

NSWCIS Secondary 2016 - 21/09/2016 SOPAC

GPS Results

ATHLETES OF THE MEET

BOYS: Renato Pane - Newington College - GPS

Boys 12 Years 100 Metre Run

NSWCIS: R 12.04		2013	James Roach, Newington College			
Name		Age	Team	Finals	H#	
1	Goodhand, Jake	12	NEW5	12.88	1	
3	Pane, Renato	12	NEW5	13.12	2	

Boys 13 Years 100 Metre Run

NSWCIS: R 11.82		2016	Max Mandera, Northern Beaches CS			
Name		Age	Team	Finals	H#	
2	Proctor, Lucien	13	SJC5	12.15	1	
5	Wood, Gabriel	13	SIC5	12.32	1	
6	Hasan, Kazi	13	SHS5	12.33	1	

Boys 14 Years 100 Metre Run

NSWCIS: R 11.34		2016	Godfrey Okernyang, Riverina AC			
Name		Age	Team	Finals	H#	
2	Koula, Tolu	14	NEW5	11.50	1	
5	Dalton, Lachlan	14	SIC5	11.96	1	
10	Elias, Jayme	14	SJC5	12.18	1	

Boys 16 Years 100 Metre Run

NSWCIS: R 10.90		2013	Matt Wood, Barker College			
Name		Age	Team	Finals	H#	
5	Apps, Lachlan	16	TKS5	11.49	1	

Boys 16-19 100 Metre Run Para Athlete

16-19 NSWCIS: R 12.71		2013	Blake Bailey T20 (93.71%), St Philips Newcas			
Name		Age	Team	Finals	H#	
1	Lanigan T/F 20, Ethan	16	SIC5	14.12	3	84.27%

Boys 12 Years 200 Metre Run

NSWCIS: R 24.85		2013	James Roach, Newcastle GS			
Name		Age	Team	Finals	H#	
1	Goodhand, Jake	12	NEW5	25.95	2	

Boys 13 Years 200 Metre Run

NSWCIS: R 23.42		2016	Max Mandera, Northern Beaches CS			
Name		Age	Team	Finals	H#	
2	Hasan, Kazi	13	SHS5	24.59	3	
3	Wood, Gabriel	13	SIC5	24.71	3	

Boys 14 Years 200 Metre Run

NSWCIS: R 22.88		2016	Godfrey Okernyang, Riverina AC	
Name	Age	Team	Finals	H#
2 Koula, Tolu	14	NEW5	23.66	2
5 Dalton, Lachlan	14	SIC5	24.16	2
9 Dunstan, Hamish	14	TSC5	24.61	1

Boys 15 Years 200 Metre Run

NSWCIS: R 22.76		2013	Jordan Shelley, The Hills GS	
Name	Age	Team	Finals	H#
1 Williams, Jordan	15	TKS5	23.05	2
5 Roach, James	15	NEW5	23.95	2

Boys 16 Years 200 Metre Run

NSWCIS: R 22.12		2016	Sebastien Moir, Trinity Grammar School	
Name	Age	Team	Finals	H#
6 Glascott, Tom	16	SIC5	23.60	2

Boys 17 Years 200 Metre Run

NSWCIS: R 21.85		2013	James Kermond, Georges River Grammar	
Name	Age	Team	Finals	H#
1 Good, Tom	17	TKS5	22.12	2

Boys 16-19 200 Metre Run Para Athlete

16-19 NSWCIS: R 30.59		2009	Daniel Berry T36 (94.15%), Pacific Hills CS	
Name	Age	Team	Finals	H#
2 Lanigan T/F 20, Ethan	16	SIC5	J30.16R	2 79.54%

Boys 12 Years 400 Metre Run

NSWCIS: R 1:02.58		2016	Nicholas O'Shea, Newington College	
Name	Age	Team	Finals	H#
1 O'Shea, Nicholas	12	NEW5	1:02.58R	1

Boys 13 Years 400 Metre Run

NSWCIS: R 55.50		2006	Matthew Lee, Illawarra Cordeaux Name	
Name	Age	Team	Finals	H#
1 Holmes, Max	13	SIC5	56.23	1
4 Lloyd, Max	13	SJC5	1:01.00	1

