Z 28.00	2004	Courtney Cross, Hornsby Distr
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Prowse, Scarlett		Cherrybrook	30.64Q
2 Cramer, Elysha		Northern Suburbs	31.27Q
3 Docdoc, Jana		Ryde	32.03q
4 Fartek, Jessica		Nth Rocks Carlin	32.37q
5 Culhane, Jessica		Northern Suburbs	32.60
6 Pak, Claire		Ryde	33.27
7 Cooksey, Amelia		Parramatta	36.92

Heat 2 Heats

1 Bratton, Gemma		Northern Suburbs	30.56Q
2 Lowe, Alyssa		Ryde	31.24Q
3 Robinson, Kellie		Cherrybrook	34.04
4 Polley, Emma		Parramatta	34.10
5 Sutherland, Siena		Nth Rocks Carlin	36.75

Heat 3 Heats

1 Perry, Claudia		Northern Suburbs	31.08Q
2 Gassmann, Lea		Northern Suburbs	31.66Q
3 Brown, Sarah		Ryde	32.51
4 Jamal, Hannah		Ryde	32.53
5 Roffe, Emily		Cherrybrook	32.65
6 Mills, Sophie		Nth Rocks Carlin	32.80
7 Keegan, Sophie		Parramatta	38.88

Girls U 11 - 200 Metre Sprint

=====			
	Zone: Z 28.00	2004	Courtney Cross, Hornsby Distr
Name	Age	Centre	Final
=====			

Section 1 Final

1 Prowse, Scarlett		Cherrybrook	30.45
2 Cramer, Elysha		Northern Suburbs	30.98
3 Bratton, Gemma		Northern Suburbs	31.21
4 Lowe, Alyssa		Ryde	31.62
5 Docdoc, Jana		Ryde	31.85
6 Gassmann, Lea		Northern Suburbs	31.95
7 Fartek, Jessica		Nth Rocks Carlin	32.03
8 Perry, Claudia		Northern Suburbs	32.22

Northern Metropolitan Zone Championship 2013**Results****Girls U 12 - 200 Metre Sprint**

Zone: Z 27.07 2012 Taylor-Lee Marconi, Parramatt			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Rea, Tarell		Parramatta	30.01Q
2 Lamperts, Eleanor		Cherrybrook	30.80Q
3 Richmond, Gabriella		Northern Suburbs	30.98q
4 Hilder, Lauren		Ryde	34.62
5 Wilmshurst, Rosalie		Nth Rocks Carlin	35.82
Heat 2 Heats			
1 Vosper, Ava		Nth Rocks Carlin	31.08Q
2 Plummer, Eleanor		Ryde	31.40Q
3 Devitt, Faith		Cherrybrook	31.85
4 Edmunds, Celeste		Cherrybrook	31.94
5 John, Alicia		Parramatta	32.52
Heat 3 Heats			
1 Fartek, Alicia		Nth Rocks Carlin	29.41Q
2 D'onofrio, Nicolette		Northern Suburbs	29.61Q
3 Bowrey, Amie		Cherrybrook	30.49q
4 Challoner, Maya		Northern Suburbs	32.01
5 Smillie, Jess		Cherrybrook	33.82
6 Newstead, Sophie		Parramatta	35.45
7 Elgood, Catherine		Ryde	36.17

Girls U 12 - 200 Metre Sprint

Zone: Z 27.07 2012 Taylor-Lee Marconi, Parramatt			
Name	Age	Centre	Final
Section 1 Final			
1 Fartek, Alicia		Nth Rocks Carlin	29.54
2 Rea, Tarell		Parramatta	29.91
3 D'onofrio, Nicolette		Northern Suburbs	30.24
4 Bowrey, Amie		Cherrybrook	30.32
5 Richmond, Gabriella		Northern Suburbs	30.63
6 Lamperts, Eleanor		Cherrybrook	30.94
7 Vosper, Ava		Nth Rocks Carlin	31.82
8 Plummer, Eleanor		Ryde	32.85

Girls U 13 - 200 Metre Sprint

Zone: Z 26.10 2003 Sarah Thomson, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Marconi, Taylor-Lee		Parramatta	27.30Q
2 Fartek, Madelyn		Nth Rocks Carlin	29.08Q
3 Gursel, Jayda		Northern Suburbs	29.37q
4 Gassmann, Sascha		Northern Suburbs	29.48q
5 Timms, Eve		Cherrybrook	29.75
6 Simula, Kiera		Ryde	29.78
7 Jenkins, Olivia		Cherrybrook	30.06
8 Hirst, Ella		Cherrybrook	30.11
Heat 2 Heats			
1 Lyon, Katrina		Ryde	29.87Q
2 Holswich, Amy		Cherrybrook	30.37Q
3 Jenkins, Claudia		Cherrybrook	31.05
4 Ingram, Rachel		Cherrybrook	32.24
5 Ma, Jenny		Parramatta	33.07
Heat 3 Heats			

Northern Metropolitan Zone Championship 2013

Results

....Girls U 13 - 200 Metre Sprint

1	Collett, Kate	Cherrybrook	28.80Q
2	Fisher, Alanna	Northern Suburbs	29.31Q
3	Wunderlich, Laura	Cherrybrook	29.66
4	Badaoui, Anna	Ryde	29.90
5	Collyer, Sophie	Ryde	30.15
6	Freestone, Nicole	Cherrybrook	33.05
7	Kely, Sara	Nth Rocks Carlin	35.77

Girls U 13 - 200 Metre Sprint

=====
 Zone: Z 26.10 2003 Sarah Thomson, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1	Marconi, Taylor-Lee	Parramatta	27.33
2	Collett, Kate	Cherrybrook	28.21
3	Lyon, Katrina	Ryde	28.55
4	Fisher, Alanna	Northern Suburbs	28.98
5	Fartek, Madelyn	Nth Rocks Carlin	29.12
6	Gursel, Jayda	Northern Suburbs	29.28
7	Gassmann, Sascha	Northern Suburbs	29.39
8	Holswich, Amy	Cherrybrook	30.36

Girls U 14 - 200 Metre Sprint

=====
 Zone: Z 26.00 2004 Sarah Thomson, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1	Court, Amy	Ryde	28.54Q
2	Crowe, Amanda	Northern Suburbs	28.99Q
3	Henke, Aurora	Cherrybrook	29.17Q

Heat 2 Heats

1	Devitt, Katie	Cherrybrook	26.02Q
2	Matheson, Brooke	Ryde	27.95Q
3	Cooper-Phillis, Kelsey	Ryde	29.07Q
4	Smelt, Emily	Northern Suburbs	29.86q
5	Phelps, Harriet	Northern Suburbs	30.06q
6	McLauchlan, Jacklyn	Parramatta	30.17

Girls U 14 - 200 Metre Sprint

=====
 Zone: Z 26.00 2004 Sarah Thomson, Cherrybrook
 Name Age Centre Final
 =====

Section 1 Final

1	Devitt, Katie	Cherrybrook	26.49
2	Cooper-Phillis, Kelsey	Ryde	27.92
3	Court, Amy	Ryde	28.82
4	Crowe, Amanda	Northern Suburbs	28.98
5	Henke, Aurora	Cherrybrook	29.33
6	Matheson, Brooke	Ryde	29.96
7	McLauchlan, Jacklyn	Parramatta	31.39

Northern Metropolitan Zone Championship 2013**Results****Girls U 15 - 200 Metre Sprint**

Zone: Z 25.70 2002 A Attenborough, Hornsby Distr			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bowtell, Nicola		Ryde	28.66Q
2 Falconer, Alice		Northern Suburbs	28.80Q
3 Zajic, Jadine		Ryde	32.12
4 Cuevas, Raquel		Cherrybrook	32.86
Heat 2 Heats			
1 Grundy, Juliet		Northern Suburbs	28.69Q
2 Pretorius, Helen		Ryde	28.76Q
3 Parfait, Venus		Nth Rocks Carlin	29.52q
4 Higginson, Claire		Ryde	32.13
Heat 3 Heats			
1 Schell, Georgina		Northern Suburbs	27.89Q
2 Cattell, Courtney		Cherrybrook	27.97Q
3 Biddle, Johanna		Cherrybrook	29.25q
4 Rankin, Isabella		Northern Suburbs	30.27
5 Du, Katherine		Ryde	31.04

Girls U 15 - 200 Metre Sprint

Zone: Z 25.70 2002 A Attenborough, Hornsby Distr			
Name	Age	Centre	Final
Section 1 Final			
1 Schell, Georgina		Northern Suburbs	27.10
2 Bowtell, Nicola		Ryde	27.25
3 Cattell, Courtney		Cherrybrook	27.64
4 Pretorius, Helen		Ryde	28.35
5 Biddle, Johanna		Cherrybrook	28.43
6 Grundy, Juliet		Northern Suburbs	28.57
7 Falconer, Alice		Northern Suburbs	28.69

Girls U 17 - 200 Metre Sprint

Zone: Z 25.20 2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
Section 1			
1 Haggerty-Mayers, Nicola		Northern Suburbs	26.84
2 Sinha, Ria		Cherrybrook	27.53
3 Gilbert, Lauren		Parramatta	27.92
4 Phillips, Brianna		Cherrybrook	29.44
5 peck, lucy		Northern Suburbs	30.13
6 Stockwell, Laura		Cherrybrook	31.58
7 Marinkov, Cassandra		Parramatta	31.94

Girls U 8 - 400 Metre Sprint

Zone: Z 1:18.30 2010 Metiria Doyle, Northern Sub			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Weber, Skye		Northern Suburbs	1:30.14Q
2 Henderson, Kendal		Cherrybrook	1:32.18Q
3 Maikhael, Chanelle		Parramatta	1:32.24Q
4 Jackson, Scarlett		Parramatta	1:34.35q
5 Kingsmill, Ingrid		Northern Suburbs	1:34.36
6 Muir, Nellie		Ryde	1:36.55

Northern Metropolitan Zone Championship 2013**Results****....Girls U 8 - 400 Metre Sprint**

7 O'Connor, Alicia	Ryde	1:37.44
Heat 2 Heats		
1 Archer, Sophia	Northern Suburbs	1:25.44Q
2 Burns, Allannah	Ryde	1:26.57Q
3 Leong, Ziggy	Northern Suburbs	1:31.78Q
4 Flodin, Freya	Ryde	1:32.42q
5 Rorani, Pearl	Cherrybrook	1:36.46
6 Worrell, Ruby	Ryde	1:36.99
7 Elkass, Sara	Cherrybrook	1:42.22
8 Goodswen, Ava	Parramatta	1:42.65

Girls U 8 - 400 Metre Sprint

=====			
Zone: Z	1:18.30	2010	Metiria Doyle, Northern Sub
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Burns, Allannah	Ryde		1:24.43
2 Archer, Sophia	Northern Suburbs		1:26.38
3 Weber, Skye	Northern Suburbs		1:29.34
4 Henderson, Kendal	Cherrybrook		1:29.43
5 Maikhael, Chanelle	Parramatta		1:30.62
6 Jackson, Scarlett	Parramatta		1:34.43
7 Leong, Ziggy	Northern Suburbs		1:34.52
8 Kingsmill, Ingrid	Northern Suburbs		1:36.08

Girls U 9 - 400 Metre Sprint

=====			
Zone: Z	1:14.40	1999	L Willis, Hornsby District
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Polson, Sofia	Parramatta		1:28.87Q
2 McKenzie, Eliza	Nth Rocks Carlin		1:29.26Q
3 Massaro, Sofia	Northern Suburbs		1:34.24
4 Walsh, Sonia	Northern Suburbs		1:39.80
5 Inkster, Madeleine	Ryde		1:41.48
Heat 2 Heats			
1 Cook, Evie	Northern Suburbs		1:24.29Q
2 Granelli, Lara	Parramatta		1:26.40Q
3 Dransfield, Alexandra	Northern Suburbs		1:27.93q
4 Ball, Natasha	Parramatta		1:36.34
5 Pistorius, Vanessa	Ryde		1:36.59
6 Bartley, Vanessa	Nth Rocks Carlin		1:41.06
Heat 3 Heats			
1 Thomas, Emma	Parramatta		1:19.86Q
2 Price, Arabella	Nth Rocks Carlin		1:22.46Q
3 Bourke, Sky	Cherrybrook		1:29.21q
4 Doherty, Clare	Ryde		1:31.02
5 Christie, Lucinda	Northern Suburbs		1:32.69
6 Blume, Melissa	Parramatta		1:36.45

Girls U 9 - 400 Metre Sprint

=====			
Zone: Z	1:14.40	1999	L Willis, Hornsby District
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Thomas, Emma	Parramatta		1:19.83
2 Price, Arabella	Nth Rocks Carlin		1:20.20

Northern Metropolitan Zone Championship 2013**Results****....Girls U 9 - 400 Metre Sprint**

3	Cook, Evie	Northern Suburbs	1:22.82
4	Bourke, Sky	Cherrybrook	1:27.00
5	McKenzie, Eliza	Nth Rocks Carlin	1:27.12
6	Granelli, Lara	Parramatta	1:27.35
7	Dransfield, Alexandra	Northern Suburbs	1:28.85
8	Polson, Sofia	Parramatta	1:28.88

Girls U 10 - 400 Metre Sprint

=====			
	Zone: Z 1:10.30	2008	Raukura Doyle, Northern Sub
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	King, Amy	Nth Rocks Carlin	1:22.44Q
2	Mathews, Hannah	Nth Rocks Carlin	1:23.94Q
3	Quoye, Ruby	Northern Suburbs	1:25.76q
4	Williams, Brigitta	Ryde	1:28.80
5	Frischknecht, Isabella	Cherrybrook	1:29.38
6	Pozzolungo, Angelique	Parramatta	1:29.53
7	Henderson, Peyton	Cherrybrook	1:30.74
Heat 2 Heats			
1	Hijazi, Jud	Cherrybrook	1:23.10Q
2	Kearney, Olivia	Northern Suburbs	1:23.14Q
3	Da Silva, Eliza	Ryde	1:27.04
4	Taylor, Abbey	Nth Rocks Carlin	1:28.57
5	Grebert, Arienna	Cherrybrook	1:29.40
6	Kely, Anna	Nth Rocks Carlin	1:30.69
Heat 3 Heats			
1	Rodriguez, Caitlin	Parramatta	1:21.25Q
2	Conn, Sophie	Cherrybrook	1:24.98Q
3	Vozzo, Ellena	Northern Suburbs	1:25.66q
4	Lakic, Anastasia	Ryde	1:26.47
5	Holt, Jaz	Parramatta	1:32.99
6	Cochrane, Jasmine	Northern Suburbs	1:38.76

Girls U 10 - 400 Metre Sprint

=====			
	Zone: Z 1:10.30	2008	Raukura Doyle, Northern Sub
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Kearney, Olivia	Northern Suburbs	1:16.73
2	Rodriguez, Caitlin	Parramatta	1:19.85
3	Mathews, Hannah	Nth Rocks Carlin	1:20.80
4	Hijazi, Jud	Cherrybrook	1:20.89
5	Conn, Sophie	Cherrybrook	1:21.56
6	Quoye, Ruby	Northern Suburbs	1:22.22
7	Vozzo, Ellena	Northern Suburbs	1:22.70
8	Lakic, Anastasia	Ryde	1:23.31

Girls U 11 - 400 Metre Sprint

=====			
	Zone: Z 1:07.10	1995	R Junor, Tiger Wests
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Terry, Rebecca	Northern Suburbs	1:12.94Q
2	Fartek, Jessica	Nth Rocks Carlin	1:19.43Q
3	Browne, Annabelle	Parramatta	1:20.48
4	Brownlow, Skye	Nth Rocks Carlin	1:23.55

Northern Metropolitan Zone Championship 2013**Results****....Girls U 11 - 400 Metre Sprint**

5 Partridge, Eleanor	Ryde	1:23.66
6 Brown, Emma	Ryde	1:27.36
7 Edmunds, Bridgette	Cherrybrook	1:33.07

Heat 2 Heats

1 Bratton, Gemma	Northern Suburbs	1:12.77Q
2 Turner, Chloe	Northern Suburbs	1:18.03Q
3 Brown, Sarah	Ryde	1:18.93
4 Pak, Claire	Ryde	1:21.90
5 McKeown, Genevieve	Nth Rocks Carlin	1:22.17
6 Clark, Imogen	Cherrybrook	1:28.94
7 Krishnamoorthy, Abbinaya	Cherrybrook	1:37.84

Heat 3 Heats

1 Dang, Kristina	Parramatta	1:12.13Q
2 Mills, Haley	Parramatta	1:12.63Q
3 Attrill, Olivia	Northern Suburbs	1:13.21q
4 Gassmann, Lea	Northern Suburbs	1:18.68q
5 Boland, Sophie	Ryde	1:23.13

Girls U 11 - 400 Metre Sprint

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

Section 1 Final

1 Dang, Kristina	Parramatta	1:10.42
2 Terry, Rebecca	Northern Suburbs	1:10.79
3 Mills, Haley	Parramatta	1:12.31
4 Attrill, Olivia	Northern Suburbs	1:13.52
5 Bratton, Gemma	Northern Suburbs	1:14.26
6 Brown, Sarah	Ryde	1:17.86
7 Fartek, Jessica	Nth Rocks Carlin	1:19.91
8 Gassmann, Lea	Northern Suburbs	1:20.59

Girls U 12 - 400 Metre Sprint

=====			
Zone: Z	1:05.18	2012	Eliza Harvey, Nth Rocks C'f
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Rea, Tarell	Parramatta	1:11.60Q
2 Smillie, Jess	Cherrybrook	1:11.86Q
3 Zantiotis, Gemma	Northern Suburbs	1:12.41Q
4 Richmond, Gabriella	Northern Suburbs	1:12.90q
5 John, Alicia	Parramatta	1:14.85q
6 Newman, Saskia	Northern Suburbs	1:21.45
7 Wilmshurst, Rosalie	Nth Rocks Carlin	1:27.71
8 Inkster, Jasmine	Ryde	1:34.12

Heat 2 Heats

1 Rudolph, Isabella	Cherrybrook	1:13.28Q
2 Guthrie, Sally	Northern Suburbs	1:17.75Q
3 Edmunds, Celeste	Cherrybrook	1:20.57Q
4 Newstead, Sophie	Parramatta	1:23.80
5 Vu, Josephine	Nth Rocks Carlin	1:25.00
6 Crehan, Lily	Ryde	1:29.27

Northern Metropolitan Zone Championship 2013**Results****Girls U 12 - 400 Metre Sprint**

Zone: Z 1:05.18 2012 Eliza Harvey, Nth Rocks C'f			
Name	Age	Centre	Final
Section 1 Final			
1 Rudolph, Isabella		Cherrybrook	1:10.92
2 Rea, Tarell		Parramatta	1:11.67
3 Zantiotis, Gemma		Northern Suburbs	1:11.94
4 Richmond, Gabriella		Northern Suburbs	1:12.31
5 Smillie, Jess		Cherrybrook	1:13.02
6 Guthrie, Sally		Northern Suburbs	1:13.47
7 John, Alicia		Parramatta	1:14.10
8 Edmunds, Celeste		Cherrybrook	1:14.25

Girls U 13 - 400 Metre Sprint

Zone: Z 1:02.40 2011 Chelsea Loughrey, Parramatt			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Gassmann, Sascha		Northern Suburbs	1:07.36Q
2 Fisher, Alanna		Northern Suburbs	1:08.13Q
3 Wunderlich, Laura		Cherrybrook	1:08.99Q
4 East, Brooke		Northern Suburbs	1:10.21q
5 Ivankovic, Breanna		Nth Rocks Carlin	1:11.86q
Heat 2 Heats			
1 Harvey, Eliza		Nth Rocks Carlin	1:07.08Q
2 Jenkins, Claudia		Cherrybrook	1:11.19Q
3 Kingsmill, Astrid		Northern Suburbs	1:13.03Q
4 Jenkins, Olivia		Cherrybrook	1:13.31

Girls U 13 - 400 Metre Sprint

Zone: Z 1:02.40 2011 Chelsea Loughrey, Parramatt			
Name	Age	Centre	Final
Section 1 Final			
1 Harvey, Eliza		Nth Rocks Carlin	1:05.40
2 Gassmann, Sascha		Northern Suburbs	1:06.87
3 Fisher, Alanna		Northern Suburbs	1:10.64
4 Ivankovic, Breanna		Nth Rocks Carlin	1:11.79
5 East, Brooke		Northern Suburbs	1:12.43
6 Kingsmill, Astrid		Northern Suburbs	1:13.37
7 Jenkins, Claudia		Cherrybrook	1:14.50

Girls U 14 - 400 Metre Sprint

Zone: Z 1:00.30 2005 Elle-Maree Farrington, Nort			
Name	Age	Centre	Final
Section 1			
1 Cooper-Phillis, Kelsey		Ryde	1:03.09
2 Latham, Zoe		Ryde	1:04.04
3 Quoye, Molly		Northern Suburbs	1:06.16
4 Walker, Lauryn		Northern Suburbs	1:06.28
5 McCarthy, Nicola		Northern Suburbs	1:08.38
6 Phelps, Harriet		Northern Suburbs	1:09.40
7 Hoy, Melissa		Parramatta	1:10.89

Northern Metropolitan Zone Championship 2013**Results****Girls U 15 - 400 Metre Sprint**

Zone: Z 59.80 2010 Erin Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Bowtell, Nicola		Ryde	1:02.54
2 Schell, Georgina		Northern Suburbs	1:03.44
3 Loughrey, Chelsea		Parramatta	1:06.26
4 Grundy, Juliet		Northern Suburbs	1:06.93
5 Pretorius, Helen		Ryde	1:11.38
6 Higginson, Claire		Ryde	1:15.44
7 Travis, Sarah		Nth Rocks Carlin	1:19.64

Girls U 17 - 400 Metre Sprint

Zone: Z 59.80 2009 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Winkcup, Georgia		Ryde	1:04.80
2 Longworth, Emma		Nth Rocks Carlin	1:07.18
3 Sinha, Ria		Cherrybrook	1:08.82
4 Jayawardana, Krishni		Nth Rocks Carlin	1:11.32
5 Simula, Niamh		Ryde	1:11.67
6 Kelland, Sarah		Ryde	1:12.17

Girls U 9 - 800 Metre Run

Zone: Z 2:50.00 1999 L Willis, Hornsby District			
Name	Age	Centre	Final
1 Thomas, Emma		Parramatta	2:57.40
2 Price, Arabella		Nth Rocks Carlin	3:00.26
3 Shingler, Nea		Northern Suburbs	3:00.47
4 Kavanagh, Sophie		Nth Rocks Carlin	3:00.68
5 Bird, Isobel		Northern Suburbs	3:08.67
6 Metcalfe, Emily		Ryde	3:09.90
7 Granelli, Lara		Parramatta	3:10.38
8 Massaro, Sofia		Northern Suburbs	3:11.24
9 Polson, Sofia		Parramatta	3:11.78
10 Pistorius, Vanessa		Ryde	3:14.90
11 Kennett, Jasmin		Parramatta	3:22.78
12 Christie, Lucinda		Northern Suburbs	3:23.90
13 Greenup, Emma		Northern Suburbs	3:25.02
14 Bartley, Vanessa		Nth Rocks Carlin	3:31.51
15 Inkster, Madeleine		Ryde	3:31.76
16 Blume, Melissa		Parramatta	3:34.78
17 McMahon, Jorja		Nth Rocks Carlin	3:37.25

Girls U 10 - 800 Metre Run

Zone: Z 2:39.60 2006 Patricia La Hood, Parramatt			
Name	Age	Centre	Final
1 Kearney, Olivia		Northern Suburbs	2:55.20
2 Arcus, Georgia		Ryde	2:55.92
3 Gathercole, Emily		Nth Rocks Carlin	3:01.42
4 Quoyale, Ruby		Northern Suburbs	3:02.75
5 Holt, Jaz		Parramatta	3:04.98
6 Grebert, Arienna		Cherrybrook	3:05.29
7 Mathews, Hannah		Nth Rocks Carlin	3:05.93
8 Trainor, Ciara		Northern Suburbs	3:09.56
9 Williams, Brigitta		Ryde	3:10.27

Northern Metropolitan Zone Championship 2013**Results****...Girls U 10 - 800 Metre Run**

10	Grosvenor, Skye	Nth Rocks Carlin	3:14.37
11	Pozzolungo, Angelique	Parramatta	3:18.92
12	Asikin, Angela	Northern Suburbs	3:24.19
13	Kemp, Edie	Northern Suburbs	3:30.52

Girls U 11 - 800 Metre Run

=====			
Zone: Z 2:29.50		2004	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Terry, Rebecca	Northern Suburbs	2:42.64
2	Mills, Haley	Parramatta	2:43.22
3	Rooney, Olivia	Northern Suburbs	2:45.13
4	Dang, Kristina	Parramatta	2:45.53
5	Amy-Wilson, Portia	Ryde	2:46.36
6	Bratton, Gemma	Northern Suburbs	2:50.09
7	Worrall, Lily	Northern Suburbs	2:53.11
8	Jom, Bianca	Northern Suburbs	2:54.64
9	Boland, Sophie	Ryde	2:57.64
10	Henry, Kiara	Parramatta	2:58.51
11	Jamal, Hannah	Ryde	2:59.74
12	Frykberg, Kirsten	Cherrybrook	3:01.51
13	Robinson, Kellie	Cherrybrook	3:05.09
14	Brown, Emma	Ryde	3:07.15
15	Hansen, Eloise	Ryde	3:17.08

Girls U 12 - 800 Metre Run

=====			
Zone: Z 2:27.80		2004	Janine Liversage, Cherrybro
Name	Age	Centre	Final
=====			
1	Rudolph, Isabella	Cherrybrook	2:40.77
2	Gardiner, Imogen	Northern Suburbs	2:44.01
3	Smillie, Jess	Cherrybrook	2:47.15
4	Richmond, Gabriella	Northern Suburbs	2:51.47
5	Blackford, Nadia	Northern Suburbs	2:52.41
6	John, Alicia	Parramatta	2:52.63
7	Guthrie, Sally	Northern Suburbs	2:52.89
8	Scroope, Emma	Northern Suburbs	2:59.48
9	Crehan, Lily	Ryde	3:05.72
10	Hilder, Lauren	Ryde	3:06.20
11	Cunningham, Loren	Nth Rocks Carlin	3:08.67
12	Vu, Josephine	Nth Rocks Carlin	3:09.42

Girls U 13 - 800 Metre Run

=====			
Zone: Z 2:17.60		2006	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1	Harvey, Eliza	Nth Rocks Carlin	2:32.47
2	Gassmann, Sascha	Northern Suburbs	2:35.14
3	Fisher, Alanna	Northern Suburbs	2:43.41
4	Ivankovic, Breanna	Nth Rocks Carlin	2:43.62
5	Tall, Hannah	Ryde	2:44.66
6	Kingsmill, Astrid	Northern Suburbs	2:44.96
7	Rooney, Anika	Northern Suburbs	2:49.34
8	Freestone, Nicole	Cherrybrook	2:53.94
9	Huxtable, Marica	Northern Suburbs	2:55.58
10	Timms, Eve	Cherrybrook	3:00.55
11	Bessis, Karina	Nth Rocks Carlin	3:16.89

Northern Metropolitan Zone Championship 2013**Results****Girls U 14 - 800 Metre Run**

Zone: Z 2:19.10 2007 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 McDonald, Leah		Parramatta	2:32.60
2 Cooper-Phillis, Kelsey		Ryde	2:34.59
3 Quoyle, Molly		Northern Suburbs	2:36.21
4 Latham, Zoe		Ryde	2:37.69
5 Beckett, Antonia		Northern Suburbs	2:43.59
6 McCarthy, Nicola		Northern Suburbs	2:46.70

Girls U 15 - 800 Metre Run

Zone: Z 2:15.80 1989 M Wilson, North Rocks Carli			
Name	Age	Centre	Final
1 Bowtell, Nicola		Ryde	2:33.03
2 Baptist, Emma		Northern Suburbs	2:38.48
3 Kidman, Scarlett		Ryde	2:42.58
4 Jones, Emily		Cherrybrook	2:45.51
5 Grundy, Juliet		Northern Suburbs	2:48.11
6 Martinez, Catalina		Cherrybrook	2:57.91

Girls U 17 - 800 Metre Run

Zone: Z 2:21.60 2008 Hannah Munday, Cherrybrook			
Name	Age	Centre	Final
1 Winkcup, Georgia		Ryde	2:27.80
2 Longworth, Emma		Nth Rocks Carlin	2:42.07
3 Driscoll, Katie		Cherrybrook	2:47.20
4 Jayawardana, Krishni		Nth Rocks Carlin	2:50.48
5 Stockwell, Laura		Cherrybrook	2:57.33
6 Kelland, Sarah		Ryde	3:06.52

Girls U 10 - 1500 Metre Run

Zone: Z 5:24.10 2000 L Willis, Hornsby District			
Name	Age	Centre	Final
1 Arcus, Georgia		Ryde	5:53.91
2 Kearney, Olivia		Northern Suburbs	6:01.92
3 Gathercole, Emily		Nth Rocks Carlin	6:08.39
4 Quoyle, Ruby		Northern Suburbs	6:08.78
5 Grebert, Arienna		Cherrybrook	6:12.73
6 Trainor, Ciara		Northern Suburbs	6:21.62
7 Williams, Brigitta		Ryde	6:24.11
8 Grosvenor, Skye		Nth Rocks Carlin	6:31.11
9 Holt, Jaz		Parramatta	6:41.14
10 Henderson, Peyton		Cherrybrook	6:50.06
11 Pozzolungo, Angelique		Parramatta	6:54.77
12 Asikin, Angela		Northern Suburbs	7:03.84
13 Kemp, Edie		Northern Suburbs	7:13.09

