

## Zone Records held by Ku-ring-gai Athletes:

### Under 7 Girls

50 metres	Madison Bursill	9.1	2005/06
Long Jump	Alexandra Conroy	3.21	1990/91
Shot Put	Bettina Woodward	5.96	1990/91

### Under 8 Boys

Long Jump	Benn Rintala	3.99	1993/94
Discus	Christopher Burnett	27.48	1992/93

### Under 9 Boys

70 metres	Samuel Mete	10.5	2003/04
100 metres (eq)	Michael Zylstra	15.0	1998/99
60m Hurdles	Samuel Mete	10.2	2003/04
700m Walk	Christopher Cepak	3:50.0	2001/02

### Under 9 Girls

70 metres (eq)	Alice Wilson	10.5	1998/99
100 metres	Alice Wilson	14.8	1998/99
High Jump (eq)	Nicole Laird	1.18	2001/02

### Under 10 Boys

70 metres	Samuel Mete	10.0	2004/05
100 metres	Christopher Bryant	14.2	1991/92
400 metres	Ryan Boot	1:06.4	2007/08
60m Hurdles	Samuel Mete	9.9	2004/05
1100m Walk	Campbell Williams	5:47.2	1999/00
High Jump	Robert Currer	1.40	1999/00

### Under 10 Girls

1500 metres	Fiona Pakes	5:21.0	1989/90
High Jump	Corinne Zibell	1.30	1999/00

### Under 11 Boys

100 metres	Samuel Mete	13.6	2005/06
60m Hurdles	Samuel Mete	9.5	2005/06
High Jump	Thomas Cheel	1.57	2007/08

### Under 11 Girls

1500 metres	Fiona Pakes	5:09.0	1990/91
60m Hurdles	Annaliese Gardiner	9.9	2003/04
High Jump	Sarah Lingard	1.48	1994/95

### Under 12 Girls

100 metres	Annaliese Gardiner	13.1	2004/05
200 metres	Annaliese Gardiner	26.7	2004/05
60m Hurdles	Annaliese Gardiner	9.5	2004/05
Long Jump	Annaliese Gardiner	5.04	2004/05
High Jump (eq)	Lisa Antill	1.50	1994/95
High Jump (eq)	Stephanie Guest	1.50	1999/00
Triple Jump	Lisa Antill	10.72	1994/95
Shot Put	Louise Quire	12.05	2000/01

### Under 13 Boys

High Jump	Richard Baird	1.78	1994/95
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### Under 13 Girls

200 metres	Annaliese Gardiner	26.9	2005/06
800 metres	Eugenie Austin	2:23.2	1991/92

3000 metres	Gabi de Wit	11:03.8	1997/98
80m Hurdles (eq)	Annaliese Gardiner	13.1	2005/06
Long Jump	Katherine Hepburn	4.96	1991/92
High Jump (eq)	Sarah Lingard	1.59	1996/97

#### **Under 14 Boys**

200 metres	Ivan Scannell	24.7	1998/99
800 metres	Ben Liddy	2:09.7	1994/95
3000 metres	Nicholas Bromley	9:57.8	1996/97

#### **Under 14 Girls**

3000 metres	Thea Welsby	10:32.1	2006/07
80m Hurdles (eq)	Ellie Maxton	13.0	2005/06
High Jump	Virginia Young	1.67	1989/90
Triple Jump	Lisa Antill	11.13	1996/97
Shot Put	Louise Quire	12.29	2002/03
Discus	Louise Quire	36.08	2002/03

#### **Under 15 Boys**

400 metres	Lachlan Renshaw	51.6	2001/02
800 metres	Lachlan Renshaw	2:02.3	2001/02

#### **Under 15 Girls**

100 metres	Jessie Shepherd	13.0	1992/93
200 metres	Amy Creighton	26.7	1997/98
400 metres	Sianne Toemoe	58.0	2003/04
800 metres	Sianne Toemoe	2:14.2	2003/04
1500m Walk	Nicole Fagan	7:03.7	2003/04
Triple Jump	Lisa Antill	11.44	1997/98
Shot Put	Jane Jamieson	13.34	1989/90

#### **Relays**

4 x 100 metres	Junior Girls	57.1	2000/01
4 x 100 metres	Senior Girls	50.7	1989/90