

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 1 Boys 16-19 3000 Metre****Ku Ring Gai: 9:07.49 R 2010****X Black, Chatswood High**

Name	Age	Team	Finals
Finals			
1 Rudd, Cody	18	Pennant Hills High School	9:53.6h
2 Lidbetter, Oliver	17	Pennant Hills High School	10:11.7h
3 Hogan, Ryan	16	Galston HS	10:33.4h
4 Stewart, Oscar	18	Turrumurra	10:35.1h
5 Delnido, Joshua	16	St Ives HS	10:39.7h
6 George, Alastair	16	Turrumurra	10:40.5h
7 Dang, Kenny	17	Carlingford High School	10:44.6h
8 Tonge, Cameron	19	Carlingford High School	11:31.7h
9 Mullins, Ryan	17	St Ives HS	12:53.5h

Event 2 Boys 12-15 3000 Metre**Ku Ring Gai: 9:10.40 R 2010****T Munday, Pennant Hills**

Name	Age	Team	Finals
Finals			
1 Jones, Ryan	15	Cherrybrook Technology High	10:29.5h
2 Smith, Brendan	14	Carlingford High School	10:40.4h
3 Klusman, Luke	14	Killara	10:53.3h
4 Loria, Samuel	14	Galston HS	11:47.2h
5 Chalke, Nathan	15	Carlingford High School	11:55.6h
6 Dalton, Trent	14	Galston HS	12:55.6h
--- Duncan, Liam	15	Pennant Hills High School	DQ

Event 3 Girls 15-19 3000 Metre**Ku Ring Gai: 9:52.54 R 2013****K Spencer, Turrumurra**

Name	Age	Team	Finals
Finals			
1 Mcdonald, Jasmyn	17	Carlingford High School	12:26.50
2 Wong, Natalie	17	Cherrybrook Technology High	12:33.40
3 Johns, Veronica	15	Pennant Hills High School	12:40.80
4 Heaton, Ella	16	Pennant Hills High School	12:49.40
5 Ewin, Rosie	15	St Ives HS	13:03.90
6 Hall, Ashley	16	St Ives HS	13:53.50
7 Parsons, Elizabeth	16	Killara	14:07.30
8 Kim, Sue	18	Carlingford High School	15:43.10
9 Nel, Natasha	18	St Ives HS	16:24.70

Event 4 Girls 12-14 3000 Metre**Ku Ring Gai: 10:30.10 R 2011****K Spencer, Turrumurra**

Name	Age	Team	Finals
Finals			
1 Frykberg, Kirsty	13	St Ives HS	12:07.2h
2 Johnston, Lily	14	Turrumurra	13:20.7h
3 Walker, Lara	14	Pennant Hills High School	13:34.7h
4 Dargan, Jessica	13	Pennant Hills High School	13:35.0h
5 Niknafs, Carolyn	13	Killara	13:48.0h
6 Silver, Prudence	13	Turrumurra	13:57.2h
7 Vu, Jo	14	Carlingford High School	14:40.5h
8 Huang, Tina	14	Carlingford High School	14:41.0h

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 5 Boys 17-19 110 Metre Hurdles**

Ku Ring Gai: 15.00 R 2005 G Bickford, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Thomson, Nicholas	17	Pennant Hills High School	18.20
2 Wright, Matthew	18	Turrumurra	18.79
3 Dickinson, Callum	17	Galston HS	18.81
4 Dela Cruz, Oliver	17	Carlingford High School	22.62

Event 6 Boys 16 Year Olds 110 Metre Hurdles

Ku Ring Gai: 15.53 R 1998 A Mercer, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Bell, Jonathan	16	St Ives HS	17.79
2 Millard, Kobe	16	Turrumurra	18.39
3 Growden, Michael	16	Cherrybrook Technology High	18.67
4 Stenning, Lachlan	16	Pennant Hills High School	18.70
5 Premaratna, Chirath	16	Killara	18.77
6 Chang, Oscar	16	Carlingford High School	21.34

Event 7 Boys 15 Year Olds 100 Metre Hurdles

Ku Ring Gai: 15.16 R 1997 A Mercer, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Chapman, Scott	15	Cherrybrook Technology High	19.48
2 Colley, Nicholas	15	Pennant Hills High School	19.69
3 Lee, Ryan	15	Carlingford High School	20.87
4 Richards, Luke	15	Turrumurra	21.37

Event 8 Boys 14 Year Olds 100 Metre Hurdles

Ku Ring Gai: 13.00 R 2005 M Bell, Chatswood

Name	Age	Team	Finals
Finals			
1 Jobling, Thomas	14	Killara	16.09
2 Pellow, Thomas	14	Cherrybrook Technology High	17.94
3 Russell, Jordan	14	Galston HS	19.26
4 Evans, Brandon	14	Pennant Hills High School	20.36
5 Tomc, Daniel	14	Carlingford High School	20.63

Event 9 Girls 17-19 100 Metre Hurdles

Ku Ring Gai: 15.68 R 2013 J King, Turrumurra

Name	Age	Team	Finals
Finals			
1 Jones, Emily	18	Cherrybrook Technology High	16.33
2 Duncan, Dakota	17	Pennant Hills High School	18.93
3 Thomson, Tameeka	17	Galston HS	19.06

Event 10 Girls 16 Year Olds 100 Metre Hurdles

Ku Ring Gai: 16.42 R 2012 J King, Turrumurra

Name	Age	Team	Finals
Finals			
1 Henke, Aurora	16	Cherrybrook Technology High	16.81
2 Bassett, Mallory	16	Carlingford High School	17.17
3 White, Tabitha	16	Pennant Hills High School	17.93
4 Bird, Molly	16	Turrumurra	18.22
5 Pernice, Rachel	16	Galston HS	20.56

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 10 Girls 16 Year Olds 100 Metre Hurdles)**

Name	Age	Team	Finals
6 Taylor, Saige	16	St Ives HS	21.20
7 Chua, Weng Yee	16	Killara	23.85

Event 11 Girls 15 Year Olds 90 Metre Hurdles

Ku Ring Gai: 13.72 R 1998 D Donnelly, St Ives

Name	Age	Team	Finals
Finals			
1 Kowcz Rosinke, Tamara	15	Killara	15.66
2 Ingram, Rachel	15	Cherrybrook Technology High	15.83
3 Ma, Jenny	15	Carlingford High School	19.49
4 Lihu, Tasya	15	Pennant Hills High School	20.51

Event 12 Girls 14 Year Olds 90 Metre Hurdles

Ku Ring Gai: 13.06 R 1997 D Donnelly, St Ives

Name	Age	Team	Finals
Finals			
1 Woollett, Lara	14	Cherrybrook Technology High	15.98
2 Finlay, Madeline	14	Turrumurra	16.20
3 Henderson, Mahalia	14	Pennant Hills High School	17.06
4 Ho, Rhiannon	14	Galston HS	17.69
5 Hammam, Ymke	14	St Ives HS	18.36
6 Sakr, Maysa	14	Carlingford High School	18.37
7 Digby, Klaer	14	Killara	18.91

Event 13 Boys 13 Year Olds 90 Metre Hurdles

Ku Ring Gai: 13.90 R 1983 S Radi, Killara

Name	Age	Team	Finals
Finals			
1 Foster, Kaito	13	Carlingford High School	16.87
2 Ditchburn, Ty	13	Pennant Hills High School	16.99
3 Shen, Ting-Chang	13	Killara	17.35
4 Gamlin, Jack	13	Galston HS	18.41
5 Millard, Steyn	13	Turrumurra	18.83

Event 14 Boys 12 Year Olds 80 Metre Hurdles

Ku Ring Gai: 13.57 R 1990 M Geale, Ku Ring Gai

Name	Age	Team	Finals
Finals			
1 Fisher, Luke	12	Killara	14.53
2 Kunigiskis, Mitchell	12	Turrumurra	16.44
3 Cullen, Robbie	12	Galston HS	16.47
4 Barnsley, David	12	Pennant Hills High School	17.28
5 Lee, Isaac	12	Carlingford High School	18.30

Event 15 Girls 13 Year Olds 80 Metre Hurdles

Ku Ring Gai: 12.88 R 1996 D Donnelly, St Ives

Name	Age	Team	Finals
Finals			
1 Maciver, Jessica	13	Turrumurra	14.78
2 Davies, Rebecca	13	St Ives HS	15.71
3 Dargan, Jessica	13	Pennant Hills High School	16.90
4 Bird, Charlotte	13	Killara	17.13
5 Clifton, Lilli	13	Galston HS	17.44
6 Sutherland, Siena	13	Carlingford High School	18.97

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 16 Girls 12 Year Olds 80 Metre Hurdles****Ku Ring Gai: 13.62 R 1988 N Sheperd, Turramurra**

Name	Age	Team	Finals
Finals			
1 Fitton, Phoebe	12	Killara	16.83
2 Ennis, Georgia	12	Pennant Hills High School	18.79
3 Oldham, Jade	12	Galston HS	20.75
4 Dwyer, Sofia	12	St Ives HS	21.11

Event 17 Boys 17-19 400 Metre**Ku Ring Gai: 50.01 R 2011 B Jaworski, Cherrybrook**

Name	Age	Team	Finals
Finals			
1 MACKAY, Benjamin	18	Killara	53.22
2 Clarke, Oliver	17	Galston HS	53.45
3 Munoz, Izaak	18	Pennant Hills High School	56.39
4 Owen, Brannen	18	Carlingford High School	59.20
5 Chang, Goh	18	Carlingford High School	1:03.81

Event 18 Boys 16 Year Olds 400 Metre**Ku Ring Gai: 51.00 R 1984 P Radi, Killara**

Name	Age	Team	Finals
Finals			
1 George, Zane	16	Ku-Ring-Gai Creative Arts High	54.82
2 Premaratna, Chirath	16	Killara	55.27
3 Courtney, Ivan	16	St Ives HS	57.63
4 Chang, Oscar	16	Carlingford High School	58.25
5 Cotcher, Ryan	16	Cherrybrook Technology High	58.39
6 Cole, Ryan	16	Turramurra	1:03.88
7 Harrison, Reghyn	16	Pennant Hills High School	1:06.73
8 Boutet, Maxim	16	Galston HS	1:36.49

Event 19 Boys 15 Year Olds 400 Metre**Ku Ring Gai: 53.27 R 2013 B Mackay, Killara**

Name	Age	Team	Finals
Finals			
1 Colley, Nicholas	15	Pennant Hills High School	57.66
2 Jones, Ryan	15	Cherrybrook Technology High	1:00.62
3 Gulliver, Otto	15	Carlingford High School	1:02.78
4 Leatt, Ryan	15	St Ives HS	1:04.17
5 Abroon, Matin	15	Killara	1:05.20
6 Liang, Andrew	15	Ku-Ring-Gai Creative Arts High	1:08.23

Event 20 Boys 12-14 400 Metre**Ku Ring Gai: 52.80 R 1979 A Clay, Kuring-gai**

Name	Age	Team	Finals
Finals			
1 Hunter, Alexander	14	Turramurra	57.47
2 Murray, Hamish	14	Pennant Hills High School	1:00.89
3 Marais, Charles	14	Cherrybrook Technology High	1:03.59
4 Tomc, Daniel	14	Carlingford High School	1:05.64
5 Choi, Nicholas	14	Ku-Ring-Gai Creative Arts High	1:08.66
6 Philp, Cameron	13	Galston HS	1:08.76

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 21 Girls 17-19 400 Metre**

Ku Ring Gai: 58.94 R 2009

E Hunt, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Wolf, Veronica	18	Cherrybrook Technology High	1:04.16
2 Rodgers, Bethany	17	Killara	1:06.72
3 Job, Caitlin	18	Pennant Hills High School	1:07.01
4 Phelan, Tia	18	St Ives HS	1:11.51
5 Ford, Isobel	17	Turrumurra	1:13.16
6 Sakr, Khadijah	17	Carlingford High School	1:14.76
7 Harris, Sarah	17	Galston HS	1:17.76

Event 22 Girls 16 Year Olds 400 Metre

Ku Ring Gai: 59.42 R 2010

J Blundell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Henke, Aurora	16	Cherrybrook Technology High	1:05.92
2 Bird, Molly	16	Turrumurra	1:08.70
3 Heaton, Ella	16	Pennant Hills High School	1:13.50
4 Tang, Yuelei (Ashley)	16	Chatswood High School	1:13.57
5 Pernice, Rachel	16	Galston HS	1:14.06
6 Hall, Ashley	16	St Ives HS	1:17.25
7 Yeoh, Xinglu	16	Killara	1:17.61
8 Huzevka, Nicole	16	Carlingford High School	1:19.10
--- Smith, Amy	16	Ku-Ring-Gai Creative Arts High	DQ

Event 23 Girls 15 Year Olds 400 Metre

Ku Ring Gai: 58.25 R 2009

J Blundell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Lidbetter, Eleanor	15	Pennant Hills High School	1:08.12
2 Cameron, Rose	15	St Ives HS	1:10.11
3 Ksela, Pika	15	Killara	1:11.09
4 Bowd, Courtney	15	Galston HS	1:11.12
5 Wang, Grace	15	Cherrybrook Technology High	1:19.50
6 Black, Xanthe	15	Chatswood High School	1:19.86
7 Mauldin, Emily	15	Ku-Ring-Gai Creative Arts High	1:20.18
8 Lee, Cynthia	15	Carlingford High School	1:20.44

Event 24 Girls 12-14 400 Metre

Ku Ring Gai: 1:00.96 R 1998

S Rhydderch, St Ives

Name	Age	Team	Finals
Finals			
1 Woollett, Lara	14	Cherrybrook Technology High	1:07.51
2 Sakr, Maysa	14	Carlingford High School	1:07.92
3 Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	1:08.61
4 Paz, Amaya	13	Pennant Hills High School	1:08.63
5 Halliday, Sophie	13	Killara	1:08.81
6 Schmidt, Dana	14	St Ives HS	1:12.06
7 Cullen, Victoria	14	Galston HS	1:12.72
8 Hijazi, Jud	12	Chatswood High School	1:15.15

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 26 Boys 17-19 100 Metre****Ku Ring Gai: 11.01 R 1986****T Jackson, Turramurra**

Name	Age	Team	Finals	H#
Finals				
1 MACKAY, Benjamin	18	Killara	11.21	2
2 Thomson, Nicholas	17	Pennant Hills High School	11.28	2
3 Ingram, Beau	17	Cherrybrook Technology High	11.69	2
4 Richardson, Angus	18	St Ives HS	11.88	1
5 Shah, Sachin	17	Killara	11.93	1
6 Dickinson, Callum	17	Galston HS	12.06	2
7 Hall, Cameron	17	Cherrybrook Technology High	12.18	1
8 Kindler, Russell	18	Pennant Hills High School	12.19	1
9 Husaini, Omar	17	St Ives HS	12.37	2
10 Ayad, Adam	17	Carlingford High School	12.47	1
11 Wilkinson, Samuel	18	Chatswood High School	12.79	2
12 Kinson, Ty	18	Carlingford High School	12.84	2
13 Bedford, Christopher	18	Turramurra	13.02	2
14 Rosenberg, Jack	17	Turramurra	13.08	1
15 Ryu, Joey	18	Chatswood High School	13.13	1
16 Bennett, Blake	17	Galston HS	13.23	1
17 Kewley, Ben	17	Ku-Ring-Gai Creative Arts High	13.75	1

Event 27 Boys 16 Year Olds 100 Metre**Ku Ring Gai: 11.25 R 2002****S Myers, Cherrybrook**

Name	Age	Team	Finals	H#
Finals				
1 de Vries, William	16	Turramurra	11.84	1
2 Gold, Tom	16	Cherrybrook Technology High	11.99	1
3 Olivier, Alexander	16	Killara	12.21	1
4 Sands, Tyler	16	St Ives HS	12.37	1
5 Bell, Jonathan	16	St Ives HS	12.41	2
6 Waghorn, Mitchell	16	Carlingford High School	12.44	1
7 Byun, Jaeho	16	Killara	12.47	2
8 Westaway, Aden	16	Pennant Hills High School	12.50	2
9 Tan, Daniel	16	Carlingford High School	12.55	2
10 Aguru Kankanamge, Shanuka	16	Cherrybrook Technology High	13.03	2
11 Brown, Jeremy	16	Turramurra	13.30	2
12 Vogrig, Hailey	16	Chatswood High School	13.59	2
13 Boutet, Maxim	16	Galston HS	18.57	1

Event 28 Boys 15 Year Olds 100 Metre**Ku Ring Gai: 11.07 R 2001****S Myers, Cherrybrook****Equal: 15.16 E 2002****J Murray, Pennant Hills**

Name	Age	Team	Finals	H#
Finals				
1 Colley, Benjamin	15	Pennant Hills High School	12.13 E	1
2 Adams, Jordan	15	Cherrybrook Technology High	12.38 E	2
3 Abimanju, Harish	15	Cherrybrook Technology High	12.47 E	1
4 He, Lawson	15	Chatswood High School	12.54 E	2
5 Turco, Jose	15	Carlingford High School	12.74 E	1
6 Rahi, Shivam	15	Pennant Hills High School	12.82 E	2
7 Jegal, Richard	15	Carlingford High School	12.83 E	2
8 Chung-Wright, Jovn	15	Killara	12.84 E	2
9 Wright, Sam	15	Galston HS	12.92 E	1
10 Iranzadi, Aryon	15	St Ives HS	13.11 E	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 28 Boys 15 Year Olds 100 Metre)**

Name	Age	Team	Finals	H#
10 Howard, Henry	15	Chatswood High School	13.11 E	1
12 Hung, Tommy	15	Killara	13.17 E	1
13 Leatt, Ryan	15	St Ives HS	13.46 E	1
14 Dickinson, Rowan	15	Galston HS	13.51 E	2
15 Fraser, Callum	15	Turrumurra	13.59 E	2
16 Wilson, Tom	15	Ku-Ring-Gai Creative Arts High	13.64 E	2
17 Bladon, Jasper	15	Turrumurra	13.84 E	1
18 Hamamoto-Lee, Joshua	15	Ku-Ring-Gai Creative Arts High	14.13 E	1