Girls U 11 - 1500 Metre Run

Zone: Z 5:01.90 2004 Jenny Blundell, Cherrybrook			
Name	Age	Centre	Final
1 Rooney, Olivia		Northern Suburbs	5:34.60
2 Terry, Rebecca		Northern Suburbs	5:36.61

Northern Metropolitan Zone Championship 2013**Results****....Girls U 11 - 1500 Metre Run**

3 Mills, Haley	Parramatta	5:37.81
4 Cerezo, Hannah	Northern Suburbs	5:39.45
5 Kavanagh, Alana	Nth Rocks Carlin	5:53.30
6 Boland, Sophie	Ryde	6:04.30
7 Frykberg, Kirsten	Cherrybrook	6:13.40
8 Guthrie, Samantha	Northern Suburbs	6:15.65
9 Brown, Emma	Ryde	6:18.61
10 Browne, Annabelle	Parramatta	6:28.64
11 Batten, Madeleine	Northern Suburbs	6:54.67
12 Oates, Amy	Parramatta	7:06.25

Girls U 12 - 1500 Metre Run

=====			
Zone: Z 4:58.70		2005	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1 Smillie, Jess		Cherrybrook	5:42.20
2 Gardiner, Imogen		Northern Suburbs	5:46.82
3 Guthrie, Sally		Northern Suburbs	5:49.88
4 Blackford, Nadia		Northern Suburbs	5:51.18
5 John, Alicia		Parramatta	5:51.35
6 Scroope, Emma		Northern Suburbs	6:05.32
7 Weber, Sophie		Northern Suburbs	6:26.18
8 Dombrovskis, Karina		Nth Rocks Carlin	6:37.24

Girls U 13 - 1500 Metre Run

=====			
Zone: Z 4:53.80		2006	Jenny Blundell, Cherrybrook
Name	Age	Centre	Final
=====			
1 Gassmann, Sascha		Northern Suburbs	5:22.44
2 Harvey, Eliza		Nth Rocks Carlin	5:24.04
3 Ivankovic, Breanna		Nth Rocks Carlin	5:26.98
4 Kingsmill, Astrid		Northern Suburbs	5:42.32
5 Rooney, Anika		Northern Suburbs	5:55.17
6 Huxtable, Marica		Northern Suburbs	6:04.90

Girls U 14 - 1500 Metre Run

=====			
Zone: Z 5:01.30		1999	R Vanderberg, UTS
Name	Age	Centre	Final
=====			
1 McDonald, Leah		Parramatta	5:13.74
2 Quoye, Molly		Northern Suburbs	5:38.61
3 Johns, Hannah		Northern Suburbs	5:47.17
4 Mylonas, Mia		Parramatta	6:19.70

Girls U 15 - 1500 Metre Run

=====			
Zone: Z 4:52.40		2009	Courtney Chamberlain, Cherr
Name	Age	Centre	Final
=====			
1 Doherty, Eloise		Northern Suburbs	5:26.19
2 Kidman, Scarlett		Ryde	5:29.12
3 Jones, Emily		Cherrybrook	5:50.47
4 Martinez, Catalina		Cherrybrook	6:25.76
5 Travis, Sarah		Nth Rocks Carlin	6:57.36

Northern Metropolitan Zone Championship 2013**Results****Girls U 17 - 1500 Metre Run**

Zone: Z 4:43.10 2011 Kate Spencer, Ryde			
Name	Age	Centre	Final
1 Winkcup, Georgia		Ryde	4:52.08
2 Simula, Niamh		Ryde	6:05.71
3 Jayawardana, Krishni		Nth Rocks Carlin	6:33.76

Girls U 13 - 3000 Metre Run

Zone: Z 10:57.80 2001 R Tancred, Northern Suburb			
Name	Age	Centre	Final
1 Kingsmill, Astrid		Northern Suburbs	13:07.86

Girls U 14 - 3000 Metre Run

Zone: Z 10:51.80 1999 K Archbold, North Rocks Ca			
Name	Age	Centre	Final
1 McDonald, Leah		Parramatta	11:16.78
2 Johns, Hannah		Northern Suburbs	12:29.10
3 Hoy, Melissa		Parramatta	13:57.21

Girls U 15 - 3000 Metre Run

Zone: Z 10:42.00 1995 A Coyle, Parramatta			
Name	Age	Centre	Final
1 Doherty, Eloise		Northern Suburbs	11:24.09
2 McDonald, Jasmyrn		Parramatta	11:47.47
3 Jones, Emily		Cherrybrook	11:57.24
4 Cunningham, Jessica		Nth Rocks Carlin	12:05.25
5 Kidman, Scarlett		Ryde	12:10.69
6 Baptist, Emma		Northern Suburbs	12:24.04
7 Martinez, Catalina		Cherrybrook	13:01.89

Girls U 17 - 3000 Metre Run

Zone: Z 10:41.90 2011 Kate Spencer, Ryde			
Name	Age	Centre	Final
1 Winkcup, Georgia		Ryde	10:45.45
2 Simula, Niamh		Ryde	14:20.14

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.40 1998 C Gomes, Ryde			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Barr, Amelia		Northern Suburbs	13.19Q
2 Fairhall, Natasha		Ryde	13.23Q
3 Henry, Jade		Parramatta	13.30q
4 Worrell, Ruby		Ryde	13.46q
5 Graham, Cameron		Cherrybrook	13.49
6 Prentice, Emily		Northern Suburbs	14.80
7 McCrostie, Nicole		Cherrybrook	15.47
Heat 2 Heats			
1 Marshall, Mia		Northern Suburbs	12.47Q
2 Hollins, Isabella		Ryde	13.43Q

Northern Metropolitan Zone Championship 2013**Results****....Girls U 8 - 60 Metre Hurdles (45cm)**

3	Simos, Ava	Northern Suburbs	13.68
4	Timms, Sierra	Cherrybrook	13.75
5	Gerrey, Grace	Cherrybrook	14.01
6	Wilkinson, Boadicea	Parramatta	14.31
7	Briggs, Eva	Parramatta	17.30

Heat 3 Heats

1	Uslu, Emily	Parramatta	12.15Q
2	O'Connor, Alicia	Ryde	13.37Q
3	Leong, Ziggy	Northern Suburbs	13.59
3	Nilon, Isabelle	Nth Rocks Carlin	13.59
5	Elkass, Sara	Cherrybrook	14.82
6	Bourke, Chloe	Parramatta	15.00
7	Hall, Amelia	Ryde	15.08

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
	Zone: Z 11.40	1998	C Gomes, Ryde
Name	Age	Centre	Final
=====			

Section 1 Final

1	Uslu, Emily	Parramatta	11.93
2	Marshall, Mia	Northern Suburbs	12.33
3	Barr, Amelia	Northern Suburbs	12.83
4	O'Connor, Alicia	Ryde	12.88
5	Hollins, Isabella	Ryde	12.94
6	Fairhall, Natasha	Ryde	12.95
7	Henry, Jade	Parramatta	13.07
8	Worrell, Ruby	Ryde	15.18

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
	Zone: Z 10.70	1994	A Hamilton, Northern Suburbs
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Kavanagh, Sophie	Nth Rocks Carlin	11.86Q
2	Crawford, Emily	Cherrybrook	11.89Q
3	Aldous, Alexis	Ryde	12.07q
4	Damian, Matilda	Northern Suburbs	12.26q
5	Dale, Hannah	Nth Rocks Carlin	13.40
6	Kalachian, Izabella	Ryde	13.78
7	Cooksey, Ellen	Parramatta	14.67
8	Smulders, Heaven	Parramatta	14.73

Heat 2 Heats

1	Haigh, Michaela	Cherrybrook	12.31Q
2	McKenzie, Eliza	Nth Rocks Carlin	12.43Q
3	Galvin, Lidia	Nth Rocks Carlin	12.51
4	O'Donnell, Larissa	Northern Suburbs	12.61
5	Polley, Amelia	Parramatta	12.66
6	Versace, Phoebe	Northern Suburbs	12.86
7	McKenzie, Ella	Cherrybrook	13.26
8	Inkster, Madeleine	Ryde	17.68

Heat 3 Heats

1	Tilt, Lily	Nth Rocks Carlin	12.02Q
2	Moraitis, Emily	Northern Suburbs	12.47Q
3	Bourke, Sky	Cherrybrook	13.44
4	Demasi, Tahlia	Ryde	13.88
5	Walsh, Sonia	Northern Suburbs	14.15
6	Jayasinghe, Thinaya	Parramatta	14.17

Northern Metropolitan Zone Championship 2013

Results

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 1994 A Hamilton, Northern Suburbs			
Name	Age	Centre	Final
Section 1 Final			
1 Crawford, Emily		Cherrybrook	11.32
2 Kavanagh, Sophie		Nth Rocks Carlin	11.53
3 Tilt, Lily		Nth Rocks Carlin	11.66
4 Damian, Matilda		Northern Suburbs	11.89
5 Moraitis, Emily		Northern Suburbs	11.97
6 McKenzie, Eliza		Nth Rocks Carlin	12.44
7 Aldous, Alexis		Ryde	13.02
8 Haigh, Michaela		Cherrybrook	18.23

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.50 2003 Katie Healey, Northern Suburb			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Osifo, Danielle		Cherrybrook	12.14Q
2 Henry, Tamiah		Parramatta	12.53Q
3 Da Silva, Eliza		Ryde	12.81q
4 Rodriguez, Caitlin		Parramatta	13.23
5 Fajemisin, Amy		Nth Rocks Carlin	13.34
6 Taylor, Abbey		Nth Rocks Carlin	13.76
7 Russell, Mary		Northern Suburbs	13.80
8 Kemp, Edie		Northern Suburbs	15.83
Heat 2 Heats			
1 Asikin, Angela		Northern Suburbs	12.28Q
2 Cochrane, Jasmine		Northern Suburbs	13.12Q
2 Smith, Chelsea		Nth Rocks Carlin	13.12Q
4 Lakic, Anastasia		Ryde	13.16
5 Shehadie, Alana		Parramatta	13.70
6 Frischknecht, Isabella		Cherrybrook	13.95
7 Holswich, Imogen		Cherrybrook	14.12
Heat 3 Heats			
1 Lynch, Annika		Northern Suburbs	11.17Q
2 Gathercole, Emily		Nth Rocks Carlin	11.97Q
3 Conn, Sophie		Cherrybrook	13.01
4 Yap, Chloe		Parramatta	13.37
5 Ohmer, Gabrielle		Parramatta	13.46
6 Horton-Uch, Keisha		Nth Rocks Carlin	13.54
7 Higginson, Grace		Ryde	13.68
8 Freestone, Katelyn		Cherrybrook	13.84

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.50 2003 Katie Healey, Northern Suburb			
Name	Age	Centre	Final
Section 1 Final			
1 Lynch, Annika		Northern Suburbs	10.89
2 Gathercole, Emily		Nth Rocks Carlin	11.80
3 Osifo, Danielle		Cherrybrook	11.90
4 Asikin, Angela		Northern Suburbs	12.06
5 Henry, Tamiah		Parramatta	12.60
6 Da Silva, Eliza		Ryde	12.72
7 Smith, Chelsea		Nth Rocks Carlin	13.12
8 Cochrane, Jasmine		Northern Suburbs	13.40

Northern Metropolitan Zone Championship 2013**Results****Girls U 11 - 60 Metre Hurdles (60cm)**

Zone: Z 10.10 2000 J Wynn, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Attrill, Olivia		Northern Suburbs	11.46Q
2 Lee, Emily		Northern Suburbs	11.52Q
3 Docdoc, Jana		Ryde	12.19q
4 Oberg, Jordan		Cherrybrook	12.86
5 Krishnamoorthy, Abbinaya		Cherrybrook	12.97
6 Henry, Kiara		Parramatta	12.99
7 Ferraro, Kate		Nth Rocks Carlin	13.03
8 Hansen, Eloise		Ryde	13.05
9 Mahony, Jade		Nth Rocks Carlin	13.24
Heat 2 Heats			
1 Dang, Kristina		Parramatta	11.17Q
2 Fartek, Jessica		Nth Rocks Carlin	11.90Q
3 Cerezo, Hannah		Northern Suburbs	12.25q
4 Mills, Sophie		Nth Rocks Carlin	12.40
5 Vaughan, Sophie		Parramatta	13.56
6 Fairhall, Rachel		Ryde	14.09
Heat 3 Heats			
1 Rickard, Tess		Northern Suburbs	11.20Q
2 Lees, Charlotte		Northern Suburbs	11.35Q
3 Brownlow, Skye		Nth Rocks Carlin	12.42
4 Edmunds, Bridgette		Cherrybrook	12.59
5 Thomas, Bethany		Ryde	13.30
6 Pak, Claire		Ryde	13.33
7 Cooksey, Amelia		Parramatta	13.39
8 Oates, Amy		Parramatta	14.64

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.10 2000 J Wynn, Parramatta			
Name	Age	Centre	Final
Section 1 Final			
1 Attrill, Olivia		Northern Suburbs	10.73
2 Dang, Kristina		Parramatta	10.87
3 Lees, Charlotte		Northern Suburbs	11.10
4 Rickard, Tess		Northern Suburbs	11.15
5 Lee, Emily		Northern Suburbs	11.17
6 Fartek, Jessica		Nth Rocks Carlin	11.70
7 Cerezo, Hannah		Northern Suburbs	12.14
8 Docdoc, Jana		Ryde	12.55

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 10.00 2006 Melissa Farrington, Northern			
Zone: Z 10.00 12/12/2009 Carla Takchi, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Devitt, Faith		Cherrybrook	12.15Q
2 Edmunds, Celeste		Cherrybrook	12.31Q
3 Barry, Kate		Northern Suburbs	12.45q
4 Halmarick, Lara		Ryde	12.83
5 Demasi, Myah		Ryde	18.05
Heat 2 Heats			
1 Bowrey, Amie		Cherrybrook	10.64Q
2 McCarthy, Isabel		Northern Suburbs	11.26Q

Northern Metropolitan Zone Championship 2013**Results****....Girls U 12 - 60 Metre Hurdles (68cm)**

3 Crehan, Lily	Ryde	12.74
4 Unat, Melissa	Nth Rocks Carlin	12.98
5 Barnsley, Samantha	Nth Rocks Carlin	13.37
6 Johnston, Keira	Parramatta	15.11

Heat 3 Heats

1 D'onofrio, Nicolette	Northern Suburbs	10.32Q
2 Fartek, Alicia	Nth Rocks Carlin	10.67Q
3 Richmond, Gabriella	Northern Suburbs	11.17q
4 Henderson, Bailey	Cherrybrook	13.30
5 Sutherland-Robinson, Tal	Ryde	13.94
6 Dombrovskis, Karina	Nth Rocks Carlin	14.11

Girls U 12 - 60 Metre Hurdles (68cm)

=====
 Zone: Z 10.00 2006 Melissa Farrington, Northern
 Zone: Z 10.00 12/12/2009 Carla Takchi, Cherrybrook

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

Section 1 Final

1 D'onofrio, Nicolette	Northern Suburbs	10.15
2 Fartek, Alicia	Nth Rocks Carlin	10.34
3 Bowrey, Amie	Cherrybrook	10.63
4 McCarthy, Isabel	Northern Suburbs	10.98
5 Richmond, Gabriella	Northern Suburbs	11.03
6 Edmunds, Celeste	Cherrybrook	11.69
7 Devitt, Faith	Cherrybrook	11.89
8 Barry, Kate	Northern Suburbs	12.21

Girls U 13 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 12.90 2006 Courtney Cross, Hornsby Distr

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

Heat 1 Heats

1 Fartek, Madelyn	Nth Rocks Carlin	14.07Q
2 Collett, Kate	Cherrybrook	14.89Q
3 Holswich, Amy	Cherrybrook	15.39Q
4 Ingram, Rachel	Cherrybrook	18.39q

Heat 2 Heats

1 Lyon, Katrina	Ryde	13.98Q
2 Metaxouli, Sofia	Cherrybrook	14.05Q
3 East, Brooke	Northern Suburbs	14.80Q
4 Fang, Junyi	Ryde	15.28q

Girls U 13 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 12.90 2006 Courtney Cross, Hornsby Distr

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

Section 1 Final

1 Lyon, Katrina	Ryde	13.98
2 Metaxouli, Sofia	Cherrybrook	14.05
3 Fartek, Madelyn	Nth Rocks Carlin	14.07
4 East, Brooke	Northern Suburbs	14.80
5 Collett, Kate	Cherrybrook	14.89
6 Fang, Junyi	Ryde	15.28
7 Holswich, Amy	Cherrybrook	15.39
8 Ingram, Rachel	Cherrybrook	18.39

Northern Metropolitan Zone Championship 2013**Results****Girls U 14 - 80 Metre Hurdles (76cm)**

Zone: Z 12.50 1996 S Gabrael, Parramatta			
Name	Age	Centre	Final
Section 1			
1 Patterson, Charlotte		Northern Suburbs	13.39
2 Crowe, Amanda		Northern Suburbs	14.20
3 Henke, Aurora		Cherrybrook	14.52
4 Walker, Lauryn		Northern Suburbs	14.54
5 Caspers, Holly		Northern Suburbs	14.88
6 Matheson, Brooke		Ryde	15.02
7 Davis, Chloe		Ryde	15.69
8 Milne, Kate		Nth Rocks Carlin	17.51

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.30 2009 Melissa Farrington, Northern			
Name	Age	Centre	Final
1 Cattell, Courtney		Cherrybrook	14.77
2 Biddle, Johanna		Cherrybrook	15.00
3 Loughrey, Chelsea		Parramatta	15.33
4 Hodge, Abbey		Nth Rocks Carlin	15.51
5 Jones, Emily		Cherrybrook	16.38
6 Du, Katherine		Ryde	17.37
7 Vaz, Madeleine		Northern Suburbs	17.65
8 Travis, Sarah		Nth Rocks Carlin	19.15

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.40 2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
1 Takchi, Carla		Cherrybrook	15.76
2 Brown, Karina		Northern Suburbs	16.94
3 Longworth, Emma		Nth Rocks Carlin	18.17
4 Wang, Christine		Northern Suburbs	19.51

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.70 2011 Chelsea Loughrey, Parramatta			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Lyon, Katrina		Ryde	30.89Q
2 Fartek, Madelyn		Nth Rocks Carlin	31.76Q
3 Fang, Junyi		Ryde	34.71q
4 Kowcz Rosinke, Tamara		Northern Suburbs	35.22q
5 Collett, Kate		Cherrybrook	35.47q
6 Cameron, Emily		Northern Suburbs	36.30
Heat 2 Heats			
1 Metaxouli, Sofia		Cherrybrook	31.65Q
2 East, Brooke		Northern Suburbs	33.46Q
3 Hirst, Ella		Cherrybrook	34.58q
4 Huxtable, Marica		Northern Suburbs	36.24
5 Ingram, Rachel		Cherrybrook	36.52

Northern Metropolitan Zone Championship 2013**Results****Girls U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 29.70 2011 Chelsea Loughrey, Parramatta			
Name	Age	Centre	Final
Final			
-- Kowcz Rosinke, Tamara		Northern Suburbs	
Section 1 Final			
1 Metaxouli, Sofia		Cherrybrook	30.94
2 Lyon, Katrina		Ryde	31.05
3 Fartek, Madelyn		Nth Rocks Carlin	31.51
4 Collett, Kate		Cherrybrook	31.54
5 Hirst, Ella		Cherrybrook	32.74
6 East, Brooke		Northern Suburbs	32.82
7 Fang, Junyi		Ryde	34.47
8 Huxtable, Marica		Northern Suburbs	36.00

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.50 1996 Jana Pittman, Parramatta			
Name	Age	Centre	Final
Section 1			
1 Patterson, Charlotte		Northern Suburbs	30.26
2 Henke, Aurora		Cherrybrook	31.44
3 Court, Amy		Ryde	31.54
4 Crowe, Amanda		Northern Suburbs	31.64
5 Walker, Lauryn		Northern Suburbs	32.10
6 Matheson, Brooke		Ryde	32.82
7 Russell, Celeste		Northern Suburbs	33.56
8 Leatherbarrow, Sarah		Northern Suburbs	34.24

Girls U 15 - 200 Metre Hurdles (76cm)

Zone: Z 27.70 1997 Jana Pittman, Parramatta			
Name	Age	Centre	Final
1 Cattell, Courtney		Cherrybrook	29.80
2 Loughrey, Chelsea		Parramatta	30.23
3 Hodge, Abbey		Nth Rocks Carlin	31.12
4 Bowtell, Nicola		Ryde	31.55
5 Pretorius, Helen		Ryde	34.04
6 Vaz, Madeleine		Northern Suburbs	34.38
7 Higginson, Claire		Ryde	35.51

Girls U 17 - 200 Metre Hurdles (76cm)

Zone: Z 27.80 2009 Michelle Jenneke, Cherrybrook			
Name	Age	Centre	Final
1 Brown, Karina		Northern Suburbs	29.62
2 Takchi, Carla		Cherrybrook	29.66
3 Longworth, Emma		Nth Rocks Carlin	31.77
4 Chen, Sharron		Nth Rocks Carlin	32.16
5 Winkcup, Georgia		Ryde	32.17
6 Simula, Niamh		Ryde	34.00
7 Marinkov, Cassandra		Parramatta	35.31

Northern Metropolitan Zone Championship 2013**Results****Girls U 7 - 500 Metre Pack Start**

Zone: Z 1:48.90 1998 M D'Arcy, Hornsby District			
Name	Age	Centre	Final
1 Gathercole, Charlotte		Nth Rocks Carlin	1:54.10
2 Jackson, Emily		Parramatta	1:58.47
3 Glinski, Maya		Parramatta	2:05.81
4 Phillips, Georgia		Ryde	2:07.63
5 Jom, Hannah		Northern Suburbs	2:09.16
6 Rushworth, Gabriella		Ryde	2:09.73
7 Sassen, Olivia		Parramatta	2:09.91
8 Massaro, Emilia		Northern Suburbs	2:10.30
9 Watson, Sophie		Cherrybrook	2:12.28
10 Searle, Tahlia		Cherrybrook	2:14.23
11 Haigh, Erica		Cherrybrook	2:15.53
12 Halloran, Eloise		Northern Suburbs	2:21.65
13 Murray, Elise		Parramatta	2:22.72
14 Nolan, Niamh		Parramatta	2:22.88
15 Moujalli, Brieanah		Ryde	2:25.05
16 Lee, Annika		Northern Suburbs	2:25.51

Girls U 8 - 700 Metre Pack Start

Zone: Z 2:26.40 2010 Metiria Doyle, Northern Sub			
Name	Age	Centre	Final
1 Timms, Sierra		Cherrybrook	2:33.58
2 Archer, Sophia		Northern Suburbs	2:41.07
3 Burns, Allannah		Ryde	2:41.82
4 Flodin, Freya		Ryde	2:43.91
5 Kingsmill, Ingrid		Northern Suburbs	2:45.01
6 Weber, Skye		Northern Suburbs	2:46.10
7 Henderson, Kendal		Cherrybrook	2:48.81
8 Gavagna, Alexandra		Northern Suburbs	2:51.45
9 McCrostie, Nicole		Cherrybrook	2:53.80
10 Jackson, Scarlett		Parramatta	2:56.31
11 Hollins, Isabella		Ryde	2:57.88
12 Worrell, Ruby		Ryde	2:59.78
13 Grebert, Kaiya		Cherrybrook	3:04.34
14 Hall, Amelia		Ryde	3:06.33
15 White, Amy		Parramatta	3:18.03
16 Davies, Priyella		Parramatta	3:33.41

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

Zone: Z 58.30 17/12/2000 Cherrybrook, Cherrybrook			
Centre			Final
1 Cherrybrook			59.50
2 Northern Suburbs			59.95
3 North Rocks Carlingford			1:02.69
4 Ryde			1:04.27
5 Parramatta			1:04.29

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

Zone: Z 51.40 11/12/2011 Northern Suburbs, Norths			
Centre			Final
1 Cherrybrook			53.17
2 Ryde			54.23

Northern Metropolitan Zone Championship 2013**Results****....Girls U 13-17 4x100 Metre Relay (Snr)**

3 Northern Suburbs	54.56
4 North Rocks Carlingford	54.98
5 Parramatta	58.30

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

=====			
Zone: Z 1.21m 2006		Madeleine Jones, Hornsby Dist	
Name	Age	Centre	Final
=====			
Flight 1			
1 Haigh, Michaela		Cherrybrook	1.10m
2 Kavanagh, Sophie		Nth Rocks Carlin	1.06m
3 Moraitis, Emily		Northern Suburbs	1.04m
4 Clifford, Georgia		Northern Suburbs	1.02m
5 Edmondson, Paige		Northern Suburbs	1.02m
6 Hardingham, Samantha		Northern Suburbs	1.02m
7 Christie, Lucinda		Northern Suburbs	0.95m
8 Blume, Melissa		Parramatta	0.95m
9 Brown, Monique		Nth Rocks Carlin	0.90m
10 Pistorius, Vanessa		Ryde	0.90m
11 Attard, Claudia		Parramatta	0.90m
12 Bingham, Eloise		Cherrybrook	0.85m
12 Jayasinghe, Thinaya		Parramatta	0.85m
14 Dale, Hannah		Nth Rocks Carlin	0.85m
15 Cooksey, Ellen		Parramatta	0.80m
16 Wilmshurst, Saskia		Nth Rocks Carlin	0.80m

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

=====			
Zone: Z 1.38m 2001		F Sombroek, Northern Suburbs	
Name	Age	Centre	Final
=====			
1 Healy, Georgia		Northern Suburbs	1.26m
2 Kearney, Olivia		Northern Suburbs	1.22m
3 Craig, Xanthe		Cherrybrook	1.10m
4 Conn, Sophie		Cherrybrook	1.05m
5 Andrews, Greta		Northern Suburbs	1.05m
6 Yap, Chloe		Parramatta	1.05m
7 Grebert, Arienna		Cherrybrook	1.05m
8 Maher, Georgina		Northern Suburbs	1.05m
9 King, Amy		Nth Rocks Carlin	1.00m
10 Taylor, Abbey		Nth Rocks Carlin	1.00m
11 Pozzolungo, Angelique		Parramatta	1.00m
11 Davies, Sharlae		Parramatta	1.00m
13 Arcus, Georgia		Ryde	1.00m
14 Fajemisin, Amy		Nth Rocks Carlin	0.95m
15 Horton-Uch, Alisha		Nth Rocks Carlin	0.90m

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

=====			
Zone: Z 1.40m 1989		C Mortleman, Hornsby District	
Zone: Z 1.40m 16/12/2006		Becky Clark, North Rocks Carl	
Name	Age	Centre	Final
=====			
1 Worrall, Lily		Northern Suburbs	1.35m
2 Terry, Rebecca		Northern Suburbs	1.35m
3 O'Connor, Georgia		Cherrybrook	1.31m
4 Chapman, Kelly		Cherrybrook	1.27m
5 Amy-Wilson, Portia		Ryde	1.25m
6 Peterson, Kate		Parramatta	1.20m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 11 - High Jump (S/H 1.00m)**

7	Foye, Tahlia	Parramatta	1.20m
8	Bratton, Gemma	Northern Suburbs	1.15m
9	Jom, Bianca	Northern Suburbs	1.15m
10	Thomas, Bethany	Ryde	1.15m
11	McKeown, Genevieve	Nth Rocks Carlin	1.15m
12	Mills, Sophie	Nth Rocks Carlin	1.10m
12	Wayne, Tarsha	Nth Rocks Carlin	1.10m
14	Frykberg, Kirsten	Cherrybrook	1.10m
15	Cooksey, Amelia	Parramatta	1.10m
16	Sepulveda, Estella	Northern Suburbs	1.05m
17	Docdoc, Jana	Ryde	1.05m
18	Brownlow, Skye	Nth Rocks Carlin	1.05m
19	Polley, Emma	Parramatta	1.05m
20	Layton, Jessica	Parramatta	1.00m

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

Zone: Z 1.47m 2002		R Lodewijks, Hornsby District	
Name	Age	Centre	Final
1	Rudolph, Isabella	Cherrybrook	1.41m
2	Guthrie, Sally	Northern Suburbs	1.39m
3	Plummer, Eleanor	Ryde	1.31m
4	Preston, Grace	Northern Suburbs	1.29m
5	Zantiotis, Gemma	Northern Suburbs	1.27m
6	Gullotta, Lucy	Northern Suburbs	1.25m
7	Madigan, Zoe	Ryde	1.20m
8	Collins, Sarah	Parramatta	1.20m
9	Dombrovskis, Karina	Nth Rocks Carlin	1.15m
10	Vosper, Ava	Nth Rocks Carlin	1.15m
11	Ralph, Emily	Ryde	1.15m
12	Browne, Jessica	Parramatta	1.15m
--	Mahesh, Sanjana	Cherrybrook	NH
--	Johnston, Keira	Parramatta	NH
--	Elgood, Catherine	Ryde	NH

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

Zone: Z 1.63m 1989		M Harris, Hornsby District	
Name	Age	Centre	Final
1	Freestone, Nicole	Cherrybrook	1.48m
2	Terry, Georgina	Northern Suburbs	1.44m
3	Mackay, Hannah	Northern Suburbs	1.32m
4	Badaoui, Anna	Ryde	1.30m
5	Black, Xanthe	Northern Suburbs	1.20m
6	Cameron, Emily	Northern Suburbs	J1.20m
7	Clark, Nikkita	Cherrybrook	1.15m
--	Tran, Nikki	Northern Suburbs	DNF

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

Zone: Z 1.65m 2006		Amy Pejkoivic, Cherrybrook	
Name	Age	Centre	Final
1	Reid, Amy	Cherrybrook	1.46m
2	Davis, Chloe	Ryde	1.42m
3	Walker, Lauryn	Northern Suburbs	1.42m
4	Brown, Jessica	Ryde	1.40m
5	Brown, Sarah	Nth Rocks Carlin	1.38m

Northern Metropolitan Zone Championship 2013**Results****Girls U 15 - High Jump (S/H 1.20m)**

