

Report on 2009 Nationals, Brisbane

Nick Bromley overcame bitter disappointment to give himself an early birthday present on Friday - his fourth national open 800m championship. Nick, who turned 26 on Monday, put behind him a humiliating last placing over 1500m at the Sydney Track Classic just three weeks earlier, to regain his 800m crown from arch rival Lachlan Renshaw at Brisbane's QEII Stadium.

To make victory even sweeter Bromley did it his way, ignoring critics who have continually advised him to take up a more forward position in his races. Instead he dropped back towards the rear of the field early in the race but when defending champion Renshaw made a move just before the bell lap Bromley also pushed forward. Renshaw surged again in the back straight, but Bromley had him covered. Coming round the home turn, he unleashed his trademark withering finishing burst and took the lead five metres from the winning post.

Bromley celebrated his victory with unrestrained delight. He had previously won the 800m title in 2005, 2006 and 2007. Bromley will now spearhead UTS Norths' bid for the National Club Championship in Adelaide on Sunday April 5.

Nick was one of 10 UTS Norths athletes to compete in the open national championships. Competing in his last championships before retiring, Jon Harwood finished sixth in the men's hammer throw; Sianne Toemoe finished fifth in the women's 800m; Jake Holt finished fifth in the men's 110m hurdles; Laura Verlinden finished fifth in the women's 100m; and Romi Arnott finished seventh in the women's heptathlon.

Three UTS Norths athletes helped NSW into third place behind Queensland and Victoria in the Under 18 Test Match on Friday and Saturday. Karli Morton won both the girls 100m and 200m; Rebecca Horne was second in the girls' javelin; and Ray Smith finished third in the 400m hurdles.