Event 29 Boys 14 Year Olds 100 Metre

Ku Ring Gai: 11.43 R 1997

G Laurent, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Nuich, Tom	14	Killara	12.64	2
2 Burgess, Ethan	14	Killara	12.73	1
3 Temple, Aron	14	St Ives HS	13.03	1
4 Gunawardena, Thisara	14	Cherrybrook Technology High	13.10	2
5 Hunter, Alexander	14	Turrumurra	13.11	2
6 Bazzana, Travis	14	Turrumurra	13.20	1
7 Veldhuizen, Cameron	14	Pennant Hills High School	13.37	1
8 Hogan, Conor	14	Cherrybrook Technology High	13.42	1
9 Ikegami, Hikaru	14	Chatswood High School	13.45	1
10 Lucky, Owen	14	Pennant Hills High School	13.47	2
11 Pignataro, Nathan	14	Galston HS	13.48	2
12 Willoughby, Lachlan	14	Ku-Ring-Gai Creative Arts High	13.70	2
13 Wong, Edison	14	Chatswood High School	13.72	2
14 Shahla, Anthony	14	Carlingford High School	13.77	2
15 Russell, Jordan	14	Galston HS	13.95	1
16 Yin, Luke	14	Carlingford High School	14.31	1
17 Murnane, Sean	14	St Ives HS	14.76	2

Event 30 Boys 13 Year Olds 100 Metre

Ku Ring Gai: 11.96 R 1996

G Laurent, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Iikura, Taro	13	Killara	12.85	2
2 Shimizu, Hyo	13	Turrumurra	13.51	1
3 Nicholas, Harry	13	Turrumurra	13.60	2
4 Durham, Alex	13	Cherrybrook Technology High	13.69	1
5 Lee, Kerry	13	Carlingford High School	13.75	1
6 Philp, Cameron	13	Galston HS	13.83	2
7 Ross Egarr, Cameron	13	Ku-Ring-Gai Creative Arts High	13.95	2
8 Mellor, Archie	13	Pennant Hills High School	14.02	1
9 Shen, Ting-Chang	13	Killara	14.09	1
10 Marine, Daniel	13	Pennant Hills High School	14.15	2
11 Mitchinson, Cameron	13	Cherrybrook Technology High	14.16	2
12 Kim, Samuel	13	Carlingford High School	14.21	2
13 Kim, Minjun	13	St Ives HS	14.25	1
14 Kan, Timothy	13	Chatswood High School	14.26	1
15 Peter, Tom	13	St Ives HS	14.31	2
16 Gamlin, Jack	13	Galston HS	14.39	1
17 Bee, Timothy	13	Chatswood High School	14.42	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 31 Boys 12 Year Olds 100 Metre**

Ku Ring Gai: 13.00 R 1971

A Paulsen, Turramurra

Name	Age	Team	Finals	H#
Finals				
1 Wong, Ethan	12	Chatswood High School	14.39	1
2 Doney, Sebastian	12	St Ives HS	14.49	2
3 Fisher, Luke	12	Killara	14.50	2
4 Kunigiskis, Mitchell	12	Turramurra	14.60	1
5 Hollants, Julian	12	St Ives HS	14.66	1
6 El-Ekiabi, Adam	12	Cherrybrook Technology High	14.77	2
7 Maisuria, Mayur	12	Pennant Hills High School	14.80	2
8 McGuire, Damien	12	Turramurra	14.88	2
9 De Paulis, Marco	12	Ku-Ring-Gai Creative Arts High	14.90	2
10 Lin, Owen	12	Carlingford High School	15.11	1
11 Clissold, Henry	12	Galston HS	15.18	2
12 Bear, Henry	12	Killara	15.47	1
13 Cullen, Robbie	12	Galston HS	15.81	1
13 Andry, Chris	12	Chatswood High School	15.81	2
15 Lee, Isaac	12	Carlingford High School	16.02	2
16 Garnon, Joshua	12	Cherrybrook Technology High	16.09	1
17 Barnsley, David	12	Pennant Hills High School	16.37	1
18 Miller, Aidan	12	Ku-Ring-Gai Creative Arts High	16.74	1

Event 32 Girls 17-19 100 Metre

Ku Ring Gai: 12.30 R 1976

W Smart, Turramurra

Name	Age	Team	Finals	H#
Finals				
1 Wolf, Veronica	18	Cherrybrook Technology High	13.48	1
2 Cattell, Courtney	17	Cherrybrook Technology High	13.49	2
3 Rodgers, Bethany	17	Killara	13.76	1
4 Love, Erika	18	Pennant Hills High School	13.81	1
5 Duncan, Dakota	17	Pennant Hills High School	13.97	2
6 Lane, Chelsea	17	Turramurra	14.26	1
7 Thomson, Tameeka	17	Galston HS	14.43	2
8 Sgorbini, Cassie	18	Carlingford High School	14.65	2
9 Gibson, Brianna	17	Killara	14.96	2
10 Sancataldo, Jessica	17	Turramurra	15.07	2
11 Sakr, Khadijah	17	Carlingford High School	15.24	1
12 Smee, Francesca	17	St Ives HS	16.01	2
13 Phelan, Tia	18	St Ives HS	16.26	1

Event 33 Girls 16 Year Olds 100 Metre

Ku Ring Gai: 12.76 R 2004

A Attenborough, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Devitt, Katie	16	Cherrybrook Technology High	12.49 R	2
2 Henke, Aurora	16	Cherrybrook Technology High	13.28	1
3 Mance, Zoe	16	Pennant Hills High School	13.88	1
4 Dwyer, Hannah	16	Turramurra	14.13	1
5 Bassett, Mallory	16	Carlingford High School	14.20	1
6 Anderson, Ebony	16	Galston HS	14.30	2
7 Slevin, Gabrielle	16	Turramurra	14.43	2
8 Conway, Rebecca	16	Carlingford High School	14.70	2
9 Rumble, Caileigh	16	St Ives HS	14.83	1
9 Chua, Weng Yee	16	Killara	14.83	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 33 Girls 16 Year Olds 100 Metre)**

Name	Age	Team	Finals	H#
11 Taylor, Saige	16	St Ives HS	14.99	2
12 Donaldson, Hateya	16	Ku-Ring-Gai Creative Arts High	15.11	1
13 Tang, Yuelei (Ashley)	16	Chatswood High School	15.38	1
14 Madden, Leah	16	Pennant Hills High School	15.42	2
15 Chan, Micah	16	Killara	16.26	1

Event 34 Girls 15 Year Olds 100 Metre

Ku Ring Gai: 12.38 R 1990 J Jamieson, St Ives

Name	Age	Team	Finals	H#
Finals				
1 Collett, Kate	15	Cherrybrook Technology High	13.57	2
2 Ferguson, Olivia	15	Turrumurra	13.99	1
3 Ingram, Rachel	15	Cherrybrook Technology High	14.01	1
4 Hollis, Kate	15	Galston HS	14.25	2
5 Kowcz Rosinke, Tamara	15	Killara	14.26	2
6 Lin, Kelly	15	Carlingford High School	14.63	2
7 Cameron, Rose	15	St Ives HS	14.64	2
8 Lihu, Nadia	15	Pennant Hills High School	14.70	1
9 Smith, Tahlee	15	Carlingford High School	14.72	1
10 Stride, Katie	15	St Ives HS	14.76	1
10 Rowlands, Natasha	15	Turrumurra	14.76	2
12 Khedair, Larissa	15	Pennant Hills High School	14.89	2
13 Mauldin, Emily	15	Ku-Ring-Gai Creative Arts High	15.15	1
14 Cook, Danielle	15	Galston HS	15.19	1
15 Ksela, Pika	15	Killara	15.21	1
16 Mpofu, Moreblessings	15	Ku-Ring-Gai Creative Arts High	15.57	2

Event 35 Girls 14 Year Olds 100 Metre

Ku Ring Gai: 12.80 R 1983 R Adamson, Galston

Name	Age	Team	Finals	H#
Finals				
1 Finlay, Madeline	14	Turrumurra	13.72	1
2 Arena-Milne, Isabella	14	Galston HS	13.76	1
3 Devitt, Faith	14	Cherrybrook Technology High	13.82	1
4 Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	14.06	2
5 Vosper, Ava	14	Carlingford High School	14.17	1
6 Sakr, Maysa	14	Carlingford High School	14.24	2
6 Williams, Jasmine	14	Pennant Hills High School	14.24	1
8 Henderson, Mahalia	14	Pennant Hills High School	14.71	2
9 Spence, Rebecca	14	Ku-Ring-Gai Creative Arts High	14.76	1
10 Johnson, Kate	14	Galston HS	14.81	2
11 Young, Caitlin	14	Turrumurra	14.87	2
12 Ong, Isabella	14	Cherrybrook Technology High	14.90	2
13 Mahesan, Tania	14	Killara	15.01	1
14 Chandler, Anna	14	Killara	15.09	2
15 Wang, Audrey	14	St Ives HS	15.31	1
16 Kerr, Tenaya	14	Chatswood High School	15.36	1
17 Hammam, Ymke	14	St Ives HS	15.58	2
18 Shad, Elma	14	Chatswood High School	15.61	2
19 Biala, Vianne	14	Chatswood High School	15.75	1

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 36 Girls 13 Year Olds 100 Metre**

Ku Ring Gai: 13.03 R 1997

A De Sousa, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Osifo, Danielle	13	Cherrybrook Technology High	13.73	1
2 Maciver, Jessica	13	Turrumurra	13.79	1
3 Wayne, Tarsha	13	Pennant Hills High School	14.27	2
4 Leong, Kaye	13	Cherrybrook Technology High	14.78	2
5 Ksela, Liza	13	Killara	14.95	2
6 Sumner, Hayley	13	Ku-Ring-Gai Creative Arts High	15.01	1
7 Robinson, Kellie	13	Turrumurra	15.06	2
8 Dalhoff, Anna	13	St Ives HS	15.08	2
9 Halliday, Sophie	13	Killara	15.14	1
10 Johnson, Emma	13	Galston HS	15.18	2
11 Kell, Zahra	13	Galston HS	15.24	1
12 Davies, Rebecca	13	St Ives HS	15.35	1
13 Browne, Annabelle	13	Carlingford High School	15.44	2
14 Dargan, Jessica	13	Pennant Hills High School	15.46	1
15 Sgorbini, Emily	13	Carlingford High School	15.57	1
16 Ko, Rachel	13	Ku-Ring-Gai Creative Arts High	15.63	2
17 Koo, Danielle	13	Chatswood High School	16.03	2

Event 37 Girls 12 Year Olds 100 Metre

Ku Ring Gai: 13.73 R 1990

L Townrow, Carlingford

Name	Age	Team	Finals	H#
Finals				
1 John, Jessica	12	Cherrybrook Technology High	14.69	1
2 Edenborough-Stewart, Gisele	12	Cherrybrook Technology High	15.51	2
3 Park, Ji-Su	12	Carlingford High School	15.61	1
4 McArthur, Stephanie	12	Turrumurra	15.69	1
5 Wilson, Mikayla	12	Ku-Ring-Gai Creative Arts High	15.77	2
6 Anjoul, Mikayla	12	Galston HS	15.79	1
7 Hijazi, Jud	12	Chatswood High School	15.80	1
8 Fraser, Manaala	12	Pennant Hills High School	15.95	1
9 Painter, Jeyda	12	Carlingford High School	16.16	2
10 Ennis, Georgia	12	Pennant Hills High School	16.29	2
11 Jones, Molly	12	Killara	16.34	1
12 Devrill, Evelyn	12	Ku-Ring-Gai Creative Arts High	16.46	1
13 Nayeri, Parmida	12	Killara	16.54	2
14 Dwyer, Sofia	12	St Ives HS	16.62	1
15 O'Byrne, Arabella	12	Turrumurra	16.64	2
16 Verbina, Vera	12	Chatswood High School	17.42	2
17 McCusker, Gemma	12	Galston HS	17.61	2
18 Johnson, Maisie	12	St Ives HS	17.65	2

Event 38 Mixed 12-19 100 Metre Disability

Ku Ring Gai: 12.30 R 2010

T Foster, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Karlaftis, Emmanuel	M18	Pennant Hills High School	13.65	3
2 Hill, James	M17	Pennant Hills High School	13.73	3
3 Basmajlan, Peter	M14	Chatswood High School	14.25	3
4 Hampson, Jacob	M18	Pennant Hills High School	14.67	2
5 Morrison, Jalen	M14	Pennant Hills High School	15.78	3
6 Kely, Sara	W15	Pennant Hills High School	16.39	1

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 38 Mixed 12-19 100 Metre Disability)**

Name	Age	Team	Finals	H#
7 Sahissian, Nicolas	M14	Chatswood High School	16.83	3
8 Koo, Tom	M16	Pennant Hills High School	16.85	2
9 Riflin, Jacob	M14	Chatswood High School	17.76	3
10 Rodgers, Bella	W13	Chatswood High School	18.19	1
11 Twist, Jordan	W18	Pennant Hills High School	18.35	2
12 Gu, Daniel	M18	Chatswood High School	18.44	3
13 Young, Charlotte	W16	Pennant Hills High School	18.85	2
14 Goh, Declan	M14	Pennant Hills High School	19.10	3
15 Clare, Jasper	M14	Chatswood High School	19.35	3
16 Cheuk, Yasmin	W15	Chatswood High School	19.79	2
17 Weiss, Hannah	W17	Chatswood High School	20.53	1
18 Tassone, Caterina	W17	Chatswood High School	20.86	2
19 Pope, Elise	W16	Chatswood High School	21.59	1
20 White, Maddison	W18	Chatswood High School	24.93	2
21 Hogan, Lily	W14	Pennant Hills High School	31.70	1

Event 39 Boys 17-19 1500 Metre

Ku Ring Gai: 4:06.52 R 2013

T Munday, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Kewley, Ben	17	Ku-Ring-Gai Creative Arts High	4:34.01
2 Lidbetter, Oliver	17	Pennant Hills High School	4:40.45
3 Payne, Timothy	17	Killara	4:46.15
4 Dickinson, Jack	17	Cherrybrook Technology High	4:52.80
5 Ewin, Jamie	18	St Ives HS	5:01.12
6 Murray-Jones, Alexander	17	Pennant Hills High School	5:03.39
7 Stewart, Oscar	18	Turrumurra	5:14.87
8 Owen, Brannen	18	Carlingford High School	5:17.16
9 Lee, Richard	18	Carlingford High School	5:17.98

Event 40 Boys 16 Year Olds 1500 Metre

Ku Ring Gai: 4:15.76 R 2011

T Munday, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Button, Samuel	16	Pennant Hills High School	4:34.01
2 Silver, Joshua	16	Turrumurra	4:37.70
3 Hogan, Ryan	16	Galston HS	4:48.29
4 Everett, Joshua	16	Carlingford High School	4:52.82
5 Richardson, Samuel	16	Turrumurra	4:56.95
6 Mckie, Evan	16	Carlingford High School	4:59.52
7 Delnido, Joshua	16	St Ives HS	4:59.82
8 Rudd, Will	16	Cherrybrook Technology High	5:07.07
9 Im, Blake	16	Chatswood High School	5:10.96
10 Mepstead, Nathan	16	Galston HS	5:11.47
11 Gunn, Ryan	16	Cherrybrook Technology High	5:15.55
12 Savage, Hayden	16	Killara	5:16.20
13 Mohai, Tatsu	16	Chatswood High School	5:26.32
14 Chen, Hanley	16	Killara	5:46.18
15 Kim, Dongchan	16	Pennant Hills High School	5:59.22

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 41 Boys 15 Year Olds 1500 Metre**

Ku Ring Gai: 4:24.25 R 2010

T Munday, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Frykberg, Erik	15	St Ives HS	4:47.40
2 Jones, Ryan	15	Cherrybrook Technology High	4:51.14
3 Li, Bour Young	15	Carlingford High School	5:06.00
4 Webb, Joshua	15	Galston HS	5:12.33
5 Gardiner, Peter	15	Killara	5:12.36
6 Pereira, Aaron	15	Carlingford High School	5:16.96
7 Maybury, Oliver	15	Pennant Hills High School	5:17.05
8 Ross, Harrison	15	Ku-Ring-Gai Creative Arts High	5:22.96
9 McLagan, Sean	15	Turrumurra	5:25.58
10 Cameron, Luke	15	Turrumurra	5:34.76
11 Duncan, Liam	15	Pennant Hills High School	5:40.46
12 Liang, Andrew	15	Ku-Ring-Gai Creative Arts High	5:47.96

Event 42 Boys 12-14 1500 Metre

Ku Ring Gai: 4:20.03 R 1986

R Wunder, Killara

Name	Age	Team	Finals
Finals			
1 Tomc, Daniel	14	Carlingford High School	4:41.66
2 Murray, Hamish	14	Pennant Hills High School	4:50.07
3 Nairn, Lachlan	13	Turrumurra	4:51.81
4 Klusman, Luke	14	Killara	5:00.08
5 Conway, Matthew	14	Pennant Hills High School	5:01.67
6 Fry, Jamie	14	Carlingford High School	5:08.18
7 Hijazi, Hashem	14	Chatswood High School	5:11.23
8 Loria, Samuel	14	Galston HS	5:11.40
9 Adamson, Kealey	13	Killara	5:14.02
10 Cuevas, Lawrence	14	Cherrybrook Technology High	5:19.86
11 Hall, Matthew	14	St Ives HS	5:22.98

Event 43 Girls 17-19 1500 Metre

Ku Ring Gai: 4:33.00 R 1995

T Pearce, Ku Ring Gai

Name	Age	Team	Finals
Finals			
1 Ford, Isobel	17	Turrumurra	5:44.98
2 Wong, Natalie	17	Cherrybrook Technology High	5:50.11
3 Cuevas, Raquel	17	Cherrybrook Technology High	5:55.19
4 Mcdonald, Jasmyn	17	Carlingford High School	5:57.96
5 Phelan, Tia	18	St Ives HS	6:15.29
6 Parkinson, Sally	17	Galston HS	6:23.55
7 King, Mia	17	Pennant Hills High School	6:29.53
8 Ibrahim, Chontelle	17	Pennant Hills High School	7:00.45

Event 44 Girls 16 Year Olds 1500 Metre

Ku Ring Gai: 4:40.33 R 2010

J Blundell, CTHS

Name	Age	Team	Finals
Finals			
1 Zheng, Stephanie	16	Carlingford High School	5:51.73
2 Heaton, Ella	16	Pennant Hills High School	5:54.45
3 Parsons, Elizabeth	16	Killara	6:16.64
4 Conyer, Simone	16	Killara	6:24.26
5 Hall, Ashley	16	St Ives HS	6:27.80
6 Bird, Molly	16	Turrumurra	6:53.16