Zone: Z 1.75m 2007 Amy PejkoVIC, Cherrybrook			
Name	Age	Centre	Final
1 Biddle, Johanna		Cherrybrook	1.45m
2 Travis, Sarah		Nth Rocks Carlin	1.43m
3 Jones, Emily		Cherrybrook	J1.37m
3 Rankin, Isabella		Northern Suburbs	J1.37m
3 Buchert, Sandra		Northern Suburbs	1.37m
6 Vaz, Madeleine		Northern Suburbs	J1.30m
6 Gibson, Brianna		Northern Suburbs	1.30m
8 Ryan, Ciara		Northern Suburbs	1.25m

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

Zone: Z 1.65m 2009 Amy PejkoVIC, Cherrybrook			
Name	Age	Centre	Final
1 Newey, Lara		Cherrybrook	1.55m
2 Brown, Karina		Northern Suburbs	1.55m
3 Thom, Bethany		Ryde	1.51m
4 Jukic, Veronika		Ryde	1.45m
5 Moran, Eilish		Parramatta	1.25m
5 Marinkov, Cassandra		Parramatta	1.25m

Girls U 7 - Long Jump

Zone: Z 3.09m 1989 M Harrison, Hornsby District			
Name	Age	Centre	Final
1 Reynolds, Hayley		Nth Rocks Carlin	2.96m
2 Phillips, Georgia		Ryde	2.89m
3 Baker, Sarah		Northern Suburbs	2.72m
4 Jom, Hannah		Northern Suburbs	2.71m
5 Rothwell, Eve		Northern Suburbs	2.67m
6 Murray, Elise		Parramatta	2.55m
7 Blume, Emma		Parramatta	2.40m
8 Halloran, Eloise		Northern Suburbs	2.37m
9 Wilmshurst, Zoe		Nth Rocks Carlin	2.25m
10 Smith, Nikita		Nth Rocks Carlin	2.24m
11 Morgan, Estelle		Northern Suburbs	2.21m
12 Rushworth, Gabriella		Ryde	2.20m
13 Marinkov, Alana		Parramatta	2.19m
14 Cooksey, Mary		Parramatta	2.17m
15 Watson, Sophie		Cherrybrook	2.12m
16 Haigh, Erica		Cherrybrook	2.11m
17 Koot, Sarah-Ann		Cherrybrook	2.07m
18 Barlow, Claudia		Ryde	2.05m
18 Tonge, Imogen		Ryde	2.05m
20 Kerr, Mia		Parramatta	1.90m
21 Mahony, Skye		Nth Rocks Carlin	1.89m
22 Mathews, Charlotte		Nth Rocks Carlin	1.71m
23 Searle, Tahlia		Cherrybrook	1.66m

Girls U 8 - Long Jump

Zone: Z 3.59m 1994 E Bornstein, Northern Suburbs			
Name	Age	Centre	Final
1 Uslu, Emily		Parramatta	3.26m
2 Fairhall, Natasha		Ryde	3.23m

Northern Metropolitan Zone Championship 2013

Results

....Girls U 8 - Long Jump

3	Roberts, Zoe	Northern Suburbs	2.97m
4	McCrostie, Nicole	Cherrybrook	2.91m
5	Simos, Ava	Northern Suburbs	2.88m
6	Barr, Amelia	Northern Suburbs	2.86m
7	Hollins, Isabella	Ryde	2.72m
8	Moala, Aliana	Ryde	2.65m
9	Graham, Cameron	Cherrybrook	2.57m
10	Oberg, Jacqueline	Cherrybrook	2.56m
11	Henry, Jade	Parramatta	2.49m
12	Pawsey, Elysha	Ryde	2.48m
13	Weber, Skye	Northern Suburbs	2.46m
14	Timms, Sierra	Cherrybrook	2.45m
15	Davies, Priyella	Parramatta	2.44m
16	Kingsmill, Ingrid	Northern Suburbs	2.43m
17	Gerrey, Grace	Cherrybrook	2.41m
18	Nilon, Isabelle	Nth Rocks Carlin	2.36m
19	Wilkinson, Boadicea	Parramatta	2.15m
--	Briggs, Eva	Parramatta	FOUL
--	Byrne, Sophie	Ryde	FOUL

Girls U 9 - Long Jump

Zone: Z 3.90m 1989			
Name	Age	Centre	Final
=====			
1	Tilt, Lily	Nth Rocks Carlin	3.64m
2	Kavanagh, Sophie	Nth Rocks Carlin	3.60m
3	Drobot, Natalia	Ryde	3.55m
4	Damian, Matilda	Northern Suburbs	3.45m
5	Price, Arabella	Nth Rocks Carlin	3.40m
6	Polley, Amelia	Parramatta	3.18m
7	Granelli, Lara	Parramatta	3.12m
8	O'Donnell, Larissa	Northern Suburbs	3.09m
9	Aldous, Alexis	Ryde	3.01m
10	McKenzie, Ella	Cherrybrook	2.98m
11	Shingler, Nea	Northern Suburbs	2.93m
12	Haigh, Michaela	Cherrybrook	2.92m
12	Clifford, Georgia	Northern Suburbs	2.92m
14	McMahon, Jorja	Nth Rocks Carlin	2.89m
14	Dale, Hannah	Nth Rocks Carlin	2.89m
16	Stevenson, Gemma	Ryde	2.70m
17	Kennett, Jasmin	Parramatta	2.69m
18	Cooksey, Ellen	Parramatta	2.49m
19	Pistorius, Vanessa	Ryde	2.47m
20	Johansson, Sofia	Ryde	2.35m

Girls U 10 - Long Jump

Zone: Z 4.40m 2000			
Name	Age	Centre	Final
=====			
1	Healy, Georgia	Northern Suburbs	4.26m
2	Lynch, Annika	Northern Suburbs	4.18m
3	Osifo, Danielle	Cherrybrook	4.12m
4	Lillis, Chiara	Ryde	3.92m
5	Vozzo, Ellena	Northern Suburbs	3.81m
6	Sutherland-Robinson, Ane	Ryde	3.49m
7	Hore, Monique	Northern Suburbs	3.46m
8	Davies, Sharlae	Parramatta	3.33m
9	Henderson, Peyton	Cherrybrook	3.30m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 10 - Long Jump**

10	Prasetya, Thea	Nth Rocks Carlin	3.28m
10	Yap, Chloe	Parramatta	3.28m
12	McAndrew, Adria	Ryde	3.26m
13	Lacic, Anastasia	Ryde	3.25m
14	Frischknecht, Isabella	Cherrybrook	3.21m
15	Smith, Chelsea	Nth Rocks Carlin	3.12m
16	Horton-Uch, Keisha	Nth Rocks Carlin	3.09m
17	Asikin, Angela	Northern Suburbs	3.07m
18	Horton-Uch, Alisha	Nth Rocks Carlin	3.05m
19	Abimanju, Akshara	Cherrybrook	3.04m
20	Ohmer, Gabrielle	Parramatta	2.94m
21	Green, Loren	Parramatta	2.82m
22	Williams, Brigitta	Ryde	2.71m
23	Briggs, Clara	Parramatta	2.58m
24	Grosvenor, Skye	Nth Rocks Carlin	2.52m

Girls U 11 - Long Jump

Zone: Z 4.67m 2004		Courtney Cross, Hornsby Distr	
Name	Age	Centre	Final
1	Foye, Tahlia	Parramatta	4.38m
2	Attrill, Olivia	Northern Suburbs	4.25m
3	Wayne, Tarsha	Nth Rocks Carlin	4.13m
4	Perry, Claudia	Northern Suburbs	4.12m
5	Lowe, Alyssa	Ryde	3.90m
5	Prowse, Scarlett	Cherrybrook	J3.90m
7	Hansen, Eloise	Ryde	3.78m
8	Bruntsch, Mikaela	Ryde	3.76m
9	Brown, Sarah	Ryde	J3.70m
9	Mewburn, Jade	Northern Suburbs	3.70m
11	Amy-Wilson, Portia	Ryde	3.65m
12	Mills, Sophie	Nth Rocks Carlin	3.60m
13	Oberg, Jordan	Cherrybrook	3.58m
14	Cramer, Elysha	Northern Suburbs	3.52m
15	Peterson, Kate	Parramatta	3.46m
16	Henry, Kiara	Parramatta	3.42m
17	Worrall, Lily	Northern Suburbs	3.32m
18	Mahony, Jade	Nth Rocks Carlin	3.30m
19	Edmunds, Bridgette	Cherrybrook	3.19m
20	Vaughan, Sophie	Parramatta	3.18m
21	Sutherland, Siena	Nth Rocks Carlin	2.89m
22	Oates, Amy	Parramatta	2.71m

Girls U 12 - Long Jump

Zone: Z 5.26m 2005		Courtney Cross, Hornsby Distr	
Name	Age	Centre	Final
1	Rea, Tarell	Parramatta	4.56m
2	Bowrey, Amie	Cherrybrook	4.52m
3	Fajemisin, Zoe	Nth Rocks Carlin	4.25m
4	Halmarick, Lara	Ryde	4.14m
5	Lamperts, Eleanor	Cherrybrook	4.11m
6	Weber, Sophie	Northern Suburbs	4.10m
7	Healy, Jasmine	Northern Suburbs	3.97m
8	Vosper, Ava	Nth Rocks Carlin	3.96m
9	McCarthy, Isabel	Northern Suburbs	3.86m
10	Ralph, Emily	Ryde	3.80m
11	Challoner, Maya	Northern Suburbs	3.70m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 12 - Long Jump**

12 Unat, Melissa	Nth Rocks Carlin	3.69m
13 Henderson, Bailey	Cherrybrook	3.60m
14 Collins, Sarah	Parramatta	3.51m
15 Wilmshurst, Rosalie	Nth Rocks Carlin	3.44m
16 Clarke, Claudia	Cherrybrook	3.26m
17 Harrison, Sophia	Nth Rocks Carlin	3.12m
18 Newstead, Sophie	Parramatta	3.05m

Girls U 13 - Long Jump

Zone: Z 4.99m 1997		A Cahill, Northern Suburbs	
Name	Age Centre	Final	
1 Marconi, Taylor-Lee	Parramatta	4.52m	
2 Metaxouli, Sofia	Cherrybrook	4.47m	
3 East, Brooke	Northern Suburbs	4.43m	
4 Hirst, Ella	Cherrybrook	4.37m	
5 Lyon, Katrina	Ryde	4.30m	
6 Kowcz Rosinke, Tamara	Northern Suburbs	4.26m	
6 Wunderlich, Laura	Cherrybrook	4.26m	
8 Simula, Kiera	Ryde	4.19m	
9 Gassmann, Sascha	Northern Suburbs	4.07m	
10 Badaoui, Anna	Ryde	3.95m	
11 Fang, Junyi	Ryde	3.80m	
12 Collyer, Sophie	Ryde	3.61m	
13 Jenkins, Claudia	Cherrybrook	3.56m	
14 Kely, Sara	Nth Rocks Carlin	3.53m	
15 Bessis, Karina	Nth Rocks Carlin	3.29m	
16 Clark, Nikkita	Cherrybrook	3.26m	
17 Jenkins, Olivia	Cherrybrook	3.05m	

Girls U 14 - Long Jump

Zone: Z 5.38m 2007		Courtney Cross, Hornsby Distr	
Name	Age Centre	Final	
1 Court, Amy	Ryde	4.74m	
2 Davis, Chloe	Ryde	4.65m	
3 Patterson, Charlotte	Northern Suburbs	4.58m	
4 Brown, Jessica	Ryde	4.55m	
5 Crowe, Amanda	Northern Suburbs	4.53m	
6 Leatherbarrow, Sarah	Northern Suburbs	4.45m	
7 Milne, Kate	Nth Rocks Carlin	4.26m	
8 Reid, Amy	Cherrybrook	4.19m	
9 Smelt, Emily	Northern Suburbs	4.08m	
10 Beckett, Antonia	Northern Suburbs	4.07m	
11 Johns, Hannah	Northern Suburbs	3.99m	

Girls U 15 - Long Jump

Zone: Z 5.64m 2011		Katrina Hunt, Norths	
Name	Age Centre	Final	
1 Leverett, Maya	Nth Rocks Carlin	5.01m	
2 Biddle, Johanna	Cherrybrook	4.92m	
3 Cattell, Courtney	Cherrybrook	4.82m	
4 Bowtell, Nicola	Ryde	4.66m	
5 Du, Katherine	Ryde	4.28m	
6 Spender, Kate	Cherrybrook	4.26m	
7 Kavanagh, Zoe	Nth Rocks Carlin	4.24m	

Northern Metropolitan Zone Championship 2013**Results****....Girls U 15 - Long Jump**

8	Chen, Sandy	Nth Rocks Carlin	4.20m
9	Buchert, Sandra	Northern Suburbs	3.89m
10	Gibson, Brianna	Northern Suburbs	3.89m
11	Zajic, Jadine	Ryde	3.88m
12	Grivas, Olivia	Northern Suburbs	3.85m

Girls U 17 - Long Jump

Zone: Z 5.53m 2011		Melissa Farrington, Norths	
Name	Age	Centre	Final
1	peck, lucy	Northern Suburbs	4.76m
2	Wang, Christine	Northern Suburbs	4.68m
3	Brown, Karina	Northern Suburbs	4.58m
4	Phillips, Brianna	Cherrybrook	4.50m
5	Newey, Lara	Cherrybrook	4.34m
6	Simula, Niamh	Ryde	4.28m
7	Zhang, Amy	Parramatta	3.96m
8	Moran, Eilish	Parramatta	3.95m

Girls U 11 - Triple Jump

Zone: Z 9.40m 2008		Madeleine Jones, Hornsby Dist	
Name	Age	Centre	Final
1	Attrill, Olivia	Northern Suburbs	9.07m
2	Dang, Kristina	Parramatta	8.85m
3	O'Connor, Georgia	Cherrybrook	8.81m
4	Brown, Sarah	Ryde	8.72m
5	Lowe, Alyssa	Ryde	8.63m
6	Worrall, Lily	Northern Suburbs	8.57m
7	Kavanagh, Alana	Nth Rocks Carlin	8.56m
8	Sloane, Madison	Parramatta	8.41m
9	Wayne, Tarsha	Nth Rocks Carlin	8.12m
9	Lees, Charlotte	Northern Suburbs	8.12m
11	Mewburn, Jade	Northern Suburbs	8.09m
12	Hansen, Eloise	Ryde	8.01m
13	Henry, Kiara	Parramatta	7.58m
14	McKeown, Genevieve	Nth Rocks Carlin	7.53m
15	Ferraro, Kate	Nth Rocks Carlin	7.51m
16	Brownlow, Skye	Nth Rocks Carlin	7.32m
17	Harrigan, Imogen	Parramatta	6.97m
--	Foye, Tahlia	Parramatta	FOUL

Girls U 12 - Triple Jump

Zone: Z 10.16m 2010		Chelsea Loughrey, Parramatta	
Name	Age	Centre	Final
1	Fartek, Alicia	Nth Rocks Carlin	9.41m
2	D'onofrio, Nicolette	Northern Suburbs	9.28m
3	Fajemisin, Zoe	Nth Rocks Carlin	9.19m
4	Rudolph, Isabella	Cherrybrook	8.96m
5	Challoner, Maya	Northern Suburbs	8.77m
6	Plummer, Eleanor	Ryde	8.63m
7	Unat, Melissa	Nth Rocks Carlin	8.42m
8	Edmunds, Celeste	Cherrybrook	8.30m
9	Devitt, Faith	Cherrybrook	8.20m
10	Preston, Grace	Northern Suburbs	8.10m
11	Lamperts, Eleanor	Cherrybrook	8.09m

Northern Metropolitan Zone Championship 2013**Results****...Girls U 12 - Triple Jump**

12 Hilder, Lauren	Ryde	7.93m
13 Collins, Sarah	Parramatta	7.92m
14 Ralph, Emily	Ryde	7.92m
15 Browne, Jessica	Parramatta	7.91m
16 Brown, Lauren	Northern Suburbs	7.81m
17 Madigan, Zoe	Ryde	7.69m
18 Healy, Jasmine	Northern Suburbs	7.67m
19 Dombrovskis, Karina	Nth Rocks Carlin	7.50m
20 Barnsley, Samantha	Nth Rocks Carlin	7.00m

Girls U 13 - Triple Jump

=====			
Zone: Z 11.04m		1994	C Morris, Hornsby District
Name	Age	Centre	Final
=====			
1 Metaxouli, Sofia		Cherrybrook	10.05m
2 Lyon, Katrina		Ryde	9.56m
3 Kowcz Rosinke, Tamara		Northern Suburbs	9.32m
4 Fang, Junyi		Ryde	8.93m
5 Ivankovic, Breanna		Nth Rocks Carlin	8.60m
6 Hirst, Ella		Cherrybrook	8.30m
7 Dale, Samantha		Nth Rocks Carlin	8.29m
8 Kuka, Alannah		Nth Rocks Carlin	8.16m
9 Mills, Yasmin		Parramatta	8.06m
10 Ingram, Rachel		Cherrybrook	7.93m
11 Mackay, Hannah		Northern Suburbs	7.83m
12 Kely, Sara		Nth Rocks Carlin	7.39m
13 Jayasinghe, Novini		Parramatta	6.66m

Girls U 14 - Triple Jump

=====			
Zone: Z 11.14m		1996	S Gabrael, Parramatta
Name	Age	Centre	Final
=====			
1 Davis, Chloe		Ryde	9.75m
2 Brown, Jessica		Ryde	9.60m
3 Court, Amy		Ryde	9.44m
4 Reid, Amy		Cherrybrook	9.39m
5 Crowe, Amanda		Northern Suburbs	9.34m
6 Milne, Kate		Nth Rocks Carlin	9.03m

Girls U 15 - Triple Jump

=====			
Zone: Z 11.62m		2007	Amy PejkoVIC, Cherrybrook
Name	Age	Centre	Final
=====			
1 Leverett, Maya		Nth Rocks Carlin	11.05m
2 Cattell, Courtney		Cherrybrook	10.40m
3 Jones, Emily		Cherrybrook	9.76m
4 Falconer, Alice		Northern Suburbs	9.17m
5 Gibson, Brianna		Northern Suburbs	9.12m
6 Spender, Kate		Cherrybrook	9.06m
7 Kavanagh, Zoe		Nth Rocks Carlin	8.84m
8 Chen, Sandy		Nth Rocks Carlin	8.83m
9 Buchert, Sandra		Northern Suburbs	8.78m
10 Pretorius, Helen		Ryde	8.37m
11 Grivas, Olivia		Northern Suburbs	8.10m
12 Higginson, Claire		Ryde	7.99m
13 Tzakos, Hayley		Ryde	7.96m
14 Martinez, Catalina		Cherrybrook	7.74m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 15 - Triple Jump**

15 Cuevas, Raquel Cherrybrook 7.02m

Girls U 17 - Triple Jump

Zone: Z 11.92m 2009		Amy PejkoVIC, Cherrybrook	
Name	Age	Centre	Final
1 Brown, Karina		Northern Suburbs	10.23m
2 peck, lucy		Northern Suburbs	10.11m
3 Jukic, Veronika		Ryde	10.05m
4 Thom, Bethany		Ryde	9.76m
5 Chen, Sharron		Nth Rocks Carlin	9.57m
6 McPherson, Georgia		Parramatta	8.94m
7 Moran, Eilish		Parramatta	8.91m
8 Simula, Niamh		Ryde	8.86m
9 Dennis, Emily		Nth Rocks Carlin	8.46m
10 Fung, Sarah		Nth Rocks Carlin	8.27m
11 Bessis, Sarah		Nth Rocks Carlin	8.21m
12 Zhang, Amy		Parramatta	7.54m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.71m 2006		Mallory Bassett, Hornsby Dist	
Name	Age	Centre	Final
1 Halloran, Eloise		Northern Suburbs	4.04m
2 Tonge, Imogen		Ryde	3.92m
3 Barlow, Claudia		Ryde	3.42m
4 Blume, Emma		Parramatta	3.36m
5 Lee, Annika		Northern Suburbs	3.22m
6 Rothwell, Eve		Northern Suburbs	3.13m
7 Mathews, Charlotte		Nth Rocks Carlin	2.97m
8 Morgan, Estelle		Northern Suburbs	2.82m
9 Wilmshurst, Zoe		Nth Rocks Carlin	2.44m
10 Mahony, Skye		Nth Rocks Carlin	2.08m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.85m 2007		Kristina Moore, Cherrybrook	
Name	Age	Centre	Final
1 Fairhall, Natasha		Ryde	5.60m
2 Coppolelli, Jessica		Cherrybrook	5.29m
3 Byrne, Sophie		Ryde	4.61m
4 Thomas, Claudia		Ryde	4.59m
5 Gerreyn, Grace		Cherrybrook	4.37m
6 Gavagna, Alexandra		Northern Suburbs	4.24m
7 Maddock, Alexandra		Ryde	4.00m
8 Muir, Nellie		Ryde	3.97m
9 White, Amy		Parramatta	3.44m
10 Grebert, Kaiya		Cherrybrook	3.15m
-- Briggs, Eva		Parramatta	FOUL

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.54m 2002		T Hausia, Ryde	
Name	Age	Centre	Final
1 Brown, Monique		Nth Rocks Carlin	6.73m
2 Hardingham, Samantha		Northern Suburbs	5.61m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 9 - Shot Put (2.0 Kg)**

3	Waldron, Caitlin	Nth Rocks Carlin	5.56m
4	Jayasinghe, Thinaya	Parramatta	5.38m
5	Moraitis, Emily	Northern Suburbs	5.26m
6	Aldous, Alexis	Ryde	5.12m
7	McKay, Elina	Northern Suburbs	5.00m
8	Damian, Matilda	Northern Suburbs	4.70m
9	Bales, Ella	Parramatta	4.45m
10	Panozzo, Giuliana	Northern Suburbs	4.35m
11	Attard, Claudia	Parramatta	4.29m
12	Doherty, Clare	Ryde	4.14m
13	Kalachian, Izabella	Ryde	3.90m
14	Ogle, Stephanie	Parramatta	3.86m
15	Bourke, Sky	Cherrybrook	3.45m
16	Wilmshurst, Saskia	Nth Rocks Carlin	3.44m
17	Cooksey, Ellen	Parramatta	3.27m
18	Demasi, Tahlia	Ryde	3.10m
19	Bartley, Vanessa	Nth Rocks Carlin	2.91m

Girls U 10 - Shot Put (2.0 Kg)

=====			
Zone: Z 8.98m 2009		Kristina Moore, Cherrybrook	
Name	Age	Centre	Final
=====			
1	Hodson, Bronte	Northern Suburbs	8.78m
2	Lillis, Chiara	Ryde	8.72m
3	Hore, Monique	Northern Suburbs	7.07m
4	Henry, Tamiah	Parramatta	6.42m
5	O'Kane, Scarlett	Northern Suburbs	6.39m
6	Briggs, Clara	Parramatta	6.01m
7	Vozzo, Ellena	Northern Suburbs	5.87m
8	Kely, Anna	Nth Rocks Carlin	5.78m
9	Tavner, Ella	Cherrybrook	5.68m
10	Hijazi, Jud	Cherrybrook	5.17m
11	Shehadie, Alana	Parramatta	4.87m
12	Ohmer, Gabrielle	Parramatta	4.64m
13	Taylor, Abbey	Nth Rocks Carlin	4.10m
14	Lee, Annabel	Northern Suburbs	4.08m
15	Collins, Katie	Parramatta	4.07m

Girls U 11 - Shot Put (2.0 Kg)

=====			
Zone: Z 10.79m 1995		B Johnson, Northern Suburbs	
Name	Age	Centre	Final
=====			
1	Morgan, Hannah	Northern Suburbs	10.70m
2	Layton, Jessica	Parramatta	9.59m
3	Peterson, Kate	Parramatta	8.47m
4	Sloane, Madison	Parramatta	8.09m
5	Harrigan, Imogen	Parramatta	7.41m
6	Amy-Wilson, Portia	Ryde	7.34m
7	Lees, Charlotte	Northern Suburbs	6.74m
8	McKay, Evelyn	Northern Suburbs	6.62m
9	Vaughan, Sophie	Parramatta	6.46m
10	Dyer, Olivia	Ryde	6.39m
11	Turner, Chloe	Northern Suburbs	6.18m
12	Mahony, Jade	Nth Rocks Carlin	5.71m
13	Fairhall, Rachel	Ryde	5.52m
14	Clark, Imogen	Cherrybrook	4.57m
15	Walsh, Jacinta	Northern Suburbs	4.26m
16	Roffe, Emily	Cherrybrook	3.72m

Northern Metropolitan Zone Championship 2013**Results****Girls U 12 - Shot Put (2.0 Kg)**

Zone: Z 12.87m 1996 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Clarke, Claudia		Cherrybrook	7.75m
2 Preston, Grace		Northern Suburbs	7.66m
3 McCarthy, Isabel		Northern Suburbs	7.31m
4 Fajemisin, Zoe		Nth Rocks Carlin	6.88m
5 Ralph, Emily		Ryde	6.75m
6 Healy, Jasmine		Northern Suburbs	6.68m
7 Brown, Lauren		Northern Suburbs	6.64m
8 Brown, Tamsyn		Nth Rocks Carlin	6.46m
9 Wilmshurst, Rosalie		Nth Rocks Carlin	4.96m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 11.78m 2012 Kristina Moore, Cherrybrook			
Name	Age	Centre	Final
1 Meafou, Rebekah		Parramatta	10.26m
2 Collett, Kate		Cherrybrook	9.95m
3 Eaton, Claire		Cherrybrook	9.09m
4 Kelland, Julia		Ryde	8.48m
5 O'Keefe, Ashleigh		Nth Rocks Carlin	8.40m
6 Metaxouli, Sofia		Cherrybrook	7.46m
7 Jayasinghe, Novini		Parramatta	7.45m
8 Jenkins, Olivia		Cherrybrook	7.09m
9 Mackay, Hannah		Northern Suburbs	6.83m
10 McArdle, Georgie		Northern Suburbs	5.93m
11 Jenkins, Claudia		Cherrybrook	5.83m
12 Kely, Sara		Nth Rocks Carlin	4.81m
13 Clark, Nikkita		Cherrybrook	4.57m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.48m 1998 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Moore, Kristina		Cherrybrook	12.06m
2 Clark, Lauren		Cherrybrook	10.19m
3 Matheson, Brooke		Ryde	8.50m
4 Davis, Chloe		Ryde	8.07m
5 Jones, Taylor		Cherrybrook	7.96m
6 Beckett, Antonia		Northern Suburbs	6.58m
7 Tzakos, Olivia		Ryde	4.90m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.62m 1999 B Johnson, Northern Suburbs			
Name	Age	Centre	Final
1 Gibson, Brianna		Northern Suburbs	11.03m
2 Spender, Kate		Cherrybrook	10.81m
3 Overton, Crystal		Ryde	10.55m
4 Biddle, Johanna		Cherrybrook	9.94m
5 Kuka, Karissa		Nth Rocks Carlin	9.23m
6 Singleton, Chloe		Parramatta	8.60m
7 Du, Katherine		Ryde	8.50m
8 Vaz, Madeleine		Northern Suburbs	7.90m
9 Grivas, Olivia		Northern Suburbs	6.46m

Northern Metropolitan Zone Championship 2013**Results****Girls U 17 - Shot Put (3.0 Kg)**

Zone: Z 12.80m 2012 Maddy Bergfield, RYDE			
Name	Age	Centre	Final
1 Kelly, Siobhan		Cherrybrook	10.73m
2 Talty, Kara		Ryde	10.63m
3 Gellen, Ximena		Parramatta	9.23m
4 Kelland, Sarah		Ryde	8.95m
5 De Laine, Isabel		Northern Suburbs	7.92m
6 Gilbert, Lauren		Parramatta	7.92m
7 Gorton, Isabelle		Parramatta	7.10m
8 Zhang, Amy		Parramatta	6.63m

Girls U 7 - Discus (350 Gm)

Zone: Z 18.80m 2006 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Blume, Emma		Parramatta	9.95m
2 Wookey, Emmeline		Nth Rocks Carlin	9.85m
3 Jackson, Emily		Parramatta	9.62m
4 Marinkov, Alana		Parramatta	9.53m
5 Baker, Sarah		Northern Suburbs	8.85m
6 Kerr, Mia		Parramatta	7.74m
7 Salvi, Sakhi		Parramatta	7.38m
8 Massaro, Emilia		Northern Suburbs	7.23m
9 Lee, Annika		Northern Suburbs	5.61m
10 Mathews, Charlotte		Nth Rocks Carlin	4.97m
-- Tonge, Imogen		Ryde	FOUL

Girls U 8 - Discus (500 Gm)

Zone: Z 19.89m 2007 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Fairhall, Natasha		Ryde	16.23m
2 Uslu, Emily		Parramatta	11.13m
3 Muir, Nellie		Ryde	9.69m
4 Oberg, Jacqueline		Cherrybrook	9.60m
5 Thomas, Claudia		Ryde	9.22m
6 Briggs, Eva		Parramatta	8.80m
7 Nilon, Isabelle		Nth Rocks Carlin	8.49m
8 Maddock, Alexandra		Ryde	8.46m
9 Kingsmill, Ingrid		Northern Suburbs	7.83m
9 Graham, Cameron		Cherrybrook	7.83m
11 Coppolelli, Jessica		Cherrybrook	7.74m
12 Weber, Skye		Northern Suburbs	7.59m
13 Frischknecht, Lydia		Cherrybrook	6.43m
14 Pawsey, Elysha		Ryde	5.70m
15 Bourke, Chloe		Parramatta	4.31m
-- Prentice, Emily		Northern Suburbs	FOUL

Girls U 9 - Discus (500 Gm)

