

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
Track and Field - Women							
Women Open 60m Sprint							
1	7.6h	NWI	7.84	Jessica Knox	29	25/10/2008	Club Premiership Rd 3
2	7.85	+0.6		Karlie Morton	15	25/10/2008	Club Premiership Rd 3 ES Marks
3	8.00	NWI		Tracey Morton	17	25/10/2008	Club Premiership Rd 3 ES Marks
4	8.05	+1.6		Dominica Jenkins	19	11/10/2008	Club Premiership Rd1 Campbelltown
5	8.11	+0.6		Phoebe Davies	14	25/10/2008	Club Premiership Rd 3 ES Marks
6	8.13	+2.7		Jackie Bezuidenhout	42	28/03/2009	NSW State Masters
7	8.19	+0.6		Anneliese Rubie	16	25/10/2008	Club Premiership Rd 3 ES Marks
8	8.32	-0.1		Molly Tredinnick	13	25/10/2008	Club Premiership Rd 3 ES Marks
9	8.41	-0.8		Marie Kay	48	28/07/2008	Oceania Masters C'ships
10	8.2h	NWI	8.44	Annabel Nelson	38	6/12/2008	Northern Zone R12
11	8.44	+0.6		Rubeena King	14	25/10/2008	Club Premiership Rd 3 ES Marks
12	8.3h	NWI	8.54	Rosemary Arnott	19	25/10/2008	Club Premiership Rd 3 Blacktown
13	8.62	NWI		Samantha Tjong	16	11/10/2008	Club Premiership Rd 1 Bankstown
14	8.67	+0.1		Emilie Nelson	13	25/10/2008	Club Premiership Rd 3 ES Marks
15	8.79	+0.6		Eliza Cepak	13	25/10/2008	Club Premiership Rd 3 ES Marks
16	8.83	+0.6		Olivia Caprarelli	15	25/10/2008	Club Premiership Rd 3 ES Marks
17	8.6h	NWI	8.84	Marjolein Van Geest	19	28/02/2009	Northern Zone R20
18	8.86	-0.1		Katie Healey	14	25/10/2008	Club Premiership Rd 3 ES Marks
19	8.88	NWI		Catherine Macchia	22	11/10/2008	Club Premiership Rd1 Campbelltown
20	8.90	+2.2		Robyn Suttor	50	28/03/2009	NSW State Masters
21	8.93	-0.2		Renee Vandenberg	22	25/10/2008	Club Premiership Rd 3 ES Marks
22	8.7h	NWI	8.94	Annalese Smith	16	6/12/2008	Northern Zone R12
23	8.8h	NWI	9.04	Helena Smith	21	18/10/2008	Northern Zone R6
24	8.9h	NWI	9.14	Janet Naylor	42	25/10/2008	Club Premiership Rd 3 Blacktown
25	9.0h	NWI	9.24	Danielle Cotterill	27	28/02/2009	Northern Zone R20
26	9.2h	NWI	9.44	Sophie Scarlett	15	18/10/2008	Northern Zone R6
27	9.5h	NWI	9.74	Val Chan	21	1/11/2008	Northern Zone R8
28	9.6h	NWI	9.84	Deborah Drennan	50	31/01/2009	Northern Zone R16
29	9.9h	NWI	10.14	Jessica Bonser	16	18/10/2008	Northern Zone R6
30	10.0h	NWI	10.24	Rochelle Sharpe	12	18/10/2008	Northern Zone R6
31	10.3h	NWI	10.54	Margaret Thomas	52	18/10/2008	Northern Zone R6
32	10.63	NWI		Katryn Hodgkinson	44	25/10/2008	Club Premiership Rd 3 ES Marks
33	10.4h	NWI	10.64	Jillian Senior	56	6/12/2008	Northern Zone R12
34	11.1h	NWI	11.34	Melissa Jones	25	18/10/2008	Northern Zone R6
35	11.5h	NWI	11.74	Dorothy Kass	55	18/10/2008	Northern Zone R6
36	12.3h	NWI	12.54	Nancy Lloyd	55	1/11/2008	Northern Zone R8
Women Open 100m Sprint							
1	11.71	+3.8		Larissa Pasternatsky	16	30/11/2008	Pacific School Games
2	11.87	+1.9		Karlie Morton	15	30/11/2008	Pacific School Games
3	11.89	-0.1		Laura Verlinden	20	19/03/2009	2009 National Open & AWD C'ships
4	12.28	+1.9		Sarah Thomson	17	25/09/2008	NSW All Schools Track & Field
5	12.30	-1.1		Jessica Knox	29	1/11/2008	Club Premiership Rd 4 Bankstown
6	12.50	+2.0		Tracey Morton	18	14/03/2009	Allcomers 14 March
7	12.54	+2.2		Dominica Jenkins	19	31/01/2009	Allcomers 31January
8	12.68	-2.1		Charlotte Yeates	20	1/11/2008	Club Premiership Rd 4 Narabeen
9	12.83	+1.6		Jackie Bezuidenhout	42	7/02/2009	Allcomers 7 February
10	12.89	+2.9		Anneliese Rubie	16	31/01/2009	Allcomers 31January
11	12.90	+1.5		Rubeena King	14	25/09/2008	NSW All Schools Track & Field
12	13.04	-0.5		Phoebe Davies	14	8/11/2008	Club Premiership Rd 5 SOPAC
13	13.05	-0.8		Rosemary Arnott	19	1/11/2008	Club Premiership Rd 4 Narabeen
14	13.10	+2.0		Tansy Bracka	14	25/09/2008	NSW All Schools Track & Field
15	13.18	NWI		Marie Kay	48	13/12/2008	Club Premiership Rd 7
16	13.39	NWI		Melissa Farrington	13	12/09/2008	CCC
17	13.56	-2.9		Molly Tredinnick	13	1/11/2008	Club Premiership Rd 4 Narabeen
18	13.58	+1.1		Katie Healey	15	14/03/2009	Allcomers 14 March
19*	13.73	+0.1		Jessica Tafft	13	25/09/2008	NSW All Schools Track & Field
19*	13.73	NWI		Annabel Nelson	38	13/12/2008	Club Premiership Rd 7
21*	13.75	+0.1		Samantha Tjong	16	18/10/2008	Club Premiership Rd2 Mingara
21*	13.75	+1.9		Renee Vandenberg	22	18/10/2008	Club Premiership Rd2 Mingara
23	13.6h	NWI	13.84	Annalese Smith	16	27/09/2008	Northern Zone R3
24	13.86	+1.0		Alexandra Book	14	25/09/2008	NSW All Schools Track & Field
25	13.90	-0.9		Camilla Hayman	14	25/09/2008	NSW All Schools Track & Field
26	13.95	+0.2		Eliza Cepak	13	13/12/2008	Club Premiership Rd 7
27	13.96	-1.4		Maren Schuermann	23	22/11/2008	Club Premiership Rd 6 SOPAC
28	14.04	+1.9		Catherine Macchia	22	18/10/2008	Club Premiership Rd2 Mingara
29*	13.9h	NWI	14.14	Hilary Gumley	18	11/10/2008	Northern Zone R5
29*	13.9h	NWI	14.14	Natalie Bayly	35	13/09/2008	Northern Zone R1
31	14.25	+1.0		Robyn Suttor	50	28/03/2009	NSW State Masters
32	14.34	NWI		Allie Bartholomew	15	21/02/2009	Allcomers 21 February
33	14.1h	NWI	14.34	Sarah Webster	26	11/10/2008	Northern Zone R5

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Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
34	14.40	NWI		Janet Naylor	42	13/12/2008	Club Premiership Rd 7
35	14.2h	NWI	14.44	Marjolein Van Geest	19	7/03/2009	Northern Zone
36	14.45	NWI		Suzanne Brown	43	13/12/2008	Club Premiership Rd 7
37	14.67	-1.8		Bindi Mulligan	26	8/11/2008	Club Premiership Rd 5 SOPAC
38	14.7h	NWI	14.94	Helena Smith	21	27/09/2008	Northern Zone R3
39	14.8h	NWI	15.04	Val Chan	21	27/09/2008	Northern Zone R3
40	15.12	NWI		Rebekah Cormack	16	13/12/2008	Club Premiership Rd 7
41	15.2h	NWI	15.44	Jenny Schell	46	27/09/2008	Northern Zone R3
42	15.53	-3.0		Caroline Layt	43	1/11/2008	Club Premiership Rd 4 Narabeen
43	15.7h	NWI	15.94	Deborah Drennan	50	25/10/2008	Northern Zone R7
44	16.07	-3.0		Louise Kershaw	49	1/11/2008	Club Premiership Rd 4 Narabeen
45	17.4h	NWI	17.64	Jillian Senior	56	25/10/2008	Northern Zone R7
46	17.7h	NWI	17.94	Margaret Thomas	52	25/10/2008	Northern Zone R7
47	18.5h	NWI	18.74	Melissa Jones	25	11/10/2008	Northern Zone R5
48	19.1h	NWI	19.34	Dorothy Kass	55	27/09/2008	Northern Zone R3
49	20.0h	NWI	20.24	Nancy Lloyd	55	25/10/2008	Northern Zone R7
50	22.0h	NWI	22.24	Elvire Asprey	76	29/11/2008	Northern Zone R11

Women Open 200m Sprint

1	24.02	+3.5		Karlie Morton	15	30/11/2008	Pacific School Games	
2	24.10	+2.5		Larissa Pasternatsky	16	30/11/2008	Pacific School Games	
3	24.21	+1.4		Laura Verlinden	20	7/03/2009	NSW State U16, U20, U23 C'ships	U23
4	25.13	+3.0		Tracey Morton	17	7/02/2009	Allcomers 7 February	
5	25.20	+4.6		Sarah Thomson	17	25/09/2008	NSW All Schools Track & Field	
6	25.43	NWI		Jessica Knox	30	8/11/2008	Club Premiership Rd 5 SOPAC	
7	25.48	+2.1		Phoebe Davies	14	27/11/2008	Allcomers 27 November	
8	25.71	+2.1		Anneliese Rubie	16	27/11/2008	Allcomers 27 November	
9	25.80	+1.4		Dominica Jenkins	19	7/03/2009	NSW State U16, U20, U23 C'ships	
10	25.89	+2.0		Rosemary Arnott	19	7/02/2009	Allcomers 7 February	
11	26.63	-1.0		Charlotte Yeates	20	13/12/2008	Club Premiership Rd 7	
12	26.66	-0.8		Marie Kay	48	13/12/2008	Club Premiership Rd 7	
13	26.86	NWI		Jackie Bezuidenhout	42	28/03/2009	NSW State Masters	W40
14	26.91	NWI		Phoebe Kershaw	16	19/09/2008	CIS Secondary	
15	26.97	NWI		Rubeena King	14	12/09/2008	CCC	
16	26.99	+3.4		Molly Tredinnick	13	25/10/2008	Club Premiership Rd 3 ES Marks	
17	27.12	+1.1		Renee Vandenberg	23	17/01/2009	Allcomers 17 January	
18	27.42	NWI		Emilie Nelson	13	19/09/2008	CIS Secondary	
19	27.54	NWI		Melissa Farrington	13	12/09/2008	CCC	
20	27.90	+2.1		Allie Bartholomew	14	27/11/2008	Allcomers 27 November	
21*	28.18	+1.2		Alexandra Book	14	25/09/2008	NSW All Schools Track & Field	
21*	28.18	-0.8		Annabel Nelson	38	13/12/2008	Club Premiership Rd 7	
23	28.28	+0.9		Tansy Bracka	14	20/09/2008	Intro to Club Athletics & Allcomers	
24	28.55	-0.2		Maren Schuermann	23	8/11/2008	Club Premiership Rd 5 SOPAC	
25	28.64	+0.5		Eliza Cepak	13	3/01/2009	NSW Combined Events C'ships	
26	28.6h	NWI	28.84	Marjolein Van Geest	19	28/02/2009	Northern Zone R20	
27	28.89	+2.4		Katie Healey	14	25/10/2008	Club Premiership Rd 3 ES Marks	
28	29.02	+1.4		Suzanne Brown	43	13/12/2008	Club Premiership Rd 7	
29	29.12	-1.7		Catherine Macchia	22	11/10/2008	Club Premiership Rd1 Campbelltown	
30	29.13	+2.0		Kate Hobbs	13	27/11/2008	Allcomers 27 November	
31	29.30	+2.2		Rebecca Gibbs	28	7/02/2009	Allcomers 7 February	
32	29.1h	NWI	29.34	Annalese Smith	16	18/10/2008	Northern Zone R6	
33	29.64	+3.4		Olivia Caprarelli	15	25/10/2008	Club Premiership Rd 3 ES Marks	
34	29.67	-1.4		Samantha D'Souza	13	8/11/2008	Club Premiership Rd 5 SOPAC	
35	29.68	NWI		Robyn Suttor	50	28/03/2009	NSW State Masters	
36	29.96	-1.4		Gabrielle Sattout-Day	14	8/11/2008	Club Premiership Rd 5 SOPAC	
37	30.08	NWI		Samantha Tjong	16	8/11/2008	Club Premiership Rd 5 SOPAC	
38	30.0h	NWI	30.24	Danielle Cotterill	27	28/02/2009	Northern Zone R20	
39	30.29	-0.4		Janet Naylor	42	8/11/2008	Club Premiership Rd 5 SOPAC	
40	30.49	+0.9		Camilla Hayman	14	20/09/2008	Intro to Club Athletics & Allcomers	
41	30.50	+0.2		Bindi Mulligan	26	13/12/2008	Club Premiership Rd 7	
42	31.3h	NWI	31.54	Helena Smith	21	18/10/2008	Northern Zone R6	
43	31.72	NWI		Deborah Drennan	50	28/03/2009	NSW State Masters	
44	32.23	-0.4		Louise Kershaw	49	8/11/2008	Club Premiership Rd 5 SOPAC	
45	33.0h	NWI	33.24	Val Chan	21	1/11/2008	Northern Zone R8	
46	35.4h	NWI	35.64	Rochelle Sharpe	12	31/01/2009	Northern Zone R16	
47	36.34	NWI		Katryn Hodgkinson	44	25/10/2008	Club Premiership Rd 3 ES Marks	
48	37.9h	NWI	38.14	Jillian Senior	56	18/10/2008	Northern Zone R6	
49	38.0h	NWI	38.24	Margaret Thomas	52	18/10/2008	Northern Zone R6	
50	40.9h	NWI	41.14	Dorothy Kass	55	18/10/2008	Northern Zone R6	
51	41.1h	NWI	41.34	Melissa Jones	25	6/12/2008	Northern Zone R12	
52	42.7h	NWI	42.94	Nancy Lloyd	55	18/10/2008	Northern Zone R6	