Boys 14 Years 400 Metre Run

NSWCIS: R 52.51		2012	Huw Knox, The Armidale School	
Name	Age	Team	Finals	H#
1 Dunstan, Hamish	14	TSC5	54.26	1

Boys 15 Years 400 Metre Run

NSWCIS: R 50.39 2015 Ethan Tegel, The Hills Grammar School				
Name	Age	Team	Finals	H#
9 Davy, Miles	15	TKS5	1:05.57	2

Boys 16 Years 400 Metre Run

NSWCIS: R 48.25 2014 Louis Stenmark, Saint Ignatius College				
Name	Age	Team	Finals	H#
2 Villania-Small, Tyrell	16	NEW5	51.13	1

Boys 17 Years 400 Metre Run

NSWCIS: R 49.90 2012 Sean Fitzsimmons, St Pius X College				
Name	Age	Team	Finals	H#
1 Woods, Daniel	17	SJC5	51.14	1
2 Zhao, John	17	SHS5	51.42	1
7 Hall, Elias	17	SHS5	54.06	1

Boys 18-19 400 Metre Run

NSWCIS: R 49.09 2004 Joel Milburn, Trinity Grammar				
Name	Age	Team	Finals	
1 Woolley, Nick	18	SIC5	50.62	
2 Cantor, Taiger	18	NEW5	51.82	

Boys 12 Years 800 Metre Run

NSWCIS: R 2:13.77 2014 Angus Beer, Newcastle GS				
Name	Age	Team	Finals	
6 Smith, William	12	NEW5	2:34.28	

Boys 13 Years 800 Metre Run

NSWCIS: R 2:09.56 2014 Austin Thomson, Knox Grammar				
Name	Age	Team	Finals	
1 Jeffries, Luc	13	SGS5	2:18.69	
7 Farrington, Harry	13	TKS5	2:26.45	
8 Newham, Hugo	13	NEW5	2:27.93	

Boys 14 Years 800 Metre Run

NSWCIS: R 2:02.15 2016 Angus Beer, Newington College				
Name	Age	Team	Finals	
1 Beer, Angus	14	NEW5	2:02.15R	
7 Forbes, Cameron	14	TKS5	2:17.36	

Boys 15 Years 800 Metre Run

NSWCIS: R 2:00.44				2016 Anthony Vlatko, International Grammar	
Name	Age	Team	Finals		
6 Usher, James	15	TKS5		2:10.48	
7 Morse, Isaac	15	SIC5		2:10.78	

Boys 16 Years 800 Metre Run

NSWCIS: R 1:56.40				2006 James Kaan, Oakhill College	
Name	Age	Team	Finals		
2 Metcalf, Elliot	16	SGS5		2:01.16	
7 Crouch, Harry	16	NEW5		2:09.15	

Boys 17 Years 800 Metre Run

NSWCIS: R 1:57.98				2014 Taylor John, Barker College	
Name	Age	Team	Finals		
1 Raper, Lachlan	17	SIC5		2:00.32	
2 Dickinson, Robert	17	TKS5		2:00.45	
3 Muston, Ben	17	SCE5		2:01.06	

Boys 12 Years 1500 Metre Run

NSWCIS: R 4:39.90				2014 Angus Beer, Newington	
Name	Age	Team	Finals		
3 Smith, William	12	NEW5		5:04.58	

Boys 13 Years 1500 Metre Run

NSWCIS: R 4:30.66				2013 Lorcan Redmond, St Philips NC	
Name	Age	Team	Finals		
2. Farrington, Harry	13	TKS5		4:44.88	
3. Rogers, Felix	13	SIC5		4:45.18	
4. hariff, Rhys	13	SHS5		4:45.62	

Boys 14 Years 1500 Metre Run

NSWCIS: R 4:12.93				2016 Angus Beer, Newington	
Name	Age	Team	Finals		
1 Beer, Angus	14	NEW5		4:12.93R	
5 Moloney, Matthew	14	SHS5		4:31.78	
10 Blichford, Thomas	14	TKS5		4:53.82	