Zone: Z 24.53m 2008 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Jayasinghe, Thinaya		Parramatta	18.29m
2 Bales, Ella		Parramatta	16.43m
3 Brown, Monique		Nth Rocks Carlin	16.01m
4 Blume, Melissa		Parramatta	15.55m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 9 - Discus (500 Gm)**

5	Waldron, Caitlin	Nth Rocks Carlin	15.49m
6	Hardingham, Samantha	Northern Suburbs	15.26m
7	McKay, Elina	Northern Suburbs	14.64m
8	Doherty, Clare	Ryde	13.24m
9	Kennett, Jasmin	Parramatta	12.14m
10	McCarthy, Katie	Northern Suburbs	11.66m
11	Clifford, Georgia	Northern Suburbs	11.62m
12	Kelleher, Mikayla	Ryde	11.35m
13	Milat, Amelia	Nth Rocks Carlin	9.49m
14	Johansson, Sofia	Ryde	9.18m
15	Madigan, Jacqueline	Ryde	9.10m
16	Mahesh, Trisha	Cherrybrook	8.87m
17	Wilmshurst, Saskia	Nth Rocks Carlin	5.87m
18	Bartley, Vanessa	Nth Rocks Carlin	5.20m

Girls U 10 - Discus (500 Gm)

Zone: Z 30.54m 2009		Kristina Moore, Cherrybrook	
Name	Age	Centre	Final
1	Lillis, Chiara	Ryde	22.42m
2	Hore, Monique	Northern Suburbs	21.89m
3	Ohmer, Gabrielle	Parramatta	19.37m
4	Lee, Annabel	Northern Suburbs	16.86m
5	Kely, Anna	Nth Rocks Carlin	16.73m
6	Hodson, Bronte	Northern Suburbs	15.59m
7	Daley, Bridget	Northern Suburbs	15.09m
8	Tavner, Ella	Cherrybrook	13.29m
9	Vozzo, Ellena	Northern Suburbs	12.93m
10	Fajemisin, Amy	Nth Rocks Carlin	11.19m
11	Frischknecht, Isabella	Cherrybrook	11.17m
12	Briggs, Clara	Parramatta	9.94m
13	Green, Loren	Parramatta	9.89m
14	Henry, Tamiah	Parramatta	7.65m
15	Abimanju, Akshara	Cherrybrook	6.89m
16	Mathews, Hannah	Nth Rocks Carlin	4.60m

Girls U 11 - Discus (750 Gm)

Zone: Z 27.09m 1998		S Middlemiss, Parramatta	
Name	Age	Centre	Final
1	Morgan, Hannah	Northern Suburbs	28.13mZ
2	Peterson, Kate	Parramatta	27.33mZ
3	O'Connor, Georgia	Cherrybrook	27.31mZ
4	Sloane, Madison	Parramatta	22.82m
5	McKay, Evelyn	Northern Suburbs	21.73m
6	Harrigan, Imogen	Parramatta	20.72m
7	Prowse, Scarlett	Cherrybrook	17.82m
8	Vaughan, Sophie	Parramatta	15.77m
9	Kavanagh, Alana	Nth Rocks Carlin	14.65m
10	Fairhall, Rachel	Ryde	14.63m
11	Mahony, Jade	Nth Rocks Carlin	14.30m
12	Culhane, Jessica	Northern Suburbs	12.85m
13	Oberg, Jordan	Cherrybrook	12.70m
14	Jom, Bianca	Northern Suburbs	11.69m
15	Grivas, Lexi	Northern Suburbs	11.53m
16	Partridge, Eleanor	Ryde	11.33m
17	Roffe, Emily	Cherrybrook	11.05m
18	Dyer, Olivia	Ryde	10.92m

Northern Metropolitan Zone Championship 2013**Results****....Girls U 11 - Discus (750 Gm)**

19 Sutherland, Siena	Nth Rocks Carlin	8.09m
----------------------	------------------	-------

Girls U 12 - Discus (750 Gm)

Zone: Z 36.97m 2011			Kristina Moore, Cherrybrook
Name	Age Centre		Final
1 Zantiotis, Gemma	Northern Suburbs		17.92m
2 Brown, Lauren	Northern Suburbs		17.64m
3 Healy, Jasmine	Northern Suburbs		17.46m
4 Elgood, Catherine	Ryde		16.81m
5 Newman, Saskia	Northern Suburbs		16.05m
6 Clarke, Claudia	Cherrybrook		15.86m
7 Unat, Melissa	Nth Rocks Carlin		14.94m
8 Sutherland-Robinson, Tal	Ryde		13.66m
9 Brown, Tamsyn	Nth Rocks Carlin		11.77m
10 Johnston, Keira	Parramatta		10.89m
11 Harrison, Sophia	Nth Rocks Carlin		10.56m
12 Inkster, Jasmine	Ryde		9.62m
-- Demasi, Myah	Ryde		X9.96m
-- McCarthy, Isabel	Northern Suburbs		FOUL

Girls U 13 - Discus (750 Gm)

Zone: Z 39.68m 2000			S Vale, Parramatta
Name	Age Centre		Final
1 Eaton, Claire	Cherrybrook		33.72m
2 Collett, Kate	Cherrybrook		33.59m
3 East, Brooke	Northern Suburbs		28.90m
4 Meafou, Rebekah	Parramatta		26.89m
5 Tall, Hannah	Ryde		25.01m
6 Kelland, Julia	Ryde		23.51m
7 Jenkins, Claudia	Cherrybrook		22.82m
8 Jayasinghe, Novini	Parramatta		20.10m
9 Fang, Junyi	Ryde		18.95m
10 Pearson, Hannah	Parramatta		18.71m
11 Kuka, Alannah	Nth Rocks Carlin		17.71m
12 Jenkins, Olivia	Cherrybrook		17.29m
13 Kely, Sara	Nth Rocks Carlin		14.29m
14 Clark, Nikkita	Cherrybrook		13.75m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 34.02m 2007			Emily Bills, Parramatta
Name	Age Centre		Final
1 Moore, Kristina	Cherrybrook		37.46mZ
2 Clark, Lauren	Cherrybrook		32.78m
3 Matheson, Brooke	Ryde		24.85m
4 Brown, Sarah	Nth Rocks Carlin		23.71m
5 Smelt, Emily	Northern Suburbs		22.23m
6 Walker, Lauryn	Northern Suburbs		21.32m
7 McLauchlan, Jacklyn	Parramatta		19.09m
8 Brown, Jessica	Ryde		18.98m
9 Milne, Kate	Nth Rocks Carlin		18.12m

Northern Metropolitan Zone Championship 2013**Results****Girls U 15 - Discus (1.0 Kg)**

Zone: Z 38.58m 1994 V Lloyd, Tiger Wests			
Name	Age	Centre	Final
1 Gibson, Brianna		Northern Suburbs	31.78m
2 Bowtell, Nicola		Ryde	28.27m
3 Spender, Kate		Cherrybrook	25.68m
4 Singleton, Chloe		Parramatta	24.93m
5 Overton, Crystal		Ryde	24.67m
6 Grivas, Olivia		Northern Suburbs	23.03m
7 Kuka, Karissa		Nth Rocks Carlin	22.50m
8 Vaz, Madeleine		Northern Suburbs	21.57m
9 Martinez, Catalina		Cherrybrook	13.91m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 38.99m 2012 Maddy Bergfield, RYDE			
Name	Age	Centre	Final
1 Kelland, Sarah		Ryde	28.65m
2 Fiore, Nicola		Parramatta	26.56m
3 Doherty, Catherine		Northern Suburbs	24.86m
4 De Laine, Isabel		Northern Suburbs	23.86m
5 Gorton, Isabelle		Parramatta	23.69m
6 Gilbert, Lauren		Parramatta	23.56m
7 Marinkov, Cassandra		Parramatta	20.40m
8 Zhang, Amy		Parramatta	15.54m

Girls U 12 - Javelin (400 Gm)

Zone: Z 26.77m 2011 Mallory Bassett, Hornsby Dis			
Name	Age	Centre	Final
1 Bowrey, Amie		Cherrybrook	26.99mZ
2 Collins, Sarah		Parramatta	12.38m

Girls U 13 - Javelin (400 Gm)

Zone: Z 33.13m 1998 N Halatau, Parramatta			
Name	Age	Centre	Final
1 Collett, Kate		Cherrybrook	35.85mZ
2 East, Brooke		Northern Suburbs	33.66mZ
3 Kelland, Julia		Ryde	28.65m
4 O'Keefe, Ashleigh		Nth Rocks Carlin	23.26m
5 Jayasinghe, Novini		Parramatta	21.99m
6 Eaton, Claire		Cherrybrook	21.66m
7 Kowcz Rosinke, Tamara		Northern Suburbs	20.27m
8 Kuka, Alannah		Nth Rocks Carlin	18.00m
9 Clark, Nikkita		Cherrybrook	14.56m
10 Meafou, Rebekah		Parramatta	12.05m
11 Mackay, Hannah		Northern Suburbs	11.20m

Girls U 14 - Javelin (400 Gm)

Zone: Z 29.70m 2012 Brianna Gibson, Norths			
Name	Age	Centre	Final
1 Davis, Chloe		Ryde	34.56mZ
2 Moore, Kristina		Cherrybrook	32.25mZ
3 Patterson, Charlotte		Northern Suburbs	31.79mZ

Northern Metropolitan Zone Championship 2013**Results****....Girls U 14 - Javelin (400 Gm)**

4 Black, Briony	Northern Suburbs	25.05m
5 Smelt, Emily	Northern Suburbs	22.17m
6 Milne, Kate	Nth Rocks Carlin	17.73m

Girls U 15 - Javelin (500 Gm)

Zone: Z 28.72m 2012		Ximena Gellen, Parramatta	
Name	Age Centre	Final	
1 Gibson, Brianna	Northern Suburbs	33.80m	Z
2 Kuka, Karissa	Nth Rocks Carlin	30.12m	Z
3 Biddle, Johanna	Cherrybrook	27.80m	
4 Spender, Kate	Cherrybrook	26.92m	
5 Vaz, Madeleine	Northern Suburbs	23.70m	
6 Baptist, Emma	Northern Suburbs	23.69m	
7 Zajic, Jadine	Ryde	22.06m	
8 Du, Katherine	Ryde	19.51m	
9 Kavanagh, Zoe	Nth Rocks Carlin	18.63m	
10 Singleton, Chloe	Parramatta	14.65m	
11 Overton, Crystal	Ryde	13.50m	
12 Martinez, Catalina	Cherrybrook	12.82m	

Girls U 17 - Javelin (500 Gm)

Zone: Z 36.46m 2011		Eliza Cepak, Northern Suburb	
Name	Age Centre	Final	
1 Kelland, Sarah	Ryde	28.63m	
2 McPherson, Georgia	Parramatta	23.88m	
3 Fiore, Nicola	Parramatta	22.96m	
4 Marinkov, Cassandra	Parramatta	20.62m	
5 Gorton, Isabelle	Parramatta	19.71m	
6 James, Pippa	Northern Suburbs	18.81m	

Girls U 9 - 700 Metre Walk

Zone: Z 4:10.60 1998		K Barros, Hornsby District	
Name	Age Centre	Final	
Section 1			
1 Thomas, Emma	Parramatta	4:33.65	
2 Kennett, Jasmin	Parramatta	4:48.18	
3 Kalachian, Izabella	Ryde	4:48.51	
4 Attard, Claudia	Parramatta	4:49.42	
5 McCarthy, Katie	Northern Suburbs	4:50.29	
6 Hardingham, Samantha	Northern Suburbs	4:55.16	
7 Metcalfe, Emily	Ryde	4:56.24	
8 Pearson, Sarah	Parramatta	5:04.26	
9 Stevenson, Gemma	Ryde	5:11.16	
10 Waldron, Caitlin	Nth Rocks Carlin	5:13.77	
11 Aldous, Alexis	Ryde	5:14.95	
-- Smulders, Heaven	Parramatta		DQ

Girls U 10 - 1100 Metre Walk

Zone: Z 6:10.61 2012		Haley Mills, Parramatta	
Name	Age Centre	Final	
1 Arcus, Georgia	Ryde	6:46.47	
2 Hore, Monique	Northern Suburbs	6:48.52	

Northern Metropolitan Zone Championship 2013**Results****....Girls U 10 - 1100 Metre Walk**

3 Shehadie, Alana	Parramatta	7:42.23
4 Daley, Bridget	Northern Suburbs	7:58.72

Girls U 11 - 1100 Metre Walk

Zone: Z 5:38.10 2011 Eliza DeLaine, Norths		
Name	Age Centre	Final
1 Mills, Haley	Parramatta	5:42.25
2 Kavanagh, Alana	Nth Rocks Carlin	6:11.19
3 Steele, Imogen	Northern Suburbs	6:34.69
4 Oliver, Lucie	Parramatta	6:54.79
5 Lees, Charlotte	Northern Suburbs	7:29.44
6 Dyer, Olivia	Ryde	7:30.79
7 Browne, Annabelle	Parramatta	7:45.07
8 Oates, Amy	Parramatta	7:46.04
9 Morgan, Hannah	Northern Suburbs	7:55.64
10 Harrigan, Imogen	Parramatta	7:56.55
11 Mewburn, Jade	Northern Suburbs	7:57.70
12 Fairhall, Rachel	Ryde	8:14.65
13 Edmunds, Bridgette	Cherrybrook	8:15.28
14 McKay, Evelyn	Northern Suburbs	9:40.37

Girls U 12 - 1500 Metre Walk

Zone: Z 7:31.80 2003 Jessica Bennett, Parramatta		
Name	Age Centre	Final
1 Ross, Flynn	Parramatta	9:54.90
2 Walker, Annabelle	Northern Suburbs	10:30.70
3 Murray, Cara	Northern Suburbs	10:33.01
4 Scroope, Emma	Northern Suburbs	11:09.12
5 Massaro, Lucia	Northern Suburbs	11:41.91
6 Brown, Ainslie	Northern Suburbs	11:42.67

Girls U 13 - 1500 Metre Walk

Zone: Z 7:19.80 2004 Jessica Bennett, Parramatta		
Name	Age Centre	Final
1 De Laine, Eliza	Northern Suburbs	7:23.86
2 Mills, Yasmin	Parramatta	9:01.26
3 O'Keefe, Ashleigh	Nth Rocks Carlin	9:17.80
4 Pearson, Hannah	Parramatta	9:56.78
5 Ma, Jenny	Parramatta	11:26.93

Girls U 14 - 1500 Metre Walk

Zone: Z 7:34.78 2012 Jasmyn McDonald, Parramatta		
Name	Age Centre	Final
1 Mylonas, Mia	Parramatta	9:05.33
2 Black, Briony	Northern Suburbs	9:06.69
3 Hoy, Melissa	Parramatta	9:33.20
4 McLauchlan, Jacklyn	Parramatta	11:47.58

Northern Metropolitan Zone Championship 2013**Results****Girls U 15 - 1500 Metre Walk**

Zone: Z 7:21.10 2006 Jessica Bennett, Parramatta			
Name	Age	Centre	Final
1 McDonald, Jasmyn		Parramatta	7:01.90Z

Girls U 17 - 1500 Metre Walk

Zone: Z 7:59.30 2008 Jessica Bennett, Parramatta			
Name	Age	Centre	Final
1 Kelland, Sarah		Ryde	8:28.59

Boys U 7 - 50 Metre Sprint

Zone: Z 8.60 2005 Jordan Idiare, Parramatta			
Zone: Z 8.60 13/12/2008 Nick Colley, Hornsby District			
Name	Age	Centre	Heats

Heat 1 Heats

1 Drobot, Jerome		Ryde	9.56Q
2 Burton, Cody		Nth Rocks Carlin	9.98Q
3 Chandler, Owen		Ryde	10.28
4 Taylor, Paddy		Cherrybrook	10.74
5 Barnsley, Evan		Nth Rocks Carlin	10.81
6 Mewburn, Nathan		Northern Suburbs	11.52

Heat 2 Heats

1 Kalos, Andrew		Ryde	9.11Q
2 Twyman, Harrison		Northern Suburbs	9.71Q
3 Lee, Aidan		Northern Suburbs	9.88q
4 Grosvernor, Dane		Nth Rocks Carlin	10.11
5 Yu, Harry		Cherrybrook	10.54

Heat 3 Heats

1 Hunt, Matthew		Northern Suburbs	9.29Q
2 Price, Liam		Nth Rocks Carlin	9.52Q
3 Nikandrow, Samuel		Ryde	9.55q
4 Jubb, Jeremy		Ryde	10.23
5 Mitchell, Thomas		Northern Suburbs	10.25
6 Milat, Marcus		Nth Rocks Carlin	10.42

Boys U 7 - 50 Metre Sprint

Zone: Z 8.60 2005 Jordan Idiare, Parramatta			
Zone: Z 8.60 13/12/2008 Nick Colley, Hornsby District			
Name	Age	Centre	Final

Section 1 Final

1 Kalos, Andrew		Ryde	8.95
2 Hunt, Matthew		Northern Suburbs	9.01
3 Drobot, Jerome		Ryde	9.17
4 Price, Liam		Nth Rocks Carlin	9.30
5 Nikandrow, Samuel		Ryde	9.36
6 Twyman, Harrison		Northern Suburbs	9.53
7 Burton, Cody		Nth Rocks Carlin	9.97
8 Lee, Aidan		Northern Suburbs	9.98

Northern Metropolitan Zone Championship 2013**Results****Boys U 7 - 70 Metre Sprint**

Zone: Z 11.30 1989 J Blackett, North Rocks Carli			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Drobot, Jerome		Ryde	13.35Q
2 Arnott, Kieran		Parramatta	13.46Q
3 Heytman, Benjamin		Northern Suburbs	13.98
4 Prentice, Tiger		Northern Suburbs	14.50
5 Kuka, Josiah		Nth Rocks Carlin	14.57
6 Vartikian, Vicken		Ryde	14.81
7 McKenzie, Riley		Nth Rocks Carlin	15.93
Heat 2 Heats			
1 Kalos, Andrew		Ryde	13.00Q
2 Tilt, Lachan		Nth Rocks Carlin	13.08Q
3 Little, Zachary		Northern Suburbs	13.85q
4 Mistry, Aarish		Ryde	13.96q
5 Redman, Liam		Cherrybrook	14.33
Heat 3 Heats			
1 Nikandrow, Samuel		Ryde	13.77Q
2 Maikhael, Raymond		Parramatta	13.99Q
3 Lee, Aidan		Northern Suburbs	14.05
4 Rudd, Lucas		Parramatta	14.06
5 Grosvenor, Dane		Nth Rocks Carlin	14.65
6 Milat, Marcus		Nth Rocks Carlin	15.58
7 Wunderlich, Thomas		Cherrybrook	18.31

Boys U 7 - 70 Metre Sprint

Zone: Z 11.30 1989 J Blackett, North Rocks Carli			
Name	Age	Centre	Final
Section 1 Final			
1 Kalos, Andrew		Ryde	12.64
2 Tilt, Lachan		Nth Rocks Carlin	12.78
3 Drobot, Jerome		Ryde	12.96
4 Nikandrow, Samuel		Ryde	13.32
5 Arnott, Kieran		Parramatta	13.36
6 Maikhael, Raymond		Parramatta	13.54
7 Mistry, Aarish		Ryde	13.69
8 Little, Zachary		Northern Suburbs	14.09

Boys U 8 - 70 Metre Sprint

Zone: Z 10.60 2008 Ben Kinasch, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Court, Harry		Ryde	12.20Q
2 Venning, Evan		Northern Suburbs	12.28Q
3 Lee, Julian		Northern Suburbs	12.32Q
4 Murphy, Keian		Ryde	12.50q
5 Herngren, Dominic		Ryde	12.76q
6 El-Chaar, Marcus		Parramatta	12.93
Heat 2 Heats			
1 Pozzolungo, Joshua		Parramatta	11.97Q
2 Chapman, Bailey		Cherrybrook	12.79Q
3 Harvey, Daniel		Northern Suburbs	12.82Q
4 Solomonides, Nicholas		Nth Rocks Carlin	12.86
5 Ross, Darby		Parramatta	13.52
6 Lillis, Joshua		Ryde	14.48

Northern Metropolitan Zone Championship 2013**Results****Boys U 8 - 70 Metre Sprint**

Zone: Z 10.60 2008 Ben Kinasch, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Pozzolungo, Joshua		Parramatta	11.46
2 Court, Harry		Ryde	11.77
3 Venning, Evan		Northern Suburbs	11.89
4 Lee, Julian		Northern Suburbs	11.90
5 Murphy, Keian		Ryde	12.23
5 Harvey, Daniel		Northern Suburbs	12.23
7 Chapman, Bailey		Cherrybrook	12.33
8 Hengren, Dominic		Ryde	12.57

Boys U 9 - 70 Metre Sprint

Zone: Z 10.30 2009 Ben Kinasch, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Dewar, Lachlan		Cherrybrook	12.12Q
2 Brown, Christian		Northern Suburbs	12.21Q
3 David, Lance		Parramatta	12.33Q
4 Harrigan, Ethan		Parramatta	13.03q
5 Helsham, Matthew		Northern Suburbs	13.65
Heat 2 Heats			
1 Paterson, Brody		Northern Suburbs	10.98Q
2 Plummer, Jeremy		Ryde	11.17Q
3 Marsden, Sam		Cherrybrook	11.61Q
4 Kelly, Bradley		Parramatta	12.12q
5 Chen, David		Nth Rocks Carlin	13.66
6 Wilson, Rory		Nth Rocks Carlin	13.83
7 Hawkins, Alexander		Northern Suburbs	13.89

Boys U 9 - 70 Metre Sprint

Zone: Z 10.30 2009 Ben Kinasch, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Paterson, Brody		Northern Suburbs	10.78
2 Marsden, Sam		Cherrybrook	10.99
3 Plummer, Jeremy		Ryde	11.04
4 Dewar, Lachlan		Cherrybrook	11.81
4 Kelly, Bradley		Parramatta	11.81
6 David, Lance		Parramatta	11.97
7 Brown, Christian		Northern Suburbs	12.00
8 Harrigan, Ethan		Parramatta	12.60

Boys U 10 - 70 Metre Sprint

Zone: Z 9.80 2009 Lewis Clabburn, Northern Subu			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bertolissio, Daniel		Parramatta	10.55Q
2 Little, Austin		Northern Suburbs	11.25Q
3 Purcell, Max		Northern Suburbs	11.62Q
4 Terry, Sebastian		Cherrybrook	12.14
5 Cooper, Ashton		Nth Rocks Carlin	12.29
Heat 2 Heats			

Northern Metropolitan Zone Championship 2013

Results

....Boys U 10 - 70 Metre Sprint

1 Wild, Harrison	Northern Suburbs	10.92Q
2 Rooney, Joseph	Northern Suburbs	11.09Q
3 Bruntsch, Adam	Ryde	11.27Q
4 Feng, Anthony	Parramatta	11.85q
5 Kuka, Isaac	Nth Rocks Carlin	11.96q
6 Clark, Kaylan	Cherrybrook	12.18
7 Bennett, Tommy	Cherrybrook	12.23

Boys U 10 - 70 Metre Sprint

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

Section 1 Final

1 Bertolissio, Daniel	Parramatta	10.53
2 Wild, Harrison	Northern Suburbs	10.99
3 Bruntsch, Adam	Ryde	11.00
4 Little, Austin	Northern Suburbs	11.17
5 Purcell, Max	Northern Suburbs	11.52
6 Feng, Anthony	Parramatta	11.62
7 Kuka, Isaac	Nth Rocks Carlin	11.88
8 Rooney, Joseph	Northern Suburbs	21.12

Boys U 7 - 100 Metre Sprint

=====
 Zone: Z 15.90 1999 L Thomson, Cherrybrook
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Twyman, Harrison	Northern Suburbs	18.50Q
2 Burton, Cody	Nth Rocks Carlin	18.80Q
3 Heaton, Maxx	Ryde	18.81
4 Maikhael, Raymond	Parramatta	18.82
5 Walsh, Marcus	Northern Suburbs	18.88
6 Ajaka, Michael	Parramatta	19.79
7 Macey, Thomas	Cherrybrook	20.34
8 Taylor, Paddy	Cherrybrook	21.79

Heat 2 Heats

1 Hunt, Matthew	Northern Suburbs	17.80Q
2 Kalos, Andrew	Ryde	17.82Q
3 Tilt, Lachan	Nth Rocks Carlin	18.55q
4 Boyd, Luca	Ryde	19.46
5 Holman, Spencer	Parramatta	21.30
6 McKenzie, Riley	Nth Rocks Carlin	22.27
7 Mewburn, Nathan	Northern Suburbs	22.80
8 Searle, Cameron	Cherrybrook	23.59

Heat 3 Heats

1 Drobot, Jerome	Ryde	18.11Q
2 Price, Liam	Nth Rocks Carlin	18.12Q
3 Arnott, Kieran	Parramatta	18.35q
4 Davidson, Oscar	Cherrybrook	18.55q
5 Jubb, Jeremy	Ryde	18.96
6 Mitchell, Thomas	Northern Suburbs	19.99
7 Yu, Harry	Cherrybrook	21.23
8 Barnsley, Evan	Nth Rocks Carlin	21.34

Northern Metropolitan Zone Championship 2013**Results****Boys U 7 - 100 Metre Sprint**

Zone: Z 15.90 1999		L Thomson, Cherrybrook	
Name	Age Centre		Final
Section 1 Final			
1 Kalos, Andrew	Ryde		17.35
2 Tilt, Lachan	Nth Rocks Carlin		17.60
2 Hunt, Matthew	Northern Suburbs		17.60
4 Drobot, Jerome	Ryde		18.06
5 Arnott, Kieran	Parramatta		18.22
6 Price, Liam	Nth Rocks Carlin		18.43
7 Davidson, Oscar	Cherrybrook		18.91
8 Twyman, Harrison	Northern Suburbs		19.13
9 Burton, Cody	Nth Rocks Carlin		19.28

Boys U 8 - 100 Metre Sprint

Zone: Z 15.20 2008		Ben Kinasch, Cherrybrook	
Name	Age Centre		Heats
Heat 1 Heats			
1 Clarke, Harry	Cherrybrook		15.48Q
2 Pozzolungo, Joshua	Parramatta		16.14Q
3 Dransfield, Evan	Northern Suburbs		17.08q
4 Chapman, Bailey	Cherrybrook		17.33
5 Murphy, Keian	Ryde		18.02
6 Schofield, Kai	Nth Rocks Carlin		18.58
7 Hannan, Benjamin	Northern Suburbs		18.60
Heat 2 Heats			
1 Lee, Julian	Northern Suburbs		16.88Q
2 Venning, Evan	Northern Suburbs		16.95Q
3 Krishnamoorthy, Akash	Cherrybrook		17.74
4 George, Jake	Parramatta		18.34
5 Abdel Rahim, Ali	Nth Rocks Carlin		18.74
6 Bragg, Blake	Ryde		19.51
7 Lillis, Joshua	Ryde		20.28
Heat 3 Heats			
1 Dirks, Levi	Cherrybrook		16.22Q
2 Sassen, Lucas	Parramatta		16.28Q
3 Court, Harry	Ryde		16.58q
4 Roughan, Charlie	Northern Suburbs		17.11
5 Solomonides, Nicholas	Nth Rocks Carlin		17.47
6 Hanlon, Jonah	Cherrybrook		17.92
7 El-Chaar, Marcus	Parramatta		18.00

Boys U 8 - 100 Metre Sprint

Zone: Z 15.20 2008		Ben Kinasch, Cherrybrook	
Name	Age Centre		Final
Section 1 Final			
1 Clarke, Harry	Cherrybrook		15.21
2 Pozzolungo, Joshua	Parramatta		15.97
3 Dirks, Levi	Cherrybrook		16.43
4 Sassen, Lucas	Parramatta		16.51
5 Court, Harry	Ryde		16.61
6 Venning, Evan	Northern Suburbs		16.72
7 Lee, Julian	Northern Suburbs		16.73
8 Dransfield, Evan	Northern Suburbs		17.20

Northern Metropolitan Zone Championship 2013**Results****Boys U 9 - 100 Metre Sprint**

Zone: Z 14.30 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Marsden, Sam		Cherrybrook	16.11Q
2 Harris, Benjamin		Ryde	16.71Q
3 Brown, Christian		Northern Suburbs	16.90
4 Korthout, Zac		Cherrybrook	17.53
Heat 2 Heats			
1 Asher, Tristan		Cherrybrook	15.70Q
2 Gleeson, Ashton		Ryde	16.01Q
3 Woodhill, Jackson		Northern Suburbs	16.57
4 Moala, Samiuela		Ryde	16.64
5 Kelly, Bradley		Parramatta	16.81
6 David, Lance		Parramatta	17.10
7 Chan, Marcus		Nth Rocks Carlin	19.93
Heat 3 Heats			
1 Paterson, Brody		Northern Suburbs	14.71Q
2 Hall, Nathan		Nth Rocks Carlin	14.84Q
3 Jubb, Luke		Ryde	15.53q
4 Frykberg, Ryan		Cherrybrook	16.38q
5 Mitchell, Owen		Nth Rocks Carlin	18.77

Boys U 9 - 100 Metre Sprint

Zone: Z 14.30 2001 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Final
Section 1 Final			
1 Hall, Nathan		Nth Rocks Carlin	14.76
2 Paterson, Brody		Northern Suburbs	14.78
3 Jubb, Luke		Ryde	15.35
3 Marsden, Sam		Cherrybrook	15.35
5 Asher, Tristan		Cherrybrook	15.56
6 Gleeson, Ashton		Ryde	16.09
7 Harris, Benjamin		Ryde	16.49
8 Frykberg, Ryan		Cherrybrook	16.62