Women Open 400m Run

1	56.33			Phoebe Davies	14	30/11/2008	Pacific School Games
2	56.72			Karlie Morton	15	22/11/2008	Club Premiership Rd 6 SOPAC

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
3	57.56			Anneliese Rubie	16	7/03/2009	NSW State U16, U20, U23 C'ships
4	58.22			Sianne Toemoe	19	21/02/2009	Allcomers 21 February
5	59.02			Rosemary Arnott	19	21/02/2009	Allcomers 21 February
6	59.07			Renee Vandenberg	22	27/11/2008	Allcomers 27 November
7	59.61			Tracey Morton	18	5/04/2009	Australian Club C'ships
8	59.78			Emilie Nelson	13	30/11/2008	Pacific School Games
9	1:00.65			Marie Kay	48	28/07/2008	Oceania Masters C'ships
10	1:00.97			Dominica Jenkins	19	27/11/2008	Allcomers 27 November
11	1:02.37			Allie Bartholomew	14	25/09/2008	NSW All Schools Track & Field
12	1:03.61			Caitlin Switzer	17	12/09/2008	CCC
13	1:04.36			Ashleigh Keast	21	27/11/2008	Allcomers 27 November
14	1:04.39			Gabrielle Sattout-Day	14	27/11/2008	Allcomers 27 November
15	1:05.05			Melissa Farrington	13	12/09/2008	CCC
16	1:05.49			Rubeena King	14	27/11/2008	Allcomers 27 November
17	1:05.98			Kate Hobbs	13	27/11/2008	Allcomers 27 November
18	1:06.12			Rebecca Gibbs	28	1/11/2008	Club Premiership Rd 4 Narabeen
19	1:06.28			Rebekah Cormack	16	22/11/2008	Club Premiership Rd 6 SOPAC
20	1:06.38			Jackie Bezuidenhout	42	18/10/2008	Club Premiership Rd2 Mingara
21	1:06.78			Catherine Macchia	22	18/10/2008	Club Premiership Rd2 Mingara
22	1:07.02			Charlotte Yeates	20	1/11/2008	Club Premiership Rd 4 Narabeen
23	1:07.53			Robyn Suttor	50	28/03/2009	NSW State Masters
24	1:07.61			Alexandra Book	14	27/11/2008	Allcomers 27 November
25	1:08.19			Katie Healey	14	27/11/2008	Allcomers 27 November
26	1:08.1h	1:08.24		Eliza Cepak	13	29/11/2008	Northern Zone R11
27	1:09.40			Suzanne Brown	43	1/11/2008	Club Premiership Rd 4 Narabeen
28	1:10.76			Olivia Caprarelli	15	12/09/2008	CCC
29	1:11.06			Bindi Mulligan	26	27/11/2008	Allcomers 27 November
30	1:11.2h	1:11.34		Annabel Nelson	38	27/09/2008	Northern Zone R3
31	1:11.75			Deborah Drennan	50	10/04/2009	Australian Masters C'ships
32*	1:12.2h	1:12.34		Natalie Bayly	35	11/10/2008	Northern Zone R5
32*	1:12.2h	1:12.34		Jenny Schell	46	8/11/2008	Northern Zone R9
34	1:13.3h	1:13.44		Sarah Webster	26	25/10/2008	Northern Zone R7
35	1:16.18			Louise Kershaw	49	1/11/2008	Club Premiership Rd 4 Narabeen
36	1:22.6h	1:22.74		Val Chan	21	13/09/2008	Northern Zone R1
37	1:28.7h	1:28.84		Margaret Thomas	52	25/10/2008	Northern Zone R7
38	1:31.4h	1:31.54		Jillian Senior	56	25/10/2008	Northern Zone R7
39	1:35.3h	1:35.44		Melissa Jones	25	27/09/2008	Northern Zone R3
40	1:38.2h	1:38.34		Dorothy Kass	55	27/09/2008	Northern Zone R3
41	1:39.5h	1:39.64		Nancy Lloyd	55	25/10/2008	Northern Zone R7

Women Open 800m Run

1	2:05.66			Trychelle Kingdom	17	08/07/2008	IAAF World Junior Championships	
2	2:07.96			Sianne Toemoe	20	13/02/2009	NSW Open, Under 18 & AWD C'ships	U23
3	2:15.84			Renee Vandenberg	23	13/12/2008	Club Premiership Rd 7	
4	2:21.14			Mary Fien	36	14/03/2009	Allcomers 14 March	
5	2:21.84			Ashleigh Keast	21	7/03/2009	NSW State U16, U20, U23 C'ships	
6	2:25.38			Rebecca Gibbs	28	31/01/2009	Allcomers 31 January	
7	2:26.96			Rebekah Cormack	16	19/09/2008	CIS Secondary	
8	2:29.20			Gabrielle Sattout-Day	14	14/03/2009	Allcomers 14 March	
9	2:29.86			Frances Schmiede	15	8/11/2008	Club Premiership Rd 5 SOPAC	
10	2:32.24			Rosemary Arnott	19	31/01/2009	2009 Australian U23, U19, U18-U15	
11	2:34.91			Caitlin Switzer	17	12/09/2008	CCC	
12	2:38.59			Alexandra Book	15	14/03/2009	Allcomers 14 March	
13	2:38.80			Michelle Acheson	11	9/09/2008	CIS Prim	
14	2:39.93			Robyn Suttor	49	10/11/2008	2008 Pan Pacific Masters Games	
	2:40.52			Robyn Suttor	50	10/4/2009	Australian Masters C'ships	W50
15	2:41.40			Suzanne Brown	43	10/04/2009	Australian Masters C'ships	
16	2:43.92			Bindi Mulligan	26	14/03/2009	Allcomers 14 March	
17	2:44.7h	2:44.70		Annalese Smith	16	6/12/2008	Northern Zone R12	
18	2:50.09			Deborah Drennan	50	28/03/2009	NSW State Masters	
19	2:50.52			Eliza Cepak	13	3/01/2009	NSW Combined Events C'ships	
20	3:10.2h	3:10.20		Annabel Nelson	38	20/09/2008	Northern Zone R2	
21	3:30.8h	3:30.80		Lesley Eller	65	28/02/2009	Northern Zone R20	
22	3:33.1h	3:33.10		Val Chan	21	1/11/2008	Northern Zone R8	
23	3:38.4h	3:38.40		Jillian Senior	56	18/10/2008	Northern Zone R6	
24	3:39.3h	3:39.30		Margaret Thomas	52	18/10/2008	Northern Zone R6	
25	3:40.8h	3:40.80		Nancy Lloyd	55	18/10/2008	Northern Zone R6	
26	3:59.4h	3:59.40		Dorothy Kass	55	6/12/2008	Northern Zone R12	
27	4:09.8h	4:09.80		Melissa Jones	25	20/09/2008	Northern Zone R2	

Women Open 1500m Run

1	4:55.22			Mary Fien	36	28/03/2009	NSW State Masters	
2	5:04.01			Ashleigh Keast	21	13/02/2009	NSW Open, Under 18 & AWD Championshi	
3	5:08.40			Rebekah Cormack	16	25/09/2008	NSW All Schools Track & Field	
4	5:15.77			Georgia Edis	15	19/09/2008	CIS	

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5	5:23.5h	5:23.50		Rebecca Gibbs	28	29/11/2008	Northern Zone R11	
6	5:41.0h	5:41.00		Annalese Smith	16	29/11/2008	Northern Zone R11	
7	5:48.99			Gabrielle Sattout-Day	14	20/09/2008	Intro to Club Athletics & Allcomers	
8	5:50.9h	5:50.90		Helena Smith	21	27/09/2008	Northern Zone R3	
9	5:55.12			Bindi Mulligan	26	22/11/2008	Club Premiership Rd 6 SOPAC	
10	6:00.73			Deborah Drennan	50	10/04/2009	Australian Masters C'ships	
11	6:01.5h	6:01.50		Hilary Gumley	18	11/10/2008	Northern Zone R5	
12	6:04.79			Suzanne Brown	43	10/04/2009	Australian Masters C'ships	
13	6:12.40			Catherine Macchia	22	1/11/2008	Club Premiership Rd 4 Narabeen	
14	6:44.0h	6:44.00		Jenny Schell	46	27/09/2008	Northern Zone R3	
15	6:53.9h	6:53.90		Annabel Nelson	38	25/10/2008	Northern Zone R7	
16	6:54.3h	6:54.30		Natalie Bayly	35	13/09/2008	Northern Zone R1	
17	7:08.2h	7:08.20		Lesley Eller	65	7/03/2009	Northern Zone	
18	7:33.3h	7:33.30		Nancy Lloyd	55	11/10/2008	Northern Zone R5	
19	7:46.1h	7:46.10		Margaret Thomas	52	8/11/2008	Northern Zone R9	
20	7:47.1h	7:47.10		Eliza Cepak	13	27/09/2008	Northern Zone R3	
21	7:47.7h	7:47.70		Val Chan	21	11/10/2008	Northern Zone R5	
22	8:05.6h	8:05.60		Dorothy Kass	55	27/09/2008	Northern Zone R3	
Women Open 3000m Run								
1	10:17.39			Jane Miles	26	8/11/2008	Club Premiership Rd 5 SOPAC	
2	10:55.96			Mary Fien	36	5/04/2009	Australian Club C'ships	
3	11:27.01			Rebekah Cormack	16	25/09/2008	NSW All Schools Track & Field	
4	12:04.62			Rebecca Gibbs	28	13/12/2008	Club Premiership Rd 7	
5	13:13.8h			Hilary Gumley	18	4/10/2008	Northern Zone R4	
6	14:47.1h			Deborah Drennan	50	14/02/2009	Northern Zone R18	
7	16:21.2h			Nancy Lloyd	55	18/10/2008	Northern Zone R6	
8	17:59.7h			Dorothy Kass	55	1/11/2008	Northern Zone R8	
9	18:36.2h			Margaret Thomas	52	28/02/2009	Northern Zone R20	
Women Open 5000m Run								
1	18:12.87			Jane Miles	26	22/01/2009	Waratah Invitational Series 22 January	
2	19:29.37			Mary Fien	36	10/04/2009	Australian Masters C'ships	
Women Open 1500m Walk								
1	9:08.3h			Nancy Lloyd	55	1/11/2008	Northern Zone R8	W55
2	11:34.7h			Dorothy Kass	55	20/09/2008	Northern Zone R2	
3	11:37.2h			Annabel Nelson	38	20/09/2008	Northern Zone R2	
4	11:42.80			Val Chan	21	1/11/2008	Northern Zone R8	
Women Open 3000m Walk								
1	17:04.25			Christina Alldis	22	31/01/2009	Allcomers 31 January	OPEN
2	19:14.69			Suzanne Brown	43	13/12/2008	Club Premiership Rd 7	W40
3	19:55.41			Nancy Lloyd	54	13/12/2008	Club Premiership Rd 7	
4	24:19.0h			Dorothy Kass	55	29/11/2008	Northern Zone R11	W55
Women Open 5000m Walk								
1	30:20.43			Suzanne Brown	43	10/04/2009	Australian Masters C'ships	W40
2	33:32.07			Nancy Lloyd	55	10/04/2009	Australian Masters C'ships	W55
Women Open 80m Hurdles 0.762 (masters)								
1	12.34	+1.0		Marie Kay	48	28/07/2008	Oceania Masters C'ships	W45
Women Open 80m Hurdles 0.762 (juniors)								
1	12.20	+1.9		Melissa Farrington	13	30/11/2008	Pacific School Games	U14
2	13.17	+2.7		Elizabeth Clay	13	30/11/2008	Pacific School Games	
3	13.55	NWI		Marie Kay	48	22/11/2008	Club Premiership Rd 5 SOPAC	
4	14.36	+1.5		Jackie Bezuidenhout	41	11/10/2008	Club Premiership Rd1 Campbelltown	
5	15.02	NWI		Kate Hobbs	13	14/08/2008	CHS R North Sydney Region	
Women Open 90m Hurdles 0.762								
1	15.06	NWI		Katie Healey	15	14/03/2009	Allcomers 14 March	
2	16.60			Eliza Cepak	13	11/10/2009	NSW All Schools Multi Events C'ships	
Women Open 100m Hurdles 0.840								
1	14.52	+0.7		Rosemary Arnott	19	28/02/2009	Sydney Track Classic	
Women Open 200m Hurdles 0.762								
1	29.34	+1.3		Rosemary Arnott	19	7/02/2009	Allcomers 7 February	
2	30.92	-0.7		Marie Kay	49	5/04/2009	Australian Club C'ships	W45
3	32.78	-0.5		Katie Healey	14	25/09/2008	NSW All Schools Track & Field	
4	33.05	NWI		Alexandra Book	14	22/11/2008	Club Premiership Rd 6 SOPAC	
5	33.28	+0.4		Elizabeth Clay	13	22/11/2008	Club Premiership Rd 6 SOPAC	
Women Open 400m Hurdles 0.762								