Boys 15 Years 1500 Metre Run

NSWCIS: R 4:05.72				2015 Lorcan Redmond, Newcastle Grammar School	
Name	Age	Team	Finals		
6 Arcus, Oliver	15	SIC5		4:32.33	
-- Steele-Park, Ollie	15	TKS5		DQ	

Boys 16 Years 1500 Metre Run

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NSWCIS: R 4:13.07 2016 James Seal, The Illawarra GS

Name Age Team Finals

2 Metcalf, Elliot 16 SGS5 4:16.46

Boys 17 Years 1500 Metre Run

NSWCIS: R 4:10.56 2016 Luke Schofield, Sydney Boys HS

Name Age Team Finals

1 Schofield, Luke 17 SHS5 4:10.56R
2 Dougherty, Charlie 17 SIC5 4:12.37
8 Muston, Ben 17 SCE5 4:33.66

Boys 12-14 3000 Metre Run

NSWCIS: R 9:27.91 2013 Lorcan Redmond, St Philips NC

Name Age Team Finals

5 Jones, Samuel 14 TAS7 10:29.87

Boys 15-16 3000 Metre Run

NSWCIS: R 8:46.21 2015 Lorcan Redmond, Pymble Ladies College

Name Age Team Finals

2 Penman, Darcy 16 TKS5 9:29.02

Boys 17-19 3000 Metre Run

NSWCIS: R 8:47.62 2015 Kieran Tall, Barker College Name Age

Team Finals

1 Schofield, Jayden 17 SHS5 9:12.07

Boys 13 Years 90 Metre Hurdles 90m .762m

NSWCIS: R 13.07 2016 James Park, Trinity Grammar School

Name Age Team Finals H#

3 Moloney, Aymeric 13 SJC5 13.55 2
4 Atkinson, Nicholas 13 NEW5 14.31 1
5 Little, Austin 13 SCE5 14.33 2

Boys 14 Years 100 Metre Hurdles 100m .84m

NSWCIS: R 13.91 2015 Nick Dang, The Kings School

Name Age Team Finals H#

1 Dalton, Lachlan 14 SIC5 14.70 1
3 Nguyen, Benjamin 14 SHS5 15.54 1
6 Lewis, Hewie 14 TKS5 16.05 2

Boys 15 Years 100 Metre Hurdles 100m .84m

NSWCIS: R 13.43 2015 Byron Hollingworth-Dessent, Trinity Grammar Equal R: !
 13.43 2016 Nicholas Dang, Kings School

Name	Age	Team	Finals	H#
1 Dang, Nicholas	15	TKS5	13.43R	1
3 Karabesinis, James	15	NEW5	14.28	1
9 Dos Santos-Lee, Pico	15	SHS5	17.99	1

Boys 16 Years 110 Metre Hurdles 110m .914m

NSWCIS: R 15.06 2016 Albert Swann, Trinity Grammar School

Name	Age	Team	Finals
2 Barkley, Rory	16	SIC5	15.56
3 So, Clinton	16	SHS5	16.16
4 Burgess-Hoar, Charlie	16	TSC5	16.20

Boys 17 110 Metre Hurdles 110m .914m

17 NSWCIS: R 14.70 2014 Matthew Wood, Barker College

Name	Age	Team	Finals
1 Gammie, Thomas	17	TKS5	15.23
2 Robinson, Jackson	17	SCE5	15.35

Boys 14 & Under 4x100 Metre Relay

NSWCIS: R 47.22 2008 William Carey, William Carey T Angel, S
 Harriman, P Kerin, R Ball

Team	Finals	H#
= St Joseph's-GPS 'A'	2	
-- SydneyBHS-GPS 'A'	DQ 2	IAAF 170.7

Boys 4x100 Metre Relay Open

NSWCIS: R 42.66 2004 St.Josephs, St Josephs
 R.Haggie, S.Cameron, B.Bates, T.Broomhan