Boys U 10 - 100 Metre Sprint

Zone: Z 13.50 2009 Lewis Clabburn, Northern Subu			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Bertolissio, Daniel		Parramatta	14.05Q
2 Samaragunathna, Sehan		Parramatta	14.58Q
3 Kuka, Isaac		Nth Rocks Carlin	16.41
4 Samany, Thomas		Nth Rocks Carlin	16.57
5 Terry, Sebastian		Cherrybrook	16.88
6 Cornelius, Oscar		Ryde	17.06
7 Graham, Hamish		Northern Suburbs	17.10
8 Goddard, Thomas		Northern Suburbs	17.36
Heat 2 Heats			
1 Wild, Harrison		Northern Suburbs	14.52Q
2 Reid, Jonathan		Cherrybrook	15.02Q
3 Jeffrey, Ethan		Northern Suburbs	15.07q
4 Bathis, Zac		Ryde	15.73
5 Feng, Anthony		Parramatta	15.96
6 Takchi, Jayden		Cherrybrook	16.15
7 Winter, James		Ryde	16.34

Northern Metropolitan Zone Championship 2013**Results****....Boys U 10 - 100 Metre Sprint**

8 Mahony, Tate	Nth Rocks Carlin	17.42
Heat 3 Heats		
1 Corcoran, Jamie	Cherrybrook	15.36Q
2 McKenzie, Liam	Cherrybrook	15.41Q
3 Cornelius, Lachlan	Ryde	15.49q
4 Hannan, Samuel	Northern Suburbs	15.56
5 Moala, Savi	Ryde	16.04
6 Burton, Kale	Nth Rocks Carlin	16.39

Boys U 10 - 100 Metre Sprint

=====			
Zone: Z 13.50	2009	Lewis Clabburn, Northern Subu	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Bertolissio, Daniel		Parramatta	14.01
2 Samaragunarathna, Sehan		Parramatta	14.22
3 Wild, Harrison		Northern Suburbs	14.67
4 Jeffrey, Ethan		Northern Suburbs	14.95
5 Reid, Jonathan		Cherrybrook	15.08
6 Cornelius, Lachlan		Ryde	15.12
7 Corcoran, Jamie		Cherrybrook	15.35
8 McKenzie, Liam		Cherrybrook	15.67

Boys U 11 - 100 Metre Sprint

=====			
Zone: Z 13.40	1990	A Leon, North Rocks Carlingfo	
Zone: Z 13.40	1989	L Reid, North Rocks Carlingfo	
Zone: Z 13.40	13/12/2008	Alex Nguyen-Ha, Cherrybrook	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Metcalfe, Jordan		Ryde	14.29Q
2 Costigan, Nicholas		Ryde	14.33Q
3 Keenan, Elijah		Ryde	15.05
4 Bourke, Warren		Parramatta	15.16
5 Davidson, Zac		Cherrybrook	15.44
6 Ekins, Finlay		Northern Suburbs	15.92
7 Ziogas, Arthur		Nth Rocks Carlin	17.57
Heat 2 Heats			
1 Holmes, Max		Northern Suburbs	14.07Q
2 Hirst, Max		Cherrybrook	14.18Q
3 Tall, Jett		Ryde	14.33q
4 Bowden, William		Cherrybrook	14.43q
5 Panozzo, Dominic		Northern Suburbs	14.54
6 Kelly, Patrick		Nth Rocks Carlin	15.65
Heat 3 Heats			
1 Rodriguez, Jacob		Parramatta	14.72Q
2 Hunt, Elliot		Cherrybrook	15.27Q
3 Nogajski, Nicholas		Ryde	15.39
4 Fisher, Kyle		Northern Suburbs	15.72
5 Miller, Gus		Northern Suburbs	15.78
6 Smith, Connor		Nth Rocks Carlin	15.87
7 Murray, Cameron		Parramatta	18.65

Northern Metropolitan Zone Championship 2013

Results

Boys U 11 - 100 Metre Sprint

```

=====
Zone: Z 13.40 1990          A Leon, North Rocks Carlingfo
Zone: Z 13.40 1989          L Reid, North Rocks Carlingfo
Zone: Z 13.40 13/12/2008   Alex Nguyen-Ha, Cherrybrook
Name                        Age Centre                    Final
=====

```

Section 1 Final

```

1 Holmes, Max              Northern Suburbs             13.81
2 Hirst, Max               Cherrybrook                  13.91
3 Metcalfe, Jordan        Ryde                         13.94
4 Costigan, Nicholas      Ryde                         14.10
5 Bowden, William         Cherrybrook                  14.19
6 Tall, Jett              Ryde                         14.24
7 Rodriguez, Jacob        Parramatta                   14.94
8 Hunt, Elliot            Cherrybrook                   15.03

```

Boys U 12 - 100 Metre Sprint

```

=====
Zone: Z 12.90 1996          P Wong, North Rocks Carlingfo
Zone: Z 12.90 12/12/2009   Alex Nguyen-Ha, Cherrybrook
Name                        Age Centre                    Heats
=====

```

Heat 1 Heats

```

1 Leverett, Riley         Nth Rocks Carlin           14.01Q
2 King, Gabe              Nth Rocks Carlin           14.11Q
3 Rose, Matthew          Cherrybrook                 14.74
4 Roseby, Pierce         Northern Suburbs           14.94
5 Terry, Joshua          Cherrybrook                 15.43
6 Davies, Bayden         Parramatta                  15.89
7 Daniel, Raven          Ryde                        16.02

```

Heat 2 Heats

```

1 Harris, Dillon         Northern Suburbs           13.55Q
2 Camroux, Zane          Ryde                       14.10Q
3 Dosanjh, Marcus        Cherrybrook                 14.12q
4 Glina, Max             Parramatta                  17.30

```

Heat 3 Heats

```

1 Berte, Jack            Northern Suburbs           14.03Q
2 Hunt, Thomas           Northern Suburbs           14.14Q
3 Bragg, James           Ryde                       14.48q
4 Browne, Oscar          Parramatta                  14.65
5 Coppolelli, Joshua     Cherrybrook                 14.93

```

Boys U 12 - 100 Metre Sprint

```

=====
Zone: Z 12.90 1996          P Wong, North Rocks Carlingfo
Zone: Z 12.90 12/12/2009   Alex Nguyen-Ha, Cherrybrook
Name                        Age Centre                    Final
=====

```

Section 1 Final

```

1 Harris, Dillon         Northern Suburbs             13.29
2 Berte, Jack            Northern Suburbs             13.66
3 Leverett, Riley       Nth Rocks Carlin            13.67
4 Hunt, Thomas           Northern Suburbs             13.76
5 Dosanjh, Marcus       Cherrybrook                  14.03
6 Camroux, Zane         Ryde                        14.11
7 King, Gabe            Nth Rocks Carlin            14.77
8 Bragg, James          Ryde                        15.35

```

Northern Metropolitan Zone Championship 2013**Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.10 1999		J Wong, Hornsby District	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Davies, Jaxsyn	Parramatta	13.88Q	
2 Abimanju, Harish	Cherrybrook	14.03Q	
3 Bowtell, Daniel	Ryde	14.04q	
4 Bennett, Joshua	Cherrybrook	14.16q	
5 Turner, Max	Northern Suburbs	14.20	
6 Nogajski, Benjamin	Ryde	14.25	
7 Ford, Matthew	Cherrybrook	14.81	
Heat 2 Heats			
1 Roffe, James	Cherrybrook	13.57Q	
2 Kinasch, Ben	Cherrybrook	13.76Q	
3 Dyson, Joe	Northern Suburbs	15.44	
Heat 3 Heats			
1 Ng, Timothy	Nth Rocks Carlin	13.47Q	
2 Tavner, Ben	Cherrybrook	14.26Q	
3 Takchi, Nathan	Cherrybrook	14.48	
4 Grinter-Cummins, Joshua	Northern Suburbs	14.58	
5 Uslu, Ethan	Parramatta	14.80	
6 Prizmic, Marko	Ryde	14.90	
6 Woolnough, Jake	Nth Rocks Carlin	14.90	
8 Thomas, Bradley	Parramatta	15.12	

Boys U 13 - 100 Metre Sprint

Zone: Z 12.10 1999		J Wong, Hornsby District	
Name	Age Centre	Final	
Section 1 Final			
1 Ng, Timothy	Nth Rocks Carlin	13.47	
2 Roffe, James	Cherrybrook	13.52	
3 Kinasch, Ben	Cherrybrook	13.66	
4 Tavner, Ben	Cherrybrook	13.92	
5 Davies, Jaxsyn	Parramatta	14.07	
6 Bowtell, Daniel	Ryde	14.15	
7 Abimanju, Harish	Cherrybrook	14.41	
8 Bennett, Joshua	Cherrybrook	14.44	

Boys U 14 - 100 Metre Sprint

Zone: Z 11.80 1999		M Roberts, Northern Suburbs	
Zone: Z 11.80 15/12/2007		Kyle Plant, Parramatta	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Jacquot, Oliver	Cherrybrook	12.63Q	
2 Vosper, Lawrence	Nth Rocks Carlin	12.73Q	
3 Basheer, Jamie	Northern Suburbs	12.83Q	
4 Galati, Alexander	Ryde	13.67	
Heat 2 Heats			
1 Clabburn, Lewis	Cherrybrook	12.44Q	
2 Ohmer, Donald	Parramatta	12.83Q	
3 Costigan, Joshua	Ryde	13.06Q	
4 Gibson, Dominic	Parramatta	13.12q	
5 Ramakrishnan, Nicholas	Cherrybrook	13.41q	
6 Vivanco, Dante	Northern Suburbs	13.71	
7 Chan, Lucas	Nth Rocks Carlin	13.84	
8 Polson, Jack	Parramatta	14.55	

Northern Metropolitan Zone Championship 2013**Results****Boys U 14 - 100 Metre Sprint**

=====			
Zone: Z 11.80	1999	M Roberts, Northern Suburbs	
Zone: Z 11.80	15/12/2007	Kyle Plant, Parramatta	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Clabburn, Lewis		Cherrybrook	12.05
2 Jacquot, Oliver		Cherrybrook	12.15
3 Ohmer, Donald		Parramatta	12.66
4 Basheer, Jamie		Northern Suburbs	13.07
5 Costigan, Joshua		Ryde	13.14
6 Ramakrishnan, Nicholas		Cherrybrook	13.18
7 Vivanco, Dante		Northern Suburbs	13.75

Boys U 15 - 100 Metre Sprint

=====			
Zone: Z 11.40	2005	Len Pearce, Ryde	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 O'Donohue, Nicholas		Northern Suburbs	12.29Q
2 Cheney, Lance		Ryde	12.94Q
3 Ferraro, Eric		Nth Rocks Carlin	13.00Q
4 Ashokan, Joshua		Northern Suburbs	13.10q
5 Ryu, Joey		Northern Suburbs	13.23q
6 Ingram, Beau		Cherrybrook	13.29
Heat 2 Heats			
1 Todd, Stephen		Nth Rocks Carlin	12.70Q
2 Shah, Sachin		Northern Suburbs	12.90Q
3 Torney, Mark		Parramatta	13.20Q
4 Duve, Stuart		Cherrybrook	13.30

Boys U 15 - 100 Metre Sprint

=====			
Zone: Z 11.40	2005	Len Pearce, Ryde	
Name	Age	Centre	Final
=====			
Section 1 Final			
1 O'Donohue, Nicholas		Northern Suburbs	12.07
2 Todd, Stephen		Nth Rocks Carlin	12.62
3 Shah, Sachin		Northern Suburbs	12.73
4 Cheney, Lance		Ryde	12.93
5 Ferraro, Eric		Nth Rocks Carlin	13.06
6 Torney, Mark		Parramatta	13.18

Boys U 17 - 100 Metre Sprint

=====			
Zone: Z 11.10	2009	Ben Jaworski, Cherrybrook	
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Shelley, Jordan		Cherrybrook	11.65Q
2 Singleton, Denzel		Parramatta	11.88Q
3 Ellis, James		Northern Suburbs	11.92Q
4 Mackay, Ben		Northern Suburbs	12.24q
5 Khattar, Raymond		Northern Suburbs	12.31
6 Overton, Anthony		Ryde	12.41
Heat 2 Heats			
1 Galati, Antonio		Ryde	11.53Q
2 Moore, Alex		Cherrybrook	11.96Q
3 Sayer, Saleh		Parramatta	12.22Q

Northern Metropolitan Zone Championship 2013**Results****....Boys U 17 - 100 Metre Sprint**

4 Hameed, Adnan	Northern Suburbs	12.26q
5 Magee, Liam	Cherrybrook	12.51
6 D'Onofrio, Aaron	Nth Rocks Carlin	13.00

Boys U 17 - 100 Metre Sprint

Zone: Z 11.10 2009		Ben Jaworski, Cherrybrook	
Name	Age Centre	Final	
Section 1 Final			
1 Shelley, Jordan	Cherrybrook	11.00Z	
2 Moore, Alex	Cherrybrook	11.37	
3 Galati, Antonio	Ryde	11.41	
4 Ellis, James	Northern Suburbs	11.78	
5 Singleton, Denzel	Parramatta	11.93	
6 Mackay, Ben	Northern Suburbs	11.98	
7 Hameed, Adnan	Northern Suburbs	12.07	
8 Sayer, Saleh	Parramatta	12.08	

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1989		T Harrington, North Rocks Car	
Name	Age Centre	Heats	
Heat 1 Heats			
1 Tilt, Lachan	Nth Rocks Carlin	36.71Q	
2 Heaton, Maxx	Ryde	38.65Q	
3 Walsh, Marcus	Northern Suburbs	39.43q	
4 Arnott, Kieran	Parramatta	39.53q	
5 Mistry, Aarish	Ryde	40.01	
6 Maikhael, Raymond	Parramatta	42.30	
7 Taylor, Paddy	Cherrybrook	44.77	
Heat 2 Heats			
1 Jubb, Jeremy	Ryde	39.22Q	
2 Davidson, Oscar	Cherrybrook	39.41Q	
3 Mitchell, Thomas	Northern Suburbs	42.95	
4 Chandler, Owen	Ryde	43.62	
5 Dyson, William	Northern Suburbs	44.30	
6 McKenzie, Riley	Nth Rocks Carlin	45.86	
7 Searle, Cameron	Cherrybrook	47.04	
Heat 3 Heats			
1 Hunt, Matthew	Northern Suburbs	39.83Q	
2 Rudd, Lucas	Parramatta	39.97Q	
3 Burton, Cody	Nth Rocks Carlin	40.63	
4 Macey, Thomas	Cherrybrook	42.96	
5 Twyman, Harrison	Northern Suburbs	43.47	
6 Wunderlich, Thomas	Cherrybrook	59.17	

Boys U 7 - 200 Metre Sprint

Zone: Z 33.90 1989		T Harrington, North Rocks Car	
Name	Age Centre	Final	
Section 1 Final			
1 Hunt, Matthew	Northern Suburbs	35.32	
2 Tilt, Lachan	Nth Rocks Carlin	36.09	
3 Jubb, Jeremy	Ryde	38.27	
4 Rudd, Lucas	Parramatta	38.82	
5 Davidson, Oscar	Cherrybrook	38.99	
6 Walsh, Marcus	Northern Suburbs	39.42	

Northern Metropolitan Zone Championship 2013**Results****....Boys U 7 - 200 Metre Sprint**

7 Heaton, Maxx	Ryde	40.12
8 Arnott, Kieran	Parramatta	41.72

Boys U 8 - 200 Metre Sprint

=====			
	Zone: Z 31.00	2000	Alexander Pettigrew, Hornsby
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Brennan, Thomas		Nth Rocks Carlin	35.34Q
2 Lee, Julian		Northern Suburbs	36.54Q
3 Turkal, Riley		Ryde	37.78
4 Herngren, Dominic		Ryde	38.03
5 Cochrane, Jesse		Northern Suburbs	41.96
6 Papageorgiou, Ethan		Cherrybrook	43.67
Heat 2 Heats			
1 Clarke, Harry		Cherrybrook	33.32Q
2 Venning, Evan		Northern Suburbs	35.95Q
3 Court, Harry		Ryde	36.15q
4 Harvey, Daniel		Northern Suburbs	36.90
5 Rudolph, Xavier		Cherrybrook	40.73
Heat 3 Heats			
1 Sassen, Lucas		Parramatta	34.76Q
2 Murphy, Keian		Ryde	36.68Q
3 Solomonides, Nicholas		Nth Rocks Carlin	36.69q

Boys U 8 - 200 Metre Sprint

=====			
	Zone: Z 31.00	2000	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Clarke, Harry		Cherrybrook	32.40
2 Sassen, Lucas		Parramatta	34.48
3 Venning, Evan		Northern Suburbs	35.00
4 Brennan, Thomas		Nth Rocks Carlin	35.04
5 Lee, Julian		Northern Suburbs	35.13
6 Court, Harry		Ryde	35.23
7 Solomonides, Nicholas		Nth Rocks Carlin	38.12
8 Murphy, Keian		Ryde	40.64

Boys U 9 - 200 Metre Sprint

=====			
	Zone: Z 29.80	2001	Alexander Pettigrew, Hornsby
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Marsden, Sam		Cherrybrook	32.66Q
2 Gleeson, Ashton		Ryde	33.04Q
3 Woodhill, Jackson		Northern Suburbs	35.41
4 David, Lance		Parramatta	39.15
5 Wilson, Rory		Nth Rocks Carlin	42.66
Heat 2 Heats			
1 Paterson, Brody		Northern Suburbs	31.11Q
2 Moala, Samiuela		Ryde	35.38Q
3 Kahwaji, Matthew		Parramatta	42.53
4 Culliver, Daniel		Parramatta	45.41
Heat 3 Heats			
1 Hall, Nathan		Nth Rocks Carlin	31.82Q
2 Jubb, Luke		Ryde	32.85Q

Northern Metropolitan Zone Championship 2013**Results****....Boys U 9 - 200 Metre Sprint**

3 Pledger, Liam	Parramatta	34.08q
4 Searle, Dylan	Cherrybrook	34.47q
5 Dewar, Lachlan	Cherrybrook	35.96

Boys U 9 - 200 Metre Sprint

=====			
	Zone: Z 29.80	2001	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Paterson, Brody		Northern Suburbs	30.60
2 Hall, Nathan		Nth Rocks Carlin	31.34
3 Marsden, Sam		Cherrybrook	32.44
4 Gleeson, Ashton		Ryde	33.09
5 Jubb, Luke		Ryde	33.20
6 Pledger, Liam		Parramatta	33.90
7 Searle, Dylan		Cherrybrook	34.35
8 Moala, Samiuela		Ryde	35.12

Boys U 10 - 200 Metre Sprint

=====			
	Zone: Z 28.10	2002	Alexander Pettigrew, Parramat
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Bertolissio, Daniel		Parramatta	29.38Q
2 Reid, Jonathan		Cherrybrook	31.17Q
3 Bruntsch, Adam		Ryde	32.36q
4 Little, Austin		Northern Suburbs	33.78
5 Graham, Hamish		Northern Suburbs	36.78
6 Hansen, Reuben		Ryde	37.67
7 Boyd, Joseph		Nth Rocks Carlin	37.79
Heat 2 Heats			
1 Wild, Harrison		Northern Suburbs	32.34Q
2 Purcell, Max		Northern Suburbs	32.52Q
3 Salvemini, Nicholas		Cherrybrook	33.05q
4 Bennett, Tommy		Cherrybrook	36.73
5 Badaoui, Marcus		Ryde	38.16
6 Kahwaji, Patrick		Parramatta	43.14
Heat 3 Heats			
1 Judge, Oliver		Northern Suburbs	33.43Q
2 Rushworth, Mitchell		Ryde	33.78Q
3 Feng, Anthony		Parramatta	35.06
4 Cooper, Ashton		Nth Rocks Carlin	35.83
5 Winter, James		Ryde	36.24

Boys U 10 - 200 Metre Sprint

=====			
	Zone: Z 28.10	2002	Alexander Pettigrew, Parramat
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Bertolissio, Daniel		Parramatta	29.57
2 Wild, Harrison		Northern Suburbs	31.20
3 Reid, Jonathan		Cherrybrook	31.55
4 Salvemini, Nicholas		Cherrybrook	32.08
5 Bruntsch, Adam		Ryde	32.09
6 Purcell, Max		Northern Suburbs	32.58
7 Rushworth, Mitchell		Ryde	33.61
8 Judge, Oliver		Northern Suburbs	34.26

Northern Metropolitan Zone Championship 2013**Results****Boys U 11 - 200 Metre Sprint**

Zone: Z 27.90 2008 Alex Nguyen-Ha, Cherrybrook			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Metcalfe, Jordan		Ryde	29.18Q
2 Hirst, Max		Cherrybrook	29.83Q
3 Keenan, Elijah		Ryde	31.67q
4 Green, Will		Northern Suburbs	31.92
5 Bourke, Warren		Parramatta	32.50
6 Ekins, Finlay		Northern Suburbs	32.94
Heat 2 Heats			
1 Arcus, Joshua		Ryde	29.77Q
2 Davidson, Zac		Cherrybrook	31.39Q
3 Hughes, Shaun		Northern Suburbs	31.76
4 Attard, Robert		Parramatta	32.63
Heat 3 Heats			
1 Holmes, Max		Northern Suburbs	28.95Q
2 Bowden, William		Cherrybrook	29.76Q
3 Costigan, Nicholas		Ryde	29.86q
4 Hunt, Elliot		Cherrybrook	31.83
5 Smith, Connor		Nth Rocks Carlin	33.46
6 Butler, Matthew		Northern Suburbs	33.83

Boys U 11 - 200 Metre Sprint

Zone: Z 27.90 2008 Alex Nguyen-Ha, Cherrybrook			
Name	Age	Centre	Final
Section 1 Final			
1 Metcalfe, Jordan		Ryde	28.92
2 Holmes, Max		Northern Suburbs	28.94
3 Hirst, Max		Cherrybrook	29.36
4 Arcus, Joshua		Ryde	29.75
5 Bowden, William		Cherrybrook	30.25
6 Costigan, Nicholas		Ryde	30.32
7 Keenan, Elijah		Ryde	31.98
8 Davidson, Zac		Cherrybrook	32.98

Boys U 12 - 200 Metre Sprint

Zone: Z 26.80 2000 T Bateman, Hornsby District			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Hunt, Thomas		Northern Suburbs	28.38Q
2 King, Gabe		Nth Rocks Carlin	29.06Q
3 Bragg, James		Ryde	29.72q
4 Camroux, Zane		Ryde	29.97
5 Attard, Christopher		Parramatta	33.67
Heat 2 Heats			
1 Berte, Jack		Northern Suburbs	28.79Q
2 Browne, Oscar		Parramatta	29.54Q
3 McVey, Mitchell		Parramatta	30.12
4 Daniel, Raven		Ryde	34.54
Heat 3 Heats			
1 Harris, Dillon		Northern Suburbs	27.16Q
2 Leverett, Riley		Nth Rocks Carlin	27.95Q
3 Cirino, Christian		Ryde	28.55q
4 Coppolelli, Joshua		Cherrybrook	30.19
5 Rajaratnam, Oliver		Northern Suburbs	30.56

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - 200 Metre Sprint**

6 Hall, Daniel	Nth Rocks Carlin	32.44
----------------	------------------	-------

Boys U 12 - 200 Metre Sprint

=====		
Zone: Z 26.80	2000	T Bateman, Hornsby District
Name	Age Centre	Final
=====		
Section 1 Final		
1 Harris, Dillon	Northern Suburbs	27.10
2 Hunt, Thomas	Northern Suburbs	27.55
3 Berte, Jack	Northern Suburbs	28.06
4 Leverett, Riley	Nth Rocks Carlin	28.37
5 Bragg, James	Ryde	28.69
6 Browne, Oscar	Parramatta	28.77
7 Cirino, Christian	Ryde	28.84
8 King, Gabe	Nth Rocks Carlin	29.75

Boys U 13 - 200 Metre Sprint

=====		
Zone: Z 25.00	2006	Michael Yap, Parramatta
Name	Age Centre	Heats
=====		
Heat 1 Heats		
1 Takchi, Nathan	Cherrybrook	30.63Q
2 Woolnough, Jake	Nth Rocks Carlin	30.99Q
3 Thomas, Bradley	Parramatta	31.79
4 Steele, Asher	Northern Suburbs	32.61
Heat 2 Heats		
1 Abimanju, Harish	Cherrybrook	28.72Q
2 Tavner, Ben	Cherrybrook	28.88Q
3 Turner, Max	Northern Suburbs	29.38
4 Uslu, Ethan	Parramatta	29.82
5 Plummer, Samuel	Ryde	30.31
6 Dyson, Joe	Northern Suburbs	31.59
Heat 3 Heats		
1 Bowtell, Daniel	Ryde	27.43Q
2 Roffe, James	Cherrybrook	27.45Q
3 Lovegrove, Charlie	Northern Suburbs	28.74q
4 Davies, Jaxsyn	Parramatta	28.97q
5 Prizmic, Marko	Ryde	29.31
6 Bennett, Joshua	Cherrybrook	29.91

Boys U 13 - 200 Metre Sprint

=====		
Zone: Z 25.00	2006	Michael Yap, Parramatta
Name	Age Centre	Final
=====		
Section 1 Final		
1 Bowtell, Daniel	Ryde	27.99
2 Roffe, James	Cherrybrook	28.24
3 Abimanju, Harish	Cherrybrook	28.76
4 Davies, Jaxsyn	Parramatta	29.46
5 Lovegrove, Charlie	Northern Suburbs	29.84
6 Tavner, Ben	Cherrybrook	30.25
7 Woolnough, Jake	Nth Rocks Carlin	31.22
8 Takchi, Nathan	Cherrybrook	32.83

Northern Metropolitan Zone Championship 2013

Results

Boys U 14 - 200 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 24.00	2007	Ben Jaworski, Cherrybrook	
Zone: Z 24.00	13/12/2009	Anthony Palmer, Cherrybrook	

Heat 1 Heats

1 Jacquot, Oliver		Cherrybrook	25.79Q
2 Ohmer, Donald		Parramatta	26.60Q
3 Vivanco, Dante		Northern Suburbs	28.05Q
4 Culhane, Nathan		Northern Suburbs	29.08
5 Chan, Lucas		Nth Rocks Carlin	29.35

Heat 2 Heats

1 Purcell, Louis		Ryde	25.01Q
2 Clabburn, Lewis		Cherrybrook	25.02Q
3 Vosper, Lawrence		Nth Rocks Carlin	26.15Q
4 Basheer, Jamie		Northern Suburbs	26.26q
5 Costigan, Joshua		Ryde	27.21q
6 Ramakrishnan, Nicholas		Cherrybrook	27.59
7 Polson, Jack		Parramatta	29.56

Boys U 14 - 200 Metre Sprint

Name	Age	Centre	Final
Zone: Z 24.00	2007	Ben Jaworski, Cherrybrook	
Zone: Z 24.00	13/12/2009	Anthony Palmer, Cherrybrook	

Section 1 Final

1 Jacquot, Oliver		Cherrybrook	24.49
2 Clabburn, Lewis		Cherrybrook	24.69
3 Purcell, Louis		Ryde	25.16
4 Ohmer, Donald		Parramatta	25.74
5 Vosper, Lawrence		Nth Rocks Carlin	26.64
6 Vivanco, Dante		Northern Suburbs	27.64

Boys U 15 - 200 Metre Sprint

Name	Age	Centre	Final
Zone: Z 23.44	2012	Jordan Shelley, Cherrybrook	

Section 1

1 O'Donohue, Nicholas		Northern Suburbs	25.12
2 Richardson, Sam		Northern Suburbs	25.54
3 Eaton, Matthew		Cherrybrook	25.85
4 Shah, Sachin		Northern Suburbs	26.11
5 Todd, Stephen		Nth Rocks Carlin	26.26
6 Cheney, Lance		Ryde	26.86
7 Ashokan, Joshua		Northern Suburbs	27.14
8 Torney, Mark		Parramatta	29.61

Boys U 17 - 200 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 23.30	2009	Ben Jaworski, Cherrybrook	

Heat 1 Heats

1 Shelley, Jordan		Cherrybrook	24.80Q
2 Singleton, Denzel		Parramatta	25.32Q
3 Khattar, Raymond		Northern Suburbs	25.47Q
4 Overton, Anthony		Ryde	25.95q
5 Robinson, Ben		Nth Rocks Carlin	26.17

Heat 2 Heats

Northern Metropolitan Zone Championship 2013**Results****....Boys U 17 - 200 Metre Sprint**

1 Galati, Antonio	Ryde	23.47Q
2 Crowe, Matthew	Northern Suburbs	24.04Q
3 Sayer, Saleh	Parramatta	24.46Q
4 Hameed, Adnan	Northern Suburbs	24.56q
5 D'Onofrio, Aaron	Nth Rocks Carlin	26.33

Boys U 17 - 200 Metre Sprint

=====			
Zone: Z 23.30		2009	Ben Jaworski, Cherrybrook
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Shelley, Jordan		Cherrybrook	22.28Z
2 Galati, Antonio		Ryde	23.22Z
3 Crowe, Matthew		Northern Suburbs	23.29Z
4 Sayer, Saleh		Parramatta	24.52
5 Khattar, Raymond		Northern Suburbs	24.72
6 Hameed, Adnan		Northern Suburbs	24.87
7 Overton, Anthony		Ryde	25.76

Boys U 8 - 400 Metre Sprint

=====			
Zone: Z 1:12.10		2000	Alexander Pettigrew, Hornsb
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Dransfield, Evan		Northern Suburbs	1:22.13Q
2 Douglas, Owen		Ryde	1:24.11Q
3 Brennan, Thomas		Nth Rocks Carlin	1:25.24q
4 Hosking, Lucas		Nth Rocks Carlin	1:36.36
5 Raffoul, Jordan		Parramatta	1:37.78
Heat 2 Heats			
1 Clarke, Harry		Cherrybrook	1:18.40Q
2 Lee, Julian		Northern Suburbs	1:24.22Q
3 Merifield, Max		Ryde	1:26.12
4 Hengren, Dominic		Ryde	1:27.63
5 Krishnamoorthy, Akash		Cherrybrook	1:32.39
6 Papageorgiou, Ethan		Cherrybrook	1:41.77
7 Itzkowitz, Alexander		Northern Suburbs	2:11.29
Heat 3 Heats			
1 Roughan, Charlie		Northern Suburbs	1:19.30Q
2 Sassen, Lucas		Parramatta	1:20.71Q
3 Harvey, Joe		Nth Rocks Carlin	1:23.57q
4 Turkal, Riley		Ryde	1:28.09
5 Hanlon, Jonah		Cherrybrook	1:28.12
6 Krishnamoorthy, Adita		Cherrybrook	1:31.77