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
1	1:03.38			Rosemary Arnott	19	7/02/2009	Allcomers 7 February
2	1:04.24			Elle Farrington	17	30/11/2008	Pacific School Games
3	1:04.72			Marie Kay	48	28/07/2008	Oceania Masters C'ships
4	1:06.81			Georgia Edis	15	30/11/2008	Pacific School Games
5	1:18.44			Catherine Macchia	22	1/11/2008	Club Premiership Rd 4 Narabeen
Women Open 2000m Steeple Chase							
1	7:33.68			Mary Fien	36	10/04/2009	Australian Masters C'ships
2	7:57.48			Gabrielle Sattout-Day	14	22/11/2008	Club Premiership Rd 6 SOPAC
3	8:07.30			Francesca Teng	16	21/02/2009	Allcomers 21February
Women Open 3000m Steeple Chase							
1	11:53.53			Mary Fien	36	13/02/2009	NSW Open, Under 18 & AWD C'ships
2	13:44.80			Rebecca Gibbs	28	22/11/2008	Club Premiership Rd 6 SOPAC
Women Open High Jump							
1*	1.73m			Rosemary Arnott	19	1/11/2008	Club Premiership Rd 4 Narabeen
	<i>1.69m</i>			<i>Rosemary Arnott</i>	20	<i>31/1/2009</i>	<i>2009 Australian U23 Heptathlon C'ships</i>
1*	1.73m			Freya Sombroek	17	25/09/2008	NSW All Schools Track & Field
3	1.54m			Danielle Cotterill	27	5/04/2009	Australian Club C'ships
4*	1.51m			Alexandra Moulos	23	15/11/2008	State Relay C'ships
4*	1.51m			Melissa Farrington	13	15/11/2008	State Relay C'ships
6	1.46m			Phoebe Kershaw	16	15/11/2008	State Relay C'ships
7	1.41m			Eliza Cepak	13	15/11/2008	State Relay C'ships
8	1.40m			Jackie Bezuidenhout	42	13/12/2008	Club Premiership Rd 7
9	1.35m			Marie Kay	48	13/12/2008	Club Premiership Rd 7
10	1.20m			Annalese Smith	16	6/12/2008	Northern Zone R12
11	1.00m			Jillian Senior	56	6/12/2008	Northern Zone R12
13*	.90m			Helena Smith	21	6/12/2008	Northern Zone R12
13*	.90m			Dorothy Kass	55	6/12/2008	Northern Zone R12
Women Open Pole Vault							
1	2.30m			Alexandra Gall	13	22/11/2008	Club Premiership Rd 6 SOPAC
	<i>2.30m</i>			<i>Alexandra Gall</i>	14	<i>7/3/2009</i>	<i>NSW State U16, U20, U23 C'ships</i>
2	2.10m			Emma Nash	13	7/3/2009	NSW State U16, U20, U23 C'ships
Women Open Long Jump							
1	5.44m	+2.9		Melissa Farrington	13	15/11/2008	State Relay C'ships
	<i>5.33m</i>	<i>+0.0</i>		<i>Melissa Farrington</i>	13	<i>30/11/2008</i>	<i>Pacific School Games</i>
2	5.33m	+2.9		Phoebe Kershaw	16	25/09/2008	NSW All Schools Track & Field
3	5.20m	NWI		Rosemary Arnott	20	3/01/2009	NSW Combined Events C'ships
4	5.16m	NWI		Marie Kay	48	15/11/2008	State Relay C'ships
5	5.09m	NWI		Maren Schuermann	23	27/11/2008	Allcomers 27 November
6	4.91m	NWI		Jackie Bezuidenhout	42	28/03/2009	NSW State Masters
7	4.75m	NWI		Georgia Edis	15	25/09/2008	NSW All Schools Track & Field
8	4.60m	NWI		Pippa Kensit	14	15/11/2008	State Relay C'ships
9	4.46m	NWI		Olivia Caparelli	15	8/11/2008	Club Premiership Rd 5 SOPAC
10	4.38m			Eliza Cepak	13	24/01/2009	Northern Zone R15
11	4.24m			Sarah Webster	26	11/10/2008	Northern Zone R5
12	4.08m	NWI		Samantha D'Souza	13	8/11/2008	Club Premiership Rd 5 SOPAC
13	4.03m	NWI		Tansy Bracka	14	8/11/2008	Club Premiership Rd 5 SOPAC
14	4.01m			Annalese Smith	16	25/10/2008	Northern Zone R7
15	3.84m	NWI		Catherine Macchia	22	11/10/2008	Club Premiership Rd1 Campbelltown
16	3.80m			Val Chan	21	27/09/2008	Northern Zone R3
17	3.77m			Helena Smith	21	8/11/2008	Northern Zone R9
18	3.57m			Sophie Scarlett	15	25/10/2008	Northern Zone R7
19	3.45m	NWI		Dominica Jenkins	19	11/10/2008	Club Premiership Rd1 Campbelltown
20	3.40m			Jenny Schell	46	27/09/2008	Northern Zone R3
21	3.25m			Jillian Senior	56	29/11/2008	Northern Zone R11
22	3.01m			Margaret Thomas	52	25/10/2008	Northern Zone R7
23	2.69m			Melissa Jones	25	8/11/2008	Northern Zone R9
24	2.59m			Dorothy Kass	55	8/11/2008	Northern Zone R9
Women Open Triple Jump							
1	11.71m	+0.7		Phoebe Kershaw	16	25/09/2008	NSW All Schools Track & Field
2	10.17m	NWI		Marie Kay	48	22/11/2008	Club Premiership Rd 6 SOPAC
3	9.99m	NWI		Elizabeth Clay	13	5/04/2009	Australian Club C'ships
4	9.87m	NWI		Danielle Cotterill	27	5/04/2009	Australian Club C'ships
5	9.48m	NWI		Maren Schuermann	23	22/11/2008	Club Premiership Rd 6 SOPAC
6	9.39m	NWI		Katie Healey	14	1/11/2008	Club Premiership Rd 4 Narabeen
7	9.15m			Annalese Smith	16	18/10/2008	Northern Zone R6
8	9.14m	NWI		Eliza Cepak	13	1/11/2008	Club Premiership Rd 4 Narabeen
9	8.06m			Val Chan	21	1/11/2008	Northern Zone R8
10	7.97m	NWI		Catherine Macchia	22	1/11/2008	Club Premiership Rd 4 Narabeen
11	7.86m			Helena Smith	21	6/12/2008	Northern Zone R12

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
12	7.55m			Rochelle Sharpe	12	18/10/2008	Northern Zone R6
13	7.22m			Jessica Bonser	16	18/10/2008	Northern Zone R6
14	7.01m			Jillian Senior	56	6/12/2008	Northern Zone R12
15	6.80m			Margaret Thomas	52	22/11/2008	Northern Zone R10
16	6.30m			Melissa Jones	25	6/12/2008	Northern Zone R12
17	5.55m			Dorothy Kass	55	18/10/2008	Northern Zone R6
Women Open Shot Put 3.0kg							
1	10.61m			Eliza Cepak	13	13/09/2008	Northern Zone R1
2	9.23m			Kate Hobbs	13	14/08/2008	CHS R North Syd Sec
3	8.57m			Melissa Farrington	13	15/11/2008	State Relay C'ships
4	7.04m			Kerrie Jones	55	6/12/2008	Northern Zone R12
5	6.57m			Jillian Senior	56	6/12/2008	Northern Zone R12
6	6.20m			Rochelle Sharpe	12	15/11/2008	State Relay C'ships
7	5.95m			Karen Jones	56	11/10/2008	Northern Zone R5
8	5.90m			Margaret Thomas	52	11/10/2008	Northern Zone R5
9	5.69m			Dorothy Kass	55	8/11/2008	Northern Zone R9
10	4.83m			Elvire Asprey	76	29/11/2008	Northern Zone R11
Women Open Shot Put 4.0kg							
1	10.79m			Melissa Bonser	38	6/12/2008	Northern Zone R12
2	9.90m			Marie Kay	48	15/11/2008	State Relay C'ships
3	9.53m			Caroline Layt	43	5/12/2008	Illawong Summer Series Week11
4	8.81m			Danielle Cotterill	27	5/04/2009	Australian Club C'ships
5	8.67m			Helena Smith	21	29/11/2008	Northern Zone R11
6	8.58m			Rosemary Arnott	19	21/02/2009	Allcomers 21 February
7	8.40m			Jessica Bonser	16	27/09/2008	Northern Zone R3
8	8.32m			Eliza Cepak	13	7/03/2009	NSW State U16, U20, U23 C'ships
9	8.21m			Emily Heckendorf	17	15/11/2008	State Relay C'ships
10*	8.15m			Natalie Bayly	35	11/10/2008	Northern Zone R5
10*	8.15m			Annalese Smith	16	13/09/2008	Northern Zone R1
12	7.96m			Bindi Mulligan	26	22/11/2008	Club Premiership Rd 6 SOPAC
13	7.93m			Val Chan	21	11/10/2008	Northern Zone R5
14	7.78m			Sarah Webster	26	7/02/2009	Northern Zone R17
15	7.63m			Sophie Scarlett	15	4/10/2008	Northern Zone R4
16	7.60m			Suzanne Brown	43	1/11/2008	Club Premiership Rd 4 Narabeen
17	7.53m			Jenny Schell	46	27/09/2008	Northern Zone R3
18	7.39m			Christina Grun	15	15/11/2008	State Relay C'ships
19	6.99m			Louise Kershaw	49	1/11/2008	Club Premiership Rd 4 Narabeen
20	6.91m			Janet Naylor	42	22/11/2008	Club Premiership Rd 6 SOPAC
21	6.79m			Melissa Jones	25	20/09/2008	Northern Zone R2
22	6.72m			Kerrie Jones	55	20/09/2008	Northern Zone R2
23	6.67m			Jackie Bezuidenhout	42	6/12/2008	Northern Zone R12
24	6.59m			Charlotte Yeates	20	1/11/2008	Club Premiership Rd 4 Narabeen
25	6.48m			Annabel Nelson	38	6/12/2008	Northern Zone R12
26	6.26m			Jillian Senior	56	25/10/2008	Northern Zone R7
27	5.82m			Karen Jones	56	20/09/2008	Northern Zone R2
28	5.72m			Margaret Thomas	52	25/10/2008	Northern Zone R7
29	5.28m			Dorothy Kass	55	20/09/2008	Northern Zone R2
Women Open Discus 1.0kg							
1	36.18m			Eliza Cepak	14	5/04/2009	Australian Club C'ships
2	30.61m			Emily Heckendorf	17	15/11/2008	State Relay C'ships
3	30.45m			Marie Kay	48	22/11/2008	Club Premiership Rd 6 SOPAC
4	28.55m			Caroline Layt	43	5/12/2008	Illawong Summer Series Week11
5	27.56m			Christina Grun	15	19/09/2008	CIS Secondary
6	26.98m			Melissa Bonser	38	28/02/2009	Northern Zone R20
7	26.71m			Helena Smith	21	18/10/2008	Northern Zone R6
8	25.83m			Melissa Bonser	38	28/03/2009	NSW State Masters
9	24.66m			Rochelle Sharpe	12	6/12/2008	Northern Zone R12
10	24.20m			Kate Hobbs	13	14/08/2008	CHS R North Syd Sec
11	24.15m			Sarah Gardiner	15	12/09/2008	CCC
12	23.71m			Sophie Scarlett	15	4/10/2008	Northern Zone R4
13	22.79m			Jessica Bonser	16	1/11/2008	Northern Zone R8
14	22.20m			Melissa Jones	25	20/09/2008	Northern Zone R2
15	21.37m			Annalese Smith	16	6/12/2008	Northern Zone R12
16	20.95m			Janet Naylor	42	22/11/2008	Club Premiership Rd 6 SOPAC
17	20.82m			Kerrie Jones	55	18/10/2008	Northern Zone R6
18	20.58m			Rebekah Cormack	16	22/11/2008	Club Premiership Rd 6 SOPAC
19	18.72m			Margaret Thomas	52	18/10/2008	Northern Zone R6
20	18.15m			Val Chan	21	1/11/2008	Northern Zone R8
21	18.14m			Annabel Nelson	38	6/12/2008	Northern Zone R12
22	18.10m			Danielle Cotterill	27	28/02/2009	Northern Zone R20
23	16.92m			Jillian Senior	56	28/02/2009	Northern Zone R20
24	16.82m			Karen Jones	56	14/02/2009	Northern Zone R18

U14

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
25	13.96m			Dorothy Kass	55	20/09/2008	Northern Zone R2
Women Open Hammer 3.0kg							
1	22.38m			Kerrie Jones	55	7/03/2009	NSW Masters Weight Pentathlon
2	21.62m			Karen Jones	56	21/02/2009	Northern Zone R19
3	20.29m			Jillian Senior	56	24/01/2009	Northern Zone R15
4	20.22m			Margaret Thomas	52	8/11/2008	Northern Zone R9
Women Open Hammer 4.0kg							
1	36.57m			Melissa Bonser	38	11/10/2008	Northern Zone R5
2	32.54m			Caroline Layt	43	27/09/2008	Northern Zone R3
3	27.55m			Helena Smith	21	7/03/2009	Northern Zone
4	27.18m			Melissa Jones	25	11/10/2008	Northern Zone R5
5	26.30m			Sophie Scarlett	15	8/11/2008	Northern Zone R9
6	25.19m			Jessica Bonser	16	8/11/2008	Northern Zone R9
7	19.59m			Karen Jones	56	8/11/2008	Club Premiership Rd 5 SOPAC
8	18.58m			Eliza Cepak	13	13/09/2008	Northern Zone R1
9	15.16m			Jenny Schell	46	8/11/2008	Northern Zone R9
10	14.58m			Sarah Webster	26	11/10/2008	Northern Zone R5
11	14.25m			Val Chan	21	27/09/2008	Northern Zone R3
12	13.23m			Annabel Nelson	38	25/10/2008	Northern Zone R7
Women Open Javelin 400g							
1	31.64m			Eliza Cepak	13	25/09/2008	NSW All Schools Track & Field
2	23.30m			Kate Hobbs	13	14/08/2008	CHS R North Syd Sec
3	16.73m			Rochelle Sharpe	12	25/10/2008	Northern Zone R7
4	8.15m			Elvire Asprey	76	29/11/2008	Northern Zone R11
Women Open Javelin 500g							
1	15.15m			Margaret Thomas	52	8/11/2008	Northern Zone R9
2	13.29m			Kerrie Jones	55	8/11/2008	Northern Zone R9
3	12.27m			Jillian Senior	56	7/02/2009	Northern Zone R17
4	10.58m			Karen Jones	56	21/02/2009	Northern Zone R19
Women Open Javelin 600g							
1	41.67m			Megan Horne	17	19/03/2009	2009 National Open & AWD C'ships
2	35.22m			Christina Grun	15	19/09/2008	CIS Sec
3	33.31m			Ashleigh Knight	17	30/11/2008	Pacific School Games
4	31.66m			Eliza Cepak	13	3/01/2009	NSW Combined Events C'ships
5	31.14m			Rosemary Arnott	19	4/02/2009	Allcomers Blacktown 4 February
6	29.60m			Sarah Webster	26	27/09/2008	Northern Zone R3
7	29.30m			Annalese Smith	16	27/09/2008	Northern Zone R3
8	25.18m			Jessica Bonser	16	27/09/2008	Northern Zone R3
9	24.87m			Melissa Bonser	38	29/11/2008	Northern Zone R11
10	22.72m			Helena Smith	21	25/10/2008	Northern Zone R7
11	22.10m			Janet Naylor	42	8/11/2008	Club Premiership Rd 5 SOPAC
12	21.67m			Val Chan	21	27/09/2008	Northern Zone R3
13	21.04m			Sophie Scarlett	15	25/10/2008	Northern Zone R7
14	18.68m			Natalie Bayly	35	13/09/2008	Northern Zone R1
15	17.85m			Marjolein Van Geest	19	7/03/2009	Northern Zone
16	17.55m			Caroline Layt	43	7/03/2009	Northern Zone
17	17.38m			Melissa Jones	25	10/01/2009	Northern Zone R13
18	17.21m			Louise Kershaw	49	8/11/2008	Club Premiership Rd 5 SOPAC
19	13.33m			Annabel Nelson	38	27/09/2008	Northern Zone R3
Women Open Weight Throw 7.26kg							
1	12.56m			Jessica Bonser	16	6/12/2008	Northern Zone R12
2	11.35m			Sophie Scarlett	15	18/10/2008	Northern Zone R6
3	7.62m			Kerrie Jones	55	22/11/2008	Northern Zone R10
4	7.61m			Jillian Senior	56	6/12/2008	Northern Zone R12
5	6.78m			Karen Jones	56	28/03/2009	NSW State Masters
6	6.57m			Margaret Thomas	52	20/09/2008	Northern Zone R2
7	5.24m			Dorothy Kass	55	20/09/2008	Northern Zone R2
Women Open Weight Throw 9.08kg							
1	10.66m			Melissa Bonser	38	7/03/2009	NSW Masters Weight Pentathlon
1	10.43m			Caroline Layt	43	10/04/2009	Australian Masters C'ships
3	9.09m			Helena Smith	21	18/10/2008	Northern Zone R6
4	6.76m			Melissa Jones	25	18/10/2008	Northern Zone R6
Women Open Heptathlon							
1	4509			Rosemary Arnott	20	31/01/2009	2009 Australian U23 Heptathlon C'ships
2	3302			Eliza Cepak	13	11/10/2008	NSW All Schools Multi Events C'ships
Women Open Weight Pentathlon							