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 44 Girls 16 Year Olds 1500 Metre)**

Name	Age	Team	Finals
7 Paton, Olivia	16	Turrumurra	6:53.23
8 Louey, Jennifer	16	Carlingford High School	7:32.37

Event 45 Girls 15 Year Olds 1500 Metre

Ku Ring Gai: 4:42.94 R 2009

J Blundell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Lidbetter, Eleanor	15	Pennant Hills High School	5:42.22
2 Johns, Veronica	15	Pennant Hills High School	5:48.52
3 Ewin, Rosie	15	St Ives HS	5:53.52
4 Bergersen, Elise	15	Killara	6:08.11
5 Rees, Calista	15	Chatswood High School	6:28.30
6 Sutherland, Mandela	15	Carlingford High School	7:05.24
7 Pizarro, Brianna	15	Chatswood High School	7:05.27

Event 46 Girls 12-14 1500 Metre

Ku Ring Gai: 4:51.40 R 2007

J Blundell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Wallis, Justine	14	Turrumurra	5:17.15
2 Frykberg, Kirsty	13	St Ives HS	5:36.17
3 Sharpe, Samantha	14	Chatswood High School	5:54.36
4 Martin, Lorelei	13	Turrumurra	5:55.98
5 Ginwala, Zahra	13	Galston HS	5:56.63
6 Digby, Klaer	14	Killara	5:56.81
7 Dargan, Jessica	13	Pennant Hills High School	6:16.06
8 Baker, Grace	14	Killara	6:19.13
9 Sekanan, Kaanchana	13	Cherrybrook Technology High	6:20.09
10 Morris, Ella	14	Cherrybrook Technology High	6:21.32
11 Riechert, Annabelle	12	Carlingford High School	6:43.04
12 Koudasheva, Svetlana	12	Pennant Hills High School	6:45.49
13 Mackenzie, Kayleigh	12	Carlingford High School	6:50.09

Event 47 Boys 17-19 200 Metre

Ku Ring Gai: 22.42 R 2006

S Dijite, Killara

Name	Age	Team	Finals	H#
Finals				
1 MACKAY, Benjamin	18	Killara	22.85	1
2 Marsh, Joshua	18	Killara	24.10	2
3 Ingram, Beau	17	Cherrybrook Technology High	24.34	1
4 Dickinson, Callum	17	Galston HS	24.45	1
5 Larkham, Brent	17	Cherrybrook Technology High	25.67	2
6 Macnaughtan, Callum	17	Pennant Hills High School	25.97	2
7 Rosenberg, Jack	17	Turrumurra	26.29	2
8 McCauley, Ryan	17	Galston HS	26.61	2
9 Frankish, Liam	18	Turrumurra	26.88	1
10 Batoure, Richard	17	Ku-Ring-Gai Creative Arts High	27.95	2
11 Kewley, Ben	17	Ku-Ring-Gai Creative Arts High	28.57	1

Event 48 Boys 16 Year Olds 200 Metre

Ku Ring Gai: 23.13 R 2009

B Jaworski, Cherrybrook

Name	Age	Team	Finals	H#
Finals				
1 de Vries, William	16	Turrumurra	23.34	1
2 Tan, Daniel	16	Carlingford High School	24.44	1

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 48 Boys 16 Year Olds 200 Metre)**

Name	Age	Team	Finals	H#
3 Premaratna, Chirath	16	Killara	24.82	2
4 George, Zane	16	Ku-Ring-Gai Creative Arts High	24.90	1
5 Bell, Jonathan	16	St Ives HS	24.97	1
6 Cotcher, Ryan	16	Cherrybrook Technology High	25.48	1
7 Westaway, Aden	16	Pennant Hills High School	25.50	1
8 Jensen, Max	16	St Ives HS	25.57	2
9 Byun, Jaeho	16	Killara	25.62	1
10 Waghorn, Mitchell	16	Carlingford High School	25.89	2
11 Aguru Kankanamge, Shanuka	16	Cherrybrook Technology High	26.21	2
12 Button, Samuel	16	Pennant Hills High School	26.29	2
13 Boutet, Maxim	16	Galston HS	37.2h	2

Event 49 Boys 15 Year Olds 200 Metre

Ku Ring Gai: 23.17 R 2001 S Myers, Cherrybrook

Name	Age	Team	Finals	H#
Finals				
1 Abimanju, Harish	15	Cherrybrook Technology High	25.01	2
2 He, Lawson	15	Chatswood High School	25.10	1
3 Howard, Henry	15	Chatswood High School	25.31	2
4 Graham, Henry	15	Carlingford High School	26.17	1
5 Wright, Sam	15	Galston HS	26.20	1
6 Rahi, Shivam	15	Pennant Hills High School	26.23	1
7 Hung, Tommy	15	Killara	26.31	2
8 Dong, Shawn	15	Killara	26.51	1
9 Bunnag, Royce	15	Cherrybrook Technology High	26.63	1
10 Heaton, Callum	15	Pennant Hills High School	26.97	2
11 Richards, Luke	15	Turrumurra	27.41	2
12 Dickinson, Rowan	15	Galston HS	27.63	2
13 Tse, Andrew	15	St Ives HS	27.83	1
14 Oh, Justin	15	Carlingford High School	27.85	2
15 Taku, Maverick	15	St Ives HS	27.94	2
16 Watson, Callum	15	Turrumurra	28.32	1
17 Hamamoto-Lee, Joshua	15	Ku-Ring-Gai Creative Arts High	29.77	2

Event 50 Boys 14 Year Olds 200 Metre

Ku Ring Gai: 23.59 R 2000 S Myers, Cherrybrook

Name	Age	Team	Finals	H#
Finals				
1 Jobling, Thomas	14	Killara	25.70	1
2 Temple, Aron	14	St Ives HS	25.99	2
3 Hunter, Alexander	14	Turrumurra	26.27	2
4 Gunawardena, Thisara	14	Cherrybrook Technology High	26.78	2
5 Ikegami, Hikaru	14	Chatswood High School	27.01	1
6 Pignataro, Nathan	14	Galston HS	27.25	1
7 Beveridge, Aidan	14	Killara	27.55	2
8 Lucky, Owen	14	Pennant Hills High School	27.86	2
9 Murray, Hamish	14	Pennant Hills High School	28.03	1
10 Shahla, Anthony	14	Carlingford High School	28.38	2
11 Willoughby, Lachlan	14	Ku-Ring-Gai Creative Arts High	28.62	1
12 Yin, Luke	14	Carlingford High School	29.56	1
13 Paton, Riley	14	Galston HS	29.85	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 51 Boys 13 Year Olds 200 Metre****Ku Ring Gai: 24.50 R 1976****G Johnstone, Turramurra**

Name	Age	Team	Finals	H#
Finals				
1 Iikura, Taro	13	Killara	26.08	1
2 Durheim, Alex	13	Cherrybrook Technology High	27.64	2
3 Foster, Kaito	13	Carlingford High School	28.01	1
4 Philp, Cameron	13	Galston HS	28.22	1
5 Comeskey, Jack	13	Killara	28.56	2
6 Marine, Daniel	13	Pennant Hills High School	28.77	2
7 Lee, Kerry	13	Carlingford High School	28.78	2
8 Trumper, Joshua	13	Cherrybrook Technology High	28.79	1
9 Dowling, Nicholas	13	Chatswood High School	29.00	1
10 Kim, Minjun	13	St Ives HS	29.07	1
11 Welschinger, Shawn	13	Galston HS	29.55	2
12 Slevin, Nicholas	13	Turramurra	29.92	2
13 Bee, Timothy	13	Chatswood High School	29.93	2
14 Bellert, Jack	13	Pennant Hills High School	30.19	1
15 Ross Egarr, Cameron	13	Ku-Ring-Gai Creative Arts High	30.32	1

Event 52 Boys 12 Year Olds 200 Metre**Ku Ring Gai: 26.60 R 2009****J Hu, Carlingford**

Name	Age	Team	Finals	H#
Finals				
1 Doney, Sebastian	12	St Ives HS	29.25	1
2 Wong, Ethan	12	Chatswood High School	29.42	1
3 Fisher, Luke	12	Killara	29.44	1
4 Kinnish, Harrison	12	Galston HS	30.13	2
5 McGuire, Phillip	12	Turramurra	30.43	2
6 Kunigiskis, Mitchell	12	Turramurra	30.68	1
7 De Paulis, Marco	12	Ku-Ring-Gai Creative Arts High	30.93	1
8 Maisuria, Mayur	12	Pennant Hills High School	30.97	1
9 El-Ekiabi, Adam	12	Cherrybrook Technology High	31.06	1
10 Clissold, Henry	12	Galston HS	31.09	1
11 Andry, Chris	12	Chatswood High School	31.13	2
12 Kuberan, Kartik	12	Carlingford High School	31.73	2
13 Barnsley, David	12	Pennant Hills High School	32.04	2
14 Sarkis, Daniel	12	Killara	32.16	2
15 Lee, Isaac	12	Carlingford High School	32.41	1
16 Garnon, Joshua	12	Cherrybrook Technology High	33.60	2
17 Miller, Aidan	12	Ku-Ring-Gai Creative Arts High	35.21	2

Event 53 Girls 17-19 200 Metre**Ku Ring Gai: 26.01 R 1994****E Harrision, Pennant Hills**

Name	Age	Team	Finals	H#
Finals				
1 Wolf, Veronica	18	Cherrybrook Technology High	27.35	2
2 Cattell, Courtney	17	Cherrybrook Technology High	27.91	1
3 Job, Caitlin	18	Pennant Hills High School	28.12	1
4 Rodgers, Bethany	17	Killara	28.19	1
5 Lane, Chelsea	17	Turramurra	29.72	1
6 Duncan, Dakota	17	Pennant Hills High School	30.32	2
7 Gibson, Brianna	17	Killara	30.93	2
8 Sakr, Khadijah	17	Carlingford High School	31.58	1
9 Polkinghorne, Rachel	17	Carlingford High School	31.62	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 53 Girls 17-19 200 Metre)**

Name	Age	Team	Finals	H#
10 Ferguson, Gemma	17	Turrumurra	32.61	2
11 Smee, Francesca	17	St Ives HS	34.34	1
12 Wu, Lilian	17	Chatswood High School	34.40	1
13 Phelan, Tia	18	St Ives HS	35.92	2

Event 54 Girls 16 Year Olds 200 Metre

Ku Ring Gai: 26.24 R 1994

E Harrision, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Devitt, Katie	16	Cherrybrook Technology High	25.71 R	1
2 Henke, Aurora	16	Cherrybrook Technology High	27.59	2
3 Dwyer, Hannah	16	Turrumurra	29.29	1
4 Anderson, Ebony	16	Galston HS	29.64	2
5 Bassett, Mallory	16	Carlingford High School	29.83	1
6 Walker, Nadine	16	Killara	30.34	1
7 Donaldson, Hateya	16	Ku-Ring-Gai Creative Arts High	32.01	2
8 Chan, Micah	16	Killara	32.81	2
9 Aziz, Raz	16	Pennant Hills High School	33.31	2
10 Simon, Amy	16	Carlingford High School	J33.31	2
11 Hall, Ashley	16	St Ives HS	33.34	1
12 Johnston, Sophie	16	Pennant Hills High School	33.71	1

Event 55 Girls 15 Year Olds 200 Metre

Ku Ring Gai: 25.76 R 2015

K Devitt, Cherrybrook

Name	Age	Team	Finals	H#
Finals				
1 Collett, Kate	15	Cherrybrook Technology High	27.71	1
2 Stafford-Gaffney, Blaise	15	St Ives HS	28.31	1
3 Kowcz Rosinke, Tamara	15	Killara	J28.31	1
4 Ingram, Rachel	15	Cherrybrook Technology High	28.87	2
5 Ferguson, Olivia	15	Turrumurra	29.57	1
6 Hollis, Kate	15	Galston HS	29.73	1
7 Lihu, Nadia	15	Pennant Hills High School	30.07	2
8 Smith, Tahlee	15	Carlingford High School	30.12	1
9 Cameron, Rose	15	St Ives HS	30.24	2
10 Cook, Danielle	15	Galston HS	J30.24	2
11 Rowlands, Natasha	15	Turrumurra	30.49	2
12 MACKAY, Hannah	15	Killara	31.04	2
13 Johns, Veronica	15	Pennant Hills High School	31.11	1
14 Ma, Jenny	15	Carlingford High School	31.34	2
15 Mauldin, Emily	15	Ku-Ring-Gai Creative Arts High	31.88	2
16 Black, Xanthe	15	Chatswood High School	33.78	2

Event 56 Girls 14 Year Olds 200 Metre

Ku Ring Gai: 26.28 R 2002

A Attenborough, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Finlay, Madeline	14	Turrumurra	28.62	1
2 Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	28.82	2
3 Sakr, Maysa	14	Carlingford High School	29.21	2
4 Woollett, Lara	14	Cherrybrook Technology High	29.35	1
5 Vosper, Ava	14	Carlingford High School	29.40	1
6 Williams, Jasmine	14	Pennant Hills High School	29.81	1
7 Groves, Josie	14	St Ives HS	30.52	2

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 56 Girls 14 Year Olds 200 Metre)**

Name	Age	Team	Finals	H#
8 Mahesan, Tania	14	Killara	30.88	2
9 Johnson, Kate	14	Galston HS	31.03	1
10 Schmidt, Dana	14	St Ives HS	32.10	1
11 Kerr, Tenaya	14	Chatswood High School	32.11	1
12 Leung, Jowy	14	Killara	33.07	1
13 Galea, Erin	14	Pennant Hills High School	33.75	2

Event 57 Girls 13 Year Olds 200 Metre

Ku Ring Gai: 27.60 R 1987 J Mayrick, St Ives

Name	Age	Team	Finals	H#
Finals				
1 Maciver, Jessica	13	Turrumurra	28.48	1
2 Wayne, Tarsha	13	Pennant Hills High School	29.56	1
3 Ksela, Liza	13	Killara	30.27	2
4 Robinson, Kellie	13	Turrumurra	30.54	2
5 Chapman, Kelly	13	Cherrybrook Technology High	30.55	1
6 Spicer, Genevieve	13	Cherrybrook Technology High	30.79	2
7 Kell, Zahra	13	Galston HS	30.92	1
8 Sgorbini, Emily	13	Carlingford High School	31.64	1
9 Dalhoff, Anna	13	St Ives HS	31.69	1
10 Sumner, Hayley	13	Ku-Ring-Gai Creative Arts High	32.24	1
11 Halliday, Sophie	13	Killara	33.11	1
12 Koo, Danielle	13	Chatswood High School	33.42	1
13 Cayabyab, Eddi-Elle	13	Carlingford High School	34.24	2

Event 58 Girls 12 Year Olds 200 Metre

Ku Ring Gai: 28.45 R 1995 M Daniels, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Park, Ji-Su	12	Carlingford High School	31.47	1
2 Hijazi, Jud	12	Chatswood High School	32.59	1
2 Edenborough-Stewart, Gisele	12	Cherrybrook Technology High	32.59	2
4 Wilson, Mikayla	12	Ku-Ring-Gai Creative Arts High	32.70	1
5 Ennis, Georgia	12	Pennant Hills High School	33.26	1
6 Anjoul, Mikayla	12	Galston HS	33.31	1
7 McArthur, Stephanie	12	Turrumurra	33.68	2
8 Painter, Jeyda	12	Carlingford High School	33.72	2
9 Jones, Molly	12	Killara	33.75	2
10 Nayeri, Parmida	12	Killara	34.39	1
11 Oldham, Jade	12	Galston HS	34.63	2
12 Visser, Milena	12	Cherrybrook Technology High	34.80	1
13 O'Byrne, Arabella	12	Turrumurra	35.30	1
14 Taylor, Imogen	12	Pennant Hills High School	35.36	2
15 Dwyer, Sofia	12	St Ives HS	35.79	1
16 Johnson, Maisie	12	St Ives HS	37.11	2

Event 59 Mixed 12-19 200 Metre Disability

Ku Ring Gai: 27.54 R 2015 J Twist, Pennant Hills

Name	Age	Team	Finals	H#
Finals				
1 Hill, James	M17	Pennant Hills High School	26.88 R	3
2 Karlaftis, Emmanuel	M18	Pennant Hills High School	27.83	3
3 Basmajlan, Peter	M14	Chatswood High School	31.77	3
4 Sahissian, Nicolas	M14	Chatswood High School	34.07	3

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 59 Mixed 12-19 200 Metre Disability)**

Name	Age	Team	Finals	H#
5 Morrison, Jalen	M14	Pennant Hills High School	34.28	3
6 Kely, Sara	W15	Pennant Hills High School	34.74	2
7 Riflin, Jacob	M14	Chatswood High School	39.23	3
8 Cheuk, Yasmin	W15	Chatswood High School	39.87	2
9 Gu, Daniel	M18	Chatswood High School	40.06	1
10 Ghaffar Penn, Zuhair	W14	Pennant Hills High School	40.14	1
11 Rodgers, Bella	W13	Chatswood High School	40.72	2
12 Twist, Jordan	W18	Pennant Hills High School	41.37	2
13 Balatinac, Aimee	W17	Pennant Hills High School	41.71	1
14 Clare, Jasper	M14	Chatswood High School	41.82	3
15 Padmanaban, Sidd	M13	Chatswood High School	42.84	3
16 Goh, Declan	M14	Pennant Hills High School	42.98	3
17 Weiss, Hannah	W17	Chatswood High School	44.29	1
18 Tassone, Caterina	W17	Chatswood High School	46.61	1
19 Pope, Elise	W16	Chatswood High School	47.50	1
20 Lawless, Elyse	W14	Pennant Hills High School	55.57	1
21 Dobson Penn, Aleysha	W16	Pennant Hills High School	55.88	1
22 White, Maddison	W18	Chatswood High School	58.09	2

Event 60 Boys 17-19 800 Metre**Ku Ring Gai: 1:58.71 R 1991****G Stojanovic, Pennant Hills**