Boys U 8 - 400 Metre Sprint

=====			
Zone: Z 1:12.10		2000	Alexander Pettigrew, Hornsb
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Clarke, Harry		Cherrybrook	1:16.99
2 Dransfield, Evan		Northern Suburbs	1:19.10
3 Brennan, Thomas		Nth Rocks Carlin	1:19.38
4 Douglas, Owen		Ryde	1:20.02
5 Roughan, Charlie		Northern Suburbs	1:20.08
6 Harvey, Joe		Nth Rocks Carlin	1:22.79
7 Sassen, Lucas		Parramatta	1:22.96

Northern Metropolitan Zone Championship 2013**Results****....Boys U 8 - 400 Metre Sprint**

8 Lee, Julian	Northern Suburbs	1:25.36
---------------	------------------	---------

Boys U 9 - 400 Metre Sprint

=====			
	Zone: Z 1:10.50	2010	Riley Leverett, North Rocks
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Asher, Tristan		Cherrybrook	1:20.70Q
2 Searle, Dylan		Cherrybrook	1:23.73Q
3 Beram, Max		Ryde	1:25.13Q
4 Ralph, Thomas		Ryde	1:25.87
5 Moon, Oliver		Cherrybrook	1:41.55
6 Kahwaji, Matthew		Parramatta	1:45.29
Heat 2 Heats			
1 Frykberg, Ryan		Cherrybrook	1:18.75Q
2 Pledger, Liam		Parramatta	1:19.20Q
3 Fahey, Lewis		Northern Suburbs	1:19.69Q
4 Gleeson, Ashton		Ryde	1:21.40q
5 Harris, Benjamin		Ryde	1:21.47q
6 Milani, Max		Northern Suburbs	1:24.01

Boys U 9 - 400 Metre Sprint

=====			
	Zone: Z 1:10.50	2010	Riley Leverett, North Rocks
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Frykberg, Ryan		Cherrybrook	1:17.63
2 Fahey, Lewis		Northern Suburbs	1:18.11
3 Pledger, Liam		Parramatta	1:19.32
4 Searle, Dylan		Cherrybrook	1:19.52
5 Asher, Tristan		Cherrybrook	1:20.54
6 Gleeson, Ashton		Ryde	1:20.64
7 Harris, Benjamin		Ryde	1:21.59
8 Beram, Max		Ryde	1:23.25

Boys U 10 - 400 Metre Sprint

=====			
	Zone: Z 1:06.50	2002	Alexander Pettigrew, Parram
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Bathis, Zac		Ryde	1:14.58Q
2 Love, Aiden		Northern Suburbs	1:16.59Q
3 Jeffrey, Ethan		Northern Suburbs	1:20.74
4 Lee, Isaac		Nth Rocks Carlin	1:20.77
5 Jackson, Thomas		Parramatta	1:22.68
6 Cooper, Ashton		Nth Rocks Carlin	1:29.35
Heat 2 Heats			
1 Rooney, Joseph		Northern Suburbs	1:13.30Q
2 Marschner, Owen		Northern Suburbs	1:15.71Q
3 Farrington, James		Cherrybrook	1:19.41q
4 Mitchell, Hamish		Cherrybrook	1:19.78q
5 Armson, Ned		Ryde	1:23.97
6 Boyd, Joseph		Nth Rocks Carlin	1:26.09
7 Badaoui, Marcus		Ryde	1:28.22
8 Kahwaji, Patrick		Parramatta	1:48.02
Heat 3 Heats			
1 Salvemini, Nicholas		Cherrybrook	1:16.59Q

Northern Metropolitan Zone Championship 2013**Results****....Boys U 10 - 400 Metre Sprint**

2	Rushworth, Mitchell	Ryde	1:19.30Q
3	Uslu, Jacob	Parramatta	1:22.34
4	Harvey, Billy	Nth Rocks Carlin	1:24.11
5	Weber, Zachary	Northern Suburbs	1:26.49
6	Rudolph, Jonty	Cherrybrook	1:26.99

Boys U 10 - 400 Metre Sprint

=====			
	Zone: Z 1:06.50	2002	Alexander Pettigrew, Parram
Name		Age Centre	Final
=====			

Section 1 Final

1	Rooney, Joseph	Northern Suburbs	1:13.24
2	Salvemini, Nicholas	Cherrybrook	1:13.96
3	Marschner, Owen	Northern Suburbs	1:14.70
4	Love, Aiden	Northern Suburbs	1:17.11
5	Farrington, James	Cherrybrook	1:19.91
6	Mitchell, Hamish	Cherrybrook	1:21.86
7	Jeffrey, Ethan	Northern Suburbs	1:23.77
8	Rushworth, Mitchell	Ryde	1:23.88

Boys U 11 - 400 Metre Sprint

=====			
	Zone: Z 1:01.20	2003	Alexander Pettigrew, Parram
Name		Age Centre	Heats
=====			

Heat 1 Heats

1	Panozzo, Dominic	Northern Suburbs	1:09.11Q
2	Metcalfe, Jordan	Ryde	1:11.00Q
3	Furrer, Henry	Northern Suburbs	1:13.56Q
4	Robinson, Oliver	Cherrybrook	1:15.87q
5	Ekins, Finlay	Northern Suburbs	1:16.47q
6	Jackson, Noah	Parramatta	1:16.87
7	Davis, George	Ryde	1:19.52

Heat 2 Heats

1	Farrington, Harry	Cherrybrook	1:12.38Q
2	East, Charlie	Northern Suburbs	1:14.56Q
3	Attard, Robert	Parramatta	1:17.70Q
4	Granelli, Daniel	Parramatta	1:19.57
5	Downie, Stuart	Northern Suburbs	1:23.80
6	Kalachian, Joseph	Ryde	1:31.49

Boys U 11 - 400 Metre Sprint

=====			
	Zone: Z 1:01.20	2003	Alexander Pettigrew, Parram
Name		Age Centre	Final
=====			

Section 1 Final

1	Panozzo, Dominic	Northern Suburbs	1:06.30
2	East, Charlie	Northern Suburbs	1:06.85
3	Farrington, Harry	Cherrybrook	1:08.02
4	Metcalfe, Jordan	Ryde	1:11.60
5	Furrer, Henry	Northern Suburbs	1:11.69
6	Robinson, Oliver	Cherrybrook	1:13.72
7	Ekins, Finlay	Northern Suburbs	1:17.57
8	Attard, Robert	Parramatta	1:17.92

Northern Metropolitan Zone Championship 2013**Results****Boys U 12 - 400 Metre Sprint**

Zone: Z 59.30 2004 Alexander Pettigrew, Parramat			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Cirino, Christian		Ryde	1:10.52Q
2 Shingler, Ewan		Northern Suburbs	1:15.88Q
3 Attard, Christopher		Parramatta	1:18.05Q
4 Davies, Bayden		Parramatta	1:19.69q
5 Arns, Joshua		Cherrybrook	1:21.67
Heat 2 Heats			
1 Browne, Oscar		Parramatta	1:07.46Q
2 Hunt, Thomas		Northern Suburbs	1:10.80Q
3 Berte, Jack		Northern Suburbs	1:14.00Q
4 Hijazi, Hashem		Cherrybrook	1:16.15q

Boys U 12 - 400 Metre Sprint

Zone: Z 59.30 2004 Alexander Pettigrew, Parramat			
Name	Age	Centre	Final
Section 1 Final			
1 Hunt, Thomas		Northern Suburbs	1:04.30
2 Cirino, Christian		Ryde	1:06.26
3 Browne, Oscar		Parramatta	1:07.16
4 Berte, Jack		Northern Suburbs	1:09.79
5 Hijazi, Hashem		Cherrybrook	1:14.54
6 Attard, Christopher		Parramatta	1:14.69
7 Shingler, Ewan		Northern Suburbs	1:14.70
8 Davies, Bayden		Parramatta	1:18.94

Boys U 13 - 400 Metre Sprint

Zone: Z 58.10 2005 Alexander Pettigrew, Parramat			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Abimanju, Harish		Cherrybrook	1:09.21Q
2 Ferraro, Michael		Nth Rocks Carlin	1:09.59Q
3 Korthout, Oliver		Cherrybrook	1:10.61Q
4 Woolnough, Jake		Nth Rocks Carlin	1:10.84q
5 Dyson, Joe		Northern Suburbs	1:15.78
6 Tse, Andrew		Northern Suburbs	1:17.25
Heat 2 Heats			
1 Dang, Nicholas		Parramatta	1:03.37Q
2 Bishop, Benjamin		Cherrybrook	1:06.74Q
3 Frykberg, Erik		Cherrybrook	1:08.68Q
4 Arcus, Oliver		Ryde	1:09.15q
5 Pittman, Jack		Northern Suburbs	1:12.60

Boys U 13 - 400 Metre Sprint

Zone: Z 58.10 2005 Alexander Pettigrew, Parramat			
Name	Age	Centre	Final
Section 1 Final			
1 Dang, Nicholas		Parramatta	1:00.77
2 Bishop, Benjamin		Cherrybrook	1:04.69
3 Frykberg, Erik		Cherrybrook	1:07.46
4 Abimanju, Harish		Cherrybrook	1:08.46
5 Arcus, Oliver		Ryde	1:10.52

Northern Metropolitan Zone Championship 2013**Results****....Boys U 13 - 400 Metre Sprint**

6	Ferraro, Michael	Nth Rocks Carlin	1:11.19
7	Korthout, Oliver	Cherrybrook	1:11.88
8	Woolnough, Jake	Nth Rocks Carlin	1:16.04

Boys U 14 - 400 Metre Sprint

=====			
	Zone: Z 54.80	2007	Kyle Plant, Parramatta
Name	Age	Centre	Final
=====			
Section 1			
1	Jacquot, Oliver	Cherrybrook	55.44
2	Glascott, Thomas	Northern Suburbs	57.00
3	Wade, Harrison	Ryde	1:00.58
4	Clabburn, Lewis	Cherrybrook	1:02.80
5	Ramakrishnan, Nicholas	Cherrybrook	1:03.40
6	Culhane, Nathan	Northern Suburbs	1:05.04
7	Vivanco, Dante	Northern Suburbs	1:07.56
8	Antoinette, Lachlan	Cherrybrook	1:09.12

Boys U 15 - 400 Metre Sprint

=====			
	Zone: Z 53.20	1990	J Robinson, Parramatta
Name	Age	Centre	Final
=====			
1	Eaton, Matthew	Cherrybrook	55.82
2	Richardson, Sam	Northern Suburbs	57.57
3	Todd, Stephen	Nth Rocks Carlin	57.67
4	Chapman, Andrew	Northern Suburbs	58.25
5	Shah, Sachin	Northern Suburbs	1:00.24
6	O'Donohue, Nicholas	Northern Suburbs	1:01.49
7	Ferraro, Eric	Nth Rocks Carlin	1:01.88
8	Rodgers, Dylan	Ryde	1:02.79

Boys U 17 - 400 Metre Sprint

=====			
	Zone: Z 51.62	2012	Bryce Collins, Norths
Name	Age	Centre	Final
=====			
1	Moore, Alex	Cherrybrook	51.48Z
2	Crowe, Matthew	Northern Suburbs	53.56
3	Mackay, Ben	Northern Suburbs	54.02
4	Purcell, Nicholas	Ryde	58.26
5	Rodgers, Jack	Ryde	1:01.34
6	Bernar, Nicholas	Parramatta	1:03.47

Boys U 9 - 800 Metre Run

=====			
	Zone: Z 2:39.20	2001	Alexander Pettigrew, Hornsb
Name	Age	Centre	Final
=====			
1	Frykberg, Ryan	Cherrybrook	2:53.06
2	Searle, Dylan	Cherrybrook	2:54.21
3	Fahey, Lewis	Northern Suburbs	2:54.53
4	Smillie, Hamish	Cherrybrook	2:57.25
5	Plummer, Jeremy	Ryde	2:59.32
6	Pledger, Liam	Parramatta	2:59.53
7	Dewar, Lachlan	Cherrybrook	3:06.27
8	Ralph, Thomas	Ryde	3:13.17
9	Mitchell, Owen	Nth Rocks Carlin	3:15.68
10	Wilson, Rory	Nth Rocks Carlin	3:23.18

Northern Metropolitan Zone Championship 2013**Results****....Boys U 9 - 800 Metre Run**

11	Harrigan, Ethan	Parramatta	3:25.25
12	Phillips, Andrew	Ryde	3:33.52
13	Ajaka, Julian	Parramatta	3:36.80

Boys U 10 - 800 Metre Run

=====			
	Zone: Z 2:27.70	2002	Alexander Pettigrew, Parram
Name	Age	Centre	Final
=====			
1	Bruntsch, Adam	Ryde	2:42.23
2	Bathis, Zac	Ryde	2:44.76
3	Cornelius, Lachlan	Ryde	2:44.99
4	Farrington, James	Cherrybrook	2:48.10
5	Marschner, Owen	Northern Suburbs	2:48.35
6	Hosking, Hunter	Nth Rocks Carlin	2:48.55
7	Uslu, Jacob	Parramatta	2:49.74
8	Rudolph, Jonty	Cherrybrook	2:51.83
9	Love, Aiden	Northern Suburbs	2:52.90
10	Edwards, Jonah	Northern Suburbs	2:53.82
11	Cornelius, Oscar	Ryde	2:54.07
12	Harvey, Billy	Nth Rocks Carlin	2:54.49
13	Bragg, Cameron	Ryde	2:57.03
14	Zvolanek, Nick	Cherrybrook	3:03.23
15	Jackson, Thomas	Parramatta	3:03.53
16	Leadbitter, Timothy	Northern Suburbs	3:08.41
17	Boyd, Joseph	Nth Rocks Carlin	3:09.10
18	Gangell, Daniel	Nth Rocks Carlin	3:30.59

Boys U 11 - 800 Metre Run

=====			
	Zone: Z 2:22.30	2003	Alexander Pettigrew, Parram
Name	Age	Centre	Final
=====			
1	Farrington, Harry	Cherrybrook	2:34.47
2	Panozzo, Dominic	Northern Suburbs	2:37.34
3	Green, Will	Northern Suburbs	2:40.64
4	East, Charlie	Northern Suburbs	2:42.12
5	Furrer, Henry	Northern Suburbs	2:47.53
6	Macey, Matthew	Cherrybrook	2:48.91
7	Attard, Robert	Parramatta	2:49.89
8	Ivankovic, Jared	Nth Rocks Carlin	2:50.87
9	Maestre, Benjamin	Parramatta	2:52.16
10	Jackson, Noah	Parramatta	2:54.49
11	Davidson, Zac	Cherrybrook	2:57.05
12	Granelli, Daniel	Parramatta	2:58.43
13	Robinson, Oliver	Cherrybrook	3:02.85
14	Kalachian, Joseph	Ryde	3:05.20
15	Hunt, James	Northern Suburbs	3:07.79
16	Jubb, Adam	Ryde	3:09.79

Boys U 12 - 800 Metre Run

=====			
	Zone: Z 2:15.30	2004	Alexander Pettigrew, Parram
Name	Age	Centre	Final
=====			
1	Cirino, Christian	Ryde	2:24.37
2	Stevenson, Harry	Ryde	2:26.67
3	Hijazi, Hashem	Cherrybrook	2:39.93
4	Hall, Daniel	Nth Rocks Carlin	2:45.00
5	De Laine, Alexander	Northern Suburbs	2:45.34

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - 800 Metre Run**

6 Kemp, Theo	Northern Suburbs	2:48.58
7 Shingler, Ewan	Northern Suburbs	2:51.25
8 Attard, Christopher	Parramatta	2:52.44
9 McMahon, Cameron	Nth Rocks Carlin	2:54.70
10 Davies, Bayden	Parramatta	2:56.12
11 Keegan, Liam	Parramatta	2:58.61
12 Perlstone, Oscar	Parramatta	3:01.57
13 Culliver, Robert	Parramatta	3:03.21
14 Martinez, Daniel	Cherrybrook	3:08.96

Boys U 13 - 800 Metre Run

=====			
Zone: Z 2:14.00		2004	Michael Todd, Ryde
Name	Age	Centre	Final
=====			
1 Bishop, Benjamin		Cherrybrook	2:17.30
2 Fleming, Hayden		Northern Suburbs	2:20.42
3 Dang, Nicholas		Parramatta	2:21.22
4 Gosper, Luke		Parramatta	2:34.36
5 Frykberg, Erik		Cherrybrook	2:35.17
6 Farrington, Charlie		Cherrybrook	2:35.73
7 Magee, Joel		Nth Rocks Carlin	2:38.77
8 Korthout, Oliver		Cherrybrook	2:39.01
9 Lovegrove, Charlie		Northern Suburbs	2:41.17
10 Wade, Logan		Ryde	2:41.62
11 Brogan, Hugh		Nth Rocks Carlin	2:43.20
12 Steele, Asher		Northern Suburbs	2:49.65
13 Gardiner, Peter		Northern Suburbs	2:50.06
14 Vu, Benjamin		Nth Rocks Carlin	2:50.64
15 Watson, Luke		Cherrybrook	2:51.92
16 Krishnan, Rikki		Cherrybrook	2:55.39
17 Thomas, Bradley		Parramatta	2:57.80

Boys U 14 - 800 Metre Run

=====			
Zone: Z 2:11.30		1989	J Robinson, North Rocks Car
Name	Age	Centre	Final
=====			
1 Wade, Harrison		Ryde	2:09.01Z
2 Glascott, Thomas		Northern Suburbs	2:15.61
3 Fleming, Cameron		Northern Suburbs	2:21.09
4 Vivanco, Dante		Northern Suburbs	2:39.73
5 Whelan, Fergus		Northern Suburbs	3:06.87

Boys U 15 - 800 Metre Run

=====			
Zone: Z 2:07.70		1992	G Cremer, Ryde
Name	Age	Centre	Final
=====			
1 Eaton, Matthew		Cherrybrook	2:17.34
2 Sayer, Ismail		Parramatta	2:23.89
3 Rankin, Angus		Northern Suburbs	2:26.09
4 Thomas, Nicholas		Parramatta	2:27.39
5 Rodgers, Dylan		Ryde	2:38.75

Northern Metropolitan Zone Championship 2013**Results****Boys U 17 - 800 Metre Run**

Zone: Z 2:07.50 2009 William Austin-Cray, Northe			
Name	Age	Centre	Final
1 Mackay, Ben		Northern Suburbs	2:06.10Z
2 Penrose, Edward		Ryde	2:08.27
3 Anstee, Clayton		Cherrybrook	2:13.86
4 Leverett, Joshua		Nth Rocks Carlin	2:25.42
5 Rodgers, Jack		Ryde	2:32.60
6 D'Onofrio, Aaron		Nth Rocks Carlin	2:33.75

Boys U 10 - 1500 Metre Run

Zone: Z 5:10.20 2009 Finn Ballard McBride, North			
Name	Age	Centre	Final
1 Cornelius, Lachlan		Ryde	5:24.45
2 Rooney, Joseph		Northern Suburbs	5:27.04
3 Farrington, James		Cherrybrook	5:32.57
4 Uslu, Jacob		Parramatta	5:35.83
5 Cornelius, Oscar		Ryde	5:39.01
6 Hosking, Hunter		Nth Rocks Carlin	5:40.83
7 Edwards, Jonah		Northern Suburbs	5:46.68
8 Harvey, Billy		Nth Rocks Carlin	5:56.50
9 Weber, Zachary		Northern Suburbs	6:23.44
10 Boyd, Joseph		Nth Rocks Carlin	6:29.13
11 Leadbitter, Timothy		Northern Suburbs	6:29.82
12 Holmes, Darcy		Northern Suburbs	6:44.12
13 Gangell, Daniel		Nth Rocks Carlin	6:59.93

Boys U 11 - 1500 Metre Run

Zone: Z 5:01.20 2011 Ben Bishop, Cherrybrook			
Name	Age	Centre	Final
1 Farrington, Harry		Cherrybrook	5:13.44
2 Green, Will		Northern Suburbs	5:20.57
3 Attard, Robert		Parramatta	5:34.62
4 Ivankovic, Jared		Nth Rocks Carlin	5:38.13
5 Macey, Matthew		Cherrybrook	5:39.94
6 Hunt, Elliot		Cherrybrook	5:42.55
7 Furrer, Henry		Northern Suburbs	5:44.53
8 Granelli, Daniel		Parramatta	5:45.03
9 Maestre, Benjamin		Parramatta	5:47.67
10 Hunt, James		Northern Suburbs	5:58.36
11 Kalachian, Joseph		Ryde	5:59.57
12 Leerberg, Martin		Northern Suburbs	6:16.52
13 Downer, Max		Parramatta	6:21.09
14 Jubb, Adam		Ryde	6:22.90
15 Taylor, Matthew		Nth Rocks Carlin	7:13.27

Boys U 12 - 1500 Metre Run

Zone: Z 4:41.70 2004 Alexander Pettigrew, Parram			
Name	Age	Centre	Final
1 Stevenson, Harry		Ryde	5:11.66
2 Shingler, Ewan		Northern Suburbs	5:30.15
3 Burnett, Luca		Northern Suburbs	5:33.24
4 Hijazi, Hashem		Cherrybrook	5:37.66
5 De Laine, Alexander		Northern Suburbs	5:40.17

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - 1500 Metre Run**

6 Magarey, William	Northern Suburbs	5:42.77
7 Culliver, Robert	Parramatta	5:43.12
8 Kingsmill, Curtis	Northern Suburbs	5:43.59
9 McMahon, Cameron	Nth Rocks Carlin	5:51.16
10 Asher, Samuel	Cherrybrook	5:52.57
11 Martinez, Daniel	Cherrybrook	6:25.21
12 Perlstone, Oscar	Parramatta	6:38.86
13 Simpson, Harry	Parramatta	7:36.75

Boys U 13 - 1500 Metre Run

=====			
Zone: Z 4:42.70		2012	Harrison Wade, RYDE
Name	Age	Centre	Final
=====			
1 Bishop, Benjamin		Cherrybrook	4:42.34Z
2 Fleming, Hayden		Northern Suburbs	4:53.83
3 Gosper, Luke		Parramatta	5:12.06
4 Farrington, Charlie		Cherrybrook	5:14.57
5 Kavanagh, Corey		Nth Rocks Carlin	5:18.82
6 Talty, Jack		Ryde	5:20.92
7 Jones, Ryan		Cherrybrook	5:23.57
8 Wade, Logan		Ryde	5:23.89
9 Arcus, Oliver		Ryde	5:34.10
10 Krishnan, Rikki		Cherrybrook	5:54.48
11 Vu, Benjamin		Nth Rocks Carlin	5:57.34
12 Thomas, Bradley		Parramatta	6:11.12
13 Tse, Andrew		Northern Suburbs	6:20.10

Boys U 14 - 1500 Metre Run

=====			
Zone: Z 4:40.50		2005	Joshua Ralph, North Rocks C
Name	Age	Centre	Final
=====			
1 Wade, Harrison		Ryde	4:26.75Z
2 Fleming, Cameron		Northern Suburbs	4:50.10
3 Whelan, Fergus		Northern Suburbs	5:10.64
4 Hinds, Kieren		Parramatta	5:53.46
5 Whelan, Hugo		Northern Suburbs	6:21.79

Boys U 15 - 1500 Metre Run

=====			
Zone: Z 4:23.60		1998	J Fitzgerald, Northern Subu
Name	Age	Centre	Final
=====			
1 Doherty, Charlie		Northern Suburbs	4:41.26
2 Thomas, Nicholas		Parramatta	4:45.74
3 Rodgers, Dylan		Ryde	5:54.58

Boys U 17 - 1500 Metre Run

=====			
Zone: Z 4:28.90		2010	James Bergfield, Ryde
Name	Age	Centre	Final
=====			
1 Gardiner, David		Northern Suburbs	4:31.39
2 Guichelaar, Owen		Cherrybrook	4:47.27

Northern Metropolitan Zone Championship 2013**Results****Boys U 13 - 3000 Metre Run**

Zone: Z 9:57.80 2007 Jack Stapleton, Parramatta			
Name	Age	Centre	Final
1 Bishop, Benjamin		Cherrybrook	10:22.35
2 Gosper, Luke		Parramatta	11:09.32
3 Farrington, Charlie		Cherrybrook	11:23.65
4 Jones, Ryan		Cherrybrook	11:40.48
5 Brogan, Hugh		Nth Rocks Carlin	12:01.59
6 Wade, Logan		Ryde	12:12.91
7 Krishnan, Rikki		Cherrybrook	12:25.00
8 Ferraro, Michael		Nth Rocks Carlin	13:03.08
9 Tse, Andrew		Northern Suburbs	13:57.54

Boys U 14 - 3000 Metre Run

Zone: Z 9:55.50 2008 Jack Stapleton, Parramatta			
Name	Age	Centre	Final
1 Wade, Harrison		Ryde	9:40.10Z
2 Whelan, Fergus		Northern Suburbs	11:14.81
3 Whelan, Hugo		Northern Suburbs	11:54.65
4 Hinds, Kieren		Parramatta	12:36.60
5 Bray, Luke		Cherrybrook	12:55.42

Boys U 15 - 3000 Metre Run

Zone: Z 9:55.70 2005 John Robert Bowskill, Parra			
Name	Age	Centre	Final
1 Doherty, Charlie		Northern Suburbs	9:55.45Z
2 Thomas, Nicholas		Parramatta	10:14.32
3 Armson, Jack		Ryde	11:39.48

Boys U 17 - 3000 Metre Run

Zone: Z 9:55.50 2009 Daniel Terranova, Parramatt			
Name	Age	Centre	Final
1 Gardiner, David		Northern Suburbs	9:30.11Z
2 Guichelaar, Owen		Cherrybrook	9:52.70Z

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 2000 Alexander Pettigrew, Hornsby			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Dirks, Levi		Cherrybrook	11.99Q
2 Terry, Sam		Northern Suburbs	12.33Q
3 Cawood, Castro		Northern Suburbs	12.90
4 Prizmic, Ivan		Ryde	13.37
5 Ross, Darby		Parramatta	13.62
6 Papageorgiou, Ethan		Cherrybrook	14.95
Heat 2 Heats			
1 Douglas, Owen		Ryde	11.67Q
2 Venning, Evan		Northern Suburbs	11.93Q
3 Pozzolungo, Joshua		Parramatta	12.26q
4 Murphy, Keian		Ryde	12.51q
5 Solomonides, Nicholas		Nth Rocks Carlin	12.62
6 Krishnamoorthy, Adita		Cherrybrook	12.97

Northern Metropolitan Zone Championship 2013

Results

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

7 Simpson, Owen	Parramatta	18.69
Heat 3 Heats		
1 Dransfield, Evan	Northern Suburbs	12.00Q
2 Merifield, Max	Ryde	13.51Q
3 Bragg, Blake	Ryde	13.87
4 Hanlon, Jonah	Cherrybrook	13.89
5 Shehadie, Noah	Parramatta	14.17
6 Reed, Zoltan	Northern Suburbs	14.76
7 Abdel Rahim, Ali	Nth Rocks Carlin	15.66

Boys U 8 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 10.70		2000	Alexander Pettigrew, Hornsby
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Douglas, Owen	Ryde		11.53
2 Dirks, Levi	Cherrybrook		11.60
3 Dransfield, Evan	Northern Suburbs		11.77
4 Terry, Sam	Northern Suburbs		11.98
5 Pozzolungo, Joshua	Parramatta		12.03
6 Murphy, Keian	Ryde		12.44
7 Merifield, Max	Ryde		13.00
8 Venning, Evan	Northern Suburbs		14.45

Boys U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 9.80		2008	Rory Barkley, Northern Suburb
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Ralph, Thomas	Ryde		12.34Q
2 Marsden, Sam	Cherrybrook		12.51Q
3 Watson, Adam	Cherrybrook		12.58
4 Hawkins, Alexander	Northern Suburbs		12.94
5 Chan, Marcus	Nth Rocks Carlin		13.36
Heat 2 Heats			
1 Beram, Max	Ryde		13.07Q
2 Helsham, Matthew	Northern Suburbs		13.64Q
3 Cheng, Takoda	Parramatta		14.23
4 Culliver, Daniel	Parramatta		14.46
5 Travis, Wesley	Nth Rocks Carlin		15.55
Heat 3 Heats			
1 Paterson, Brody	Northern Suburbs		10.86Q
2 Searle, Dylan	Cherrybrook		11.48Q
3 Gleeson, Ashton	Ryde		11.53q
4 Harris, Benjamin	Ryde		12.32q
5 Mitchell, Owen	Nth Rocks Carlin		12.78
6 Kelly, Bradley	Parramatta		13.02
7 Korthout, Zac	Cherrybrook		13.10

Boys U 9 - 60 Metre Hurdles (45cm)

=====			
Zone: Z 9.80		2008	Rory Barkley, Northern Suburb
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Paterson, Brody	Northern Suburbs		10.57
2 Gleeson, Ashton	Ryde		11.11
3 Searle, Dylan	Cherrybrook		11.53

Northern Metropolitan Zone Championship 2013

Results

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

4 Marsden, Sam	Cherrybrook	11.71
5 Harris, Benjamin	Ryde	11.83
6 Ralph, Thomas	Ryde	12.03
7 Beram, Max	Ryde	12.10
8 Helsham, Matthew	Northern Suburbs	12.83