W35

W55

U23

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
1	2570			Caroline Layt	43	10/04/2009	Australian Masters C' ships
2	2676			Melissa Bonser	38	7/03/2009	NSW Masters Weight Pentathlon
3	2191			Kerrie Jones	55	7/03/2009	NSW Masters Weight Pentathlon
4	1664			Karen Jones	56	7/03/2009	NSW Masters Weight Pentathlon

Track and Field - Men

Men Open 60m Sprint

1	7.17	+1.6		Stephen Andrezza	20	25/10/2008	Club Premiership Rd 3 ES Marks
2*	7.26	+1.6		Ashley McMahon	33	25/10/2008	Club Premiership Rd 3 ES Marks
2*	7.26	NWI		Andrew Clark	24	11/10/2008	Club Premiership Rd 1 Bankstown
4	7.1h	NWI	7.34	Lewis Clark	17	25/10/2008	Club Premiership Rd 3 Blacktown
5	7.41	NWI		Oliver Holland	19	11/10/2008	Club Premiership Rd 1 Bankstown
6	7.2h	NWI	7.44	James Dooley	17	25/10/2008	Club Premiership Rd 3 Blacktown
7	7.57	+0.1		Robbie Baskin	19	11/10/2008	Club Premiership Rd1 Campbelltown
8	7.59	NWI		Andrew Fuller	23	11/10/2008	Club Premiership Rd 1 Bankstown
9	7.4h	NWI	7.64	Ben Noone	19	6/12/2008	Northern Zone R12
10	7.71	NWI		Michael McDonnell	29	11/10/2008	Club Premiership Rd 1 Bankstown
11	7.5h	NWI	7.74	Evan James	26	31/01/2009	Northern Zone R16
12*	7.6h	NWI	7.84	Danny Moore	16	1/11/2008	Northern Zone R8
12*	7.6h	NWI	7.84	Antony Guest	43	18/10/2008	Northern Zone R6
14	7.93	+0.6		Evan Walsh	40	25/10/2008	Club Premiership Rd 3 ES Marks
15	7.7h	NWI	7.94	Jon Harwood	26	17/01/2009	Northern Zone R14
16	7.8h	NWI	8.04	Alexander Godbold	19	6/12/2008	Northern Zone R12
17	7.9h	NWI	8.14	Andrew Wu	20	31/01/2009	Northern Zone R16
18	8.0h	NWI	8.24	Myalls Paterson	15	25/10/2008	Club Premiership Rd 3 Blacktown
19	8.28	NWI		Anthony Crimi	47	28/03/2009	NSW State Masters
20*	8.1h	NWI	8.34	Adam Parsonage	41	14/02/2009	Northern Zone R18
20*	8.1h	NWI	8.34	Aidan Thomas	23	18/10/2008	Northern Zone R6
20*	8.1h	NWI	8.34	Declan Patton	24	4/10/2008	Northern Zone R4
23	8.43	NWI		Lewis Harwood	23	11/10/2008	Club Premiership Rd 1 Bankstown
24	8.2h	NWI	8.44	Matthew Mountfort	15	6/12/2008	Northern Zone R12
25	8.44	NWI		Michael Stark	26	11/10/2008	Club Premiership Rd 1 Bankstown
26	8.55	NWI		Laurence Cong	15	11/10/2008	Club Premiership Rd 1 Bankstown
27	8.61	-3.0		Jack Richardson	16	11/10/2008	Club Premiership Rd1 Campbelltown
28	8.4h	NWI	8.64	John Kay	49	25/10/2008	Club Premiership Rd 3 Blacktown
29	8.6h	NWI	8.84	Mark Cepak	49	28/02/2009	Northern Zone R20
30	8.7h	NWI	8.94	Robert Stepanovich	53	17/01/2009	Northern Zone R14
31	9.00	-3.0		William Richardson	12	11/10/2008	Club Premiership Rd1 Campbelltown
32	8.8h	NWI	9.04	Eamon Brown	21	17/01/2009	Northern Zone R14
33*	9.1h	NWI	9.34	Ron Bendall	56	25/10/2008	Club Premiership Rd 3 Blacktown
33*	9.1h	NWI	9.34	Warren Jones	28	6/12/2008	Northern Zone R12
35	9.3h	NWI	9.54	Terrence Carter	51	31/01/2009	Northern Zone R16
36*	9.4h	NWI	9.64	Doug Barrett	56	31/01/2009	Northern Zone R16
36*	9.4h	NWI	9.64	Kieran Courtney	29	25/10/2008	Club Premiership Rd 3 Blacktown
38	9.80	+2.2		Austin Reginald	72	28/03/2009	NSW State Masters
39	9.7h	NWI	9.94	Charles Hobden	72	18/10/2008	Northern Zone R6
40	9.8h	NWI	10.04	David Kass	16	20/09/2008	Northern Zone R2
41*	9.9h	NWI	10.14	Geoffrey Francis	66	17/01/2009	Northern Zone R14
41*	9.9h	NWI	10.14	Tristan Paterson	13	25/10/2008	Club Premiership Rd 3 Blacktown
43	10.56	+2.2		Brian Hamilton	70	28/03/2009	NSW State Masters
44	11.3h	NWI	11.54	Ronald Shoemsmith	61	17/01/2009	Northern Zone R14

Men Open 100m Sprint

1	10.69	+3.5		Andrew Clark	24	7/02/2009	Allcomers 7 February
2	10.76	+3.5		Lewis Clark	17	7/02/2009	Allcomers 7 February
3	10.91	NWI		Greg Jeloudev	18	10/05/2008	GPS
4	10.92	+0.9		Robbie Baskin	20	14/03/2009	Allcomers 14 March
5	10.96	NWI		Evan O'Hanlon	20	6/09/2008	Beijing 2008 Paralympics
6	11.01	+2.1		James Dooley	17	30/11/2008	Pacific School Games
7	11.09	+1.1		Stephen Andrezza	21	10/01/2009	Waratah Invitational series
8	11.15	+2.3		Ashley McMahon	33	18/10/2008	Club Premiership Rd2 Mingara
9	11.16	+1.1		Jeremy Firth	26	10/01/2009	Waratah Invitational series
10	11.27	+2.8		Jacob Holt	22	10/01/2009	Waratah Invitational series
11	11.36	+0.7		Raymond Smith	15	20/09/2008	Intro to Club Athletics & Allcomers
12	11.39	+2.0		Giuliana Fonte	17	25/09/2008	NSW All Schools Track & Field
13	11.43	-1.9		David Schwab	18	13/12/2008	Club Premiership Rd 7
14	11.54	+1.6		Oliver Holland	19	18/10/2008	Club Premiership Rd2 Mingara
15	11.66	+2.3		Michael Scott	21	31/01/2009	Allcomers 31January
16*	11.67	+0.0		Ben Noone	19	18/10/2008	Club Premiership Rd2 Mingara
16*	11.67	-0.4		Sean Barnes	19	21/02/2009	Allcomers 21 February
18	11.85	+2.5		Andrew Fuller	23	31/01/2009	Allcomers 31January
19	11.87	+1.5		Sean Wilkins	16	14/03/2009	Allcomers 14 March
20	11.9h	NWI	12.14	Evan James	26	13/09/2008	Northern Zone R1

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
21	12.18	+0.0		Alexander Godbold	19	18/10/2008	Club Premiership Rd2 Mingara
22	12.34	-0.5		Frazer Dowling	28	18/10/2008	Club Premiership Rd2 Illawong
23*	12.35	NWI		Nicolas Vogel	13	10/05/2008	GPS
23*	12.35	+0.1		Matthew Gardiner	15	25/09/2008	NSW All Schools Track & Field
23*	12.35	+2.3		Alexander To	19	7/02/2009	Allcomers 7 February
23*	12.35	-0.8		Michael McDonnell	29	1/11/2008	Club Premiership Rd 4 Narabeen
27	12.50	+0.5		Myalls Paterson	15	14/03/2009	Allcomers 14 March
28	12.3h	NWI	12.54	Evan Walsh	40	27/09/2008	Northern Zone R3
29	12.61	+0.5		Jack Richardson	16	4/10/2008	Intro to Club Athletics & Allcomers
30	12.63	NWI		Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships
31*	12.4h	NWI	12.64	Dave Thacker	28	25/10/2008	Northern Zone R7
31*	12.4h	NWI	12.64	Jon Harwood	26	27/09/2008	Northern Zone R3
33*	12.5h	NWI	12.74	Clay Tompkins	55	10/01/2009	Northern Zone R13
33*	12.5h	NWI	12.74	Antony Guest	43	13/09/2008	Northern Zone R1
35	12.6h	NWI	12.84	Matthew Mountfort	15	10/01/2009	Northern Zone R13
36	12.7h	NWI	12.94	Adam Parsonage	41	7/02/2009	Northern Zone R17
37	12.99	+1.1		Anthony Crimi	47	28/03/2009	NSW State Masters
38	13.23	+0.0		Declan Patton	24	18/10/2008	Club Premiership Rd2 Mingara
39	13.27	+2.0		David Smith	53	13/12/2008	Club Premiership Rd 7
40	13.1h	NWI	13.34	Aidan Thomas	23	25/10/2008	Northern Zone R7
41	13.2h	NWI	13.44	Andrew Wu	20	24/01/2009	Northern Zone R15
42	13.53	NWI		Michael Stark	26	18/10/2008	Club Premiership Rd2 Mingara
43	13.60	+0.2		John Kay	49	22/11/2008	Club Premiership Rd 6 SOPAC
44*	13.4h	NWI	13.64	Ray Lawrence	62	7/02/2009	Northern Zone R17
44*	13.4h	NWI	13.64	Lewis Harwood	23	13/09/2008	Northern Zone R1
46	13.78	-1.5		Laurence Cong	15	18/10/2008	Club Premiership Rd2 Illawong
47	14.13	-0.5		Mark Cepak	49	22/11/2008	Club Premiership Rd 6 SOPAC
48	13.9h	NWI	14.14	Hovik Keshishian	47	29/11/2008	Northern Zone R11
49	14.0h	NWI	14.24	Eamon Brown	21	24/01/2009	Northern Zone R15
50	14.37	+2.1		Ron Bendall	56	13/12/2008	Club Premiership Rd 7
51	14.2h	NWI	14.44	Robert Stepanovich	53	24/01/2009	Northern Zone R15
52	14.60	NWI		Kieran Courtney	29	18/10/2008	Club Premiership Rd2 Mingara
53	14.6h	NWI	14.84	Stephen Ball	55	29/11/2008	Northern Zone R11
54	14.7h	NWI	14.94	George Clark	49	21/02/2009	Northern Zone R19
55	15.14	+1.1		Austin Reginald	72	28/03/2009	NSW State Masters
56	15.30	+2.1		Terrence Carter	51	13/12/2008	Club Premiership Rd 7
57*	15.1h	NWI	15.34	Warren Jones	28	13/09/2008	Northern Zone R1
57*	15.1h	NWI	15.34	Zoran Novicic	48	8/11/2008	Northern Zone R9
59	15.39	+2.2		Tristan Paterson	13	18/10/2008	Club Premiership Rd2 Mingara
60	15.3h	NWI	15.54	David Kass	16	29/11/2008	Northern Zone R11
61	15.55	NWI		Edward Trippas	9	17/09/2008	CHS R North Syd Prim
62	15.4h	NWI	15.64	Doug Barrett	56	11/10/2008	Northern Zone R5
63	15.5h	NWI	15.74	Geoffrey Francis	66	24/01/2009	Northern Zone R15
64	15.7h	NWI	15.94	Charles Hobden	72	25/10/2008	Northern Zone R7
65	17.01	+1.1		Brian Hamilton	70	28/03/2009	NSW State Masters
66	18.5h	NWI	18.74	Ronald Shoemsmith	61	10/01/2009	Northern Zone R13