Name	Age	Team	Finals
Finals			
1 Clarke, Oliver	17	Galston HS	2:05.52
2 Hall, Cameron	17	Cherrybrook Technology High	2:11.20
3 MACKAY, Benjamin	18	Killara	2:15.54
4 Owen, Brannen	18	Carlingford High School	2:19.49
5 Rudd, Cody	18	Pennant Hills High School	2:20.77
6 Dickinson, Jack	17	Cherrybrook Technology High	2:24.91
7 Tonge, Cameron	19	Carlingford High School	2:29.21
8 Sorkovsky, Luke	17	Pennant Hills High School	2:31.38
9 Pearson, Angus	18	Killara	2:43.00

Event 61 Boys 16 Year Olds 800 Metre**Ku Ring Gai: 2:03.30 R 1988****R Wunder, Killara**

Name	Age	Team	Finals
Finals			
1 Frankish, Edward	16	Turrumurra	2:13.26
2 Sands, Tyler	16	St Ives HS	2:17.12
3 Button, Samuel	16	Pennant Hills High School	2:17.43
4 Richardson, Samuel	16	Turrumurra	2:23.53
5 Stenning, Jordan	16	Pennant Hills High School	2:25.52
6 Hogan, Ryan	16	Galston HS	2:25.59
7 Everett, Joshua	16	Carlingford High School	2:28.34
8 Im, Blake	16	Chatswood High School	2:29.24
9 Premaratna, Chirath	16	Killara	2:29.78
10 Rudd, Will	16	Cherrybrook Technology High	2:31.51
11 Delnido, Joshua	16	St Ives HS	2:32.34
12 Un, Ben	16	Carlingford High School	2:33.11
13 Mepstead, Nathan	16	Galston HS	2:36.64
14 Gunn, Ryan	16	Cherrybrook Technology High	2:39.82
15 Chong, Justin	16	Chatswood High School	2:45.56
16 Paisley, Brodie	16	Ku-Ring-Gai Creative Arts High	2:50.56
17 Paisley, Caleb	16	Ku-Ring-Gai Creative Arts High	2:54.91

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 62 Boys 15 Year Olds 800 Metre****Ku Ring Gai: 2:05.40 R 1984****D Duncan, Galston**

	Name	Age	Team	Finals
Finals				
1	Frykberg, Erik	15	St Ives HS	2:18.91
2	Kodithuwakku, Anjana	15	Cherrybrook Technology High	2:21.68
3	Jones, Ryan	15	Cherrybrook Technology High	2:22.29
4	Taku, Maverick	15	St Ives HS	2:25.86
5	Gardiner, Peter	15	Killara	2:26.00
6	Li, Bour Young	15	Carlingford High School	2:28.08
7	Bryant, Luke	15	Turrumurra	2:29.24
8	Richards, Luke	15	Turrumurra	2:29.98
9	Waller, Gavin	15	Carlingford High School	2:30.01
10	Webb, Joshua	15	Galston HS	2:34.05
11	Pauly, Samuel	15	Pennant Hills High School	2:36.10
12	Pearson, William	15	Killara	2:37.55
13	Duncan, Liam	15	Pennant Hills High School	2:40.18
14	Ross, Harrison	15	Ku-Ring-Gai Creative Arts High	2:41.05
15	Liang, Andrew	15	Ku-Ring-Gai Creative Arts High	2:45.54

Event 63 Boys 14 Year Olds 800 Metre**Ku Ring Gai: 2:09.20 R 1977****A Clarke, Turramurra**

	Name	Age	Team	Finals
Finals				
1	Kalimeris, Nikolas	14	Cherrybrook Technology High	2:17.74
2	Tomc, Daniel	14	Carlingford High School	2:21.70
3	Klusman, Luke	14	Killara	2:25.51
4	Murray, Hamish	14	Pennant Hills High School	2:25.60
5	Marais, Charles	14	Cherrybrook Technology High	2:27.31
6	Fry, Jamie	14	Carlingford High School	2:30.01
7	Hijazi, Hashem	14	Chatswood High School	2:30.55
8	Conway, Matthew	14	Pennant Hills High School	2:34.15
9	Hall, Matthew	14	St Ives HS	2:37.66
10	Fox, Nathan	14	Galston HS	2:41.35
11	Wheeler, Angus	14	Killara	2:46.61
12	Choi, Nicholas	14	Ku-Ring-Gai Creative Arts High	2:49.56
13	Loria, Samuel	14	Galston HS	2:51.75
14	Ryder, Luke	14	St Ives HS	2:58.31

Event 64 Boys 13 Year Olds 800 Metre**Ku Ring Gai: 2:13.40 R 1978****G Silver, St Ives**

	Name	Age	Team	Finals
Finals				
1	Nairn, Lachlan	13	Turrumurra	2:23.12
2	Leerberg, Martin	13	Killara	2:28.90
3	Mills, William	13	Cherrybrook Technology High	2:29.49
4	Turner, Luca	13	Killara	2:33.39
5	Tudor, Ben	13	St Ives HS	2:37.02
6	Lenane, Jack	13	Cherrybrook Technology High	2:38.54
7	Lidbetter, Aidan	13	Pennant Hills High School	2:38.84
8	Clift, Sam	13	Chatswood High School	2:40.93
9	Cross, Matthew	13	Pennant Hills High School	2:42.83
10	Williamson, Brent	13	Carlingford High School	2:49.59
11	Henkel, Dashiell	13	Turrumurra	2:55.36
12	Hall, Cameron	13	St Ives HS	2:57.89

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 64 Boys 13 Year Olds 800 Metre)**

Name	Age	Team	Finals
13 Crofts, Jordan	13	Galston HS	2:59.66
14 Ross Egarr, Cameron	13	Ku-Ring-Gai Creative Arts High	3:01.05
15 Parizian, Gary	13	Galston HS	3:01.93

Event 65 Boys 12 Year Olds 800 Metre

Ku Ring Gai: 2:16.40 R 1980

P Johnson, Oakhill

Name	Age	Team	Finals
Finals			
1 Andry, Chris	12	Chatswood High School	2:41.13
2 McCarroll, Will	12	Pennant Hills High School	2:45.57
3 De Paulis, Marco	12	Ku-Ring-Gai Creative Arts High	2:45.87
4 Blundy, Michael	12	Cherrybrook Technology High	2:47.19
5 Kinnish, Harrison	12	Galston HS	2:49.36
6 Riley, George	12	Killara	2:50.31
7 Barnsley, David	12	Pennant Hills High School	2:57.63
8 Reilly, Owen	12	Galston HS	2:59.46
9 Lin, Owen	12	Carlingford High School	3:00.32
10 Lee, Isaac	12	Carlingford High School	3:00.78
11 Roberts, William	12	Cherrybrook Technology High	3:01.20
12 Bowles, Jacob	12	St Ives HS	3:01.52
13 Barrow, Jack	12	St Ives HS	3:03.68
14 Fisher, Luke	12	Killara	3:08.31

Event 66 Girls 17-19 800 Metre

Ku Ring Gai: 2:17.20 R 1981

H Pynor, Turrumurra

Name	Age	Team	Finals
Finals			
1 Jones, Emily	18	Cherrybrook Technology High	2:50.59
2 Ford, Isobel	17	Turrumurra	2:52.07
3 Cuevas, Raquel	17	Cherrybrook Technology High	2:54.66
4 Polkinghorne, Rachel	17	Carlingford High School	2:58.04
5 Phelan, Tia	18	St Ives HS	3:01.19
6 Connery, Lucinda	18	Pennant Hills High School	3:03.23
7 Whiting, Hannah	18	Pennant Hills High School	3:18.58
8 Nel, Natasha	18	St Ives HS	3:21.66
9 Kim, Sue	18	Carlingford High School	3:25.99

Event 67 Girls 16 Year Olds 800 Metre

Ku Ring Gai: 2:17.10 R 2000

S Rhydderch, St Ives

Name	Age	Team	Finals
Finals			
1 Parsons, Elizabeth	16	Killara	2:56.03
2 Pernice, Rachel	16	Galston HS	2:59.73
3 Walker, Nadine	16	Killara	3:05.15
4 Heaton, Ella	16	Pennant Hills High School	3:08.48
5 Hall, Ashley	16	St Ives HS	3:18.21
6 Simon, Amy	16	Carlingford High School	3:26.61
7 Louey, Jennifer	16	Carlingford High School	3:36.09

Event 68 Girls 15 Year Olds 800 Metre

Ku Ring Gai: 2:16.77 R 2009

J Blundell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Bowd, Courtney	15	Galston HS	2:47.34
2 Lidbetter, Eleanor	15	Pennant Hills High School	2:49.52

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 68 Girls 15 Year Olds 800 Metre)**

Name	Age	Team	Finals
3 Johns, Veronica	15	Pennant Hills High School	2:54.52
4 Ewin, Rosie	15	St Ives HS	2:57.40
5 Vink, Jasmine	15	Cherrybrook Technology High	3:00.05
6 Forbes, Rowena	15	St Ives HS	3:00.52
7 Joannou, Melissa	15	Chatswood High School	3:02.41
8 Sutherland, Mandela	15	Carlingford High School	3:13.66
9 Duong, Eunice	15	Carlingford High School	3:28.54
10 Buckingham Shum, Jasmine	15	Turrumurra	3:35.03

Event 69 Girls 14 Year Olds 800 Metre**Ku Ring Gai: 2:21.80 R 2006****J Liversage, Cherrybrook**

Name	Age	Team	Finals
Finals			
1 Wallis, Justine	14	Turrumurra	2:34.96
2 Digby, Klaer	14	Killara	2:49.83
3 Groves, Josie	14	St Ives HS	2:49.85
4 Vu, Jo	14	Carlingford High School	2:56.91
5 Cullen, Victoria	14	Galston HS	2:57.06
6 Johnston, Lily	14	Turrumurra	2:58.57
7 Sharpe, Samantha	14	Chatswood High School	2:59.08
8 Claassen, Chelsea	14	Cherrybrook Technology High	2:59.54
9 Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	3:03.22
10 Barker, Juliet	14	St Ives HS	3:03.29
11 Baker, Grace	14	Killara	3:03.48
12 De Stradis, Mikaela	14	Pennant Hills High School	3:06.05
13 Morris, Ella	14	Cherrybrook Technology High	3:11.58
14 Huzevka, Natalie	14	Carlingford High School	3:16.60
15 Kerr, Tenaya	14	Chatswood High School	3:22.43

Event 70 Girls 13 Year Olds 800 Metre**Ku Ring Gai: 2:27.20 R 2007****J Blundell, Cherrybrook**

Name	Age	Team	Finals
Finals			
1 Frykberg, Kirsty	13	St Ives HS	2:39.96
2 Halliday, Sophie	13	Killara	2:41.24
3 Paz, Amaya	13	Pennant Hills High School	2:44.41
4 Creusot, Gaelle	13	Cherrybrook Technology High	2:54.95
5 Gurtata, Eva	13	Turrumurra	2:57.44
6 Dargan, Jessica	13	Pennant Hills High School	3:00.08
7 Browne, Annabelle	13	Carlingford High School	3:01.38
8 Ginwala, Zahra	13	Galston HS	3:03.05
9 Stalley, Maddison	13	Cherrybrook Technology High	3:04.65
10 Thomas, Emily	13	Turrumurra	3:09.06
11 Oleks, Julia	13	St Ives HS	3:12.80
12 Bird, Charlotte	13	Killara	3:16.09
13 Sutherland, Siena	13	Carlingford High School	3:26.23
14 Koo, Danielle	13	Chatswood High School	3:28.37

Event 71 Girls 12 Year Olds 800 Metre**Ku Ring Gai: 2:29.40 R 1980****R Hazel, Kuring-gai**

Name	Age	Team	Finals
Finals			
1 Park, Ji-Su	12	Carlingford High School	2:56.28
2 Visser, Milena	12	Cherrybrook Technology High	3:00.05

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 71 Girls 12 Year Olds 800 Metre)**

Name	Age	Team	Finals
3 Lambourne, Charlotte	12	Killara	3:04.53
4 Oldham, Jade	12	Galston HS	3:09.83
5 Fitton, Phoebe	12	Killara	3:16.73
6 Taylor, Imogen	12	Pennant Hills High School	3:18.23
7 Donoghue, Olivia	12	Cherrybrook Technology High	3:18.30
8 McArthur, Stephanie	12	Turrumurra	3:19.19
9 Middleton, Elizabeth	12	Pennant Hills High School	3:19.76
10 Dwyer, Sofia	12	St Ives HS	3:20.61
11 O'Byrne, Arabella	12	Turrumurra	3:21.02
12 McCusker, Gemma	12	Galston HS	3:21.41
13 Mackenzie, Kayleigh	12	Carlingford High School	3:21.99

Event 72 Mixed 12-19 800 Metre Disability

Ku Ring Gai: 1:00.00 R 2015 S Kelly, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Hill, James	M17	Pennant Hills High School	2:28.39
2 Basmajlan, Peter	M14	Chatswood High School	3:07.04
3 Kely, Sara	W15	Pennant Hills High School	3:38.22
4 Sahissian, Nicolas	M14	Chatswood High School	3:51.16
5 Clare, Jasper	M14	Chatswood High School	4:16.10
6 Riflin, Jacob	M14	Chatswood High School	5:06.27
7 Tassone, Caterina	W17	Chatswood High School	5:36.53
8 Pope, Elise	W16	Chatswood High School	6:11.36

Event 73 Boys 17-19 4x100 Metre Relay

Ku Ring Gai: 44.90 R 2011 , Cherrybrook

Team	Relay	Finals
Finals		
1 Killara		45.06
2 Pennant Hills High School		45.57
3 Cherrybrook Technology High		47.66
4 Carlingford High School		48.91
5 Galston HS		49.04
6 Turrumurra		50.95
--- Chatswood High School		DQ

Event 74 Boys 16 Year Olds 4x100 Metre Relay

Ku Ring Gai: 45.09 R 1990 , Galston

Team	Relay	Finals
Finals		
1 Turrumurra		47.47
2 Killara		47.87
3 Cherrybrook Technology High		48.70
4 St Ives HS		50.00
5 Ku-Ring-Gai Creative Arts High		50.06
6 Carlingford High School		50.34
7 Pennant Hills High School		50.53

Event 75 Boys 15 Year Olds 4x100 Metre Relay

Ku Ring Gai: 44.50 R 1979 , Chatswood

Team	Relay	Finals
Finals		
1 Pennant Hills High School		48.55
2 Cherrybrook Technology High		49.35

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 75 Boys 15 Year Olds 4x100 Metre Relay)**

Team	Relay	Finals
3 Killara		50.23
4 Chatswood High School		50.81
5 St Ives HS		52.01
6 Turramurra		52.80
7 Galston HS		53.04
8 Ku-Ring-Gai Creative Arts High		55.27
--- Carlingford High School		DQ

Event 76 Boys 14 Year Olds 4x100 Metre Relay

Ku Ring Gai: 48.65 R 1994 , Turramurra

Team	Relay	Finals
Finals		
1 Killara		50.70
2 Cherrybrook Technology High		51.20
3 Turramurra		52.13
4 Pennant Hills High School		53.46
5 Galston HS		54.37
6 St Ives HS		54.80
7 Carlingford High School		56.40
8 Chatswood High School		57.28
9 Ku-Ring-Gai Creative Arts High		57.89

Event 77 Boys 13 Year Olds 4x100 Metre Relay

Ku Ring Gai: 51.70 R 1994 , Galston

Team	Relay	Finals
Finals		
1 Cherrybrook Technology High		52.44
2 Killara		53.37
3 Carlingford High School		54.82
4 Galston HS		55.71
5 Chatswood High School		56.10
6 St Ives HS		56.87
7 Turramurra		57.47
8 Pennant Hills High School		57.82

Event 78 Boys 12 Year Olds 4x100 Metre Relay

Ku Ring Gai: 54.70 R 1983 , Oakhill

Team	Relay	Finals
Finals		
1 Killara		58.71
2 Turramurra		59.01
3 St Ives HS		1:00.69
4 Cherrybrook Technology High		1:01.80
5 Carlingford High School		1:02.03
6 Galston HS		1:02.95
7 Ku-Ring-Gai Creative Arts High		1:03.40
8 Pennant Hills High School		1:03.80

Event 79 Girls 17-19 4x100 Metre Relay

Ku Ring Gai: 52.12 R 1996 , Galston

Team	Relay	Finals
Finals		
1 Cherrybrook Technology High		53.30
2 Pennant Hills High School		53.79
3 Killara		55.43

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 79 Girls 17-19 4x100 Metre Relay)**

Team	Relay	Finals
4	Turrumurra	57.43
5	Carlingford High School	59.24
6	Galston HS	59.47
7	St Ives HS	1:05.86

Event 80 Girls 16 Year Olds 4x100 Metre Relay

Ku Ring Gai: 52.50 R 1978, St Ives

Team	Relay	Finals
Finals		
1	Cherrybrook Technology High	51.18 R
2	Carlingford High School	57.49
3	Turrumurra	57.83
4	Killara	58.20
5	Galston HS	59.16
6	Pennant Hills High School	59.23
7	St Ives HS	1:01.07

Event 81 Girls 15 Year Olds 4x100 Metre Relay

Ku Ring Gai: 52.50 R 1977, St Ives

Team	Relay	Finals
Finals		
1	Cherrybrook Technology High	55.39
2	Killara	56.30
3	St Ives HS	56.92
4	Pennant Hills High School	57.72
5	Carlingford High School	57.87
6	Galston HS	58.67
7	Turrumurra	59.29
8	Ku-Ring-Gai Creative Arts High	1:00.32
9	Chatswood High School	1:01.59

Event 82 Girls 14 Year Olds 4x100 Metre Relay

Ku Ring Gai: 53.11 R 1991, Pennant Hills

Team	Relay	Finals
Finals		
1	Cherrybrook Technology High	55.14
2	Carlingford High School	56.94
3	Galston HS	56.98
4	Turrumurra	57.65
5	Killara	57.89
6	Pennant Hills High School	57.96
7	St Ives HS	1:00.04
8	Chatswood High School	1:02.32

Event 83 Girls 13 Year Olds 4x100 Metre Relay

Ku Ring Gai: 54.10 R 1979, Killara

Team	Relay	Finals
Finals		
1	Cherrybrook Technology High	56.77
2	Pennant Hills High School	56.79
3	Galston HS	1:00.20
4	Turrumurra	1:00.21
5	Killara	1:00.53
6	Ku-Ring-Gai Creative Arts High	1:01.48
7	Carlingford High School	1:02.33

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 83 Girls 13 Year Olds 4x100 Metre Relay)**

