

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
Track and Field - Men						
Men Open 60m Sprint						
1	6.87	2.9	F	Lewis Clark	18	14/11/2009 Club Premiership R3 SOPAC
2	7.34	-1.2	F	Stephen Andrezza	21	24/10/2009 Club Premiership R1, Narabeen
3*	7.1h	NWI	7.34 F	Andrew Clark	25	13/01/2010 ANSW Permit Meet
3*	7.1h	NWI	7.34 F	Michael Scott	22	19/09/2009 Northern Zone W2
5	7.35	0.7	F	Kiel Mannix	22	19/12/2009 Skins Meet
6*	7.38	-3.0	F	Matthew Hulme	16	24/10/2009 Club Premiership R1, Narabeen
6*	7.38	2.3	F	Denford Moore	17	14/11/2009 Club Premiership R3 SOPAC
8	7.41	-3.2	F	Raymond Smith	16	24/10/2009 Club Premiership R1, Narabeen
9*	7.2h	NWI	7.44 F	Phillip Krok	21	16/01/2010 Northern Zone W14
9*	7.2h	NWI	7.44 F	Thomas Slood	17	13/01/2010 ANSW Permit Meet
11	7.45	+1.8	F	Anthony Collum	14	26/03/2010 NSW State Track and Field Champs
12	7.48	0.5	F	Cameron McCoy	26	14/11/2009 Club Premiership R3 SOPAC
13	7.75	+3.6	F	Evan Walsh	41	9/02/2010 ANSW Permit Meet Campbelltown
14	7.91	+2.2	F	Anthony Crimi	48	6/03/2010 NSW State Masters & U23 Champs
15	7.94	+3.3	F	Gregory Tolpigin	34	6/03/2010 NSW Masters & U23 Champs
16*	7.7h	NWI	7.94 F	Alexander Godbold	20	5/12/2009 Northern Zone W12
16*	7.7h	NWI	7.94 F	Myalls Paterson	16	19/09/2009 Northern Zone W2
18	7.98	-3.2	F	Mitchell Roberts	23	24/10/2009 Club Premiership R1, Narabeen
19	7.9h	NWI	8.14 F	Gregory Topigin	33	13/02/2010 Northern Zone W18
20	8.14	+2.2	F	Tim McGrath	47	6/03/2010 NSW Masters & U23 Champs
21	8.24	0.4	F	Andrew Wu	21	14/11/2009 Club Premiership R3 SOPAC
22*	8.0h	NWI	8.24 F	Adam Parsonage	42	27/02/2010 Northern Zone W20
22*	8.0h	NWI	8.24 F	Michael Stark	27	5/12/2009 Northern Zone W12
24	8.26	-3.0	F	Antony Guest	44	24/10/2009 Club Premiership R1, Narabeen
25	8.1h	NWI	8.34 F	Christopher Lemon	19	13/01/2010 ANSW Permit Meet
26	8.3h	NWI	8.54 F	Robert Stepanovich	54	27/02/2010 Northern Zone W20
27	9.01	-2.4	F	Alec Diamond	12	24/10/2009 Club Premiership R1, Narabeen
28	9.13	-1.3	F	Mark Cepak	50	24/10/2009 Club Premiership R1, Campbelltown
29	9.18	-2.4	F	Stephen Ball	56	24/10/2009 Club Premiership R1, Narabeen
30	9.28	0.4	F	Kieran Courtney	30	14/11/2009 Club Premiership R3 SOPAC
31	9.38	-2.4	F	Jackson Diamond	13	24/10/2009 Club Premiership R1, Narabeen
32	9.40	-2.4	F	Ronald Bendall	57	24/10/2009 Club Premiership R1, Narabeen
33	9.5h	NWI	9.74 F	Geoffrey Francis	67	5/12/2009 Northern Zone W12
34*	9.6h	NWI	9.84 F	Warren Jones	29	3/10/2009 Northern Zone W4
34*	9.6h	NWI	9.84 F	Doug Barrett	57	17/10/2009 Northern Zone W6
36	9.7h	NWI	9.94 F	Hugh Colburn	63	13/01/2010 ANSW Permit Meet
37	10.00	1.4	F	Terrence Carter	52	14/11/2009 Club Premiership R3 SOPAC
38	9.8h	NWI	10.04 F	Tristan Paterson	15	19/09/2009 Northern Zone W2
39	9.9h	NWI	10.14 F	Charles Hobden	73	5/12/2009 Northern Zone W12
40	10.53	+3.7	F	Brian Hamilton	71	6/03/2010 NSW Masters & U23 Champs
41	10.5h	NWI	10.74 F	Jack Maguire	11	16/01/2010 Northern Zone W14
42	11.6h	NWI	11.84 F	Ronald Shoesmith	62	27/02/2010 Northern Zone W20
Men Open 100m Sprint						
1*	10.56	3.7	F	Lewis Clark	18	31/10/2009 Club Premiership R2, Mingara
1*	10.56	3.7	F	Henry Mitchell	23	31/10/2009 Club Premiership R2, Mingara
3	10.81	+3.0	P	Andrew Clark	26	26/03/2010 NSW State Track and Field Champs