M55

M70

Men Open 200m Sprint

1	21.89	NWI		Greg Jeloudev	18	10/05/2008	GPS
2	21.93	+3.3		Andrew Clark	24	7/02/2009	Allcomers 7 February
3*	21.98	NWI		Evan O'Hanlon	20	6/09/2008	Beijing 2008 Paralympics
3*	21.98	+2.0		James Dooley	17	7/03/2009	NSW State U16, U20, U23 C'ships
5	22.03	+2.0		Lewis Clark	17	7/03/2009	NSW State U16, U20, U23 C'ships
6	22.39	+1.8		Robbie Baskin	19	14/03/2009	Allcomers 14 March
7	22.41	+0.8		Stephen Andreazza	21	10/01/2009	Waratah Invitational series
8	22.56	+1.2		Jacob Holt	22	10/01/2009	Waratah Invitational series
9	22.59	+1.8		Raymond Smith	15	25/09/2008	NSW All Schools Track & Field
10	22.60	+0.7		Ashley McMahon	33	8/11/2008	Club Premiership Rd 5 SOPAC
11	22.76	+3.1		Jeremy Firth	26	10/01/2009	Waratah Invitational series
12	23.41	+2.2		David Schwab	18	27/11/2008	Allcomers 27 November
13*	23.47	-0.1		Oliver Holland	19	13/12/2008	Club Premiership Rd 7
13*	23.47	+2.2		Michael Scott	21	7/02/2009	Allcomers 7 February
15	23.61	-0.3		Ben Colless	19	20/09/2008	Intro to Club Athletics & Allcomers
16	23.5h	NWI	23.74	Ben Noone	19	25/10/2008	Club Premiership Rd 3 Blacktown
17	23.92	+1.7		Andrew Fuller	23	27/11/2008	Allcomers 27 November
18	23.99	-1.4		Alexander Godbold	19	11/10/2008	Club Premiership Rd1 Campbelltown
19	23.9h	NWI	24.14	Nick Bromley	25	25/10/2008	Club Premiership Rd 3 Blacktown
20	24.30	NWI		Ciaan Perera	14	19/09/2008	CIS Secondaryondary
21	24.42	+3.2		Alexander To	19	7/02/2009	Allcomers 7 February
22	24.2h	NWI	24.44	Danny Moore	16	6/12/2008	Northern Zone R12
23	24.55	NWI		David Peak	23	11/10/2008	Club Premiership Rd 1 Bankstown
24	24.60	NWI		Michael McDonnell	29	11/10/2008	Club Premiership Rd 1 Bankstown
25	25.09	-1.4		Jack Richardson	16	11/10/2008	Club Premiership Rd1 Campbelltown
26	25.28	-0.3		Matthew Gardiner	15	25/09/2008	NSW All Schools Track & Field
27	25.29	NWI		Nicolas Vogel	13	10/05/2008	GPS

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UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
28	25.32	NWI		Sean Wilkins	16	8/11/2008	Club Premiershp Rd 5 SOPAC
29	25.1h	NWI	25.34	Antony Guest	43	18/10/2008	Northern Zone R6
30	25.35	+0.3		Evan Walsh	40	25/10/2008	Club Premiershp Rd 3 ES Marks
31	25.7h	NWI	25.94	Evan James	26	31/01/2009	Northern Zone R16
32	26.21	-0.7		Myalls Paterson	15	11/10/2008	Club Premiershp Rd1 Campbelltown
33	26.63	+1.1		Adam Parsonage	42	28/03/2009	NSW State Masters
34	26.6h	NWI	26.84	Matthew Mountfort	15	6/12/2008	Northern Zone R12
35	27.04	+1.4		Anthony Crimi	47	28/03/2009	NSW State Masters
36	26.9h	NWI	27.14	Aidan Thomas	23	18/10/2008	Northern Zone R6
37	27.2h	NWI	27.44	Declan Patton	24	4/10/2008	Northern Zone R4
38	27.9h	NWI	28.14	Andrew Wu	20	28/02/2009	Northern Zone R20
39	28.26	NWI		Michael Stark	26	11/10/2008	Club Premiershp Rd 1 Bankstown
40	28.8h	NWI	29.04	Stephen Ball	55	28/02/2009	Northern Zone R20
41*	29.4h	NWI	29.64	Lewis Harwood	23	17/01/2009	Northern Zone R14
41*	29.4h	NWI	29.64	Eamon Brown	21	17/01/2009	Northern Zone R14
43	29.93	-0.3		Mark Cepak	49	8/11/2008	Club Premiershp Rd 5 SOPAC
44	30.04	NWI		Stuart Paterson	52	11/10/2008	Club Premiershp Rd1 Campbelltown
45	30.25	+2.5		Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships
46	30.29	+0.3		John Kay	49	13/12/2008	Club Premiershp Rd 7
47	30.70	+3.8		Hugh Colburn	62	28/03/2009	NSW State Masters
48*	30.5h	NWI	30.74	Robert Stepanovich	53	6/12/2008	Northern Zone R12
48*	30.5h	NWI	30.74	Kieran Courtney	29	31/01/2009	Northern Zone R16
50	31.53	NWI		Edward Trippas	9	17/09/2008	CHS North Sydney Region Primary
51	32.40	+0.7		Austin Reginald	72	28/03/2009	NSW State Masters
52	32.2h	NWI	32.44	David Kass	16	1/11/2008	Northern Zone R8
53	32.6h	NWI	32.84	Doug Barrett	56	4/10/2008	Northern Zone R4
54*	32.7h	NWI	32.94	Terrence Carter	51	31/01/2009	Northern Zone R16
54*	32.7h	NWI	32.94	Geoffrey Francis	66	17/01/2009	Northern Zone R14
56*	33.0h	NWI	33.24	Warren Jones	28	31/01/2009	Northern Zone R16
56*	33.0h	NWI	33.24	Keiran Courtney	29	14/02/2009	Northern Zone R18
58	33.1h	NWI	33.34	Charles Hobden	72	18/10/2008	Northern Zone R6
59*	33.6h	NWI	33.84	David Archbold	63	31/01/2009	Northern Zone R16
59*	33.6h	NWI	33.84	Tristan Paterson	13	25/10/2008	Club Premiershp Rd 3 Blacktown
61	34.6h	NWI	34.84	Ron Wills	69	1/11/2008	Northern Zone R8
62	36.84	+0.7		Brian Hamilton	70	28/03/2009	NSW State Masters
63	40.9h	NWI	41.14	Ronald Shoemsmith	61	18/10/2008	Northern Zone R6

M70

Men Open 400m Run

1	48.17			Tristan Garrett	20	7/03/2009	NSW State U16, U20, U23 C'ships
2	49.50			James Dooley	17	22/11/2008	Club Premiershp Rd 6 SOPAC
3	50.27			Nick Bromley	25	18/10/2008	Club Premiershp Rd2 Illawong
4	50.80			Daniel MacDonald	24	31/01/2009	Allcomers 31January
5	51.72			Andrew Clark	24	31/01/2009	Allcomers 31January
6	51.98			Frazer Dowling	28	18/10/2008	Club Premiershp Rd2 Illawong
7	52.18			Ben Colless	19	20/09/2008	Intro to Club Athletics & Allcomers
8	52.35			Alexander Godbold	19	22/11/2008	Club Premiershp Rd 6 SOPAC
9	52.64			Ashley McMahon	33	1/11/2008	Club Premiershp Rd 4 Narabeen
10	52.67			Ciaan Perera	14	30/11/2008	Pacific School Games
11	52.75			Oliver Holland	19	1/11/2008	Club Premiershp Rd 4 Narabeen
12	53.34			David Peak	23	1/11/2008	Club Premiershp Rd 4 Narabeen
13	53.45			Daniel Mellish	30	21/02/2009	Allcomers 21 February
14	53.83			Ben Noone	19	4/10/2008	Intro to Club Athletics & Allcomers
15	54.60			Matthew Rando	20	27/11/2008	Allcomers 27 November
16	54.99			Lewis Clark	17	22/11/2008	Club Premiershp Rd 6 SOPAC
17	55.25			Andrew Fuller	23	27/11/2008	Allcomers 27 November
18	55.97			Stephen Andrezza	20	18/10/2008	Club Premiershp Rd2 Illawong
19	56.14			Alexander To	18	22/11/2008	Club Premiershp Rd 6 SOPAC
20*	56.26			Laurence Cong	15	1/11/2008	Club Premiershp Rd 4 Narabeen
20*	56.26			Evan Walsh	40	20/09/2008	Intro to Club Athletics & Allcomers
22	57.09			Robbie Baskin	19	1/11/2008	Club Premiershp Rd 4 Narabeen
23	58.04			Michael McDonnell	29	1/11/2008	Club Premiershp Rd 4 Narabeen
24	58.21			Myalls Paterson	15	25/09/2008	NSW All Schools Track & Field
25	59.20			Antony Guest	43	1/11/2008	Club Premiershp Rd 4 Narabeen
26	59.31			William Richardson	12	25/09/2008	NSW All Schools Track & Field
27	1:00.43			Declan Patton	24	27/11/2008	Allcomers 27 November
28	1:00.59			Adam Parsonage	42	28/03/2009	NSW State Masters
29	1:02.24			Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships
30	1:03.51			Michael Stark	26	18/10/2008	Club Premiershp Rd2 Mingara
31	1:03.6h	1:03.74		Bradley Sharpe	47	25/10/2008	Northern Zone R7
32	1:03.7h	1:03.84		Stephen Ball	55	29/11/2008	Northern Zone R11
33	1:04.49			Stuart Paterson	52	18/10/2008	Club Premiershp Rd2 Mingara
34	1:04.4h	1:04.54		Andrew Wu	20	21/02/2009	Northern Zone R19
35	1:07.3h	1:07.44		Vaughan Ramsey	25	27/09/2008	Northern Zone R3
36	1:08.23			Calvin Goessler	13	3/09/2008	AICES
37	1:09.58			Geoffrey Francis	67	28/03/2009	NSW State Masters

U23

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
38	1:09.66			Mark Cepak	49	18/10/2008	Club Premiership Rd2 Mingara
39	1:10.3h	1:10.44		Lewis Harwood	23	27/09/2008	Northern Zone R3
40	1:11.23			Kieran Courtney	29	4/10/2008	Intro to Club Athletics & Allcomers
41	1:12.0h	1:12.14		Doug Barrett	56	11/10/2008	Northern Zone R5
42	1:12.55			Terrence Carter	51	22/11/2008	Club Premiership Rd 6 SOPAC
43	1:13.08			Hovik Keshishian	47	22/11/2008	Club Premiership Rd 6 SOPAC
44	1:17.6h	1:17.74		Robert Stepanovich	53	10/01/2009	Northern Zone R13
45	1:18.24			Tristan Paterson	13	18/10/2008	Club Premiership Rd2 Mingara
46*	1:18.8h	1:18.94		David Kass	16	27/09/2008	Northern Zone R3
46*	1:18.8h	1:18.94		Charles Hobden	72	11/10/2008	Northern Zone R5
48	1:19.2h	1:19.34		Ron Wills	69	11/10/2008	Northern Zone R5
49	1:24.7h	1:24.84		Ron Bendall	56	29/11/2008	Northern Zone R11
50	1:28.6h	1:28.74		David Archbold	63	25/10/2008	Northern Zone R7
51	1:28.9h	1:29.04		Warren Jones	28	13/09/2008	Northern Zone R1
52	1:49.1h	1:49.24		Ronald Shoesmith	61	8/11/2008	Northern Zone R9
53	2:05.7h	2:05.84		Brendon Hyde	63	11/10/2008	Northern Zone R5

Men Open 800m Run

1	1:47.76			Nick Bromley	25	19/03/2009	2009 National Open & AWD C' ships	
2	1:50.94			Tristan Garrett	20	7/03/2009	NSW State U16, U20, U23 C' ships	U23
3	1:51.47			Frazer Dowling	29	14/03/2009	Allcomers 14 March	
4	1:55.31			Matthew Rando	21	14/03/2009	Allcomers 14 March	
5	1:57.95			Alexander Godbold	19	11/10/2008	Club Premiership Rd1 Campbelltown	
6	1:58.02			Jordan Smith	18	7/03/2009	NSW State U16, U20, U23 C' ships	
7	1:59.18			Daniel Mellish	30	28/03/2009	NSW State Masters	
8	2:00.94			Mark Taylor	42	28/03/2009	NSW State Masters	
9	2:02.44			David Peak	23	11/10/2008	Club Premiership Rd 1 Bankstown	
10	2:04.01			Andrew Brazier	18	7/03/2009	NSW State U16, U20, U23 C' ships	
11	2:05.36			Joshua Hall	16	14/03/2009	Allcomers 14 March	
12	2:06.33			Oliver Martin	16	31/01/2009	Allcomers 31January	
13	2:09.7h	2:09.70		Laurence Cong	15	25/10/2008	Club Premiership Rd 3 Blacktown	
14	2:13.85			Myalls Paterson	15	14/03/2009	Allcomers 14 March	
15	2:15.06			William Richardson	12	25/09/2008	NSW All Schools Track & Field	
16	2:16.86			Roger Hastie	38	13/12/2008	Club Premiership Rd 7	
17	2:18.1h	2:18.10		Oliver Holland	19	20/09/2008	Northern Zone R2	
18	2:18.16			Bradley Sharpe	48	10/04/2009	Australian Masters C' ships	
19	2:19.91			Ben Noone	19	11/10/2008	Club Premiership Rd1 Campbelltown	
20	2:22.39			Stephen Ball	55	14/03/2009	Allcomers 14 March	
21	2:22.72			Stuart Paterson	52	14/03/2009	Allcomers 14 March	
22	2:22.9h	2:22.90		Kieran Briscoe	14	13/12/2008	Club Premiership Rd 7	
23	2:25.77			Evan Walsh	40	8/11/2008	Club Premiership Rd 5 SOPAC	
24	2:26.80			Sven Fuerst	38	28/03/2009	NSW State Masters	
25	2:26.9h	2:26.90		Declan Patton	24	25/10/2008	Club Premiership Rd 3 Blacktown	
26	2:32.3h	2:32.30		Andrew Wu	20	17/01/2009	Northern Zone R14	
27	2:36.36			Doug Barrett	56	28/03/2009	NSW State Masters	
28	2:39.4h	2:39.40		James Bishop	13	10/05/2008	GPS	
29	2:40.33			Geoffrey Francis	67	10/04/2009	Australian Masters C' ships	M65
30	2:40.5h	2:40.50		Michael McDonnell	29	14/02/2009	Northern Zone R18	
31	2:41.52			Edward Trippas	9	17/09/2008	CHS R North Syd Prim	
32	2:41.9h	2:41.90		Adam Parsonage	41	28/02/2009	Northern Zone R20	
33	2:51.97			Terrence Carter	51	25/10/2008	Club Premiership Rd 3 ES Marks	
34	2:55.8h	2:55.80		Michael Stark	26	20/09/2008	Northern Zone R2	
35	2:56.50			Ron Wills	69	28/03/2009	NSW State Masters	
36	2:56.8h	2:56.80		Zoran Novicic	48	31/01/2009	Northern Zone R16	
37	3:07.4h	3:07.40		David Kass	16	20/09/2008	Northern Zone R2	
38	3:14.9h	3:14.90		Mark Cepak	49	17/01/2009	Northern Zone R14	
39	3:16.0h	3:16.00		Charles Hobden	72	18/10/2008	Northern Zone R6	M70
40	3:19.4h	3:19.40		David Archbold	63	31/01/2009	Northern Zone R16	
41	4:24.7h	4:24.70		Brendan Hyde	63	14/02/2009	Northern Zone R18	
42	4:43.9h	4:43.90		Ronald Shoesmith	61	1/11/2008	Northern Zone R8	
43	4:54.9h	4:54.90		Brendon Hyde	63	18/10/2008	Northern Zone R6	

