

Report on NSW Under 20 and Under 23 Championships, March 2009

Sianne Toemoe spearheaded UTS Norths' domination of middle distance events at the under 23 and under 20 years NSW Athletics Championships at Homebush with a convincing win in the under 23 women's 800m. She cruised through the first lap and then switched on the afterburners to career away for an easy win. Her training partner Ashleigh Keast hung on well to take the bronze medal, slashing four seconds off her previous best time.

Tristan Garrett blitzed the field in the under 23 years men's 800m. At the gun, Garrett took the race by the scruff of the neck running very aggressively in the lead. He gave no one else a chance winning in a personal best time of 1min.50.94sec.

Matt Rando made it a quinella for UTS Norths, battling on bravely to take the silver medal, fighting off several challenges in the home straight. Garrett made it a double the following day when he won the under 23 years 400m championship in convincing fashion. Rando also won gold on Sunday, successfully defending his under 23 years 1500m title in a time of 3m59.04, more than a second faster than his winning time the previous year.

Laura Verlinden won the under 23 years women's sprint double, winning both the 100m and 200m in convincing fashion.

Karli Morton continued her great form winning the under 20 years 200m in the exceptionally fast time of 24.43sec.

In the field, Marvin Goessler won the under 20 years men's pole vault and Luke White won the under 20 years shot put.