4	10.86	-1.0	S	Stephen Andrezza	21	29/09/2009 2009 Australian University Games
5	11.11	+1.4	F	Evan O'Hanlon	21	27/02/2010 Sydney Track Classic
6*	11.13	+0.8	P	Matthew Hulme	16	4/12/2009 2009 Australian All Schools
6*	11.13	+1.9	P	Raymond Smith	16	4/12/2009 2009 Australian All Schools
6*	11.13	NWI	F	Thomas Slood	17	28/11/2009 Club Premiership R4, Blacktown,
9	11.31	+0.8	F	James Dooley	18	30/01/2010 Allcomers
10	11.36	NWI	F	Cameron McCoy	26	28/11/2009 Club Premiership R4, Black/Banks
11	11.39	1.8	F	Denford Moore	17	12/12/2009 Club Premiership R5, SOPAC

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
12	11.40	3.0	F	Calum Davis	19	31/10/2009 Club Premiership R2, Mingara
13	11.51	NWI	F	Michael Scott	22	28/11/2009 Club Premiership R4, Black/Banks
14	11.57	NWI	F	Ciaan Perera	15	22/09/2009 CIS
15	11.69	+0.9	P	Anthony Collum	14	12/02/2010 NSW Junior & Youth Champs
16	11.85	+1.1	F	Kiel Mannix	22	30/01/2010 Allcomers
17	11.89	NWI	F	Sean Wilkins	16	15/05/2009 GPS
18	11.8h	NWI	12.04 F	Alexander Godbold	20	7/11/2009 Northern Zone W9
19	12.08	-0.7	F	Mitchell Roberts	23	12/12/2009 Club Premiership R5, SOPAC
20	12.18	3.0	F	Myalls Paterson	16	31/10/2009 Club Premiership R2, Mingara
21	12.20	1.8	F	William McCoy	18	12/12/2009 Club Premiership R5, SOPAC
22	12.35	NWI	F	Evan Walsh	41	28/11/2009 Club Premiership R4, Black/Banks
23	12.40	NWI	F	Gregory Tolpigin	34	6/03/2010 NSW Masters & U23 Champs
24*	12.3h	NWI	12.54 F	Christopher Dyce	21	26/09/2009 Northern Zone W3
24*	12.3h	NWI	12.54 F	Daniel Mellish	31	12/09/2009 Northern Zone W1
26	12.57	+1.2	P	Anthony Crimi	47	11/10/2009 World Masters Games
27	12.58	-0.4	P	William Richardson	13	5/11/2009 NSW All Schools
28*	12.5h	NWI	12.74 F	Adam Parsonage	42	9/01/2010 Northern Zone W13
28*	12.5h	NWI	12.74 F	Christopher Lemon	19	13/01/2010 ANSW Permit Meet
30*	12.81	1.7	F	Matthew Skerritt	16	12/12/2009 Club Premiership R5, SOPAC
30*	12.81	-0.2	F	Matthew Gardiner	16	5/11/2009 NSW All Schools
32	12.84	0.7	F	Andrew Wu	21	12/12/2009 Club Premiership R5, SOPAC
33*	12.6h	NWI	12.84 F	Chris Howard	17	24/10/2009 Northern Zone W7
33*	12.6h	NWI	12.84 F	Tim McGrath	47	26/09/2009 Northern Zone W3
35	12.88	1.3	F	Matthew Mountfort	16	12/12/2009 Club Premiership R5, SOPAC
36	12.7h	NWI	12.94 F	Gregory Topigin	33	20/02/2010 Northern Zone W19
37	12.96	3.0	F	Joshua Parkinson	16	31/10/2009 Club Premiership R2, Mingara
38	12.97	+0.5	M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
39	13.01	NWI	F	Alec Diamond	12	24/09/2009 CAS
40	13.1h	NWI	13.34 F	Ashley Howard	21	10/10/2009 Northern Zone W5
41	13.46	NWI	F	Matthew Crowe	12	27/08/2009 MCC
42	13.52	+1.4	P	David Smith	54	11/10/2009 World Masters Games
43	13.59	+1.6	P	Ray Lawrence	63	11/10/2009 World Masters Games
44	13.69	NWI	F	Robert Stepanovich	54	6/03/2010 NSW Masters & U23 Champs
45	13.72	+1.9	S	Hovik Keshishian	48	11/10/2009 World Masters Games
46	13.80	-7.2	F	Kieran Courtney	30	23/01/2010 Club Championships
47	13.7h	NWI	13.94 F	Robert Hanbury-Brown53	26/09/2009 Northern Zone W3	
48	13.95	2.8	F	Michael Stark	27	31/10/2009 Club Premiership R2, Mingara
49	14.09	1.8	F	Stephen Ball	56	12/12/2009 Club Premiership R5, SOPAC
50	14.1h	NWI	14.34 F	George Clark	50	12/09/2009 Northern Zone W1