Team	Relay	Finals
8 Chatswood High School		1:03.82
9 St Ives HS		1:04.24

Event 84 Girls 12 Year Olds 4x100 Metre Relay

Ku Ring Gai: 48.84 R 1994 , Killara

Team	Relay	Finals
Finals		
1 Cherrybrook Technology High		1:01.33
2 Pennant Hills High School		1:04.32
3 Killara		1:04.62
4 Ku-Ring-Gai Creative Arts High		1:05.02
5 St Ives HS		1:06.15
6 Turramurra		1:06.26
7 Galston HS		1:06.79
8 Carlingford High School		1:06.95

Event 85 Girls 14 Year Olds Long Jump

Ku Ring Gai: 5.09m R 1995 D Calvert, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Woollett, Lara	14	Cherrybrook Technology High	4.32m
2 Lewis, Jasmine	14	Turramurra	4.10m
3 Watman, Tahlia	14	Cherrybrook Technology High	4.00m
4 Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	3.99m
5 Finlay, Madeline	14	Turramurra	3.93m
6 Spence, Rebecca	14	Ku-Ring-Gai Creative Arts High	3.87m
6 Cullen, Victoria	14	Galston HS	3.87m
8 Sakr, Maysa	14	Carlingford High School	3.84m
9 Schmidt, Dana	14	St Ives HS	3.72m
10 Vosper, Ava	14	Carlingford High School	3.70m
11 Williams, Jasmine	14	Pennant Hills High School	3.60m
12 Walker, Lara	14	Pennant Hills High School	3.56m
13 Stevens, Nancy	14	St Ives HS	3.45m
14 Biala, Vianne	14	Chatswood High School	3.41m
15 Crawford, Lucinda	14	Killara	3.33m
16 Karefylakis, Elly	14	Killara	3.04m
17 Franklin, Georgia	14	Galston HS	2.92m

Event 86 Boys 13 Year Olds Long Jump

Ku Ring Gai: 5.63m R 1978 M Sapias, Killara

Name	Age	Team	Finals
Finals			
1 Senasinghe, Devan	13	Cherrybrook Technology High	4.98m
2 Shimizu, Hyo	13	Turramurra	4.93m
3 Desai, Rahul	13	Cherrybrook Technology High	4.77m
4 Mellor, Archie	13	Pennant Hills High School	4.69m
5 Peter, Tom	13	St Ives HS	4.49m
6 Ross Egarr, Cameron	13	Ku-Ring-Gai Creative Arts High	4.43m
7 McDonald, Austen	13	Ku-Ring-Gai Creative Arts High	4.42m
8 Gamlin, Jack	13	Galston HS	4.40m
9 Iikura, Taro	13	Killara	4.28m
10 McKenzie, Liam	13	Galston HS	4.20m
11 Chalke, Ammon	13	Carlingford High School	4.11m
12 Boyd, Aleksandr	13	Turramurra	3.97m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 86 Boys 13 Year Olds Long Jump)**

Name	Age	Team	Finals
13 Ditchburn, Ty	13	Pennant Hills High School	3.91m
13 Lee, Kerry	13	Carlingford High School	3.91m
15 Buckingham, Manson	13	St Ives HS	3.86m
--- Pozzecco, Henry	13	Killara	ND

Event 87 Girls 16 Year Olds High Jump

Ku Ring Gai: 1.70m R 1991 J Jamieson, St Ives

Name	Age	Team	Finals
Finals			
1 Conway, Rebecca	16	Carlingford High School	1.41m
2 Fountaine, Ella	16	Cherrybrook Technology High	1.38m
3 Anderson, Ebony	16	Galston HS	1.35m
4 Omelaenko, Nina	16	Killara	J1.35m
5 Bassett, Mallory	16	Carlingford High School	1.30m
6 Searle, Emma	16	Cherrybrook Technology High	J1.30m
7 Aziz, Raz	16	Pennant Hills High School	1.25m
8 Robinson, Lucy	16	St Ives HS	1.20m
9 Roebuck-Krautz, Amabel	16	Killara	J1.20m
10 Wallace, Fiona	16	Pennant Hills High School	J1.20m
11 Young, Chantelle	16	Galston HS	1.15m
12 Simmonds, Sarah	16	St Ives HS	1.10m

Event 88 Boys 16 Year Olds High Jump

Ku Ring Gai: 1.95m R 1997 G Wilkins, Galston

Name	Age	Team	Finals
Finals			
1 Frankish, Edward	16	Turrumurra	1.74m
2 Wensley, Nicholas	16	Pennant Hills High School	J1.74m
3 Baker, Mitchell	16	Cherrybrook Technology High	1.71m
4 Hayward, Zachary	16	Pennant Hills High School	1.68m
5 Growden, Michael	16	Cherrybrook Technology High	1.65m
6 Bell, Jonathan	16	St Ives HS	J1.65m
7 Cannell, Mitchell	16	Killara	1.56m
8 Vogrig, Hailey	16	Chatswood High School	J1.56m
9 Ye Hasegawa, Ron	16	Ku-Ring-Gai Creative Arts High	1.53m
10 George, Zane	16	Ku-Ring-Gai Creative Arts High	1.50m
11 Sharpe, Mitchell	16	Chatswood High School	1.45m
11 Waghorn, Mitchell	16	Carlingford High School	1.45m
11 Shaikh, Ehsen	16	Killara	1.45m
14 Dorian, Daniel	16	Galston HS	1.40m
14 Payne, Kieran	16	Carlingford High School	1.40m
--- Hirji Khurshed, Farshid	16	St Ives HS	NH

Event 89 Girls 15 Year Olds Discus

Ku Ring Gai: 37.42m R 1979 C Beales, Pennent Hills

Name	Age	Team	Finals
Finals			
1 Collett, Kate	15	Cherrybrook Technology High	36.42m
2 Kowcz Rosinke, Tamara	15	Killara	26.51m
3 Lidbetter, Eleanor	15	Pennant Hills High School	23.85m
4 MACKAY, Hannah	15	Killara	20.00m
5 Campbell, Alana	15	St Ives HS	19.58m
6 Berios, Ellen	15	Cherrybrook Technology High	19.36m
7 Smith, Tahlee	15	Carlingford High School	18.24m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 89 Girls 15 Year Olds Discus)**

Name	Age	Team	Finals
8 Philp, Belinda	15	Galston HS	18.14m
9 Black, Xanthe	15	Chatswood High School	17.83m
10 Phu, Kelly	15	Carlingford High School	17.20m
11 Anderson, Sophie	15	St Ives HS	15.22m
12 Brown, Keira	15	Galston HS	14.46m
13 Rogers, Emma	15	Pennant Hills High School	13.38m

Event 90 Girls 14 Year Olds Discus

Ku Ring Gai: 35.62m R 2015 K Collett, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Cullen, Victoria	14	Galston HS	22.51m
2 McKay, Evelyn	14	Chatswood High School	21.69m
3 Hill, Lucinda	14	St Ives HS	19.94m
4 Wright, Shannon	14	Cherrybrook Technology High	18.57m
5 Allen, Lucy	14	Killara	17.80m
6 Hardcastle, Poppy	14	Killara	17.03m
7 Lucas, Siena	14	Carlingford High School	16.11m
8 Finlay, Madeline	14	Turrumurra	15.99m
9 Blow, Jasmine	14	Cherrybrook Technology High	15.71m
10 Sakr, Maysa	14	Carlingford High School	15.60m
11 Abberton, Lara-May	14	Pennant Hills High School	14.15m
12 Munoz, Gloria	14	Pennant Hills High School	13.07m
13 Moore, Freya	14	Chatswood High School	11.92m

Event 91 Boys 17-19 Javelin

Ku Ring Gai: 58.04m R 1982 M Eisermann, Galston

Name	Age	Team	Finals
Finals			
1 Monaghan, Tyler	17	Chatswood High School	42.57m
2 Chalke, Benjamin	18	Carlingford High School	36.80m
3 Chatters, Nicholas	17	Turrumurra	35.44m
4 MACKAY, Benjamin	18	Killara	33.94m
5 Tween, Jack	18	Pennant Hills High School	33.72m
6 Wilkinson, Samuel	18	Chatswood High School	32.92m
7 Ayad, Adam	17	Carlingford High School	28.96m
8 Philpott, Thomas	17	Pennant Hills High School	28.65m
9 Shoaib, Taha Muhammad	18	Cherrybrook Technology High	27.29m
10 Naude, Johan	18	Galston HS	26.33m
11 Schmidt, Aaron	18	St Ives HS	25.84m
12 Forbes, Callam	18	St Ives HS	22.69m
13 Veasey, Joshua	18	Turrumurra	19.38m
14 Rajapaksha Mudiyanse, Sachin	18	Cherrybrook Technology High	17.38m

Event 92 Boys 14 Year Olds Javelin

Ku Ring Gai: 44.50m R 2005 J Bingham, Turrumurra

Name	Age	Team	Finals
Finals			
1 Khallouf, Elijah	14	Turrumurra	28.81m
2 Murray, Hamish	14	Pennant Hills High School	28.25m
3 Marais, Charles	14	Cherrybrook Technology High	26.77m
4 Brown, Cameron	14	Turrumurra	26.55m
5 Klusman, Luke	14	Killara	26.30m
6 Brown, Mick	14	Galston HS	24.98m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 92 Boys 14 Year Olds Javelin)**

Name	Age	Team	Finals
7 Blair, Nathan	14	Pennant Hills High School	24.62m
8 Daniels, Tim	14	Ku-Ring-Gai Creative Arts High	21.89m
9 Hall, Matthew	14	St Ives HS	21.15m
10 Hussain, Kumail	14	St Ives HS	18.12m
11 Martinez, Daniel	14	Cherrybrook Technology High	17.31m
12 Barnum, Charles	14	Killara	17.01m

Event 93 Boys 15 Year Olds Shot Put

Ku Ring Gai: 14.70m R 1973

P Villima, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Chapman, Scott	15	Cherrybrook Technology High	12.03m
2 Zheng, Joshua	15	Killara	11.37m
3 Gardner, Ryan	15	Chatswood High School	10.98m
4 Brown, Matthew	15	Pennant Hills High School	10.71m
5 Chen, Alex Hao	15	Carlingford High School	10.53m
6 Colley, Nicholas	15	Pennant Hills High School	10.42m
7 O'Brien, Cameron	15	Turrumurra	9.43m
8 Teichtahl, Eli	15	Killara	9.42m
9 Adams, Jordan	15	Cherrybrook Technology High	9.23m
10 Tzioumis, Phillip	15	Chatswood High School	8.29m
11 Tse, Andrew	15	St Ives HS	8.25m
12 Klosowski, Brodie	15	Ku-Ring-Gai Creative Arts High	7.59m

Event 94 Boys 12 Year Olds Shot Put

Ku Ring Gai: 12.99m R 1983

S Hoffman, Carlingford

Name	Age	Team	Finals
Finals			
1 Obaseki, Nosa	12	St Ives HS	10.78m
2 Wilson, Bernard	12	Turrumurra	8.53m
3 Dastkhoshnikoo, Arshia	12	Pennant Hills High School	8.18m
4 Woog, Harry	12	Killara	7.22m
5 Cullen, Robbie	12	Galston HS	7.14m
6 Kunigiskis, Mitchell	12	Turrumurra	7.05m
7 Balouch, Shamyil	12	Pennant Hills High School	6.89m
8 Asprew, James	12	Ku-Ring-Gai Creative Arts High	6.66m
9 Dwyer, Will	12	Ku-Ring-Gai Creative Arts High	6.64m
10 Kollipara, Nischal	12	Carlingford High School	6.40m
11 Blundy, Michael	12	Cherrybrook Technology High	6.33m
12 Ranaraja Weliwita, Maneesha	12	Carlingford High School	6.20m
13 Macbeth, Joel	12	Cherrybrook Technology High	4.71m
--- Zeng, Jason	12	Killara	DNF
--- Norbury, Tristan	12	Galston HS	DNF

Event 95 Girls 17-19 Triple Jump

Ku Ring Gai: 10.74m R 2002

P Bickford, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Jones, Emily	18	Cherrybrook Technology High	11.04m R
2 Cattell, Courtney	17	Cherrybrook Technology High	10.41m
3 Gibson, Brianna	17	Killara	8.87m
4 Love, Erika	18	Pennant Hills High School	8.86m
5 Smee, Francesca	17	St Ives HS	8.41m
6 O'Connor, Jaime	17	Pennant Hills High School	7.38m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 95 Girls 17-19 Triple Jump)**

Name	Age	Team	Finals
7 Sgorbini, Cassie	18	Carlingford High School	7.04m
8 Cheeseman, Scarlett	17	Killara	6.92m
9 McCartney, Caitlin	18	St Ives HS	6.30m

Event 96 Boys 14 Year Olds Long Jump

Ku Ring Gai: 5.88m R 1977 D McNicholl, St Ives

Name	Age	Team	Finals
Finals			
1 Burgess, Ethan	14	Killara	5.51m
2 Jobling, Thomas	14	Killara	5.37m
3 Catanzariti, Nicholas	14	St Ives HS	4.84m
4 Gunawardena, Thisara	14	Cherrybrook Technology High	4.83m
5 Bazzana, Travis	14	Turrumurra	4.78m
6 Martin, Bradley	14	Turrumurra	4.77m
7 Wu, Cheston	14	Carlingford High School	4.54m
8 Loria, Samuel	14	Galston HS	4.49m
9 Pignataro, Nathan	14	Galston HS	4.46m
10 Veldhuizen, Cameron	14	Pennant Hills High School	4.40m
11 Willoughby, Lachlan	14	Ku-Ring-Gai Creative Arts High	4.38m
12 Jiang, Edward	14	Pennant Hills High School	4.14m
13 Marais, Charles	14	Cherrybrook Technology High	3.74m

Event 97 Girls 13 Year Olds Long Jump

Ku Ring Gai: 4.97m R 1989 R Oriordan, St Ives

Name	Age	Team	Finals
Finals			
1 Osifo, Danielle	13	Cherrybrook Technology High	4.59m
2 Wayne, Tarsha	13	Pennant Hills High School	4.46m
3 Chapman, Kelly	13	Cherrybrook Technology High	4.38m
4 Maciver, Jessica	13	Turrumurra	4.30m
5 Dalhoff, Anna	13	St Ives HS	3.69m
6 Long, Isabelle	13	Killara	3.62m
7 McCormack, Kayla	13	Pennant Hills High School	3.60m
8 Hellams, Layla	13	Galston HS	3.55m
9 Sumner, Hayley	13	Ku-Ring-Gai Creative Arts High	3.50m
9 Bird, Charlotte	13	Killara	3.50m
11 Sutherland, Siena	13	Carlingford High School	3.42m
12 Sgorbini, Emily	13	Carlingford High School	3.36m
13 Dang, Thuy	13	Chatswood High School	3.29m
13 Johnson, Emma	13	Galston HS	3.29m
15 Small, Savannah	13	Ku-Ring-Gai Creative Arts High	3.23m
16 Frykberg, Kirsty	13	St Ives HS	3.14m
17 Juwono, Kathleen	13	Chatswood High School	3.05m

Event 98 Girls 17-19 High Jump

Ku Ring Gai: 1.73m R 1992 J Jamieson, St Ives

Name	Age	Team	Finals
Finals			
1 Sancataldo, Jessica	17	Turrumurra	1.45m
2 Jones, Emily	18	Cherrybrook Technology High	1.40m
3 Campbell, Abbey	18	Pennant Hills High School	1.35m
4 Thomson, Tameeka	17	Galston HS	1.35m
5 Ankrah, Daniela	17	Cherrybrook Technology High	1.30m
6 Whiting, Hannah	18	Pennant Hills High School	1.25m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 98 Girls 17-19 High Jump)**

Name	Age	Team	Finals
7 Smee, Francesca	17	St Ives HS	1.15m

Event 99 Boys 17-19 High Jump

Ku Ring Gai: 2.03m R 1998

G Wilkins, Galston

Name	Age	Team	Finals
Finals			
1 Forbes, Callam	18	St Ives HS	1.90m
2 Marsh, Joshua	18	Killara	1.83m
3 Ryu, Joey	18	Chatswood High School	J1.83m
4 Richardson, Angus	18	St Ives HS	1.70m
5 Munoz, Izaack	18	Pennant Hills High School	J1.70m
6 Imhof, Aden	17	Chatswood High School	1.65m
7 Onyike, Matthew	17	Turrumurra	J1.65m
7 Carr, Jacob	17	Galston HS	J1.65m
9 Dela Cruz, Oliver	17	Carlingford High School	1.60m
9 Ayad, Adam	17	Carlingford High School	1.60m
11 MACKAY, Benjamin	18	Killara	1.55m
11 Atkinson, Tom	17	Galston HS	1.55m
--- Kindler, Russell	18	Pennant Hills High School	DNF
--- Matamis, Sharn	18	Ku-Ring-Gai Creative Arts High	DNF

Event 100 Girls 16 Year Olds Discus

Ku Ring Gai: 38.71m R 2011

E Cepak, Killara

Name	Age	Team	Finals
Finals			
1 Bassett, Mallory	16	Carlingford High School	32.58m
2 Conway, Rebecca	16	Carlingford High School	19.64m
3 Hall, Ashley	16	St Ives HS	18.38m
4 Mosquera, Aishani	16	Killara	17.16m
5 Davies, Lucy	16	St Ives HS	15.25m
6 Pernice, Rachel	16	Galston HS	15.14m
7 Yeoh, Xinglu	16	Killara	14.69m
8 Tang, Yuelei (Ashley)	16	Chatswood High School	13.23m
9 Aziz, Raz	16	Pennant Hills High School	12.80m
10 McGoogan, Annemarie	16	Pennant Hills High School	11.72m
--- Henke, Aurora	16	Cherrybrook Technology High	ND

Event 101 Boys 17-19 Discus

Ku Ring Gai: 50.68m R 1991

B Jaaniste, Galston

Name	Age	Team	Finals
Finals			
1 Chatters, Nicholas	17	Turrumurra	40.15m
2 Bai, George	17	Carlingford High School	33.41m
3 Monaghan, Tyler	17	Chatswood High School	32.16m
4 Thomas, Jackson	18	Chatswood High School	31.73m
5 Chalke, Benjamin	18	Carlingford High School	30.42m
6 Ayad, Adam	17	Carlingford High School	30.16m
7 Naude, Johan	18	Galston HS	27.50m
8 Moody, Matthew	17	Galston HS	22.55m
9 Thomas, Jordan	17	Pennant Hills High School	21.16m
10 Blair, Michael	17	Pennant Hills High School	18.31m
11 MACKAY, Benjamin	18	Killara	17.61m
12 Frankish, Liam	18	Turrumurra	12.97m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 102 Boys 15 Year Olds Javelin****Ku Ring Gai: 48.25m R 1980****A Sorbello, Galston**