Boys U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.00	2009	Rory Barkley, Northern Suburb	
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Bruntsch, Adam	Ryde	11.94Q
2 Love, Aiden	Northern Suburbs	12.45Q
3 Gardiner, Michael	Northern Suburbs	13.10
4 Burton, Kale	Nth Rocks Carlin	13.99
5 Mahony, Tate	Nth Rocks Carlin	14.04
6 Cirino, Adrian	Ryde	14.48
7 Zvolanek, Nick	Cherrybrook	14.49
8 Simpson, Alexander	Parramatta	15.16

Heat 2 Heats

1 Little, Austin	Northern Suburbs	10.39Q
2 Reid, Jonathan	Cherrybrook	10.95Q
3 Rushworth, Mitchell	Ryde	12.07q
4 Corcoran, Jamie	Cherrybrook	12.64
5 Barnsley, David	Nth Rocks Carlin	12.75
6 Armson, Ned	Ryde	13.46
7 Samany, Thomas	Nth Rocks Carlin	13.64

Heat 3 Heats

1 Samaragunarathna, Sehan	Parramatta	11.45Q
2 Bennett, Tommy	Cherrybrook	11.97Q
3 Jeffrey, Ethan	Northern Suburbs	12.39q
4 Salvemini, Nicholas	Cherrybrook	12.45
5 Holmes, Darcy	Northern Suburbs	12.74
6 Worrell, Henry	Ryde	13.08
7 Harrison, Alexander	Nth Rocks Carlin	14.35

Boys U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 10.00	2009	Rory Barkley, Northern Suburb	
Name	Age	Centre	Final
=====			

Section 1 Final

1 Little, Austin	Northern Suburbs	10.30
2 Reid, Jonathan	Cherrybrook	10.37
3 Bruntsch, Adam	Ryde	11.45
4 Bennett, Tommy	Cherrybrook	11.53
5 Rushworth, Mitchell	Ryde	11.61
6 Love, Aiden	Northern Suburbs	11.87
7 Samaragunarathna, Sehan	Parramatta	12.15
8 Jeffrey, Ethan	Northern Suburbs	12.30

Boys U 11 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 9.80	1998	M Walker, Northern Suburbs	
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1 Hirst, Max	Cherrybrook	10.08Q
2 Metcalfe, Jordan	Ryde	10.60Q

Northern Metropolitan Zone Championship 2013

Results

....Boys U 11 - 60 Metre Hurdles (60cm)

3	Hunt, James	Northern Suburbs	11.38q
4	Green, Will	Northern Suburbs	12.03
5	Ziogas, Arthur	Nth Rocks Carlin	13.75
6	Davidson, Zac	Cherrybrook	13.87

Heat 2 Heats

1	East, Charlie	Northern Suburbs	10.42Q
2	Galati, Samuel	Ryde	11.28Q
3	Menin, Daniel	Parramatta	11.68q
4	Fisher, Kyle	Northern Suburbs	11.97
5	Bourke, Warren	Parramatta	12.17

Heat 3 Heats

1	Khinda, Tushar	Northern Suburbs	11.27Q
2	Bowden, William	Cherrybrook	11.64Q
3	Nogajski, Nicholas	Ryde	12.97
4	Jayasinghe, Riveen	Parramatta	14.10
5	Coleman, Tyson	Parramatta	16.80

Boys U 11 - 60 Metre Hurdles (60cm)

=====			
	Zone: Z	9.80	1998
			M Walker, Northern Suburbs
Name	Age	Centre	Final
=====			

Section 1 Final

1	Hirst, Max	Cherrybrook	9.87
2	East, Charlie	Northern Suburbs	10.15
3	Metcalfe, Jordan	Ryde	10.32
4	Khinda, Tushar	Northern Suburbs	11.19
5	Galati, Samuel	Ryde	11.24
5	Hunt, James	Northern Suburbs	11.24
7	Bowden, William	Cherrybrook	11.38
8	Menin, Daniel	Parramatta	11.77

Boys U 12 - 60 Metre Hurdles (68cm)

=====			
	Zone: Z	9.50	2002
			J Pearce, Ryde
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Hunt, Thomas	Northern Suburbs	10.79Q
2	Rose, Matthew	Cherrybrook	10.85Q
3	Bragg, James	Ryde	10.95Q
4	Kingsmill, Curtis	Northern Suburbs	11.62q
5	Barr, Cooper	Northern Suburbs	11.82q
6	Arns, Joshua	Cherrybrook	11.92
7	Simpson, Harry	Parramatta	14.89

Heat 2 Heats

1	Dalton, Lachlan	Northern Suburbs	10.55Q
2	Piro, Cameron	Ryde	12.53Q
3	Terry, Joshua	Cherrybrook	12.56Q
4	Daniel, Raven	Ryde	12.87
5	Glina, Max	Parramatta	13.25

Boys U 12 - 60 Metre Hurdles (68cm)

=====			
	Zone: Z	9.50	2002
			J Pearce, Ryde
Name	Age	Centre	Final
=====			

Section 1 Final

1	Hunt, Thomas	Northern Suburbs	10.40
2	Dalton, Lachlan	Northern Suburbs	10.43

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - 60 Metre Hurdles (68cm)**

3	Rose, Matthew	Cherrybrook	10.80
4	Bragg, James	Ryde	11.43
5	Kingsmill, Curtis	Northern Suburbs	11.53
6	Terry, Joshua	Cherrybrook	11.59
7	Barr, Cooper	Northern Suburbs	11.85
8	Piro, Cameron	Ryde	12.06

Boys U 13 - 80 Metre Hurdles (76cm)

=====			
Zone: Z 12.70		1997	M Crooks, Ryde
Name	Age	Centre	Final
=====			
Section 1			
1	Dang, Nicholas	Parramatta	13.19
2	Vaz, Jeremy	Northern Suburbs	14.30
3	Matheson, Michael	Ryde	14.41
4	Kinasch, Ben	Cherrybrook	14.58
5	Bennett, Joshua	Cherrybrook	15.09
6	Grinter-Cummins, Joshua	Northern Suburbs	16.28
7	Uslu, Ethan	Parramatta	16.47
8	Watson, Luke	Cherrybrook	16.58
9	Kavanagh, Corey	Nth Rocks Carlin	17.02

Boys U 14 - 90 Metre Hurdles (76cm)

=====			
Zone: Z 12.80		2009	William Richardsom, Northern
Name	Age	Centre	Final
=====			
1	Clabburn, Lewis	Cherrybrook	13.92
2	Basheer, Jamie	Northern Suburbs	15.26
3	Vivanco, Dante	Northern Suburbs	15.29
4	Purcell, Louis	Ryde	15.50
5	Butler, Jay	Ryde	16.32
6	Sutton, Anthony	Northern Suburbs	16.38
7	Costigan, Joshua	Ryde	16.52
8	Chan, Lucas	Nth Rocks Carlin	17.41
8	Galati, Alexander	Ryde	17.41

Boys U 15 - 100 Metre Hurdles (76cm)

=====			
Zone: Z 13.20		1996	J Harwod, Hornsby District
Name	Age	Centre	Final
=====			
1	Richardson, Sam	Northern Suburbs	15.10
2	O'Donohue, Nicholas	Northern Suburbs	15.48
3	Duve, Stuart	Cherrybrook	15.75
4	Ryu, Joey	Northern Suburbs	16.44
5	Rankin, Angus	Northern Suburbs	17.44
6	Sayer, Ismail	Parramatta	17.94
7	Torney, Mark	Parramatta	18.34

Boys U 17 - 110 Metre Hurdles (76cm)

=====			
Zone: Z 14.56		2012	Bryce Collins, Norths
Name	Age	Centre	Final
=====			
1	Ellis, James	Northern Suburbs	15.64
2	Crowe, Matthew	Northern Suburbs	16.04
3	Singleton, Denzel	Parramatta	16.25
4	Steanes, Ellington	Northern Suburbs	17.03

Northern Metropolitan Zone Championship 2013**Results****....Boys U 17 - 110 Metre Hurdles (76cm)**

5 Auld, Dustin	Northern Suburbs	17.25
6 Fardy-Moroney, Zane	Parramatta	17.42
7 Astalosh, Ian	Nth Rocks Carlin	19.28

Boys U 13 - 200 Metre Hurdles (68cm)

=====			
	Zone: Z 27.80	1998	T Spencer, Ryde
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1 Bowtell, Daniel		Ryde	31.04Q
1 Kinasch, Ben		Cherrybrook	31.04Q
3 Matheson, Michael		Ryde	32.62Q
4 Gosper, Luke		Parramatta	33.01
5 Watson, Luke		Cherrybrook	33.07
6 Menin, Harry		Parramatta	33.95
7 Brogan, Hugh		Nth Rocks Carlin	35.77
Heat 2 Heats			
1 Dang, Nicholas		Parramatta	29.53Q
2 Vaz, Jeremy		Northern Suburbs	30.81Q
3 Bennett, Joshua		Cherrybrook	31.77Q
4 Magee, Joel		Nth Rocks Carlin	32.59q
5 Uslu, Ethan		Parramatta	32.67q
6 Prizmic, Marko		Ryde	34.66
7 Jones, Ryan		Cherrybrook	36.11

Boys U 13 - 200 Metre Hurdles (68cm)

=====			
	Zone: Z 27.80	1998	T Spencer, Ryde
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Dang, Nicholas		Parramatta	29.58
2 Vaz, Jeremy		Northern Suburbs	30.11
3 Kinasch, Ben		Cherrybrook	31.29
4 Bowtell, Daniel		Ryde	31.36
5 Bennett, Joshua		Cherrybrook	31.38
6 Magee, Joel		Nth Rocks Carlin	31.47
7 Uslu, Ethan		Parramatta	32.25
8 Matheson, Michael		Ryde	32.70

Boys U 14 - 200 Metre Hurdles (76cm)

=====			
	Zone: Z 26.60	1996	C Birdsall, Ryde
	Zone: Z 26.60	12/12/2009	William Richardson, Northern
Name	Age	Centre	Final
=====			
Section 1			
1 Clabburn, Lewis		Cherrybrook	27.89
2 Purcell, Louis		Ryde	28.08
3 Basheer, Jamie		Northern Suburbs	28.48
4 Costigan, Joshua		Ryde	29.29
5 McVey, Matthew		Parramatta	29.31
6 Vivanco, Dante		Northern Suburbs	29.47

Northern Metropolitan Zone Championship 2013**Results****Boys U 15 - 200 Metre Hurdles (76cm)**

Zone: Z 25.20 2010 Morgan Paterson, Northern Sub			
Name	Age	Centre	Final
1 Richardson, Sam		Northern Suburbs	27.41
2 O'Donohue, Nicholas		Northern Suburbs	27.82
3 Eaton, Matthew		Cherrybrook	29.35
4 Ferraro, Eric		Nth Rocks Carlin	30.13
5 Chapman, Andrew		Northern Suburbs	30.65
6 Sliwa, Patrick		Parramatta	31.62

Boys U 17 - 200 Metre Hurdles (76cm)

Zone: Z 25.30 2009 Justin Tarabine, Parramatta			
Name	Age	Centre	Final
1 Crowe, Matthew		Northern Suburbs	25.89
2 Ellis, James		Northern Suburbs	26.52
3 Singleton, Denzel		Parramatta	26.54
4 Fardy-Moroney, Zane		Parramatta	27.63
5 Steanes, Ellington		Northern Suburbs	28.19

Boys U 7 - 500 Metre Pack Start

Zone: Z 1:39.40 2006 Rory Barkley, Northern Subu			
Name	Age	Centre	Final
1 Hunt, Matthew		Northern Suburbs	1:53.65
2 Jubb, Jeremy		Ryde	1:57.32
3 Rudd, Lucas		Parramatta	1:57.75
4 Mistry, Aarish		Ryde	1:57.93
5 Heaton, Maxx		Ryde	2:04.88
6 Nikandrow, Samuel		Ryde	2:08.15
7 Searle, Cameron		Cherrybrook	2:14.11
8 Macey, Thomas		Cherrybrook	2:15.59
9 Dyson, William		Northern Suburbs	2:17.84
10 Yu, Harry		Cherrybrook	2:19.77
11 Steele, Jonah		Northern Suburbs	2:20.10
12 Prentice, Tiger		Northern Suburbs	2:27.82
13 Hijazi, Abdel		Cherrybrook	2:31.91

Boys U 8 - 700 Metre Pack Start

Zone: Z 2:14.30 2000 Alexander Pettigrew, Hornsb			
Name	Age	Centre	Final
1 Clarke, Harry		Cherrybrook	2:24.87
2 Douglas, Owen		Ryde	2:25.27
3 Brennan, Thomas		Nth Rocks Carlin	2:27.47
4 Merifield, Max		Ryde	2:30.05
5 Sassen, Lucas		Parramatta	2:30.88
6 Prizmic, Ivan		Ryde	2:37.05
7 Harvey, Joe		Nth Rocks Carlin	2:38.08
8 Harvey, Daniel		Northern Suburbs	2:38.67
9 Turkal, Riley		Ryde	2:44.00
10 Rickard, Harry		Northern Suburbs	2:44.44
11 Shehadie, Noah		Parramatta	2:47.39
12 Rudolph, Xavier		Cherrybrook	2:50.46
13 Hosking, Lucas		Nth Rocks Carlin	2:56.13
14 Papageorgiou, Ethan		Cherrybrook	3:01.05

Northern Metropolitan Zone Championship 2013**Results****Boys U 9-12 4x100 Metre Relay (Jnr)**

Zone: Z 56.80 11/12/2011 Cherrybrook, Cherrybrook			
	Centre		Final
1	Northern Suburbs		58.12
2	Ryde		1:00.22
3	North Rocks Carlingford		1:00.88
4	Parramatta		1:00.92
5	Cherrybrook		1:01.48

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

Zone: Z 47.60 12/12/2010 Parramatta, Parramatta			
	Centre		Final
1	Cherrybrook		48.22
2	Northern Suburbs		48.76
3	Parramatta		49.35
4	North Rocks Carlingford		50.16
5	Ryde		50.24

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

Zone: Z 1.28m 1997 R Murphy, Hornsby District			
	Name	Age Centre	Final
Flight 1			
1	Hall, Nathan	Nth Rocks Carlin	1.16m
2	Plummer, Jeremy	Ryde	J1.16m
3	Quintana, Ethan	Northern Suburbs	1.14m
4	Woodhill, Jackson	Northern Suburbs	1.08m
5	Metaxoulis, Alex	Cherrybrook	1.06m
6	Travis, Wesley	Nth Rocks Carlin	0.95m
7	Ralph, Thomas	Ryde	J0.95m
8	Layton, Nicholas	Parramatta	J0.95m
9	Watson, Adam	Cherrybrook	0.90m

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

Zone: Z 1.38m 2006 Alec Diamond, Northern Suburb			
	Name	Age Centre	Final
1	McKenzie, Liam	Cherrybrook	1.38mZ
2	Holmes, Darcy	Northern Suburbs	1.31m
3	Gardiner, Michael	Northern Suburbs	1.27m
4	Worrell, Henry	Ryde	1.20m
5	Clark, Kaylan	Cherrybrook	1.20m
6	Hansen, Reuben	Ryde	1.20m
7	Purcell, Max	Northern Suburbs	1.20m
8	Barnsley, David	Nth Rocks Carlin	1.15m
9	Barker, Laurence	Parramatta	1.15m
10	Wild, Harrison	Northern Suburbs	1.15m
11	Hosking, Hunter	Nth Rocks Carlin	1.15m
12	Bennett, Tommy	Cherrybrook	1.15m
13	Edwards, Jonah	Northern Suburbs	1.15m
14	Rudolph, Jonty	Cherrybrook	1.10m
15	Harrison, Alexander	Nth Rocks Carlin	1.05m
16	Bragg, Cameron	Ryde	1.00m
16	Zvolanek, Nick	Cherrybrook	1.00m

Northern Metropolitan Zone Championship 2013**Results****Boys U 11 - High Jump (S/H 1.05m)**

Zone: Z 1.51m 2001 J Faint, Northern Suburbs			
Name	Age	Centre	Final
1 Craig, Andrew		Cherrybrook	1.33m
2 Arcus, Joshua		Ryde	1.31m
3 Fisher, Kyle		Northern Suburbs	1.29m
4 East, Charlie		Northern Suburbs	1.27m
5 Davis, George		Ryde	1.27m
6 Miller, Gus		Northern Suburbs	1.20m
7 Khinda, Tushar		Northern Suburbs	1.20m
8 Galati, Samuel		Ryde	1.20m
9 Costigan, Nicholas		Ryde	1.15m
10 Bowden, William		Cherrybrook	1.15m
11 Helsham, Geoffrey		Northern Suburbs	1.15m
12 Farrington, Harry		Cherrybrook	1.10m
13 Maestre, Benjamin		Parramatta	1.10m
14 Jayasinghe, Riveen		Parramatta	1.05m
-- Smith, Connor		Nth Rocks Carlin	NH
-- Bourke, Warren		Parramatta	NH
-- Coleman, Tyson		Parramatta	NH
-- Taylor, Matthew		Nth Rocks Carlin	NH

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

Zone: Z 1.55m 2002 M Richards, Parramatta			
Name	Age	Centre	Final
1 Dalton, Lachlan		Northern Suburbs	1.52m
2 Hain, Noah		Ryde	1.50m
3 Jobling, Thomas		Northern Suburbs	1.46m
4 Stevenson, Harry		Ryde	1.38m
5 Piro, Cameron		Ryde	1.36m
6 Burnett, Luca		Northern Suburbs	1.25m
7 Rajaratnam, Oliver		Northern Suburbs	1.25m
8 Kemp, Theo		Northern Suburbs	1.20m
9 McVey, Mitchell		Parramatta	1.20m
10 Hijazi, Hashem		Cherrybrook	1.15m

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

Zone: Z 1.69m 2008 Morgan Paterson, North Rocks			
Name	Age	Centre	Final
1 Menin, Harry		Parramatta	1.63m
2 Nogajski, Benjamin		Ryde	1.54m
3 Lovegrove, Charlie		Northern Suburbs	1.44m
4 Vaz, Jeremy		Northern Suburbs	1.44m
5 Prizmic, Marko		Ryde	1.42m
6 Chen, Seth		Northern Suburbs	1.40m
7 Smith, Nicholas		Parramatta	1.35m
8 Magee, Joel		Nth Rocks Carlin	1.35m
9 Moujalli, Dylan		Ryde	1.35m
10 Cuevas, Konrad		Cherrybrook	1.30m
11 Menin, Jack		Parramatta	1.30m
12 Watson, Luke		Cherrybrook	1.30m
13 Abimanju, Harish		Cherrybrook	1.25m
13 Griffiths, Oliver		Cherrybrook	1.25m
15 Davies, Jaxsyn		Parramatta	1.20m
15 Frykberg, Erik		Cherrybrook	1.20m
17 Chapman, Scott		Cherrybrook	1.20m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 13 - High Jump (S/H 1.20m)**

-- Kinasch, Ben Cherrybrook NH

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

=====			
Zone: Z 1.83m 2009		Morgan Paterson, Northern Sub	
Name	Age	Centre	Final
=====			
1 Campbell, Rigby		Northern Suburbs	1.45m
2 Antoinette, Lachlan		Cherrybrook	1.39m
3 Lee, Austin		Nth Rocks Carlin	1.37m
4 Vosper, Lawrence		Nth Rocks Carlin	1.35m
5 Oberg, Joshua		Cherrybrook	1.30m
-- Butler, Jay		Ryde	FAIL
-- Gibson, Michael		Parramatta	DNF
-- Gibson, Dominic		Parramatta	DNF
-- Morrissey, Benjamin		Northern Suburbs	DNF

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

=====			
Zone: Z 1.82m 2012		Declan Pluim, Cherrybrook	
Zone: Z 1.81m 12/12/2010		Cameron Pappas, Ryde	
Name	Age	Centre	Final
=====			
1 Baddock, Joshua		Cherrybrook	1.90mZ
2 Gardiner, George		Northern Suburbs	1.59m
3 Todd, Stephen		Nth Rocks Carlin	1.55m
4 Ashokan, Joshua		Northern Suburbs	1.55m
5 Ryu, Joey		Northern Suburbs	1.55m
6 Richardson, Sam		Northern Suburbs	1.50m
7 Rodgers, Dylan		Ryde	1.50m
8 Sliwa, Patrick		Parramatta	1.45m
9 Torney, Mark		Parramatta	1.40m

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

=====			
Zone: Z 2.00m 2009		Brandon Starc, Parramatta	
Name	Age	Centre	Final
=====			
1 Auld, Dustin		Northern Suburbs	1.70m
2 Overton, Anthony		Ryde	1.68m
3 Pluim, Declan		Cherrybrook	1.62m
4 Rodgers, Jack		Ryde	1.60m
4 Sayer, Saleh		Parramatta	1.60m
6 Crowe, Matthew		Northern Suburbs	1.60m
7 Seppelt, Charles		Northern Suburbs	1.55m

Boys U 7 - Long Jump

=====			
Zone: Z 3.83m 1989		T Harrington, North Rocks Car	
Name	Age	Centre	Final
=====			
1 Tilt, Lachan		Nth Rocks Carlin	3.03m
2 Nikandrow, Samuel		Ryde	2.87m
3 Kalos, Andrew		Ryde	2.78m
4 Price, Liam		Nth Rocks Carlin	2.72m
5 Little, Zachary		Northern Suburbs	2.69m
6 Heytman, Benjamin		Northern Suburbs	2.57m
7 Rudd, Lucas		Parramatta	2.52m
8 Redman, Liam		Cherrybrook	2.50m
9 Davidson, Oscar		Cherrybrook	2.42m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 7 - Long Jump**

10	Holman, Spencer	Parramatta	2.41m
11	Grosvernor, Dane	Nth Rocks Carlin	2.36m
12	Barnsley, Evan	Nth Rocks Carlin	2.31m
13	Vartikian, Vicken	Ryde	2.29m
14	Arnott, Kieran	Parramatta	2.27m
15	Ajaka, Michael	Parramatta	2.26m
16	Kuka, Josiah	Nth Rocks Carlin	2.17m
17	Lee, Aidan	Northern Suburbs	2.14m
18	Dyson, William	Northern Suburbs	2.02m
19	Searle, Cameron	Cherrybrook	2.01m
20	Steele, Jonah	Northern Suburbs	1.99m
21	Wunderlich, Thomas	Cherrybrook	1.66m

Boys U 8 - Long Jump

=====			
	Zone: Z 3.89m	1989	M DePomeroy, North Rocks Carl
Name	Age	Centre	Final
=====			
1	Chapman, Bailey	Cherrybrook	3.23m
2	Rickard, Harry	Northern Suburbs	3.19m
2	Douglas, Owen	Ryde	3.19m
4	Brennan, Thomas	Nth Rocks Carlin	3.18m
5	Terry, Sam	Northern Suburbs	3.13m
6	Pozzolungo, Joshua	Parramatta	3.08m
7	Roughan, Charlie	Northern Suburbs	2.99m
8	Hanlon, Jonah	Cherrybrook	2.94m
9	Schofield, Kai	Nth Rocks Carlin	2.86m
10	Merifield, Max	Ryde	2.77m
11	Hosking, Lucas	Nth Rocks Carlin	2.74m
12	George, Jake	Parramatta	2.63m
12	Abdel Rahim, Ali	Nth Rocks Carlin	2.63m
14	Raffoul, Jordan	Parramatta	2.56m
15	Lillis, Joshua	Ryde	2.48m
16	Forster, Andrew	Ryde	2.41m
17	Rudolph, Xavier	Cherrybrook	2.26m
--	Cawood, Castro	Northern Suburbs	FOUL

Boys U 9 - Long Jump

=====			
	Zone: Z 4.32m	2009	Ben Kinasch, Cherrybrook
Name	Age	Centre	Final
=====			
1	Jubb, Luke	Ryde	3.79m
2	McCabe, Michael	Cherrybrook	3.38m
3	Hall, Nathan	Nth Rocks Carlin	3.37m
4	Pledger, Liam	Parramatta	3.30m
5	Metaxoulis, Alex	Cherrybrook	3.28m
6	Dewar, Lachlan	Cherrybrook	3.23m
7	Kelly, Bradley	Parramatta	3.23m
8	Smillie, Hamish	Cherrybrook	3.21m
9	David, Lance	Parramatta	2.89m
9	Quintana, Ethan	Northern Suburbs	2.89m
11	Brown, Christian	Northern Suburbs	2.86m
12	Ajaka, Julian	Parramatta	2.83m
13	Watson, Adam	Cherrybrook	2.82m
14	Phillips, Andrew	Ryde	2.75m
15	Wilson, Rory	Nth Rocks Carlin	2.68m

Northern Metropolitan Zone Championship 2013**Results****Boys U 10 - Long Jump**

Zone: Z 4.74m 1989		A Bosward, Hornsby District	
Name	Age	Centre	Final
1 Reid, Jonathan		Cherrybrook	4.44m
2 Little, Austin		Northern Suburbs	4.25m
3 Bertolissio, Daniel		Parramatta	4.02m
4 Samaragunarathna, Sehan		Parramatta	4.01m
5 Edwards, Jonah		Northern Suburbs	3.93m
6 Salvemini, Nicholas		Cherrybrook	3.82m
7 Gardiner, Michael		Northern Suburbs	3.74m
8 Love, Aiden		Northern Suburbs	3.70m
9 Barker, Laurence		Parramatta	3.69m
10 Zvolanek, Nick		Cherrybrook	3.60m
11 Terry, Sebastian		Cherrybrook	3.56m
12 Hosking, Hunter		Nth Rocks Carlin	3.54m
13 Barnsley, David		Nth Rocks Carlin	3.51m
14 Feng, Anthony		Parramatta	3.42m
15 Weber, Zachary		Northern Suburbs	3.41m
16 Bathis, Zac		Ryde	3.30m
17 Corcoran, Jamie		Cherrybrook	3.20m
18 Hansen, Reuben		Ryde	3.11m
18 Winter, James		Ryde	3.11m
20 Badaoui, Marcus		Ryde	3.09m
21 Mahony, Tate		Nth Rocks Carlin	3.05m
22 Simpson, Alexander		Parramatta	2.93m
23 Gangell, Daniel		Nth Rocks Carlin	2.87m
24 Burton, Kale		Nth Rocks Carlin	2.84m
25 Morosin-Smith, Luke		Ryde	2.50m

Boys U 11 - Long Jump

Zone: Z 5.21m 2003		Alexander Pettigrew, Parramat	
Name	Age	Centre	Final
1 Hirst, Max		Cherrybrook	4.61m
2 Arcus, Joshua		Ryde	4.59m
3 Panozzo, Dominic		Northern Suburbs	4.42m
3 Tall, Jett		Ryde	4.42m
5 Keenan, Elijah		Ryde	4.11m
6 Woodcock, Jonathan		Northern Suburbs	4.07m
7 Helsham, Geoffrey		Northern Suburbs	3.93m
8 Craig, Andrew		Cherrybrook	3.91m
9 Miller, Gus		Northern Suburbs	3.90m
10 Costigan, Nicholas		Ryde	3.88m
11 Nogajski, Nicholas		Ryde	3.83m
12 Robinson, Oliver		Cherrybrook	3.75m
13 Pearson, Kai		Parramatta	3.72m
14 Smith, Connor		Nth Rocks Carlin	3.70m
15 Ivankovic, Jared		Nth Rocks Carlin	3.49m
16 Jackson, Noah		Parramatta	3.34m
17 Little, Bayden		Cherrybrook	3.30m
18 Murray, Cameron		Parramatta	2.99m

Boys U 12 - Long Jump

Zone: Z 5.55m 2004		Alexander Pettigrew, Parramat	
Name	Age	Centre	Final
1 Camroux, Zane		Ryde	4.91m
2 Dalton, Lachlan		Northern Suburbs	4.72m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - Long Jump**

3 King, Gabe	Nth Rocks Carlin	4.67m
4 Leverett, Riley	Nth Rocks Carlin	4.55m
5 Berte, Jack	Northern Suburbs	4.54m
6 Rose, Matthew	Cherrybrook	4.43m
7 McMahon, Cameron	Nth Rocks Carlin	4.35m
8 Hain, Noah	Ryde	4.28m
9 Rajaratnam, Oliver	Northern Suburbs	4.19m
10 Coppolelli, Joshua	Cherrybrook	4.15m
11 Ryan, Ronald	Ryde	4.02m
12 Kingsmill, Curtis	Northern Suburbs	3.90m
13 Terry, Joshua	Cherrybrook	3.86m
14 Burnett, Luca	Northern Suburbs	3.83m
15 Yin, Jun	Nth Rocks Carlin	3.68m

Boys U 13 - Long Jump

Zone: Z 5.89m 2005			Alexander Pettigrew, Parramat
Name	Age Centre		Final
1 Davies, Jaxsyn	Parramatta		4.72m
2 Turner, Max	Northern Suburbs		4.72m
3 Tavner, Ben	Cherrybrook		4.51m
4 Nogajski, Benjamin	Ryde		4.44m
5 Prizmic, Marko	Ryde		4.41m
5 Vaz, Jeremy	Northern Suburbs		4.41m
7 Bowtell, Daniel	Ryde		4.22m
8 Griffiths, Oliver	Cherrybrook		4.16m
9 Bennett, Joshua	Cherrybrook		4.15m
10 Chen, Seth	Northern Suburbs		4.12m
11 Kavanagh, Corey	Nth Rocks Carlin		4.11m
12 Menin, Harry	Parramatta		4.06m
13 Woolnough, Jake	Nth Rocks Carlin		3.93m
14 Abimanju, Harish	Cherrybrook		3.91m
15 Watson, Luke	Cherrybrook		3.88m
16 Chapman, Scott	Cherrybrook		3.85m
17 Takchi, Nathan	Cherrybrook		3.74m
18 Dyson, Joe	Northern Suburbs		3.70m
19 Krishnan, Rikki	Cherrybrook		3.15m
20 Jones, Ryan	Cherrybrook		3.13m