Men Open 1500m Run

1	3:45.07			Nick Bromley	25	11/12/2008	Zatopek	
2	3:49.23			Frazer Dowling	29	21/02/2009	Allcomers 21 February	U23
3	3:55.82			Matthew Rando	21	21/02/2009	Allcomers 21 February	
4	3:58.53			Ronan Casey	17	10/01/2009	Waratah Invitational series	
5	3:59.78			Caleb Wegener	27	27/11/2008	Allcomers 27 November	
6	4:02.36			Jordan Smith	18	7/03/2009	NSW State U16, U20, U23 C' ships	
7	4:05.30			Alexander Godbold	19	27/11/2008	Allcomers 27 November	
8	4:07.93			Joshua Hall	16	21/02/2009	Allcomers 21 February	
9	4:26.36			Andrew Selosse	14	7/03/2009	NSW State U16, U20, U23 C' ships	
10	4:37.58			Kieran Briscoe	14	7/03/2009	NSW State U16, U20, U23 C' ships	
11	4:40.67			Roger Hastie	38	22/11/2008	Club Premiership Rd 6 SOPAC	
12	4:46.35			Stuart Paterson	52	28/03/2009	NSW State Masters	

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record	
13	4:48.5h	4:48.50		Ruairidh MacDonald	14	10/05/2008	GPS	
14	4:48.51			Stephen Ball	55	28/03/2009	NSW State Masters	
15	4:50.45			Bradley Sharpe	48	28/03/2009	NSW State Masters	
16	4:54.4h	4:54.40		James Bishop	13	10/05/2008	GPS	
17	4:58.87			Ben Noone	19	22/11/2008	Club Premiership Rd 6 SOPAC	
18	4:59.40			Oliver Holland	19	31/01/2009	2009 Australian U23, U19, U18-U15	
19	5:10.56			Myalls Paterson	15	18/10/2008	Club Premiership Rd2 Mingara	
20	5:25.2h	5:25.20		Barry Dean	31	8/11/2008	Northern Zone R9	
21	5:34.4h	5:34.40		Vaughan Ramsey	25	27/09/2008	Northern Zone R3	
22	5:37.32			Geoffrey Francis	67	10/04/2009	Australian Masters C'ships	M65
23	5:41.2h	5:41.20		Doug Barrett	56	11/10/2008	Northern Zone R5	
24	5:43.16			Len Augustine	48	1/11/2008	Club Premiership Rd 4 Narabeen	
25	5:44.0h	5:44.00		Andrew Wu	20	21/02/2009	Northern Zone R19	
26	5:56.84			Terrence Carter	51	22/11/2008	Club Premiership Rd 6 SOPAC	
27	6:23.2h	6:23.20		Ron Wills	69	11/10/2008	Northern Zone R5	
28	6:31.66			Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships	
29	6:45.54			Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships	
30	6:52.5h	6:52.50		Tim Ball	11	7/03/2009	Northern Zone	
31	6:56.6h	6:56.60		David Archbold	63	25/10/2008	Northern Zone R7	
32	7:08.7h	7:08.70		Robert Stepanovich	53	10/01/2009	Northern Zone R13	
33	7:12.0h	7:12.00		Mark Cepak	49	27/09/2008	Northern Zone R3	
34	10:40.1h	10:40.10		Ronald Shoemsmith	61	27/09/2008	Northern Zone R3	
Men Open 3000m Run								
1	8:04.85			Nick Bromley	25	8/11/2008	Club Premiership Rd 5 SOPAC	OPEN
2	8:44.54			Matthew Rando	21	5/04/2009	Australian Club C'ships	U23
3	8:50.26			Ronan Casey	18	5/04/2009	Australian Club C'ships	
4	8:54.13			Frazer Dowling	29	31/01/2009	Allcomers 31 January	
5	9:45.07			Ruairidh MacDonald	14	25/09/2008	NSW All Schools Track & Field	
6	9:46.07			Joshua Hall	15	25/09/2008	NSW All Schools Track & Field	
7	9:57.40			Kieran Briscoe	14	7/03/2009	NSW State U16, U20, U23 C'ships	
8	10:15.38			Andrew Selosse	14	14/03/2009	Allcomers 14 March	
9	10:39.0h			Alexander Godbold	19	25/10/2008	Club Premiership Rd 3 Blacktown	
10	11:10.2h			Stephen Ball	55	14/02/2009	Northern Zone R18	
11	11:18.14			Bradley Sharpe	47	8/11/2008	Club Premiership Rd 5 SOPAC	
12	11:31.30			Cheyne Egelton	14	25/09/2008	NSW All Schools Track & Field	
13	12:47.1h			Doug Barrett	56	14/02/2009	Northern Zone R18	
14	12:59.5h			Antony Guest	43	4/10/2008	Northern Zone R4	
15	13:16.8h			Andrew Wu	20	28/02/2009	Northern Zone R20	
16	13:22.2h			Terrence Carter	51	31/01/2009	Northern Zone R16	
17	13:48.0h			Geoffrey Francis	66	17/01/2009	Northern Zone R14	M65
18	14:54.5h			Ron Wills	69	14/02/2009	Northern Zone R18	
19	15:20.3h			David Archbold	63	4/10/2008	Northern Zone R4	
20	16:26.8h			Mark Cepak	49	17/01/2009	Northern Zone R14	
21	21:05.0h			Ronald Shoemsmith	61	31/01/2009	Northern Zone R16	
Men Open 5000m Run								
1	14:29.34			Nick Bromley	25	22/01/2009	Waratah Invitational Series 22 January	
2	15:28.99			Ronan Casey	17	22/01/2009	Waratah Invitational Series 22 January	
Men Open 1500m Walk								
1	8:49.4h			Doug Barrett	56	6/12/2008	Northern Zone R12	
2	8:53.8h			Jim Seymon	71	17/01/2009	Northern Zone R14	M70
3	9:44.6h			Brendon Hyde	63	18/10/2008	Northern Zone R6	
4	10:24.7h			Ben Noone	19	6/12/2008	Northern Zone R12	
5	10:25.8h			Mark Cepak	49	6/12/2008	Northern Zone R12	
6	13:16.5h			Ronald Shoemsmith	61	14/02/2009	Northern Zone R18	
Men Open 3000m Walk								
1	17:34.0h			Jim Seymon	71	7/03/2009	Northern Zone	M70
2	17:49.60			Cheyne Egelton	14	25/09/2008	NSW All Schools Track & Field	
3	17:58.9h			Doug Barrett	56	29/11/2008	Northern Zone R11	
4	20:51.4h			Brendon Hyde	63	13/09/2008	Northern Zone R1	
5	28:15.4h			Ronald Shoemsmith	61	21/02/2009	Northern Zone R19	
Men Open 5000m Walk								
1	29:54.84			Jim Seymon	71	10/04/2009	Australian Masters C'ships	M70
Men Open 90m Hurdles 0.762								
1	14.13	NWI		William Richardson	12	25/09/2008	NSW All Schools Track & Field	U13
Men Open 100m Hurdles 0.840								
1	13.01	NWI		Raymond Smith	15	10/05/2008	GPS	
2	19.58	NWI		Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships	

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
Men Open 110m Hurdles 0.914							
1	14.01	+0.4		James Dooley	17	30/11/2008	Pacific School Games <i>U18</i>
2	16.11	NWI		Jack Richardson	16	11/10/2008	Club Premiership Rd1 Campbelltown
3	16.14	+1.4		Clay Tompkins	55	28/07/2008	Oceania Masters C'ships
4	16.45	-1.7		Sean Kartun	16	20/09/2008	Intro to Club Athletics & Allcomers
Men Open 110m Hurdles 0.991							
1	14.92	-0.1		James Dooley	18	31/01/2009	Allcomers 31 January <i>U20</i>
2	20.78	+1.2		Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships
Men Open 110m Hurdles 1.067							
1	14.52	NWI		Jacob Holt	23	28/02/2009	Sydney Track Classic
2	16.55	+0.9		Oliver Holland	20	7/03/2009	NSW State U16, U20, U23 C'ships
3	16.4h	NWI	16.64	Andrew Fuller	23	25/10/2008	Club Premiership Rd 3 Blacktown
Men Open 200m Hurdles 0.762							
1	25.03	NWI		Jacob Holt	23	5/04/2009	Australian Club C'ships
2	26.69	+2.0		Oliver Holland	19	5/04/2009	Australian Club C'ships
Men Open 400m Hurdles 0.840							
1	57.31			Raymond Smith	15	30/11/2008	Pacific School Games <i>U17</i>
2	58.96			Jack Richardson	16	25/09/2008	NSW All Schools Track & Field
3	1:03.50			Andrew Brazier	17	25/09/2008	NSW All Schools Track & Field
Men Open 400m Hurdles 0.914							
1	55.56			Jacob Holt	23	13/02/2009	NSW Open, Under 18 & AWD C'ships
2	58.75			Andrew Fuller	23	13/02/2009	NSW Open, Under 18 & AWD C'ships
3	1:01.06			Oliver Holland	19	13/12/2008	Club Premiership Rd 7
Men Open 2000m Steeple Chase							
1	6:22.12			Jordan Smith	17	25/09/2008	NSW All Schools Track & Field
2	6:56.47			Andrew Selosse	14	17/01/2009	Allcomers 17 January
3	7:04.05			Ruairidh MacDonald	14	25/09/2008	NSW All Schools Track & Field
4	7:07.31			Kieran Briscoe	14	7/02/2009	Allcomers 7 February
5	7:10.03			Frazer Dowling	28	20/09/2008	Intro to Club Athletics & Allcomers
Men Open 3000m Steeple Chase							
1	10:57.27			Alexander Godbold	19	22/11/2008	Club Premiership Rd 6 SOPAC
Men Open High Jump							
1	1.86m			Oliver Holland	19	3/01/2009	NSW Combined Events C'ships
2	1.75m			Robert Dunn	19	15/11/2008	State Relay C'ships
3	1.66m			Robbie Baskin	19	13/12/2008	Club Premiership Rd 7
4*	1.65m			William Richardson	12	15/11/2008	State Relay C'ships <i>U13</i>
4*	1.65m			Clay Tompkins	55	28/07/2008	Oceania Masters C'ships
4*	1.65m			Chris Cepak	15	15/11/2008	State Relay C'ships
7	1.60m			Alexander Godbold	19	6/12/2008	Northern Zone R12
8	1.59m			Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships
9*	1.55m			Matthew Crowe	11	30/11/2008	Pacific School Games
9*	1.55m			Declan Patton	24	8/11/2008	Club Premiership Rd 5 SOPAC
9*	1.55m			Myalls Paterson	15	18/10/2008	Club Premiership Rd2 Mingara
12*	1.45m			Danny Moore	16	6/12/2008	Northern Zone R12
12*	1.45m			Michael Stark	26	1/11/2008	Club Premiership Rd 4 Narabeen
12*	1.45m			Ben Noone	19	18/10/2008	Club Premiership Rd2 Mingara
15*	1.40m			Denford Moore	16	15/11/2008	State Relay C'ships
15*	1.40m			Lewis Harwood	23	1/11/2008	Club Premiership Rd 4 Narabeen
17*	1.35m			Terrence Carter	51	8/11/2008	Club Premiership Rd 5 SOPAC
17*	1.35m			Mark Cepak	49	1/11/2008	Club Premiership Rd 4 Narabeen
17*	1.35m			Matthew Mountfort	15	13/12/2008	Club Premiership Rd 7
20*	1.30m			Michael McDonnell	29	1/11/2008	Club Premiership Rd 4 Narabeen
20*	1.30m			John Kay	49	13/12/2008	Club Premiership Rd 7
22	1.29m			Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships
23*	1.20m			Joey Walsh	30	13/12/2008	Club Premiership Rd 7
23*	1.20m			David Kass	16	6/12/2008	Northern Zone R12
Men Open Pole Vault							
1	4.00m			Marvin Goessler	18	7/02/2009	Allcomers 7 February <i>U23</i>
2	3.50m			Oliver Holland	20	3/01/2009	NSW Combined Events C'ships
3	2.40m			Declan Patton	24	22/11/2008	Club Premiership Rd 6 SOPAC
4*	2.20m			Calvin Goessler	13	7/03/2009	NSW State U16, U20, U23 C'ships
4*	2.20m			Sean Kartun	16	20/09/2008	Intro to Club Athletics & Allcomers
6	2.10m			Mark Cepak	49	3/01/2009	NSW Combined Events C'ships
Men Open Long Jump							
1	7.00m	NWI		Sean Barnes	19	3/04/2009	Australian U20 & U23 C'ships