	Name	Age	Team	Finals
Finals				
1	Chapman, Scott	15	Cherrybrook Technology High	39.68m
2	Turco, Jose	15	Carlingford High School	32.60m
3	O'Brien, Cameron	15	Turrumurra	28.89m
4	Tucker, Nathan	15	Pennant Hills High School	28.69m
5	Stout, Ethan	15	Galston HS	28.46m
6	Lai, James	15	Carlingford High School	28.42m
7	Baker, James	15	Turrumurra	27.37m
8	Tanner, Kailen	15	St Ives HS	25.47m
9	Jones, Ryan	15	Cherrybrook Technology High	25.30m
10	Carter, Jack	15	Pennant Hills High School	23.18m
11	Teh, Nicholas	15	Killara	23.06m
12	Prasanejad, Kasra	15	St Ives HS	22.84m
13	Teichtahl, Eli	15	Killara	22.38m
14	Klosowski, Brodie	15	Ku-Ring-Gai Creative Arts High	20.29m
15	Ross, Harrison	15	Ku-Ring-Gai Creative Arts High	19.85m
16	O'Connell, Lachlan	15	Galston HS	15.49m

Event 103 Girls 12-13 Javelin**Ku Ring Gai: 34.42m R 2004****L Yates, Pennant Hills**

	Name	Age	Team	Finals
Finals				
1	Chapman, Kelly	13	Cherrybrook Technology High	20.50m
2	Wayne, Tarsha	13	Pennant Hills High School	20.12m
3	Mighell, Alyssa	13	Killara	17.83m
4	Halliday, Sophie	13	Killara	14.09m
5	Hayhurst, Mykaela	13	Galston HS	13.61m
6	Moran, Brianna	13	Pennant Hills High School	12.84m
7	Milford, Ruby	13	Cherrybrook Technology High	11.92m
8	Mpofu, Blessed	13	Ku-Ring-Gai Creative Arts High	11.40m
9	Johnson, Emma	13	Galston HS	10.21m
10	Dwyer, Sofia	12	St Ives HS	8.15m
11	Lamprianidis, Alyssa	13	Carlingford High School	7.65m
---	Yildirim, Talia	13	Carlingford High School	DNF

Event 104 Boys 16 Year Olds Shot Put**Ku Ring Gai: 15.60m R 1981****S Liggins, St Ives**

	Name	Age	Team	Finals
Finals				
1	Johnston-Jobson, Mackenzie	16	Pennant Hills High School	11.83m
2	Olivier, Alexander	16	Killara	10.77m
3	Bell, Jonathan	16	St Ives HS	10.35m
4	Fortune, Hakope	16	Galston HS	10.29m
5	Klintworth, Jackson	16	Galston HS	10.03m
6	Edwards, Jacob	16	Carlingford High School	9.49m
7	Park, Sam	16	St Ives HS	9.39m
8	Nawabi, Khalid	16	Carlingford High School	9.23m
9	Dixon, Jonathan	16	Cherrybrook Technology High	9.19m
10	Gold, Tom	16	Cherrybrook Technology High	8.99m
11	Yang, Justin	16	Killara	8.90m
12	Ye Hasegawa, Ron	16	Ku-Ring-Gai Creative Arts High	8.33m
13	De Vries, Benjamin	16	Chatswood High School	8.28m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 104 Boys 16 Year Olds Shot Put)**

Name	Age	Team	Finals
14 de Vries, William	16	Turrumurra	8.18m
15 Harrison, Reghyn	16	Pennant Hills High School	8.01m

Event 105 Girls 12 Year Olds Shot Put

Ku Ring Gai: 11.48m R 1981

C Sweeney, Galston

Name	Age	Team	Finals
Finals			
1 Meliska, Amy	12	Cherrybrook Technology High	6.56m
2 Dwyer, Kamryn	12	Cherrybrook Technology High	6.50m
3 Hijazi, Jud	12	Chatswood High School	6.07m
4 Kabir, Sky	12	Turrumurra	6.04m
5 Mukhopadhaya, Prajusha	12	Chatswood High School	5.55m
6 Wilson, Mikayla	12	Ku-Ring-Gai Creative Arts High	5.53m
7 Kaur, Tejinder	12	Carlingford High School	5.39m
8 O'Byrne, Arabella	12	Turrumurra	5.29m
9 Anselin, Rochelle	12	Ku-Ring-Gai Creative Arts High	5.21m
10 McNamara, Ebony	12	Pennant Hills High School	4.67m
11 McCusker, Gemma	12	Galston HS	4.09m
11 Guy, Alysha	12	Carlingford High School	4.09m
13 Fraser, Manaala	12	Pennant Hills High School	3.70m
--- Oldham, Jade	12	Galston HS	ND

Event 106 Boys 16 Year Olds Triple Jump

Ku Ring Gai: 12.90m R 2014

A Nguyen-Ha, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Westaway, Aden	16	Pennant Hills High School	11.68m
2 Baker, Mitchell	16	Cherrybrook Technology High	11.53m
3 Morrissey, Benjamin	16	Killara	11.11m
4 Lee, Austin	16	Carlingford High School	10.99m
5 Hasenauer, Daniel	16	St Ives HS	10.84m
6 Byun, Jaeho	16	Killara	10.68m
7 Rudd, Will	16	Cherrybrook Technology High	10.61m
8 Bell, Jonathan	16	St Ives HS	10.52m
9 Wensley, Nicholas	16	Pennant Hills High School	10.39m
10 Silver, Joshua	16	Turrumurra	9.94m
11 Brown, Jeremy	16	Turrumurra	9.77m

Event 107 Girls 15 Year Olds Long Jump

Ku Ring Gai: 5.32m R 2014

C Cattell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Kowcz Rosinke, Tamara	15	Killara	4.67m
2 Collett, Kate	15	Cherrybrook Technology High	4.56m
3 Ferguson, Olivia	15	Turrumurra	4.31m
4 Stafford-Gaffney, Blaise	15	St Ives HS	4.24m
5 Lin, Kelly	15	Carlingford High School	4.08m
6 Gonzalez, Anna	15	Killara	4.06m
7 Philp, Belinda	15	Galston HS	4.04m
8 Cameron, Rose	15	St Ives HS	3.85m
9 Clarke-Jones, Jacobin	15	Ku-Ring-Gai Creative Arts High	3.75m
10 Ma, Jenny	15	Carlingford High School	3.68m
11 Baker, Laura	15	Cherrybrook Technology High	3.64m
11 Skewes-WEir, Savannah	15	Galston HS	3.64m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 107 Girls 15 Year Olds Long Jump)**

Name	Age	Team	Finals
13 Mauldin, Emily	15	Ku-Ring-Gai Creative Arts High	3.63m
14 Rees, Calista	15	Chatswood High School	3.48m
15 Moors, Phoebe	15	Pennant Hills High School	3.28m
16 Laws, Amy	15	Pennant Hills High School	3.20m
17 Black, Xanthe	15	Chatswood High School	3.15m

Event 108 Girls 12 Year Olds Long Jump

Ku Ring Gai: 4.78m R 1988 R Oriordan, St Ives

Name	Age	Team	Finals
Finals			
1 Okukawa, Anri	12	St Ives HS	3.84m
2 Dwyer, Kamryn	12	Cherrybrook Technology High	3.78m
3 McArthur, Stephanie	12	Turrumurra	3.66m
4 Pochueva, Adelina	12	Ku-Ring-Gai Creative Arts High	3.62m
5 Ennis, Georgia	12	Pennant Hills High School	3.56m
6 Fitton, Phoebe	12	Killara	3.51m
7 Painter, Jeyda	12	Carlingford High School	3.48m
8 O'Byrne, Arabella	12	Turrumurra	3.46m
9 Visser, Milena	12	Cherrybrook Technology High	3.38m
10 Fattah, Jasmine	12	Killara	3.10m
11 Park, Ji-Su	12	Carlingford High School	3.06m
12 Wilson, Mikayla	12	Ku-Ring-Gai Creative Arts High	3.00m
13 Oldham, Jade	12	Galston HS	2.95m
14 Anjoul, Mikayla	12	Galston HS	2.94m
15 Pinar, Jade	12	Pennant Hills High School	2.51m

Event 109 Boys 12 Year Olds High Jump

Ku Ring Gai: 1.56m R 1984 A Spurs, Turrumurra

Name	Age	Team	Finals
Finals			
1 Barnsley, David	12	Pennant Hills High School	1.43m
2 Bolek, Kentaro	12	Killara	J1.43m
3 Doney, Sebastian	12	St Ives HS	1.40m
4 De Paulis, Marco	12	Ku-Ring-Gai Creative Arts High	1.35m
5 Cullen, Robbie	12	Galston HS	J1.35m
6 Fisher, Luke	12	Killara	J1.35m
7 Kinnish, Harrison	12	Galston HS	1.20m
--- Kollipara, Nischal	12	Carlingford High School	NH
--- Stanley, Jonah	12	Carlingford High School	NH
--- Philpott, Samuel	12	Pennant Hills High School	NH
--- Clementi, Michael	12	Ku-Ring-Gai Creative Arts High	NH

Event 110 Boys 15 Year Olds High Jump

Ku Ring Gai: 1.95m R 2013 D Plum, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Lala, Pawan	15	Cherrybrook Technology High	1.60m
2 Watson, Callum	15	Turrumurra	1.55m
3 Fawad, Syed	15	Cherrybrook Technology High	J1.55m
4 Munitz, Brad	15	St Ives HS	J1.55m
5 Colley, Nicholas	15	Pennant Hills High School	J1.55m
6 Abroon, Matin	15	Killara	1.50m
7 De Mellow, James	15	Carlingford High School	1.45m
8 Teh, Nicholas	15	Killara	J1.45m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 110 Boys 15 Year Olds High Jump)**

Name	Age	Team	Finals
--- Carter, Jack	15	Pennant Hills High School	DNF

Event 111 Girls 17-19 Discus

Ku Ring Gai: 37.24m R 2013

E Cepak, Killara

Name	Age	Team	Finals
Finals			
1 Gibson, Brianna	17	Killara	34.70m
2 Bowden, Samantha	18	Killara	27.16m
3 Wills, Taylah	17	St Ives HS	26.44m
4 Wu, Lilian	17	Chatswood High School	22.74m
5 Black, Briony	17	Chatswood High School	20.51m
6 Love, Erika	18	Pennant Hills High School	18.76m
7 Trumper, Renee	18	Cherrybrook Technology High	17.75m
8 Sancataldo, Jessica	17	Turrumurra	16.48m
9 Kucharzewski, Claudia	17	Cherrybrook Technology High	16.12m
10 O'Connor, Jaime	17	Pennant Hills High School	16.08m
11 Smee, Francesca	17	St Ives HS	14.78m
--- Matakaiongo, Aloisia	17	Carlingford High School	FOUL

Event 112 Boys 13 Year Olds Discus

Ku Ring Gai: 36.17m R 2011

C Anstee, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Zhang, Michael	13	Killara	22.68m
2 Foster, Kaito	13	Carlingford High School	22.60m
3 Officer, Samuel	13	Killara	22.34m
4 Trumper, Joshua	13	Cherrybrook Technology High	20.99m
5 Durham, Alex	13	Cherrybrook Technology High	20.52m
6 Waller, Byron	13	Carlingford High School	17.63m
7 Hall, Cameron	13	St Ives HS	16.25m
8 Pulver, Joseph	13	St Ives HS	15.72m
9 Riches, Zak	13	Chatswood High School	11.87m

Event 113 Boys 16 Year Olds Javelin

Ku Ring Gai: 53.86m R 1981

S Liggins, St Ives

Name	Age	Team	Finals
Finals			
1 Bell, Jonathan	16	St Ives HS	42.94m
2 Payne, Kieran	16	Carlingford High School	36.91m
3 Banner, Joshua	16	Pennant Hills High School	35.42m
4 Melchiorson, Jasper	16	Turrumurra	34.81m
5 Stenning, Jordan	16	Pennant Hills High School	30.81m
6 Ye Hasegawa, Ron	16	Ku-Ring-Gai Creative Arts High	29.99m
7 Olivier, Alexander	16	Killara	29.83m
8 Silver, Joshua	16	Turrumurra	29.29m
9 De Vries, Benjamin	16	Chatswood High School	26.25m
10 Naude, Christiaan	16	Galston HS	25.84m
11 Sharpe, Mitchell	16	Chatswood High School	25.74m
12 Weatherall, Connor	16	Galston HS	24.95m
13 Budisetio, Nicholas	16	St Ives HS	23.87m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 114 Girls 14 Year Olds Javelin****Ku Ring Gai: 29.50m R 2005****L Mitchell, Pennant Hills**

	Name	Age	Team	Finals
Finals				
1	Finlay, Madeline	14	Turrumurra	26.39m
2	Cullen, Victoria	14	Galston HS	24.10m
3	Michalos, Rania	14	Carlingford High School	20.75m
4	Bird, Lauren	14	Turrumurra	17.30m
5	McKay, Evelyn	14	Chatswood High School	16.90m
6	Stevens, Nancy	14	St Ives HS	16.26m
7	Chandler, Anna	14	Killara	15.64m
8	Priest, Niki	14	St Ives HS	14.27m
9	Allen, Lucy	14	Killara	14.23m
10	Walker, Lara	14	Pennant Hills High School	9.98m
---	Munoz, Gloria	14	Pennant Hills High School	DNF

Event 115 Girls 16 Year Olds Shot Put**Ku Ring Gai: 12.39m R 1988****K Jaaniste, Galston**

	Name	Age	Team	Finals
Finals				
1	Bassett, Mallory	16	Carlingford High School	10.48m
2	Slevin, Gabrielle	16	Turrumurra	8.86m
3	Henke, Aurora	16	Cherrybrook Technology High	8.68m
4	Dwyer, Hannah	16	Turrumurra	8.66m
5	Mifsud, Monique	16	Cherrybrook Technology High	8.44m
6	Conway, Rebecca	16	Carlingford High School	8.01m
7	Mosquera, Aishani	16	Killara	7.82m
8	Abraham, Rebecca	16	St Ives HS	7.67m
9	Pernice, Rachel	16	Galston HS	7.54m
10	Hall, Ashley	16	St Ives HS	7.45m
11	Dixon-Hughes, Lucy	16	Pennant Hills High School	7.12m
12	Wallace, Fiona	16	Pennant Hills High School	6.06m
13	Hodges, Athelia	16	Killara	5.91m

Event 116 Boys 14 Year Olds Shot Put**Ku Ring Gai: 15.71m R 1985****F Hoffman, Carlingford**

	Name	Age	Team	Finals
Finals				
1	Shahla, Anthony	14	Carlingford High School	11.81m
2	Brown, Cameron	14	Turrumurra	10.53m
3	Bell, Nathan	14	Pennant Hills High School	10.23m
4	Fynes-Clinton, Paul	14	Cherrybrook Technology High	9.27m
5	Nuich, Tom	14	Killara	9.13m
6	Dela Cruz, Adrian	14	Carlingford High School	9.02m
7	Daniels, Tim	14	Ku-Ring-Gai Creative Arts High	8.86m
8	Lane, Daniel	14	Turrumurra	8.84m
9	Cicurel, Lachie	14	St Ives HS	8.47m
10	Beckett, Lachlan	14	Ku-Ring-Gai Creative Arts High	8.46m
11	Marais, Charles	14	Cherrybrook Technology High	7.99m
12	Barron, Jack	14	Galston HS	7.50m
13	Kim, Minh	14	Pennant Hills High School	7.16m
14	Ryder, Luke	14	St Ives HS	5.49m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 117 Boys 17-19 Triple Jump**

Ku Ring Gai: 14.23m R 1971

I Adair, Kuring-gai

Name	Age	Team	Finals
Finals			
1 Ayad, Adam	17	Carlingford High School	12.87m
2 Grainger, Blake	17	Pennant Hills High School	11.50m
3 Ryu, Joey	18	Chatswood High School	11.32m
4 Munoz, Izaack	18	Pennant Hills High School	11.11m
5 Kim, Daniel	16	Killara	10.13m
6 Chang, Goh	18	Carlingford High School	9.88m
--- Fantham, James	16	Killara	ND

Event 118 Boys 15 Year Olds Long Jump

Ku Ring Gai: 6.01m R 1991

V Verisan, Carlingford

Name	Age	Team	Finals
Finals			
1 Colley, Benjamin	15	Pennant Hills High School	5.61m
2 Abimanju, Harish	15	Cherrybrook Technology High	5.31m
3 Bunnag, Royce	15	Cherrybrook Technology High	5.29m
4 Mazoudier, Nathan	15	Chatswood High School	5.07m
5 Lee, Ryan	15	Carlingford High School	5.05m
6 Usares, Miguel	15	Chatswood High School	5.03m
7 Dong, Shawn	15	Killara	4.97m
8 Gamage, Dushmantha	15	St Ives HS	4.90m
9 Watson, Callum	15	Turrumurra	4.82m
10 Graham, Henry	15	Carlingford High School	4.80m
11 Teh, Nicholas	15	Killara	4.47m
12 O'Connell, Lachlan	15	Galston HS	4.46m
13 Haddad, Alexander	15	Pennant Hills High School	4.43m
14 Wright, Sam	15	Galston HS	3.99m
15 Miller, Jackson	15	Ku-Ring-Gai Creative Arts High	3.82m

Event 119 Boys 17-19 Long Jump

Ku Ring Gai: 6.83m R 2012

E Clothier, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Ayad, Adam	17	Carlingford High School	6.29m
2 Richardson, Angus	18	St Ives HS	6.26m
3 Ryu, Joey	18	Chatswood High School	5.75m
4 Marsh, Joshua	18	Killara	5.68m
5 Munoz, Izaack	18	Pennant Hills High School	5.48m
6 Imhof, Aden	17	Chatswood High School	5.33m
7 Adney, Alex	18	Carlingford High School	5.16m
8 Bennett, Blake	17	Galston HS	4.97m
8 Seneviratne, Danusha	18	Pennant Hills High School	4.97m
10 Larkham, Brent	17	Cherrybrook Technology High	4.72m
11 Colley, Tim	17	Galston HS	4.49m
12 Yoo, James	17	Cherrybrook Technology High	4.37m
13 Pearson, Angus	18	Killara	4.32m