Boys U 14 - Long Jump

Zone: Z 6.08m 1989			J Robinson, North Rocks Carli
Name	Age Centre		Final
1 Ohmer, Donald	Parramatta		5.34m
2 Basheer, Jamie	Northern Suburbs		5.24m
3 McVey, Matthew	Parramatta		5.07m
4 Lee, Austin	Nth Rocks Carlin		5.05m
5 Costigan, Joshua	Ryde		4.91m
6 Antoinette, Lachlan	Cherrybrook		4.65m
7 Clark, Jaden	Northern Suburbs		4.61m
8 Oberg, Joshua	Cherrybrook		4.19m

Boys U 15 - Long Jump

Zone: Z 6.51m 2010			Morgan Paterson, Northern Sub
Name	Age Centre		Final
1 Baddock, Joshua	Cherrybrook		6.19m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 15 - Long Jump**

2	Ryu, Joey	Northern Suburbs	5.23m
3	Gardiner, George	Northern Suburbs	5.10m
4	Kim, Matthew	Parramatta	4.87m
5	Daniel, Unwin	Parramatta	4.71m
5	Sayer, Ismail	Parramatta	4.71m
7	Cheney, Lance	Ryde	4.35m
8	Torney, Mark	Parramatta	4.31m
9	Ferraro, Eric	Nth Rocks Carlin	4.21m

Boys U 17 - Long Jump

=====			
Zone: Z 6.63m 2010		Benjamin Cox, Ryde	
Name	Age	Centre	Final
=====			
1	Nguyen-Ha, Alex	Cherrybrook	6.27m
2	Crowe, Matthew	Northern Suburbs	6.18m
3	Galati, Antonio	Ryde	6.04m
3	Singleton, Denzel	Parramatta	J6.04m
5	Sayer, Saleh	Parramatta	5.90m
6	Rodgers, Jack	Ryde	5.79m
7	Auld, Dustin	Northern Suburbs	5.71m
8	Magee, Liam	Cherrybrook	5.59m
9	Astalosh, Ian	Nth Rocks Carlin	4.98m
10	D'Onofrio, Aaron	Nth Rocks Carlin	4.89m
--	Seppelt, Charles	Northern Suburbs	FOUL

Boys U 11 - Triple Jump

=====			
Zone: Z 10.27m 2010		William Freyer, Northern Sub	
Name	Age	Centre	Final
=====			
1	Tall, Jett	Ryde	9.65m
2	Arcus, Joshua	Ryde	9.18m
3	Galati, Samuel	Ryde	8.27m
4	Davis, George	Ryde	8.20m
5	Fisher, Kyle	Northern Suburbs	8.00m
6	Menin, Daniel	Parramatta	7.87m
7	Jubb, Adam	Ryde	7.66m
8	Helsham, Geoffrey	Northern Suburbs	7.65m
9	Hughes, Shaun	Northern Suburbs	7.39m
10	Kelly, Patrick	Nth Rocks Carlin	7.36m
11	Miller, Gus	Northern Suburbs	7.18m
12	Downie, Stuart	Northern Suburbs	7.14m
13	Maestre, Benjamin	Parramatta	7.10m
14	Granelli, Daniel	Parramatta	7.08m
15	Robinson, Oliver	Cherrybrook	6.61m
16	Ziogas, Arthur	Nth Rocks Carlin	6.47m
17	Taylor, Matthew	Nth Rocks Carlin	6.43m
18	Murray, Cameron	Parramatta	5.78m

Boys U 12 - Triple Jump

=====			
Zone: Z 11.06m 2003		Martin Stonis, Northern Subu	
Name	Age	Centre	Final
=====			
1	Camroux, Zane	Ryde	10.01m
2	Hain, Noah	Ryde	9.94m
3	Dalton, Lachlan	Northern Suburbs	9.77m
4	Leverett, Riley	Nth Rocks Carlin	9.69m
5	Coppolelli, Joshua	Cherrybrook	9.17m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 12 - Triple Jump**

6	King, Gabe	Nth Rocks Carlin	8.89m
7	Rajaratnam, Oliver	Northern Suburbs	8.82m
8	Barr, Cooper	Northern Suburbs	8.44m
9	McMahon, Cameron	Nth Rocks Carlin	8.37m
10	Ryan, Ronald	Ryde	8.22m
11	Kingsmill, Curtis	Northern Suburbs	8.01m
12	Vartikian, Moses	Ryde	7.76m
13	Culliver, Robert	Parramatta	7.53m

Boys U 13 - Triple Jump

=====			
Zone: Z 11.65m 2009		Alec Diamond, Northern Subur	
Name	Age	Centre	Final
=====			
1	Davies, Jaxsyn	Parramatta	10.24m
2	Kinasch, Ben	Cherrybrook	10.06m
3	Vaz, Jeremy	Northern Suburbs	9.76m
4	Prizmic, Marko	Ryde	9.08m
5	Abimanju, Harish	Cherrybrook	8.94m
6	Magee, Joel	Nth Rocks Carlin	8.83m
7	Bowtell, Daniel	Ryde	8.76m
8	Tavner, Ben	Cherrybrook	8.64m
9	Plummer, Samuel	Ryde	8.20m
10	Korthout, Oliver	Cherrybrook	8.18m
11	Jones, Ryan	Cherrybrook	8.13m
12	Dyson, Joe	Northern Suburbs	8.10m
13	Tse, Andrew	Northern Suburbs	7.84m
14	Watson, Luke	Cherrybrook	7.65m
15	Armson, Sam	Ryde	7.36m

Boys U 14 - Triple Jump

=====			
Zone: Z 12.62m 2009		Morgan Paterson, Northern Su	
Name	Age	Centre	Final
=====			
1	Lee, Austin	Nth Rocks Carlin	10.75m
2	Vosper, Lawrence	Nth Rocks Carlin	10.19m
3	Antoinette, Lachlan	Cherrybrook	10.05m
4	Galati, Alexander	Ryde	9.91m
5	Gibson, Dominic	Parramatta	9.85m
6	Clark, Jaden	Northern Suburbs	9.84m
7	Chan, Lucas	Nth Rocks Carlin	9.19m
8	Oberg, Joshua	Cherrybrook	8.35m

Boys U 15 - Triple Jump

=====			
Zone: Z 13.36m 2010		Cameron Pappas, Ryde	
Name	Age	Centre	Final
=====			
1	Baddock, Joshua	Cherrybrook	12.69m
2	Todd, Stephen	Nth Rocks Carlin	11.36m
3	Gardiner, George	Northern Suburbs	11.09m
4	Monaghan, Tyler	Northern Suburbs	10.57m
5	Ryu, Joey	Northern Suburbs	10.35m
6	Cheney, Lance	Ryde	9.64m
7	Sliwa, Patrick	Parramatta	9.61m

Northern Metropolitan Zone Championship 2013**Results****Boys U 17 - Triple Jump**

Zone: Z 14.94m 2012			Emmanuel Fakiye, Nth Rocks C
Name	Age Centre		Final
1 Nguyen-Ha, Alex	Cherrybrook		12.88m
2 Auld, Dustin	Northern Suburbs		12.40m
3 Rodgers, Jack	Ryde		11.79m
4 Seppelt, Charles	Northern Suburbs		11.63m
5 Astalosh, Ian	Nth Rocks Carlin		10.99m
6 Sayer, Saleh	Parramatta		10.86m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 8.16m 2008			Matthew Mikhael, Hornsby Dist
Name	Age Centre		Final
1 Butcher, Adam	Parramatta		4.99m
2 Mistry, Aarish	Ryde		4.92m
3 Ajaka, Michael	Parramatta		4.79m
4 Little, Zachary	Northern Suburbs		4.78m
5 Walsh, Marcus	Northern Suburbs		4.60m
6 Milat, Marcus	Nth Rocks Carlin		4.41m
7 Taylor, Paddy	Cherrybrook		4.33m
8 Kuka, Josiah	Nth Rocks Carlin		4.13m
9 Vartikian, Vicken	Ryde		3.93m
10 Holman, Spencer	Parramatta		3.75m
11 Grosvernor, Dane	Nth Rocks Carlin		3.66m
12 Chandler, Owen	Ryde		3.64m
13 Burton, Cody	Nth Rocks Carlin		3.63m
14 Lee, Aidan	Northern Suburbs		3.54m
15 Davidson, Oscar	Cherrybrook		3.41m
16 Dyson, William	Northern Suburbs		3.40m
17 Wunderlich, Thomas	Cherrybrook		2.67m
-- Prentice, Tiger	Northern Suburbs		FOUL

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.59m 2010			Daniel Menin, Parramatta
Name	Age Centre		Final
1 O'Kane, Charlie	Northern Suburbs		6.47m
2 Shahla, George	Nth Rocks Carlin		6.46m
3 Cawood, Castro	Northern Suburbs		6.19m
4 Court, Harry	Ryde		5.69m
5 Schofield, Kai	Nth Rocks Carlin		5.61m
6 Chapman, Bailey	Cherrybrook		5.43m
7 Prizmic, Ivan	Ryde		5.34m
8 El-Chaar, Marcus	Parramatta		5.23m
9 George, Jake	Parramatta		4.98m
10 Rickard, Harry	Northern Suburbs		4.95m
11 Shehadie, Noah	Parramatta		4.77m
12 Roughan, Charlie	Northern Suburbs		4.58m
13 Dirks, Levi	Cherrybrook		4.02m
14 Forster, Andrew	Ryde		3.91m
15 Campbell, Adam	Northern Suburbs		3.68m
16 Simpson, Owen	Parramatta		1.83m

Northern Metropolitan Zone Championship 2013

Results

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 10.21m 2011		Daniel Menin, Parramatta	
Name	Age	Centre	Final
1 Morige, Jacob		Ryde	6.94m
2 Metaxoulis, Alex		Cherrybrook	6.29m
3 Milani, Max		Northern Suburbs	5.89m
4 Ajaka, Julian		Parramatta	5.81m
5 Harrigan, Ethan		Parramatta	5.55m
6 Cheng, Takoda		Parramatta	5.37m
7 Harris, Benjamin		Ryde	5.22m
8 Mach, Ryan		Ryde	4.71m
9 Moala, Samiuela		Ryde	4.68m
10 Smillie, Hamish		Cherrybrook	4.62m
11 Watson, Adam		Cherrybrook	4.11m
12 Vaughan, Ryan		Parramatta	4.04m
13 Chan, Marcus		Nth Rocks Carlin	3.39m
14 Moon, Oliver		Cherrybrook	2.98m
15 Travis, Wesley		Nth Rocks Carlin	2.44m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 11.33m 2012		Daniel Menin, Parramatta	
Name	Age	Centre	Final
1 Barker, Laurence		Parramatta	8.22m
2 Zihlmann, Maxi		Northern Suburbs	7.50m
3 Purcell, Max		Northern Suburbs	7.39m
4 Jackson, Thomas		Parramatta	7.37m
5 Judge, Oliver		Northern Suburbs	6.66m
6 Shahla, Alexander		Nth Rocks Carlin	6.60m
7 Goddard, Thomas		Northern Suburbs	6.58m
8 Moala, Savi		Ryde	6.15m
9 Morosin-Smith, Luke		Ryde	6.08m
10 Rushworth, Mitchell		Ryde	5.82m
11 Kuka, Isaac		Nth Rocks Carlin	5.63m
12 Clark, Kaylan		Cherrybrook	5.54m
13 Worrell, Henry		Ryde	5.44m
14 Cirino, Adrian		Ryde	5.38m
15 Di-ienzo, Mathew		Northern Suburbs	5.37m
16 Mahony, Tate		Nth Rocks Carlin	4.22m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.35m 2010		Kieren Briggs, Parramatta	
Name	Age	Centre	Final
1 Menin, Daniel		Parramatta	12.85mZ
2 Butler, Matthew		Northern Suburbs	10.25m
3 Tall, Jett		Ryde	9.56m
4 Triantis, Loukas		Northern Suburbs	8.89m
5 Kelly, Patrick		Nth Rocks Carlin	6.45m
6 Nogajski, Nicholas		Ryde	6.39m
7 Jayasinghe, Riveen		Parramatta	6.38m
8 Taylor, Matthew		Nth Rocks Carlin	5.99m
9 Ziogas, Arthur		Nth Rocks Carlin	5.92m
10 Macey, Matthew		Cherrybrook	5.56m

Northern Metropolitan Zone Championship 2013

Results

Boys U 12 - Shot Put (3.0 Kg)

Zone: Z 12.20m 2011 Kieren Briggs, Parramatta			
Name	Age	Centre	Final
1 Little, Morgan		Cherrybrook	7.96m
2 Gellen, Leon		Parramatta	7.80m
3 Panebianco, Antonio		Ryde	7.80m
4 Shahla, Anthony		Nth Rocks Carlin	7.70m
5 O'Kane, Henry		Northern Suburbs	7.12m
6 Arns, Joshua		Cherrybrook	6.04m
7 Ogle, Jeremy		Parramatta	5.47m
8 Vartikian, Moses		Ryde	4.83m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 15.96m 1997 A Tee, Tiger Wests			
Name	Age	Centre	Final
1 Yang, Kevin		Cherrybrook	13.88m
2 Menin, Jack		Parramatta	11.48m
3 Menin, Harry		Parramatta	10.56m
4 Nogajski, Benjamin		Ryde	8.99m
5 Chapman, Scott		Cherrybrook	8.72m
6 Chen, Seth		Northern Suburbs	8.52m
7 Uslu, Ethan		Parramatta	7.74m
8 Grinter-Cummins, Joshua		Northern Suburbs	6.65m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 13.84m 2011 Aaron Kang, Nth Rocks C'ford			
Name	Age	Centre	Final
1 Briggs, Kieren		Parramatta	15.60mZ
2 Ohmer, Donald		Parramatta	15.14mZ
3 Frost, Nicholas		Parramatta	14.31mZ
4 Kolesnikoff, Alexander		Parramatta	13.95mZ
5 McVey, Matthew		Parramatta	13.44m
6 Clark, Jaden		Northern Suburbs	12.14m
7 Hunt, Thomas		Parramatta	12.11m
8 Antoinette, Lachlan		Cherrybrook	9.39m
9 Hudson, Ewan		Northern Suburbs	6.66m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 16.70m 1996 J Harwood, Hornsby District			
Name	Age	Centre	Final
1 Monaghan, Tyler		Northern Suburbs	12.15m
2 Eaton, Matthew		Cherrybrook	11.12m
3 Cole, Sam		Northern Suburbs	11.10m
4 Rankin, Angus		Northern Suburbs	11.02m
5 Kim, Matthew		Parramatta	10.17m
6 Bernar, Alex		Parramatta	8.78m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 15.10m 2012 Mattai Meafou, Parramatta			
Name	Age	Centre	Final
1 Overton, Anthony		Ryde	13.73m
2 Seppelt, Charles		Northern Suburbs	12.47m

Northern Metropolitan Zone Championship 2013

Results

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

3	Fitzsimons, Sebastian	Northern Suburbs	10.33m
4	Heyes, Tim	Northern Suburbs	9.47m
5	Steanes, Ellington	Northern Suburbs	8.96m

Boys U 7 - Discus (350 Gm)

Zone: Z 20.65m 2008		Matthew Mikhael, Hornsby Dis	
Name	Age	Centre	Final
1	Ajaka, Michael	Parramatta	13.37m
2	Heytman, Benjamin	Northern Suburbs	12.86m
3	Little, Zachary	Northern Suburbs	12.18m
4	Kuka, Josiah	Nth Rocks Carlin	11.09m
5	Price, Liam	Nth Rocks Carlin	11.06m
6	Milat, Marcus	Nth Rocks Carlin	9.19m
7	Prentice, Tiger	Northern Suburbs	7.57m
8	Steele, Jonah	Northern Suburbs	6.67m
9	Yu, Harry	Cherrybrook	5.65m
10	Redman, Liam	Cherrybrook	5.59m

Boys U 8 - Discus (500 Gm)

Zone: Z 24.09m 2002		D Williams, Parramatta	
Name	Age	Centre	Final
1	El-Chaar, Marcus	Parramatta	16.99m
2	Shahla, George	Nth Rocks Carlin	16.87m
3	O'Kane, Charlie	Northern Suburbs	15.55m
4	Schofield, Kai	Nth Rocks Carlin	13.97m
5	Cawood, Castro	Northern Suburbs	13.31m
6	Herngren, Dominic	Ryde	13.28m
7	Turkal, Riley	Ryde	12.51m
8	Prizmic, Ivan	Ryde	11.91m
9	Shehadie, Noah	Parramatta	11.46m
10	Terry, Sam	Northern Suburbs	11.28m
11	George, Jake	Parramatta	10.09m
12	Raffoul, Jordan	Parramatta	8.77m
--	Lillis, Joshua	Ryde	ND

Boys U 9 - Discus (500 Gm)

Zone: Z 39.46m 1997		Chris Bassett, Hornsby Dirst	
Name	Age	Centre	Final
1	Metaxoulis, Alex	Cherrybrook	23.11m
2	Morige, Jacob	Ryde	20.03m
3	Liu, Benson	Northern Suburbs	18.00m
4	Smillie, Hamish	Cherrybrook	17.99m
5	Ajaka, Julian	Parramatta	17.97m
6	Milani, Max	Northern Suburbs	17.49m
7	Harrigan, Ethan	Parramatta	17.43m
8	Jubb, Luke	Ryde	16.91m
9	Phillips, Andrew	Ryde	12.10m
10	Culliver, Daniel	Parramatta	11.88m
11	Chan, Marcus	Nth Rocks Carlin	11.77m
12	Cheng, Takoda	Parramatta	10.97m

Northern Metropolitan Zone Championship 2013**Results****Boys U 10 - Discus (500 Gm)**

Zone: Z 39.46m 1998 Chris Bassett, Hornsby Distr			
Name	Age	Centre	Final
1 Samaragunarathna, Sehan		Parramatta	34.75m
2 Jackson, Thomas		Parramatta	28.96m
3 Zihlmann, Maxi		Northern Suburbs	20.21m
4 Barker, Laurence		Parramatta	19.18m
5 Shahla, Alexander		Nth Rocks Carlin	18.55m
6 Goddard, Thomas		Northern Suburbs	17.43m
7 Uslu, Jacob		Parramatta	16.34m
8 Mamari, Jordan		Cherrybrook	16.20m
9 Bragg, Cameron		Ryde	15.84m
10 Di-ienno, Mathew		Northern Suburbs	15.70m
11 Gardiner, Michael		Northern Suburbs	15.30m
12 Worrell, Henry		Ryde	15.28m
13 Cirino, Adrian		Ryde	14.30m
14 Clark, Kaylan		Cherrybrook	13.90m
15 Simpson, Alexander		Parramatta	13.18m
16 Mickan, Owen		Ryde	12.10m
17 Harrison, Alexander		Nth Rocks Carlin	11.75m
18 Burton, Kale		Nth Rocks Carlin	11.47m
19 Kuka, Isaac		Nth Rocks Carlin	11.19m

Boys U 11 - Discus (750 Gm)

Zone: Z 34.05m 1999 Chris Bassett, Hornsby			
Name	Age	Centre	Final
1 Menin, Daniel		Parramatta	33.81m
2 Woodcock, Jonathan		Northern Suburbs	26.70m
3 Downie, Stuart		Northern Suburbs	21.23m
4 Butler, Matthew		Northern Suburbs	20.39m
5 Morris, Adam		Ryde	19.53m
6 Jayasinghe, Riveen		Parramatta	17.91m
7 Furrer, Henry		Northern Suburbs	17.50m
8 Galati, Samuel		Ryde	14.15m
9 Little, Bayden		Cherrybrook	13.74m
10 Kelly, Patrick		Nth Rocks Carlin	13.31m
11 Murray, Cameron		Parramatta	12.58m
12 Marshall, Charlie		Northern Suburbs	12.45m
13 Hunt, Elliot		Cherrybrook	11.26m

Boys U 12 - Discus (750 Gm)

Zone: Z 37.64m 1996 A Tee, Tiger Wests			
Name	Age	Centre	Final
1 Hain, Noah		Ryde	28.10m
2 McVey, Mitchell		Parramatta	24.99m
3 O'Kane, Henry		Northern Suburbs	24.74m
4 Rose, Matthew		Cherrybrook	24.12m
5 Jobling, Thomas		Northern Suburbs	23.55m
6 Shahla, Anthony		Nth Rocks Carlin	22.13m
7 Martinez, Daniel		Cherrybrook	19.97m
8 Ryan, Ronald		Ryde	19.12m
9 Arns, Joshua		Cherrybrook	17.04m
10 Darin, Hugo		Northern Suburbs	16.72m
11 Vartikian, Moses		Ryde	12.64m

Northern Metropolitan Zone Championship 2013**Results****Boys U 13 - Discus (1.0 Kg)**

Zone: Z 43.21m 2012		Nicholas Frost, Parramatta	
Name	Age	Centre	Final
1 Yang, Kevin		Cherrybrook	36.87m
2 Menin, Jack		Parramatta	29.53m
3 Chapman, Scott		Cherrybrook	26.42m
4 Menin, Harry		Parramatta	26.01m
5 Grinter-Cummins, Joshua		Northern Suburbs	25.07m
6 Nogajski, Benjamin		Ryde	24.26m
7 Bowtell, Daniel		Ryde	22.64m
8 Tse, Andrew		Northern Suburbs	19.19m
9 Ferraro, Michael		Nth Rocks Carlin	18.63m
10 Thomas, Bradley		Parramatta	18.51m
11 Turner, Max		Northern Suburbs	17.45m
12 Liebenberg, Matteus		Northern Suburbs	14.48m
13 Uslu, Ethan		Parramatta	14.14m
14 Gardiner, Peter		Northern Suburbs	12.07m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 48.85m 1998		F Kmet, Ryde	
Name	Age	Centre	Final
1 Frost, Nicholas		Parramatta	52.84mZ
2 McVey, Matthew		Parramatta	44.49m
3 Briggs, Kieren		Parramatta	43.71m
4 Ohmer, Donald		Parramatta	42.92m
5 Kolesnikoff, Alexander		Parramatta	37.81m
6 Hunt, Thomas		Parramatta	35.05m
7 Antoinette, Lachlan		Cherrybrook	33.98m
8 Clark, Jaden		Northern Suburbs	31.50m
9 Polson, Jack		Parramatta	23.09m
10 Culhane, Nathan		Northern Suburbs	21.10m
11 Ramakrishnan, Nicholas		Cherrybrook	19.11m
12 Hudson, Ewan		Northern Suburbs	12.68m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 53.98m 2006		William Sacilotto, North Roc	
Name	Age	Centre	Final
1 Monaghan, Tyler		Northern Suburbs	41.42m
2 Bai, George		Parramatta	40.99m
3 Rankin, Angus		Northern Suburbs	36.02m
4 Kim, Matthew		Parramatta	31.12m
5 Sliwa, Patrick		Parramatta	27.62m
6 Ferraro, Eric		Nth Rocks Carlin	21.24m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 42.99m 2012		Alec Diamond, Norths	
Name	Age	Centre	Final
1 Heyes, Tim		Northern Suburbs	41.95m
2 Anstee, Clayton		Cherrybrook	41.37m
3 Overton, Anthony		Ryde	40.43m
4 Steanes, Ellington		Northern Suburbs	40.38m
5 Singleton, Denzel		Parramatta	39.05m
6 Fitzsimons, Sebastian		Northern Suburbs	31.63m
7 Seppelt, Charles		Northern Suburbs	23.00m

Northern Metropolitan Zone Championship 2013**Results****Boys U 12 - Javelin (400 Gm)**

Zone: Z 33.82m 2011 Kieren Briggs, Parramatta			
Name	Age	Centre	Final
1 McVey, Mitchell		Parramatta	27.60m
2 Little, Morgan		Cherrybrook	23.56m
3 Ryan, Ronald		Ryde	19.47m
4 Martinez, Daniel		Cherrybrook	13.75m
5 Daniel, Raven		Ryde	11.88m
6 Attard, Christopher		Parramatta	1.54m

Boys U 13 - Javelin (600 Gm)

Zone: Z 39.48m 2003 Dean Milroy, Parramatta			
Name	Age	Centre	Final
1 Vaz, Jeremy		Northern Suburbs	26.65m
2 Smith, Nicholas		Parramatta	25.46m
3 Ferraro, Michael		Nth Rocks Carlin	22.35m
4 Kavanagh, Corey		Nth Rocks Carlin	22.04m
5 Menin, Jack		Parramatta	20.32m
6 Plummer, Samuel		Ryde	18.09m
7 Thomas, Bradley		Parramatta	16.25m
8 Jones, Ryan		Cherrybrook	15.95m
9 Liebenberg, Matteus		Northern Suburbs	13.38m
10 Tse, Andrew		Northern Suburbs	12.00m
11 Gosper, Luke		Parramatta	10.06m

Boys U 14 - Javelin (600 Gm)

Zone: Z 43.10m 2010 Zac Sfiligoi, Cherrybrook			
Name	Age	Centre	Final
1 McVey, Matthew		Parramatta	46.08mZ
2 Ohmer, Donald		Parramatta	46.05mZ
3 Briggs, Kieren		Parramatta	43.56mZ
4 Frost, Nicholas		Parramatta	37.00m
5 Hunt, Thomas		Parramatta	32.31m
6 Kolesnikoff, Alexander		Parramatta	29.36m
7 Ramakrishnan, Nicholas		Cherrybrook	25.18m
8 Polson, Jack		Parramatta	24.19m

Boys U 15 - Javelin (700 Gm)

Zone: Z 50.41m 2011 Zac Sfiligoi, Cherrybrook			
Name	Age	Centre	Final
1 Monaghan, Tyler		Northern Suburbs	44.32m
2 Kim, Matthew		Parramatta	39.13m
3 Bernar, Alex		Parramatta	28.67m
4 Sliwa, Patrick		Parramatta	26.20m
5 Ferraro, Eric		Nth Rocks Carlin	25.54m
6 Thomas, Nicholas		Parramatta	22.89m
7 Rodgers, Dylan		Ryde	20.35m

Boys U 17 - Javelin (700 Gm)

Zone: Z 51.53m 2010 Patrick Kelland, Ryde			
Name	Age	Centre	Final
1 Magee, Liam		Cherrybrook	45.66m

Northern Metropolitan Zone Championship 2013**Results****....Boys U 17 - Javelin (700 Gm)**

2 Anstee, Clayton	Cherrybrook	43.98m
3 Overton, Anthony	Ryde	40.38m
4 Seppelt, Charles	Northern Suburbs	38.69m
5 Galati, Antonio	Ryde	37.55m
6 Heyes, Tim	Northern Suburbs	29.96m
7 Steanes, Ellington	Northern Suburbs	27.89m

Boys U 9 - 700 Metre Walk

Zone: Z 4:12.20 1997 Chris Bassett, Hornsby Dirs			
Name	Age Centre		Final
Section 1			
1 Milani, Max	Northern Suburbs		4:48.95
2 Cheng, Takoda	Parramatta		5:51.31
3 Layton, Nicholas	Parramatta		5:52.10
-- Kahwaji, Matthew	Parramatta		DQ

Boys U 10 - 1100 Metre Walk

Zone: Z 6:10.34 2012 Bayden Little, Cherrybrook			
Name	Age Centre		Final
1 Morosin-Smith, Luke	Ryde		8:45.31
2 Judge, Oliver	Northern Suburbs		8:45.91
3 Gangell, Daniel	Nth Rocks Carlin		10:22.39
-- Kahwaji, Patrick	Parramatta		DQ
-- Simpson, Alexander	Parramatta		DQ

Boys U 11 - 1100 Metre Walk

Zone: Z 6:00.70 2003 Jordan Mulhearn, Parramatta			
Name	Age Centre		Final
1 Little, Bayden	Cherrybrook		6:17.60
2 Davis, George	Ryde		6:43.97
3 Leerberg, Martin	Northern Suburbs		6:53.25
4 Hunt, James	Northern Suburbs		7:24.42
5 Jubb, Adam	Ryde		7:43.75
6 Marshall, Charlie	Northern Suburbs		8:30.43
7 Pearson, Kai	Parramatta		8:46.88
8 Kalachian, Joseph	Ryde		9:18.46

Boys U 12 - 1500 Metre Walk

Zone: Z 7:48.50 1998 A Rutter, Hornsby District			
Name	Age Centre		Final
1 Little, Morgan	Cherrybrook		9:13.87
2 Hudson, Ralph	Northern Suburbs		10:10.01
3 Culliver, Robert	Parramatta		10:10.49
4 Browne, Oscar	Parramatta		11:29.93
5 Ogle, Jeremy	Parramatta		11:49.67
-- Davies, Bayden	Parramatta		DQ

Northern Metropolitan Zone Championship 2013**Results****Boys U 13 - 1500 Metre Walk**

=====			
Zone: Z 7:17.30 2005 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
=====			
1 Gosper, Luke		Parramatta	9:17.98
2 Plummer, Samuel		Ryde	11:26.50

Boys U 14 - 1500 Metre Walk

=====			
Zone: Z 6:51.30 2000 A Rutter, Hornsby District			
Name	Age	Centre	Final
=====			
1 McLachlan, Luke		Ryde	12:04.09
2 Butler, Jay		Ryde	13:38.19

Boys U 15 - 1500 Metre Walk

=====			
Zone: Z 6:34.30 2000 Adam Rutter, Hornsby Distri			
Name	Age	Centre	Final
=====			
1 Rodgers, Dylan		Ryde	13:54.77

Boys U 17 - 1500 Metre Walk

=====			
Zone: Z 6:21.30 2009 Jordan Mulhearn, Parramatta			
Name	Age	Centre	Final
=====			
1 Sutton, Patrick		Northern Suburbs	9:46.13
2 Rodgers, Jack		Ryde	9:46.37