Team	Finals
1 King's School-GPS	'A' 43.40
2 SydneyBHS-GPS 'A'	43.99

Boys 13 Years High Jump SH 1.40m

NSWCIS: R 1.78m 2016 Braden Egan, Southern Highlands CS

Name	Age	Team	Finals
2 Goldsmith, Louis	13	SGS5	1.63m
Suaalii, Joseph	13	TKS5	DQ

Boys 14 Years High Jump SH 1.45m

NSWCIS: R 1.85m 2016 Jono Titmarsh, Trinity Grammar School

Name	Age	Team	Finals
5 Todd, Hamish	14	TSC5	1.60m

Boys 15 Years High Jump SH 1.50m

NSWCIS: R 1.95m 2013 Jonathan Hookey, St Josephs College
Name Age Team Finals

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2	Pert, Campbell	15	TSC5	1.80m
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Boys 16 Years High Jump SH 1.60m

NSWCIS: R 2.08m 2004 Simon Cohen, Maitland C S
Name Age Team Finals

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1	Burgess-Hoar, Charlie	16	TSC5	1.89m
2	Ferguson, Ted	16	TSC5	1.86m
3	Tarleton, Cooper	16	SJC5	1.83m
12	Shannon, Oliver	16	TAS7	J1.65m

Boys 17 Years High Jump SH 1.65m

NSWCIS: R 2.03m 2010 Miles Cole-Clark, Hunter Valley GS
Name Age Team Finals

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1	Strong, Marshall	17	TKS5	1.95m
2	Boyd, Mason	17	TKS5	J1.95m
3	Robinson, Jackson	17	SCE5	1.90m

Boys 18-19 High Jump SH 1.70m

NSWCIS: R 2.06m 2008 Andrew Doyle, St.Patricks College
Name Age Team Finals

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1	Sarroti, Alexander	18	SCE5	2.02m
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Boys 12 Years Long Jump

NSWCIS: R 5.58m 2016 Renato Pane, Newington College
Name Age Team Finals

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1	Pane, Renato	12	NEW5	5.58mR
3	Goodhand, Jake	12	NEW5	4.96m

Boys 13 Years Long Jump

NSWCIS: R 5.85m 2010 Dylan Bennett, Hunter Valley GS
Name Age Team Finals

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1	Moloney, Aymeric	13	SJC5	5.55m
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Boys 14 Years Long Jump

NSWCIS: R 6.02m 2006 William Rodgers, Penrith Anglican
Name Age Team Finals

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5	Nguyen, Benjamin	14	SHS5	5.43m
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Boys 15 Years Long Jump

NSWCIS: R 6.43m 2015 John Economides, Redlands
Name Age Team Finals

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2	Karabesinis, James	15	NEW5	6.17m
3	Pert, Campbell	15	TSC5	6.06m

Boys 16 Years Long Jump

NSWCIS: R 6.60m 2013 Jack Wiese, Arndell AC

Name	Age	Team	Finals
1 Macqueen, Thomas	16	TKS5	6.38m
2 Lees, Nicholas	16	SJC5	6.24m
6 Zhang, Benjamin	16	SGS5	5.93m
14 Shannon, Oliver	16	TAS7	5.25m

Boys 17 Years Long Jump

NSWCIS: R 6.81m 2014 Alec Diamond, St Aloysius

Name	Age	Team	Finals
1 Freyer, William	17	TKS5	6.58m

Boys 18-19 Long Jump

NSWCIS: R 6.79m 2016 Taiger Cantor, Newington College

Name	Age	Team	Finals
1 Cantor, Taiger	18	NEW5	6.79mR

Boys 12 Triple Jump

NSWCIS: R 10.64m 2016 Renato Pane, Newington

Name	Age	Team	Finals
1 Pane, Renato	12	NEW5	10.64mR

Boys 13 Triple Jump

NSWCIS: R 11.52m 2013 John Economides, Redlands

Name	Age	Team	Finals
4 Watson, Joshua	13	NEW5	10.06

Boys 15 Years Triple Jump

NSWCIS: R 13.70m 2005 Ben Hancock, St Pauls GS

Name	Age	Team	Finals
6 O'Brien, Anthony	15	SGS4	11.33m

Boys 16 Years Triple Jump

NSWCIS: R 12.87m 2016 Oscar Schmidt-Uili, St Patricks College

Name	Age	Team	Finals
2 Lees, Nicholas	16	SJC5	12.33m

Boys 12 Years Shot Put 3kg

NSWCIS: R 13.91m 2004 Keliti Vaingalo, Newington

Name	Age	Team	Finals
1 Pane, Renato	12	NEW5	10.12m
2 Goodwin, Callum	12	SGS4	9.65m