Event 120 Girls 15 Year Olds High Jump

Ku Ring Gai: 1.70m R 1990

J Jamieson, St Ives

Name	Age	Team	Finals
Finals			
1 Kowcz Rosinke, Tamara	15	Killara	1.40m
2 Collett, Kate	15	Cherrybrook Technology High	1.35m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 120 Girls 15 Year Olds High Jump)**

Name	Age	Team	Finals
3 Nealon, Amy	15	Galston HS	J1.35m
4 MACKAY, Hannah	15	Killara	J1.35m
5 Ferguson, Olivia	15	Turrumurra	1.25m
5 Rogers, Emma	15	Pennant Hills High School	1.25m
7 Philp, Belinda	15	Galston HS	J1.25m
7 Smith, Tahlee	15	Carlingford High School	J1.25m
9 Forbes, Rowena	15	St Ives HS	J1.25m
9 Clarke-Jones, Jacobin	15	Ku-Ring-Gai Creative Arts High	J1.25m
11 Chew, Bethany	15	Carlingford High School	1.20m
12 Mpofo, Moreblessings	15	Ku-Ring-Gai Creative Arts High	J1.20m

Event 121 Boys 14 Year Olds High Jump

Ku Ring Gai: 1.80m R 2004 R North, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Burgess, Ethan	14	Killara	1.73m
2 Jobling, Thomas	14	Killara	1.70m
3 Stevenson, Joel	14	Pennant Hills High School	1.50m
4 Russo, Thomas	14	Pennant Hills High School	J1.50m
5 Amer, Ronnie	14	Galston HS	1.45m
5 Russell, Jordan	14	Galston HS	1.45m
7 Catanzariti, Nicholas	14	St Ives HS	J1.45m
7 Fynes-Clinton, Paul	14	Cherrybrook Technology High	J1.45m
9 Palais, Agustin	14	Cherrybrook Technology High	1.40m
10 Hunter, Alexander	14	Turrumurra	J1.40m
11 Hyman, Jake	14	St Ives HS	1.35m
--- Shahla, Anthony	14	Carlingford High School	NH

Event 122 Boys 14 Year Olds Discus

Ku Ring Gai: 48.85m R 2000 C Tuatara, Turrumurra

Name	Age	Team	Finals
Finals			
1 Shahla, Anthony	14	Carlingford High School	32.39m
2 Jobling, Thomas	14	Killara	30.89m
3 Hall, Matthew	14	St Ives HS	28.29m
4 Rose, Matthew	14	Cherrybrook Technology High	28.15m
5 Thomson, Nicholas	14	Galston HS	27.20m
6 Haak, Jarod	14	Killara	24.74m
7 Brown, Cameron	14	Turrumurra	24.38m
8 Marais, Charles	14	Cherrybrook Technology High	24.01m
9 Sellers, Tom	14	St Ives HS	23.57m
10 Jiang, Edward	14	Pennant Hills High School	21.96m
11 Joseph, Cian	14	Pennant Hills High School	21.08m
12 Beckett, Lachlan	14	Ku-Ring-Gai Creative Arts High	20.45m
13 Barron, Jack	14	Galston HS	20.20m
14 Yin, Luke	14	Carlingford High School	19.92m

Event 123 Boys 12 Year Olds Discus

Ku Ring Gai: 32.22m R 2001 C Bassett, Carlingford

Name	Age	Team	Finals
Finals			
1 Obaseki, Nosa	12	St Ives HS	40.56m R
2 Ngaata, Peter	12	Pennant Hills High School	23.07m
3 Cullen, Robbie	12	Galston HS	22.33m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 123 Boys 12 Year Olds Discus)**

Name	Age	Team	Finals
4 Dastkhoshnikoo, Arshia	12	Pennant Hills High School	22.30m
5 Kollipara, Nischal	12	Carlingford High School	21.29m
6 Kunigiskis, Mitchell	12	Turrumurra	17.84m
7 Andry, Chris	12	Chatswood High School	17.14m
8 Slapeta, Stepan	12	Killara	16.28m
9 Fisher, Luke	12	Killara	15.41m
10 Blundy, Michael	12	Cherrybrook Technology High	15.30m
11 Ranaraja Weliwita, Maneesha	12	Carlingford High School	15.11m
12 De Silva, Hires	12	Cherrybrook Technology High	14.25m
13 Quirk, Spencer	12	Ku-Ring-Gai Creative Arts High	12.36m

Event 124 Girls 16 Year Olds Javelin

Ku Ring Gai: 37.38m R 1973

M Wilvas, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Bassett, Mallory	16	Carlingford High School	32.01m
2 Chan, Sandra	16	Cherrybrook Technology High	25.01m
3 Tang, Yuelei (Ashley)	16	Chatswood High School	22.05m
4 McElveney, Kaylee	16	Cherrybrook Technology High	17.18m
5 Aziz, Raz	16	Pennant Hills High School	15.60m
6 Hoek, Emma	16	Pennant Hills High School	14.70m
7 Hall, Ashley	16	St Ives HS	14.43m
8 O'Connell, Jemma	16	Carlingford High School	13.52m

Event 125 Girls 17-19 Javelin

Ku Ring Gai: 39.71m R 1993

J Jamieson, St Ives

Name	Age	Team	Finals
Finals			
1 Gibson, Brianna	17	Killara	33.34m
2 Sancataldo, Jessica	17	Turrumurra	29.79m
3 smith, kyla	17	Cherrybrook Technology High	26.06m
4 Matakaiongo, Aloisia	17	Carlingford High School	25.30m
5 Wills, Taylah	17	St Ives HS	25.17m
6 Love, Erika	18	Pennant Hills High School	23.58m
7 Finch, Kaitlin	18	Pennant Hills High School	23.34m
8 Jones, Emily	18	Cherrybrook Technology High	19.25m
9 Black, Briony	17	Chatswood High School	18.02m
10 Nel, Natasha	18	St Ives HS	16.82m
11 Wu, Lilian	17	Chatswood High School	15.50m
12 Parkinson, Sally	17	Galston HS	15.18m
13 Cheeseman, Scarlett	17	Killara	13.88m
14 Tauroa, Aneena	18	Carlingford High School	11.60m

Event 126 Boys 13 Year Olds Shot Put

Ku Ring Gai: 14.42m R 1982

A Bullen, Galston

Name	Age	Team	Finals
Finals			
1 Slevin, Nicholas	13	Turrumurra	9.70m
2 Foster, Kaito	13	Carlingford High School	8.93m
2 Tunnicliffe, Jay	13	St Ives HS	8.93m
4 Giddens, Jack	13	Pennant Hills High School	8.47m
5 Ross Egarr, Cameron	13	Ku-Ring-Gai Creative Arts High	8.13m
6 Parizian, Gary	13	Galston HS	8.01m
7 Al-Siddia, Jacky	13	Carlingford High School	7.89m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 126 Boys 13 Year Olds Shot Put)**

Name	Age	Team	Finals
8 Peters, Joshua	13	St Ives HS	7.70m

Event 127 Girls 14 Year Olds Shot Put

Ku Ring Gai: 13.40m R 1983 C Sweeney, Galston

Name	Age	Team	Finals
Finals			
1 Hill, Lucinda	14	St Ives HS	9.54m
2 Lewis, Jasmine	14	Turrumurra	9.24m
3 Cullen, Victoria	14	Galston HS	9.14m
4 Wright, Shannon	14	Cherrybrook Technology High	8.33m
5 Wright, Ebony	14	Ku-Ring-Gai Creative Arts High	8.02m
6 McKay, Evelyn	14	Chatswood High School	7.92m
7 Sakr, Maysa	14	Carlingford High School	7.74m
8 Kaur, Harnoor	14	Cherrybrook Technology High	7.33m
9 Allen, Lucy	14	Killara	7.29m
10 Finlay, Madeline	14	Turrumurra	7.28m
11 Pryke, Cameron	14	Galston HS	6.78m
12 Lucas, Siena	14	Carlingford High School	6.63m
13 Karefylakis, Elly	14	Killara	6.22m
13 Abberton, Lara-May	14	Pennant Hills High School	6.22m
15 Scott, Millicent	14	Ku-Ring-Gai Creative Arts High	5.84m
16 Mahon, Cassandra	14	Pennant Hills High School	5.67m
17 Javan, Jasmine	14	St Ives HS	5.20m

Event 128 Girls 12-15 Triple Jump

Ku Ring Gai: 11.16m R 1998 D Donnelly, St Ives

Name	Age	Team	Finals
Finals			
1 Kowcz Rosinke, Tamara	15	Killara	10.16m
2 Collett, Kate	15	Cherrybrook Technology High	9.97m
3 Wayne, Tarsha	13	Pennant Hills High School	9.82m
4 Finlay, Madeline	14	Turrumurra	8.83m
5 Lidbetter, Eleanor	15	Pennant Hills High School	8.76m
6 MACKAY, Hannah	15	Killara	8.62m
7 Cullen, Victoria	14	Galston HS	8.52m
8 Sutherland, Mandela	15	Carlingford High School	8.06m
9 Hemsley-Robinson, Natalia	14	St Ives HS	6.39m

Event 129 Girls 16 Year Olds Long Jump

Ku Ring Gai: 5.40m R 1974 B Down, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Searle, Emma	16	Cherrybrook Technology High	4.39m
2 Bird, Molly	16	Turrumurra	4.37m
3 Henke, Aurora	16	Cherrybrook Technology High	4.21m
4 Bassett, Mallory	16	Carlingford High School	4.20m
4 Pride, Danielle	16	Galston HS	4.20m
6 Slevin, Gabrielle	16	Turrumurra	4.04m
7 Conway, Rebecca	16	Carlingford High School	3.81m
8 Chua, Weng Yee	16	Killara	3.77m
9 Robinson, Lucy	16	St Ives HS	3.60m
10 Lee, Samantha	16	St Ives HS	3.48m
10 Mosquera, Aishani	16	Killara	3.48m
12 Shepherd, Olivia	16	Galston HS	3.40m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 129 Girls 16 Year Olds Long Jump)**

Name	Age	Team	Finals
13 Chinoyi, Princess	16	Pennant Hills High School	3.17m
14 Hoek, Emma	16	Pennant Hills High School	2.83m

Event 130 Boys 12 Year Olds Long Jump

Ku Ring Gai: 5.01m R 1977 S James, Killara

Name	Age	Team	Finals
Finals			
1 Kunigiskis, Mitchell	12	Turrumurra	4.27m
2 De Paulis, Marco	12	Ku-Ring-Gai Creative Arts High	4.13m
3 McGuire, Damien	12	Turrumurra	4.08m
4 Cullen, Robbie	12	Galston HS	4.06m
5 Fisher, Luke	12	Killara	4.04m
6 Kinnish, Harrison	12	Galston HS	3.99m
7 Lee, Isaac	12	Carlingford High School	3.70m
8 Barnsley, David	12	Pennant Hills High School	3.63m
9 Kollipara, Nischal	12	Carlingford High School	3.55m
10 Philpott, Samuel	12	Pennant Hills High School	3.42m
11 Revaiah, Ronith	12	Cherrybrook Technology High	3.36m
12 Slapeta, Stepan	12	Killara	3.28m

Event 131 Girls 12 Year Olds High Jump

Ku Ring Gai: 1.58m R 1988 R Oriordan, St Ives

Name	Age	Team	Finals
Finals			
1 O'Byrne, Arabella	12	Turrumurra	1.31m
2 Wilson, Mikayla	12	Ku-Ring-Gai Creative Arts High	J1.31m
3 Fitton, Phoebe	12	Killara	1.25m
4 Okukawa, Anri	12	St Ives HS	1.20m
5 Jones, Molly	12	Killara	1.15m
6 Meliska, Amy	12	Cherrybrook Technology High	J1.15m
7 Anjoul, Mikayla	12	Galston HS	J1.15m
7 Hijazi, Jud	12	Chatswood High School	J1.15m
9 Fraser, Manaala	12	Pennant Hills High School	1.05m
10 Pudaruth, Keshini	12	Turrumurra	1.00m
--- Kaur, Tejinder	12	Carlingford High School	NH
--- Painter, Jeyda	12	Carlingford High School	NH
--- Kesby, Nina	12	St Ives HS	NH
--- Lehane, Madeleine	12	Pennant Hills High School	NH
--- Oldham, Jade	12	Galston HS	NH

Event 132 Boys 13 Year Olds High Jump

Ku Ring Gai: 1.67m R 2013 M Baker, Cherrybrook

Name	Age	Team	Finals
Finals			
1 McKenzie, Liam	13	Galston HS	1.51m
2 Slevin, Nicholas	13	Turrumurra	1.48m
3 Chalke, Ammon	13	Carlingford High School	J1.48m
4 Toomey, Leo	13	St Ives HS	J1.48m
5 Thom, Patrick	13	Galston HS	1.45m
6 Waddington, Ned	13	Killara	J1.45m
7 Durheim, Alex	13	Cherrybrook Technology High	1.40m
7 Peter, Tom	13	St Ives HS	1.40m
9 Malcolm, Andrew	13	Cherrybrook Technology High	J1.40m
10 Iikura, Taro	13	Killara	J1.40m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 132 Boys 13 Year Olds High Jump)**

Name	Age	Team	Finals
11 McDonald, Austen	13	Ku-Ring-Gai Creative Arts High	J1.40m
12 Bellert, Jack	13	Pennant Hills High School	1.35m
13 Tyl, Julian	13	Chatswood High School	J1.35m
14 Ditchburn, Ty	13	Pennant Hills High School	J1.35m

Event 133 Boys 16 Year Olds Discus

Ku Ring Gai: 45.09m R 2005

E Steanes, Chatswood

Name	Age	Team	Finals
Finals			
1 Bell, Jonathan	16	St Ives HS	35.51m
2 Olivier, Alexander	16	Killara	27.28m
3 Edwards, Jacob	16	Carlingford High School	27.22m
4 Johnston-Jobson, Mackenzie	16	Pennant Hills High School	24.32m
5 Gosper, Michael	16	Pennant Hills High School	22.10m
6 Dorian, Daniel	16	Galston HS	21.57m
7 Djordjevic, Noah	16	Killara	20.87m
8 Lin, Hamish	16	Chatswood High School	20.47m
9 Klintworth, Jackson	16	Galston HS	20.39m
10 Payne, Kieran	16	Carlingford High School	20.02m
11 Park, Sam	16	St Ives HS	19.82m
12 Growden, Michael	16	Cherrybrook Technology High	19.60m
13 Dixon, Jonathan	16	Cherrybrook Technology High	19.06m
14 De Vries, Benjamin	16	Chatswood High School	17.48m

Event 134 Girls 13 Year Olds Discus

Ku Ring Gai: 29.49m R 2014

K Collett, Cherrybrook

Name	Age	Team	Finals
Finals			
1 McCormack, Kayla	13	Pennant Hills High School	24.43m
2 Maciver, Jessica	13	Turrumurra	22.58m
3 Blandford, Caitlin	13	Killara	19.05m
4 Lamprianidis, Alyssa	13	Carlingford High School	18.07m
5 Chapman, Kelly	13	Cherrybrook Technology High	18.00m
6 Sgorbini, Emily	13	Carlingford High School	14.92m
7 shaju, Jesentha	13	Cherrybrook Technology High	14.27m
8 Creusot, Gaele	13	Cherrybrook Technology High	13.90m
9 Dargan, Jessica	13	Pennant Hills High School	13.68m
10 Jeevaratnam, Shambavi	13	Cherrybrook Technology High	12.98m
11 Gardner, Hannah	13	St Ives HS	12.30m
12 Newson, Brienna	13	St Ives HS	11.97m

Event 135 Girls 15 Year Olds Javelin

Ku Ring Gai: 35.72m R 1990

J Jamieson, St Ives

Name	Age	Team	Finals
Finals			
1 Kowcz Rosinke, Tamara	15	Killara	31.13m
2 Collett, Kate	15	Cherrybrook Technology High	27.72m
3 Lidbetter, Eleanor	15	Pennant Hills High School	24.38m
4 Jayasinghe, Novini	15	Chatswood High School	20.10m
5 Brown, Keira	15	Galston HS	18.66m
6 Trumper, Courtney	15	Cherrybrook Technology High	18.49m
7 Rowlands, Natasha	15	Turrumurra	18.31m
8 Shakari, Vera	15	Carlingford High School	16.97m
9 Phu, Kelly	15	Carlingford High School	16.92m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 135 Girls 15 Year Olds Javelin)**

	Name	Age	Team	Finals
10	Parker, Holly	15	St Ives HS	16.86m
11	Philp, Belinda	15	Galston HS	15.63m
12	Clarke-Jones, Jacobin	15	Ku-Ring-Gai Creative Arts High	15.39m
13	Anderson, Sophie	15	St Ives HS	14.09m
14	Lakha, Shivani	15	Pennant Hills High School	12.71m
15	Mann, Jodie	15	Turrumurra	10.53m

Event 136 Girls 17-19 Shot Put

Ku Ring Gai: 12.29m R 1989 K Jaaniste, Galston

	Name	Age	Team	Finals
Finals				
1	Gibson, Brianna	17	Killara	11.04m
2	Hapugalle, Devinka	18	Killara	10.43m
3	Wu, Lilian	17	Chatswood High School	8.66m
3	Wills, Taylah	17	St Ives HS	8.66m
5	Thomson, Tameeka	17	Galston HS	7.93m
6	Ryan, Alison	18	Pennant Hills High School	7.79m
7	Sancataldo, Jessica	17	Turrumurra	7.72m
8	Smee, Francesca	17	St Ives HS	7.59m
9	Trumper, Renee	18	Cherrybrook Technology High	7.36m
10	Pahanel, Kathleen	18	Carlingford High School	7.13m
11	Black, Briony	17	Chatswood High School	7.00m
12	O'Connor, Jaime	17	Pennant Hills High School	6.98m
13	Parkinson, Sally	17	Galston HS	6.76m
14	Lane, Chelsea	17	Turrumurra	5.79m
15	Kim, Sue	18	Carlingford High School	4.53m