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
2	6.54m	NWI		Robert Dunn	18	8/11/2008	Club Premiership Rd 5 SOPAC
3	6.43m	NWI		James Dooley	16	10/05/2008	GPS
4	6.37m	+3.1		Oliver Holland	20	31/01/2009	2009 Australian U23, U19, U18-U15
	<i>6.26m</i>	<i>+1.6</i>		<i>Oliver Holland</i>	<i>20</i>	<i>4/1/2009</i>	<i>NSW Combined Events C'ships</i>
5	6.14m	NWI		Robbie Baskin	19	15/11/2008	State Relay C'ships
6	5.79m	NWI		Martin Stonis	16	15/11/2008	State Relay C'ships
7	5.68m	NWI		Alexander Godbold	19	27/09/2008	Northern Zone R3
8	5.61m	NWI		Clay Tompkins	55	28/07/2008	Oceania Masters C'ships
9	5.45m	NWI		Matthew Gardiner	15	25/09/2008	NSW All Schools Track & Field
10	5.32m			Jon Harwood	26	27/09/2008	Northern Zone R3
11	5.03m	NWI		Marvin Goessler	17	3/01/2009	NSW Combined Events C'ships
12	4.97m			Antony Guest	43	13/09/2008	Northern Zone R1
13	4.92m			Declan Patton	24	27/09/2008	Northern Zone R3
14	4.86m	NWI		Matthew Crowe	11	30/11/2008	Pacific School Games
15	4.80m			Matthew Mountfort	15	10/01/2009	Northern Zone R13
16	4.76m	NWI		Jack Richardson	16	11/10/2008	Club Premiership Rd1 Campbelltown
17	4.70m			Lewis Harwood	23	13/09/2008	Northern Zone R1
18*	4.62m	NWI		William Richardson	12	15/11/2008	State Relay C'ships
18*	4.62m	NWI		John Kay	49	8/11/2008	Club Premiership Rd 5 SOPAC
20	4.59m	NWI		Michael Stark	26	25/10/2008	Club Premiership Rd 3 Blacktown
21	4.57m	NWI		Calvin Goessler	13	15/11/2008	State Relay C'ships
22	4.36m			Vaughan Ramsey	25	27/09/2008	Northern Zone R3
23	4.34m	NWI		Mark Cepak	49	8/11/2008	Club Premiership Rd 5 SOPAC
24	4.28m	NWI		Michael McDonnell	29	25/10/2008	Club Premiership Rd 3 Blacktown
25	4.25m			Adam Parsonage	41	21/02/2009	Northern Zone R19
26	4.23m	NWI		Terrence Carter	51	8/11/2008	Club Premiership Rd 5 SOPAC
27	4.15m	NWI		Edward Trippas	10	15/11/2008	State Relay C'ships
28	4.13m	NWI		Hovik Keshishian	47	8/11/2008	Club Premiership Rd 5 SOPAC
29	4.07m			Zoran Novicic	48	8/11/2008	Northern Zone R9
30	3.91m			David Kass	16	8/11/2008	Northern Zone R9
31	3.89m	NWI		Warren Jones	28	8/11/2008	Club Premiership Rd 5 SOPAC
32	3.39m			Doug Barrett	56	11/10/2008	Northern Zone R5
33	3.35m	NWI		Kieran Courtney	29	11/10/2008	Club Premiership Rd1 Campbelltown
34	3.34m			Charles Hobden	72	21/02/2009	Northern Zone R19
35	3.32m	NWI		Tristan Paterson	13	11/10/2008	Club Premiership Rd1 Campbelltown
36	2.95m			Brian Hamilton	70	25/10/2008	Northern Zone R7
37	2.38m			Ron Wills	69	8/11/2008	Northern Zone R9
Men Open Triple Jump							
1	14.65m	+1.4		Sean Barnes	19	3/04/2009	Australian U20 & U23 C'ships
2	12.48m	NWI		Oliver Holland	19	18/10/2008	Club Premiership Rd2 Mingara
3	12.08m	NWI		Clay Tompkins	56	28/03/2009	NSW State Masters
4	10.81m	NWI		Alexander Godbold	19	1/11/2008	Club Premiership Rd 4 Narabeen
5	10.01m			Michael Stark	26	20/09/2008	Northern Zone R2
6	9.67m			Antony Guest	43	20/09/2008	Northern Zone R2
7	9.63m			Evan James	26	31/01/2009	Northern Zone R16
8	9.58m	NWI		Lewis Harwood	23	1/11/2008	Club Premiership Rd 4 Narabeen
9	9.38m			Declan Patton	24	4/10/2008	Northern Zone R4
10	9.34m	NWI		Adam Parsonage	42	28/03/2009	NSW State Masters
11	9.20m			Michael McDonnell	29	4/10/2008	Northern Zone R4
12	8.95m	NWI		Mark Cepak	49	28/03/2009	NSW State Masters
13	8.91m	NWI		Terrence Carter	51	22/11/2008	Club Premiership Rd 6 SOPAC
14	7.82m	NWI		Hovik Keshishian	47	22/11/2008	Club Premiership Rd 6 SOPAC
15	7.37m			Doug Barrett	56	20/09/2008	Northern Zone R2
Men Open Shot Put 4.0kg							
1	15.29m			Matthew Mountfort	15	25/09/2008	NSW All Schools Track & Field
2	7.98m			Brian Hamilton	70	28/02/2009	Northern Zone R20
Men Open Shot Put 5.0kg							
1	16.75m			Luke White	16	25/09/2008	NSW All Schools Track & Field
2	12.65m			Matthew Mountfort	15	15/11/2008	State Relay C'ships
3	12.26m			Andrew Cepak	16	15/11/2008	State Relay C'ships
4	11.64m			James Dooley	17	15/11/2008	State Relay C'ships
5	9.79m			Marvin Goessler	17	15/11/2008	State Relay C'ships
6	8.24m			Lewis Clark	17	25/10/2008	Club Premiership Rd 3 Blacktown
7	7.78m			David Kass	16	6/12/2008	Northern Zone R12
8	7.51m			Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships
9	7.49m			David Webster	61	25/10/2008	Northern Zone R7
Men Open Shot Put 6.0kg							
1	11.20m			Clay Tompkins	55	31/01/2009	Northern Zone R16
2	10.87m			Anthony Baker	54	7/03/2009	NSW Masters Weight Pentathlon
3	10.35m			Peter Lang	50	10/01/2009	Northern Zone R13
4	10.33m			Oliver Holland	19	24/01/2009	Northern Zone R15

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

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5	10.08m			Ian Heazlewood	57	25/10/2008	Club Premiership Rd 3 ES Marks
6	8.69m			Marvin Goessler	18	3/01/2009	NSW Combined Events C'ships
7	8.18m			Alexander Godbold	19	1/11/2008	Club Premiership Rd 4 Narabeen
8	7.96m			Ron Bendall	56	1/11/2008	Club Premiership Rd 4 Narabeen
9	7.68m			Terrence Carter	51	25/10/2008	Club Premiership Rd 3 ES Marks
10	7.47m			Ben Noone	19	1/11/2008	Club Premiership Rd 4 Narabeen
11	7.00m			Doug Barrett	56	8/11/2008	Northern Zone R9
12	6.96m			Peter Douglas	54	10/01/2009	Northern Zone R13
13	6.92m			Hovik Keshishian	47	22/11/2008	Club Premiership Rd 6 SOPAC
14	6.54m			Ross Douglas	54	22/11/2008	Northern Zone R10
Men Open Shot Put 7.26kg							
1	16.17m			Pavel Pankuch	33	15/11/2008	State Relay C'ships
2	16.13m			Paul Crowe	34	15/11/2008	State Relay C'ships
3	12.99m			Luke White	17	13/02/2009	NSW Open, Under 18 & AWD C'ships
4	12.53m			Jon Harwood	26	29/11/2008	Northern Zone R11
5	10.45m			Warren Jones	28	6/12/2008	Northern Zone R12
6	10.26m			Michael Stark	26	1/11/2008	Club Premiership Rd 4 Narabeen
7	9.92m			Declan Patton	24	4/10/2008	Northern Zone R4
8	9.80m			Kieran Courtney	29	27/09/2008	Northern Zone R3
9	9.55m			Dave Thacker	28	25/10/2008	Northern Zone R7
10	9.42m			Mark Cepak	49	6/12/2008	Northern Zone R12
11	9.19m			Oliver Holland	19	31/01/2009	2009 Australian U23 Decathlon C'ships
12	9.07m			Andrew Fuller	23	22/11/2008	Club Premiership Rd 6 SOPAC
13	9.02m			John Kay	49	22/11/2008	Club Premiership Rd 6 SOPAC
14	8.91m			Mark Cepak	49	22/11/2008	Club Premiership Rd 6 SOPAC
15	8.88m			Lewis Harwood	23	29/11/2008	Northern Zone R11
16	8.79m			Michael McDonnell	29	14/02/2009	Northern Zone R18
17	8.34m			Aidan Thomas	23	18/10/2008	Northern Zone R6
18	7.93m			Vaughan Ramsey	25	27/09/2008	Northern Zone R3
19	7.30m			Adam Parsonage	41	7/02/2009	Northern Zone R17
20	7.11m			Zoran Novicic	48	31/01/2009	Northern Zone R16
21	7.10m			Andrew Wu	20	28/02/2009	Northern Zone R20
22	6.90m			Hovik Keshishian	47	29/11/2008	Northern Zone R11
Men Open Discus 1.0kg							
1	44.32m			Matthew Mountfort	15	25/09/2008	NSW All Schools Track & Field
2	16.95m			Brian Hamilton	70	28/02/2009	Northern Zone R20
Men Open Discus 1.5kg							
1	41.83m			Andrew Cepak	16	4/09/2008	CHS Sec
2	35.50m			Clay Tompkins	55	31/01/2009	Northern Zone R16
3	31.97m			Peter Lang	50	14/02/2009	Northern Zone R18
4	29.10m			Anthony Baker	55	10/04/2009	Australian Masters C'ships
5	26.11m			Ian Heazlewood	57	10/04/2009	Australian Masters C'ships
6	25.60m			Marvin Goessler	17	15/11/2008	State Relay C'ships
7	23.68m			Peter Douglas	54	22/11/2008	Club Premiership Rd 6 SOPAC
8	22.47m			Doug Barrett	56	14/02/2009	Northern Zone R18
9	22.03m			Ross Douglas	54	22/11/2008	Northern Zone R10
10	20.30m			Terrence Carter	51	22/11/2008	Club Premiership Rd 6 SOPAC
11	16.95m			David Kass	16	6/12/2008	Northern Zone R12
Men Open Discus 1.75kg							
1	27.66m			Oliver Holland	19	6/12/2008	Northern Zone R12
2	25.00m			Marvin Goessler	18	3/01/2009	NSW Combined Events C'ships
3	18.30m			Alexander Godbold	19	13/12/2008	Club Premiership Rd 7
4	14.34m			Ben Noone	19	22/11/2008	Club Premiership Rd 6 SOPAC
Men Open Discus 2.0kg							
1	41.08m			Paul Crowe	34	18/10/2008	Club Premiership Rd2 Mingara
2	40.06m			Anthony Camilleri	23	15/11/2008	State Relay C'ships
3	36.55m			Jon Harwood	26	15/11/2008	State Relay C'ships
4	34.11m			John Kay	49	15/11/2008	State Relay C'ships
5	31.32m			Michael Stark	26	31/01/2009	Northern Zone R16
6	29.56m			Warren Jones	28	4/10/2008	Northern Zone R4
7	28.21m			Mark Cepak	49	3/01/2009	NSW Combined Events C'ships
8	27.33m			Lewis Harwood	23	6/12/2008	Northern Zone R12
9	26.02m			Oliver Holland	20	3/01/2009	NSW Combined Events C'ships
10	25.71m			Declan Patton	24	22/11/2008	Club Premiership Rd 6 SOPAC
11	24.90m			Kieran Courtney	29	22/11/2008	Club Premiership Rd 6 SOPAC
12	24.27m			Joey Walsh	30	13/12/2008	Club Premiership Rd 7
13	23.57m			Ian Heazlewood	57	13/12/2008	Club Premiership Rd 7
15	21.67m			Keiran Courtney	29	28/02/2009	Northern Zone R20
16	20.69m			Michael McDonnell	29	14/02/2009	Northern Zone R18
17	20.67m			Terrence Carter	51	13/12/2008	Club Premiership Rd 7