Boys 13 Years Shot Put 3kg

NSWCIS: R 16.95m	2016	Matthew Butler, St Andrews Cathedral Sch	
Name	Age Team		Finals
3 Clifton, Darcy	13 TSC5		13.97m
5 Bailey, Tyrone	13 TKS5		12.85m

Boys 14 Years Shot Put 4kg

NSWCIS: R 15.36m	2006	Liam Speers, Newcastle Grammar	
Name	Age Team		Finals
1 Hall, Teague	14 TKS5		13.88m
3 Fell, Mack	14 NEW5		12.46m
6 Payne, Henry	14 SIC5		12.10m

Boys 15 Years Shot Put 4kg

NSWCIS: R 17.10m	2007	Liam Speers, Newcastle GS	
Name	Age Team		Finals
1 Dowling, Hamish	15 TKS5		15.94m

Boys 12-15 Shot Put Para Athlete

12-15 NSWCIS: R 6.55m	2013	Robert Stott	F36 (61.67%), Central Coast GS
12-16 Name	Age Team		Finals
3 Muir T/F 20, Liam	14 SIC5		J5.39m 36.76%

Boys 16 Years Shot Put 5kg

NSWCIS: R 17.15m	2016	Alexander Kolesnikoff, Trinity Grammar School	
Name	Age Team		Finals
3 Verheul, Harry	16 TKS5		13.44m
9 Shanks Anderson, Thomas	16 SJC5		11.29m

Boys 17 Years Shot Put 5kg

NSWCIS: R 18.23m	2009	Liam Speers, Newcastle GS	Name
	Age Team	Finals	
2 Nona, Malu	17 SIC5		15.77m
3 Jansen, Nick	17 SJC5		14.95m

Boys 16+ Shot Put Para Athlete

16+ NSWCIS: R 7.66m	2009	Ben Sutton F36 (72.26%), Redlands	
Name	Age Team		Finals
1 Lanigan T/F 20, Ethan	16 SIC5		6.87m 46.86%
3 O'Donnell T/F 20, Jack	16 SIC5		J4.98m 33.96%
5 Smith T/F 20, Andrew	16 SIC5		J4.68m 31.92%

Boys 12 Years Discus Throw 750g

NSWCIS: R 40.50m 2016 Renato Pane, Newington College

Name Age Team Finals

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1	Pane, Renato	12	NEW5	40.50mR
8	Goodwin, Callum	12	SGS4	22.01m

Boys 13 Years Discus Throw 1kg

NSWCIS: R 42.50m 2016 Darcy Cilfton, The Scots College

Name Age Team Finals

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1	Cilfton, Darcy	13	TSC5	42.50mR
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Boys 15 Years Discus Throw 1kg

NSWCIS: R 57.60m 2007 William Sacliotto, Arden Anglican School

Name Age Team Finals

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4	Yang, Kevin	15	TKS5	44.76m
9	Dowling, Hamish	15	TKS5	39.36m

Boys 12 Javelin Throw 600gms

NSWCIS: R 28.11m 2016 Alexander Del Popolo, St Patricks College

12 Name Age Team Finals

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2	Pane, Renato	12	NEW5	27.71m
3	Goodwin, Callum	12	SGS4	26.62m

Boys 13 Javelin Throw 600gms

NSWCIS: R 52.45m 2006 Curtis Vella, William Carey CS

15 Name Age Team Finals

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8	Watson, Joshua	13	NEW5	26.17m
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Boys 15 Years Javelin Throw 700gms

NSWCIS: R 54.27m 2007 Liam Speers, Newcastle GS

Name Age Team Finals

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4	Batho, Ross	15	TSC5	37.30m
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Boys 16-19 800 Metre Run Para Athlete

16-19 NSWCIS: R 2:30.40 2010 Daniel Berry T36 (99.72%), Pacific Hills C

Name Age Team Finals

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2	Lanigan T/F 20, Ethan	16	SIC5	2:57.65	72.36%
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