Event 137 Boys 17-19 Shot Put

Ku Ring Gai: 16.10m R 2001 G Care, Carlingford

	Name	Age	Team	Finals
Finals				
1	MACKAY, Benjamin	18	Killara	12.40m
2	Monaghan, Tyler	17	Chatswood High School	12.01m
3	Richardson, Angus	18	St Ives HS	11.67m
4	Naude, Johan	18	Galston HS	11.46m
5	Chatters, Nicholas	17	Turrumurra	11.31m
6	Imhof, Aden	17	Chatswood High School	11.14m
7	Munoz, Izaack	18	Pennant Hills High School	11.11m
8	Chalke, Benjamin	18	Carlingford High School	10.71m
9	Ayad, Adam	17	Carlingford High School	10.22m
10	Veasey, Joshua	18	Turrumurra	9.82m
11	Batoure, Richard	17	Ku-Ring-Gai Creative Arts High	9.80m
12	Shah, Sachin	17	Killara	9.39m
13	Tuner, Jack	17	St Ives HS	8.49m
14	Tween, Jack	18	Pennant Hills High School	8.14m
---	Takeda, Taiga	18	Pennant Hills High School	X11.60m

Event 138 Boys 12-15 Triple Jump

Ku Ring Gai: 12.51m R 1982 G Wright, Killara

	Name	Age	Team	Finals
Finals				
1	Colley, Benjamin	15	Pennant Hills High School	11.12m
2	Tse, Andrew	15	St Ives HS	10.58m
3	Jobling, Thomas	14	Killara	10.52m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 138 Boys 12-15 Triple Jump)**

Name	Age	Team	Finals
4 Jones, Ryan	15	Cherrybrook Technology High	10.44m
5 Martin, Bradley	14	Turrumurra	10.41m
6 Abimanju, Harish	15	Cherrybrook Technology High	10.28m
7 Watson, Callum	15	Turrumurra	10.14m
8 Shimizu, Hyo	13	Turrumurra	10.01m
9 Shahla, Anthony	14	Carlingford High School	9.68m
10 Colley, Nicholas	15	Pennant Hills High School	9.56m
11 Abroon, Matin	15	Killara	8.94m
12 O'Connell, James	15	Carlingford High School	8.33m
13 Aubourg, Zachary	15	Turrumurra	8.27m
14 Cullen, Robbie	12	Galston HS	7.96m

Event 139 Girls 17-19 Long Jump

Ku Ring Gai: 5.56m R 1993

J Jamieson, St Ives

Equal: 5.56m E 1997

J Dawson, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Cattell, Courtney	17	Cherrybrook Technology High	4.93m
2 Jones, Emily	18	Cherrybrook Technology High	4.92m
3 Nicita, Madeleine	17	Ku-Ring-Gai Creative Arts High	4.65m
4 Bowden, Samantha	18	Killara	4.40m
5 Sancataldo, Jessica	17	Turrumurra	4.19m
6 Smee, Francesca	17	St Ives HS	4.10m
7 Thomson, Tameeka	17	Galston HS	3.95m
8 Gibson, Brianna	17	Killara	3.92m
9 Sgorbini, Cassie	18	Carlingford High School	3.85m
10 Thorp, Jemma	17	Chatswood High School	3.59m
10 Matakaiongo, Aloisia	17	Carlingford High School	3.59m
12 Wu, Lilian	17	Chatswood High School	3.36m
13 Phelan, Tia	18	St Ives HS	3.32m
14 Parkinson, Sally	17	Galston HS	2.99m

Event 140 Boys 16 Year Olds Long Jump

Ku Ring Gai: 6.34m R 1984

A Krilov, Oakhill

Name	Age	Team	Finals
Finals			
1 de Vries, William	16	Turrumurra	5.66m
2 Lee, Austin	16	Carlingford High School	5.56m
3 Ye Hasegawa, Ron	16	Ku-Ring-Gai Creative Arts High	5.49m
4 Bell, Jonathan	16	St Ives HS	5.34m
5 Baker, Mitchell	16	Cherrybrook Technology High	5.26m
6 Frankish, Edward	16	Turrumurra	5.25m
7 Cuevas, Konrad	16	Cherrybrook Technology High	5.18m
8 De Vries, Benjamin	16	Chatswood High School	5.13m
9 Morrissey, Benjamin	16	Killara	5.12m
10 Hasenauer, Daniel	16	St Ives HS	4.94m
11 George, Zane	16	Ku-Ring-Gai Creative Arts High	4.87m
12 Byun, Jaeho	16	Killara	4.86m
13 Dorian, Daniel	16	Galston HS	4.76m
14 Lucky, Daniel	16	Pennant Hills High School	4.72m
15 Bowden, Nathan	16	Carlingford High School	4.70m
16 Westaway, Aden	16	Pennant Hills High School	3.47m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Event 141 Girls 13 Year Olds High Jump****Ku Ring Gai: 1.62m R 1988****J Jamieson, St Ives**

	Name	Age	Team	Finals
Finals				
1	Chapman, Kelly	13	Cherrybrook Technology High	1.45m
2	Ksela, Liza	13	Killara	1.36m
3	Maciver, Jessica	13	Turrumurra	1.33m
4	Small, Savannah	13	Ku-Ring-Gai Creative Arts High	1.25m
5	Wayne, Tarsha	13	Pennant Hills High School	J1.25m
5	Lombard, Kimberley	13	Cherrybrook Technology High	J1.25m
7	Sepulveda, Estella	13	Killara	1.20m
7	Coxon, Chloe	13	Galston HS	1.20m
7	McCormack, Kayla	13	Pennant Hills High School	1.20m
10	Frykberg, Kirsty	13	St Ives HS	1.15m
10	Sgorbini, Emily	13	Carlingford High School	1.15m
10	Arnold, Caitlin	13	Carlingford High School	1.15m
13	Frost, Ella	13	St Ives HS	J1.15m
14	Johnson, Emma	13	Galston HS	J1.15m

Event 142 Girls 14 Year Olds High Jump**Ku Ring Gai: 1.60m R 1989****J Jamieson, St Ives**

	Name	Age	Team	Finals
Finals				
1	Chandler, Anna	14	Killara	1.50m
2	Sumner, Carla	14	Ku-Ring-Gai Creative Arts High	1.47m
3	Vosper, Ava	14	Carlingford High School	1.44m
4	Stevens, Nancy	14	St Ives HS	1.30m
4	Scott, Millicent	14	Ku-Ring-Gai Creative Arts High	1.30m
4	Crowe, Ashlinn	14	Turrumurra	1.30m
4	Deck, Sally	14	Killara	1.30m
4	Worby-Baeten, Isabella	14	St Ives HS	1.30m
9	Cullen, Victoria	14	Galston HS	1.25m
9	Badior, Lillian	14	Galston HS	1.25m
11	Moore, Freya	14	Chatswood High School	1.20m
11	Woollett, Lara	14	Cherrybrook Technology High	1.20m
11	Kumanayaka, Disinee	14	Carlingford High School	1.20m
14	Mayer, Mikela	14	Pennant Hills High School	1.15m
14	Lewis, Jasmine	14	Turrumurra	1.15m
16	Macri, Mikaela	14	Pennant Hills High School	1.10m
16	Ong, Isabella	14	Cherrybrook Technology High	1.10m

Event 143 Girls 12 Year Olds Discus**Ku Ring Gai: 29.75m R 2013****K Collett, Cherrybrook**

	Name	Age	Team	Finals
Finals				
1	Kabir, Sky	12	Turrumurra	20.08m
2	Edenborough-Stewart, Skye	12	Cherrybrook Technology High	15.39m
3	Dwyer, Sofia	12	St Ives HS	14.77m
4	Kaur, Tejinder	12	Carlingford High School	14.37m
5	Kustiadi, Priska	12	Carlingford High School	13.86m
6	Beckett, Charlotte	12	Turrumurra	13.65m
7	Edenborough-Stewart, Gisele	12	Cherrybrook Technology High	13.32m
8	Verbina, Vera	12	Chatswood High School	12.38m
9	Hastie, Amy	12	Pennant Hills High School	11.36m
10	Lambourne, Charlotte	12	Killara	11.28m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 143 Girls 12 Year Olds Discus)**

Name	Age	Team	Finals
11 Fattah, Jasmine	12	Killara	11.08m
11 Batey, Emma	12	Pennant Hills High School	11.08m

Event 144 Boys 15 Year Olds Discus

Ku Ring Gai: 61.15m R 2005

A Fiegert, St Ives

Name	Age	Team	Finals
Finals			
1 Chapman, Scott	15	Cherrybrook Technology High	33.03m
2 Brown, Matthew	15	Pennant Hills High School	32.50m
3 Chen, Alex Hao	15	Carlingford High School	27.93m
4 Teh, Nicholas	15	Killara	26.99m
4 Abimanju, Harish	15	Cherrybrook Technology High	26.99m
6 Tse, Andrew	15	St Ives HS	26.44m
7 Iranzadi, Aryon	15	St Ives HS	23.08m
8 Teichtahl, Eli	15	Killara	21.82m
9 Aghataher, Farnam	15	Turrumurra	21.53m
10 Duncan, Liam	15	Pennant Hills High School	20.65m
11 O'Connell, Lachlan	15	Galston HS	18.03m
12 Bladon, Jasper	15	Turrumurra	17.52m
13 Eren, Liam	15	Galston HS	16.69m
14 Xia, King	15	Chatswood High School	16.36m
--- Lai, James	15	Carlingford High School	DNF

Event 145 Boys 12-13 Javelin

Ku Ring Gai: 36.59m R 1983

W Smith, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Obaseki, Nosa	12	St Ives HS	28.47m
2 Foster, Kaito	13	Carlingford High School	24.11m
3 Durheim, Luke	13	Cherrybrook Technology High	23.58m
4 Goulden, Jesse	13	Ku-Ring-Gai Creative Arts High	21.20m
5 Lidbetter, Aidan	13	Pennant Hills High School	21.04m
6 McKenzie, Liam	13	Galston HS	20.90m
7 Pulver, Joseph	13	St Ives HS	20.21m
8 Chalke, Ammon	13	Carlingford High School	20.00m
9 Marine, Daniel	13	Pennant Hills High School	19.21m
10 Dwyer, Will	12	Ku-Ring-Gai Creative Arts High	16.27m
11 Cullen, Robbie	12	Galston HS	16.10m
12 Pozzecco, Henry	13	Killara	15.76m
13 Lavaki, William	13	Cherrybrook Technology High	15.36m
14 Slevin, Nicholas	13	Turrumurra	14.18m
--- Markov, Maks	13	Killara	ND

Event 146 Girls 15 Year Olds Shot Put

Ku Ring Gai: 12.35m R 1984

C Sweeney, Galston

Name	Age	Team	Finals
Finals			
1 Collett, Kate	15	Cherrybrook Technology High	11.45m
2 Jayasinghe, Novini	15	Chatswood High School	8.93m
3 Kowcz Rosinke, Tamara	15	Killara	8.84m
4 Smith, Tahlee	15	Carlingford High School	8.80m
5 Lidbetter, Eleanor	15	Pennant Hills High School	8.77m
6 Lee, Jessie	15	Chatswood High School	8.51m
7 MACKAY, Hannah	15	Killara	8.48m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 146 Girls 15 Year Olds Shot Put)**

Name	Age	Team	Finals
8 Warner, Erin	15	Pennant Hills High School	8.00m
9 Baker, Laura	15	Cherrybrook Technology High	7.60m
10 Lamprianidis, Christina	15	Carlingford High School	7.59m
11 Sproule, Samantha	15	Galston HS	7.44m
12 Philp, Belinda	15	Galston HS	6.99m
13 Campbell, Alana	15	St Ives HS	6.66m
14 Faul, Cleo	15	St Ives HS	6.05m

Event 147 Girls 13 Year Olds Shot Put

Ku Ring Gai: 13.26m R 1988 J Janieson, St Ives

Name	Age	Team	Finals
Finals			
1 Maciver, Jessica	13	Turrumurra	9.68m
2 Lamprianidis, Alyssa	13	Carlingford High School	8.17m
3 Mpofo, Blessed	13	Ku-Ring-Gai Creative Arts High	7.83m
4 Chapman, Kelly	13	Cherrybrook Technology High	7.65m
5 Taha, Emma	13	Turrumurra	7.56m
6 Seamons, Abby	13	Cherrybrook Technology High	7.43m
7 McCormack, Kayla	13	Pennant Hills High School	7.19m
8 Long, Isabelle	13	Killara	7.07m
9 Wayne, Tarsha	13	Pennant Hills High School	7.04m
10 Bird, Charlotte	13	Killara	7.02m
11 shaju, Jesentha	13	Cherrybrook Technology High	6.81m
12 Brooks, Rosie	13	St Ives HS	6.32m
13 Gardner, Hannah	13	St Ives HS	5.61m
14 Halbedl, Kirra	13	Ku-Ring-Gai Creative Arts High	5.53m
15 Nelson, Abigail	13	Carlingford High School	5.27m
16 Johnson, Emma	13	Galston HS	5.18m

Event 148 Girls 16 Year Olds Triple Jump

Ku Ring Gai: 10.91m R 2015 C Cattell, Cherrybrook

Name	Age	Team	Finals
Finals			
1 Searle, Emma	16	Cherrybrook Technology High	9.83m
2 Anderson, Ebony	16	Galston HS	9.46m
3 Bird, Molly	16	Turrumurra	9.20m
4 Conway, Rebecca	16	Carlingford High School	8.88m
5 Wallace, Fiona	16	Pennant Hills High School	8.02m
6 Robinson, Lucy	16	St Ives HS	7.35m
7 Aziz, Raz	16	Pennant Hills High School	7.29m
8 Simmonds, Sarah	16	St Ives HS	6.79m

Event 149 Mixed 12-19 Long Jump Disability

Ku Ring Gai: 4.45m R 2015 E Karlaftis, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Hill, James	M17	Pennant Hills High School	4.77m R
2 Hampson, Jacob	M18	Pennant Hills High School	4.19m
3 Karlaftis, Emmanuel	M18	Pennant Hills High School	4.07m
4 Morrison, Jalen	M14	Pennant Hills High School	3.73m
5 Kely, Sara	W15	Pennant Hills High School	3.57m
6 Rodgers, Bella	W13	Chatswood High School	2.91m
7 Twist, Jordan	W18	Pennant Hills High School	2.45m
8 Tassone, Caterina	W17	Chatswood High School	2.35m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 149 Mixed 12-19 Long Jump Disability)**

Name	Age	Team	Finals
9 Weiss, Hannah	W17	Chatswood High School	2.04m
10 Padmanaban, Sidd	M13	Chatswood High School	1.97m
11 Pope, Elise	W16	Chatswood High School	1.91m
12 White, Maddison	W18	Chatswood High School	1.84m
13 Dobson Penn, Aleysha	W16	Pennant Hills High School	1.66m

Event 150 Mixed 12-19 Discus Disability

Ku Ring Gai: 19.61m R 2015

E Karlaftis, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Karlaftis, Emmanuel	M18	Pennant Hills High School	27.08m R
2 Rodgers, Bella	W13	Chatswood High School	22.36m R
3 Hampson, Jacob	M18	Pennant Hills High School	17.53m
4 Hill, James	M17	Pennant Hills High School	15.16m
5 Morrison, Jalen	M14	Pennant Hills High School	13.68m
6 Koo, Tom	M16	Pennant Hills High School	13.43m
7 Tassone, Caterina	W17	Chatswood High School	13.18m
8 Twist, Jordan	W18	Pennant Hills High School	12.44m
9 Kely, Sara	W15	Pennant Hills High School	12.04m
10 Chen, Melody	W17	Pennant Hills High School	10.26m
11 Padmanaban, Sidd	M13	Chatswood High School	5.65m
12 White, Maddison	W18	Chatswood High School	5.23m
--- Riflin, Jacob	M14	Chatswood High School	ND
--- Clare, Jasper	M14	Chatswood High School	ND
--- Basmajlan, Peter	M14	Chatswood High School	ND
--- Sahissian, Nicolas	M14	Chatswood High School	ND
--- Young, Eden	W14	Pennant Hills High School	ND

Event 151 Mixed 12-19 Javelin Disability

Ku Ring Gai: 20.74m R 2015

E Karlaftis, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Hill, James	M17	Pennant Hills High School	18.64m
2 Rodgers, Bella	W13	Chatswood High School	17.84m
3 Tassone, Caterina	W17	Chatswood High School	16.69m
4 Twist, Jordan	W18	Pennant Hills High School	12.20m
5 Kely, Sara	W15	Pennant Hills High School	9.87m
6 Weiss, Hannah	W17	Chatswood High School	7.36m
7 White, Maddison	W18	Chatswood High School	5.36m
8 Pope, Elise	W16	Chatswood High School	5.23m
9 Chen, Melody	W17	Pennant Hills High School	4.18m
10 Cheuk, Yasmin	W15	Chatswood High School	3.42m
11 Young, Eden	W14	Pennant Hills High School	2.39m
--- Riflin, Jacob	M14	Chatswood High School	ND

Event 152 Mixed 12-19 Shot Put Disability

Ku Ring Gai: 9.87m R 2015

E Karlaftis, Pennant Hills

Name	Age	Team	Finals
Finals			
1 Hill, James	M17	Pennant Hills High School	8.91m
2 Tassone, Caterina	W17	Chatswood High School	8.82m
3 Karlaftis, Emmanuel	M18	Pennant Hills High School	8.50m
4 Morrison, Jalen	M14	Pennant Hills High School	7.56m
5 Pope, Elise	W16	Chatswood High School	6.51m

Ku Ring gai Zone 2016 - 15/06/2016**SOPAC****Results****Finals ... (Event 152 Mixed 12-19 Shot Put Disability)**

	Name	Age	Team	Finals
6	Chen, Melody	W17	Pennant Hills High School	6.17m
7	Kely, Sara	W15	Pennant Hills High School	6.02m
8	Weiss, Hannah	W17	Chatswood High School	5.36m
9	Padmanaban, Sidd	M13	Chatswood High School	4.47m
10	Rodgers, Bella	W13	Chatswood High School	3.93m
11	White, Maddison	W18	Chatswood High School	3.61m
12	Perugini, Isabella	W15	Pennant Hills High School	3.21m
13	Goh, Declan	M14	Pennant Hills High School	3.18m
---	Twist, Jordan	W18	Pennant Hills High School	ND