U23

M45

U23

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record	
18	19.77m			Ross Douglas	54	13/12/2008	Club Premiership Rd 7	
19	19.60m			Doug Barrett	56	13/12/2008	Club Premiership Rd 7	
20	18.70m			Andrew Wu	20	28/02/2009	Northern Zone R20	
21	17.49m			Zoran Novicic	48	31/01/2009	Northern Zone R16	
22	15.85m			Alan Lee	40	15/11/2008	State Relay C'ships	
Men Open Hammer 4.0kg								
1	27.98m			Matthew Mountfort	15	29/11/2008	Northern Zone R11	
2	22.42m			Brian Hamilton	70	28/03/2009	NSW State Masters	
3	15.92m			Charles Hobden	72	24/01/2009	Northern Zone R15	
Men Open Hammer 5.0kg								
1	12.55m			David Kass	16	27/09/2008	Northern Zone R3	
Men Open Hammer 6.0kg								
1	32.18m			Peter Lang	50	11/10/2008	Northern Zone R5	
2	26.63m			Anthony Baker	54	27/09/2008	Northern Zone R3	
3	23.70m			Ross Douglas	54	7/02/2009	Northern Zone R17	
4	23.19m			Ian Heazlewood	57	10/04/2009	Australian Masters C'ships	
5	20.65m			Oliver Holland	19	27/09/2008	Northern Zone R3	
6	16.47m			Alexander Godbold	19	27/09/2008	Northern Zone R3	
7	16.13m			Doug Barrett	56	10/01/2009	Northern Zone R13	
Men Open Hammer 7.26kg								
1	56.10m			Jon Harwood	26	13/02/2009	NSW Open, Under 18 & AWD C'ships	<i>OPEN</i>
2	39.03m			Warren Jones	28	24/01/2009	Northern Zone R15	
3	34.44m			Michael Stark	26	7/02/2009	Northern Zone R17	
4	31.11m			Mark Cepak	49	28/03/2009	NSW State Masters	<i>M45</i>
5	26.03m			John Kay	49	8/11/2008	Club Premiership Rd 5 SOPAC	
6	25.74m			Declan Patton	24	27/11/2008	Allcomers 27 November	
7	20.42m			Kieran Courtney	29	8/11/2008	Club Premiership Rd 5 SOPAC	
8	15.28m			George Clark	49	21/02/2009	Northern Zone R19	
9	13.04m			Lewis Harwood	23	27/09/2008	Northern Zone R3	
10	12.16m			Hovik Keshishian	47	8/11/2008	Club Premiership Rd 5 SOPAC	
Men Open Javelin 500g								
1	17.90m			Brian Hamilton	70	24/01/2009	Northern Zone R15	
Men Open Javelin 600g								
1	19.66m			David Webster	61	29/11/2008	Northern Zone R11	
2	16.96m			Tristan Paterson	13	25/10/2008	Club Premiership Rd 3 Blacktown	
3	16.60m			Ron Wills	69	8/11/2008	Northern Zone R9	
4	12.04m			Calvin Goessler	13	3/01/2009	NSW Combined Events C'ships	
Men Open Javelin 700g								
1	45.63m			Andrew Cepak	16	14/08/2008	CHS R North Syd Sec	
3	36.47m			Peter Lang	50	24/01/2009	Northern Zone R15	
4	33.46m			Clay Tompkins	55	10/01/2009	Northern Zone R13	
5	31.32m			Mark Cepak	49	10/04/2009	Australian Masters C'ships	
2	30.64m			Anthony Baker	55	10/04/2009	Australian Masters C'ships	
7	27.35m			Matthew Mountfort	15	29/11/2008	Northern Zone R11	
8	27.11m			Ian Heazlewood	57	25/10/2008	Club Premiership Rd 3 ES Marks	
9	24.81m			Terrence Carter	51	25/10/2008	Club Premiership Rd 3 ES Marks	
10	20.84m			Ron Bendall	56	8/11/2008	Club Premiership Rd 5 SOPAC	
11	20.69m			Doug Barrett	56	25/10/2008	Northern Zone R7	
12	20.20m			David Kass	16	8/11/2008	Northern Zone R9	
Men Open Javelin 800g								
1	59.09m			Anthony Camilleri	23	8/11/2008	Club Premiership Rd 5 SOPAC	
2	53.21m			Christopher Retallick	19	7/02/2009	Allcomers 7 February	
3	48.19m			Christopher Dyce	20	8/11/2008	Club Premiership Rd 5 SOPAC	
4	46.89m			John Kay	49	15/11/2008	State Relay C'ships	<i>M45</i>
5	43.82m			Oliver Holland	20	5/04/2009	Australian Club C'ships	
6	36.21m			Michael Stark	26	13/09/2008	Northern Zone R1	
7	34.64m			Warren Jones	28	27/09/2008	Northern Zone R3	
8	32.95m			Dave Thacker	28	25/10/2008	Northern Zone R7	
9	32.38m			Mark Cepak	49	29/11/2008	Northern Zone R11	
10	32.03m			Jon Harwood	26	27/09/2008	Northern Zone R3	
11	31.91m			Adam Parsonage	41	7/02/2009	Northern Zone R17	
12	31.84m			Declan Patton	24	13/09/2008	Northern Zone R1	
13	30.53m			Michael McDonnell	29	25/10/2008	Club Premiership Rd 3 Blacktown	
14	27.25m			Aidan Thomas	23	25/10/2008	Northern Zone R7	
15	26.37m			Alexander Godbold	19	27/09/2008	Northern Zone R3	
16	25.37m			Kieran Courtney	29	8/11/2008	Club Premiership Rd 5 SOPAC	
17	23.62m			Andrew Wu	20	21/02/2009	Northern Zone R19	

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
18	21.59m			Zoran Novicic	48	8/11/2008	Northern Zone R9
19	18.06m			Marvin Goessler	18	3/01/2009	NSW Combined Events C'ships
20	17.34m			Lewis Harwood	23	27/09/2008	Northern Zone R3
21	15.26m			Eamon Brown	21	24/01/2009	Northern Zone R15
Men Open Weight Throw 11.34kg							
1	11.28m			Matthew Mountfort	15	6/12/2008	Northern Zone R12
2	11.09m			Peter Lang	50	28/03/2009	NSW State Masters
3	10.42m			Anthony Baker	54	7/03/2009	NSW Masters Weight Pentathlon
4	8.72m			Ian Heazlewood	57	10/04/2009	Australian Masters C'ships
5	8.45m			Oliver Holland	20	4/10/2008	Northern Zone R4
6	6.97m			Terrence Carter	51	31/01/2009	Northern Zone R16
7	6.39m			Doug Barrett	56	31/01/2009	Northern Zone R16
8	5.97m			David Kass	16	1/11/2008	Northern Zone R8
Men Open Weight Throw 15.88kg							
1	15.32m			Jon Harwood	26	17/01/2009	Northern Zone R14
2	11.73m			Warren Jones	28	28/02/2009	Northern Zone R20
3	10.90m			Michael Stark	26	4/10/2008	Northern Zone R4
4	10.71m			Mark Cepak	49	10/04/2009	Australian Masters C'ships
5	8.08m			Declan Patton	24	4/10/2008	Northern Zone R4
6	5.66m			Aidan Thomas	23	18/10/2008	Northern Zone R6
7	5.34m			Lewis Harwood	23	4/10/2008	Northern Zone R4
Men Open Weight Throw 7.26kg							
1	6.74m			Brian Hamilton	70	14/02/2009	Northern Zone R18
Men Open Decathlon							
1	5478			Oliver Holland	20	31/01/2009	2009 Australian U23 Decathlon C'ships
2	2116			Mark Cepak	49	4/1/2009	NSW Combined Events C'ships
Men Open Weight Pentathlon							
1	2342			Mark Cepak	49	10/04/2009	Australian Masters C'ships
2	2301			Anthony Baker	54	7/03/2009	NSW Masters Weight Pentathlon

M45

M45

M50

Notes

- The season is the registration year – 1 April 2008 to the last day of the Masters National Championships, which this season was 13 April 2009.
- The 2008-2009 Season Rankings were compiled by Jackie Bezuidenhout as follows:
 - Results from Athletics NSW for meets conducted by them, eg Club Premiership, Allcomers, State Championships and some AA meets using the Hy-Tek programs – Meet Manager and Team Manager.
 - Northern Zone results were compiled by Nancy Lloyd using the Hy-Tek program – Meet Manager.
 - Results from schools meets, Little Athletics and others were provided by Kieran Courtney and Janet Naylon.
- Hand times in sprint events have been slotted in based on the conversion factors of under 200m 2.4, and 200-400m 1.4.
- Apologies for any results that were missed.

Jackie Bezuidenhout

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record
Out of Stadium events							
<i>Best on record</i>							
Women Open 1.5km Cross Country							
1	5.50			Emily Augustine	10	19/07/2008	NSW Short Course #
Women Open 3km Cross Country							
1	11.51			Rebekah Cormack	15	19/07/2008	NSW Short Course
2	12:04			Emily Augustine	10	23/08/2008	National Cross Country Championships, Geelong
3	12.16			Georgia Edis	14	19/07/2008	NSW Short Course
Women Open 4km Cross Country							
1	15:05			Jane Miles		31/05/2008	NSW Cross Country Relays
2	15.06			Ruby Hackett	16	26/04/2008	Novice Cross Country C'ships
3	15:52			Rebekah Cormack	15	23/08/2008	National Cross Country Championships, Geelong
4	15:54			Renee Vandenberg		31/05/2008	NSW Cross Country Relays
5	16:04			Courtney Weller		31/05/2008	NSW Cross Country Relays
6	16.17			Georgia McCarthy	15	26/04/2008	Novice Cross Country C'ships
7	19:08			Rebecca Gibbs		31/05/2008	NSW Cross Country Relays
8	19.10			Deborah Drennan	49	26/04/2008	Novice Cross Country C'ships
9	19.21			Holly Cormack	13	21/06/2008	NSW Cross Country C'ships
10	19:55			Deborah Drennan		31/05/2008	NSW Cross Country Relays
11	20:01			Fiona McGregor		31/05/2008	NSW Cross Country Relays
12	22:03			Susan Rilen		31/05/2008	NSW Cross Country Relays
13	22:19			Christine Shorter		31/05/2008	NSW Cross Country Relays
Women Open 5km Cross Country							
1	24.33			Robyn Suttor	49	19/07/2008	NSW Short Course #
Women Open 6.2km Cross Country							
1	22:47			Eliza Stewart	22	6/04/2008	World Universiade Cross Country #
2	23:55			Lucy Starrat	20	6/04/2008	World Universiade Cross Country
Women Open 8km Cross Country							
1	27:16			Eliza Stewart	22	23/08/2008	National Cross Country Championships, Geelong #
Women Open 5km Road							
1	18.45			Ruby Hackett	16	3/05/2008	NSW/Sydney Striders 10km Road Race #
2	20.22			Libby Augustine	14	3/05/2008	NSW/Sydney Striders 10km Road Race
3	20.40			Holly Cormack	13	3/05/2008	NSW/Sydney Striders 10km Road Race
4	47.32			Evelyn Goessler	37	3/05/2008	NSW/Sydney Striders 10km Road Race
Women Open 10km Road							
1	34.27			Eliza Stewart	21	3/05/2008	NSW/Sydney Striders 10km Road Race #
2	39.35			Fiona Alldis	19	3/05/2008	NSW/Sydney Striders 10km Road Race
Women Open Half Marathon							
1	1:16.16			Eliza Stewart	21	18/05/2008	NSW Half Marathon C'ships #
Women Open 5km Road Walk							
1	32.53			Nancy Lloyd	54	29/06/2008	NSW Short Walks #
Women Open 10km Road Walk							
1	1:04.1h			Suzanne Brown	43	10/04/2009	Australian Masters C'ships
2	1:06.29			Christina Alldis	22	25/05/2008	NSW Team Walks
3	1:12.1h			Nancy Lloyd	55	10/04/2009	Australian Masters C'ships
Women Open 15km Road Walk							
1	1:40.00			Fiona Alldis	19	29/06/2008	NSW Short Walks
2	1:42.51			Nancy Lloyd	54	27/07/2008	NSW Long Walks
Men Open 1.5km Cross Country							
1	5.52			Edward Trippas	9	19/07/2008	NSW Short Course #
Men Open 2km Cross Country							
1	7.21			Trent Morton		31/05/2008	NSW Cross Country Relays #
2	7:24			Edward Trippas		31/05/2008	NSW Cross Country Relays
3	7.35			Matthew Crowe		31/05/2008	NSW Cross Country Relays
4	8.12			William Richardson	12	19/07/2008	NSW Short Course
5	8.56			Calvin Goessler	12	31/05/2008	NSW Cross Country Relays
Men Open 3km Cross Country							
1	10.17			Ruairidh MacDonald	14	19/07/2008	NSW Short Course #
2	10.23			Joshua Hall	15	19/07/2008	NSW Short Course
3	11.19			Myalls Paterson	14	19/07/2008	NSW Short Course

UTS Northern Suburbs Athletic Club 2008-2009 Season Rankings

Rank	Mark	Wind	Convert	Athlete	Age	Date & Meet	Club Record	
4	15.12			Tristan Paterson	13	19/07/2008	NSW Short Course	
Men Open 4km Cross Country								
1	14:06			Daniel Mellish	30	31/05/2008	NSW Cross Country Relays	
2	15:11			Stuart Paterson	52	31/05/2008	NSW Cross Country Relays	
3	15:52			Sven Fuerst	37	31/05/2008	NSW Cross Country Relays	
4	16:05			Bradley Sharpe	47	31/05/2008	NSW Cross Country Relays	
5	18:37			Doug Barrett		31/05/2008	NSW Cross Country Relays	
6	19:09			Geoffrey Francis	66	31/05/2008	NSW Cross Country Relays	
7	20:38			David Archbold		31/05/2008	NSW Cross Country Relays	
8	21:51			Ron Wills		31/05/2008	NSW Cross Country Relays	
Men Open 5km Cross Country								
1	27.25			David Archbold	62	19/07/2008	NSW Short Course	
Men Open 8km Cross Country								
1	34:19.0h			Bradley Sharpe	48	10/04/2009	Australian Masters C'ships	
Men Open 8.5km Cross Country								
1	32.49			Matthew Rando	20	19/07/2008	NSW Short Course	#
2	37.05			Bradley Sharpe	47	19/07/2008	NSW Short Course	
Men Open 10km Cross Country								
1	42.43			Bradley Sharpe	47	26/04/2008	Novice Cross Country C'ships	
Men Open 2.5km Road								
1	11.42			Calvin Goessler	12	3/05/2008	NSW/Sydney Striders 10km Road Race	#
Men Open 10km Road								
1	33.20			Matthew Rando	20	3/05/2008	NSW/Sydney Striders 10km Road Race	#
2	35.33			Greg Greene	38	3/05/2008	NSW/Sydney Striders 10km Road Race	
3	36.27			Daniel Mellish	30	3/05/2008	NSW/Sydney Striders 10km Road Race	
4	36.50			David Peak	22	3/05/2008	NSW/Sydney Striders 10km Road Race	
5	40.54			Bradley Sharpe	47	3/05/2008	NSW/Sydney Striders 10km Road Race	
6	41.01			Sven Fuerst	37	3/05/2008	NSW/Sydney Striders 10km Road Race	
Men Open Half Marathon								
1	1:23.08			Daniel Mellish	30	18/05/2008	NSW Half Marathon C'ships	
2	1:24.08			Timothy Austin	30	18/05/2008	NSW Half Marathon C'ships	
3	1:49.19			Stephen Ball	54	18/05/2008	NSW Half Marathon C'ships	
4	1:59.04			Geoffrey Francis	66	18/05/2008	NSW Half Marathon C'ships	
Men Open 5km Walk Road								
1	30.09			Jim Seymon	70	29/06/2008	NSW Short Walks	#
Men Open 10km Road Walk								
1	1:01:30.0h			Jim Seymon	71	10/04/2009	Australian Masters C'ships	
Men Open 15km Road Walk								
1	1:38.35			Jim Seymon	70	27/07/2008	NSW Long Walks	