51	14.2h	NWI	14.44 F	Mark Cepak	50	26/09/2009 Northern Zone W3
52	14.72	2.1	F	Ronald Bendall	57	31/10/2009 Club Premiership R2, Mingara
53	14.7h	NWI	14.94 F	Doug Barrett	57	23/01/2010 Northern Zone W15
54	15.02	NWI	F	Stuart Paterson	53	28/11/2009 Club Premiership R4, Black/Banks
55	14.8h	NWI	15.04 F	Zoran Novic	49	24/10/2009 Northern Zone W7
56	15.11	NWI	F	Tristan Paterson	15	28/11/2009 Club Premiership R4, Black/Banks
57	15.12	NWI	F	Geoffrey Francis	67	28/11/2009 Club Premiership R4, Black/Banks
58	15.3h	NWI	15.54 F	Warren Jones	29	12/09/2009 Northern Zone W1
59*	15.5h	NWI	15.74 F	David Archbold	64	7/11/2009 Northern Zone W9
59*	15.5h	NWI	15.74 F	Hugh Colburn	63	13/01/2010 ANSW Permit Meet
61*	15.6h	NWI	15.84 F	Terrence Carter	52	10/10/2009 Northern Zone W5
61*	15.6h	NWI	15.84 F	Charles Hobden	73	26/09/2009 Northern Zone W3
63	15.7h	NWI	15.94 F	Bradley Sharpe	48	20/02/2010 Northern Zone W19
64	16.65	+2.2	P	Brian Hamilton	70	11/10/2009 World Masters Games
65	17.2h	NWI	17.44 F	Jack Maguire	11	20/02/2010 Northern Zone W19
66	17.7h	NWI	17.94 F	Ronald Shoesmith	62	7/11/2009 Northern Zone W9

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
Men Open 200m Sprint						
1	21.26	3.7	F	Henry Mitchell	23	12/12/2009 Club Premiership R5, SOPAC
2	21.49	2.1	F	Lewis Clark	18	14/11/2009 Club Premiership R3 SOPAC
3	21.94	NWI	F	James Dooley	17	15/05/2009 GPS
4*	22.13	+0.6	F	Raymond Smith	16	5/11/2009 NSW All Schools
4*	22.13	-0.8	S	Andrew Clark	25	29/09/2009 2009 Australian University Games
6	22.27	+1.1	F	Evan O'Hanlon	21	16/04/2010 Australian National Open Champs
7	22.73	NWI	F	Matthew Hulme	16	15/05/2009 GPS
8	22.79	+1.9	P	Ciaan Perera	15	5/11/2009 NSW All Schools
9	23.09	2.1	F	Alex Pettigrew	17	14/11/2009 Club Premiership R3 SOPAC
10	23.20	NWI	P	Thomas Slood	18	12/02/2010 NSW Junior and Youth Champs
11	23.23	1.6	F	Michael Scott	22	14/11/2009 Club Premiership R3 SOPAC
12	23.41	0.9	F	Calum Davis	19	14/11/2009 Club Premiership R3 SOPAC
13	23.42	1.6	F	Cameron McCoy	26	14/11/2009 Club Premiership R3 SOPAC
14	23.53	1.8	F	Denford Moore	17	12/12/2009 Club Premiership R5, SOPAC
15	23.56	+0.9	F	Anthony Collum	14	5/11/2009 NSW All Schools
16	23.5h	NWI	23.74 F	Phillip Krok	21	16/01/2010 Northern Zone W14
17	23.99	-2.7	F	Stephen Andrezza	21	24/10/2009 Club Premiership R1, Narabeen
18	24.16	NWI	F	Sean Wilkins	16	15/05/2009 GPS
19	24.19	1.8	F	William McCoy	18	12/12/2009 Club Premiership R5, SOPAC
20	24.24	1.6	F	Alexander Godbold	20	14/11/2009 Club Premiership R3 SOPAC
21	24.64	-0.8	F	Giuliana Fonte	18	18/09/2009 CCC
22	24.84	+3.5	F	Evan Walsh	41	6/03/2010 NSW Masters & U23 Champs
23	24.9h	NWI	25.14 F	Myalls Paterson	16	19/09/2009 Northern Zone W2
24	25.32	1.6	F	Mitchell Roberts	23	14/11/2009 Club Premiership R3 SOPAC
25	25.35	+3.5	P	Anthony Crimi	48	6/03/2010 NSW Masters & U23 Champs
26	25.36	+0.9	F	Joshua Hall	17	20/02/2010 Allcomers
27	25.42	1.4	F	Antony Guest	44	14/11/2009 Club Premiership R3 SOPAC
28	25.58	+3.5	P	Adam Parsonage	43	6/03/2010 NSW Masters & U23 Champs
29	25.79	-1.3	F	Matthew Skerritt	16	12/12/2009 Club Premiership R5, SOPAC
30	25.6h	NWI	25.84 F	Christopher Dyce	21	17/10/2009 Northern Zone W6
31	25.89	NWI	F	George Clark	50	6/03/2010 NSW Masters & U23 Champs
32	26.2h	NWI	26.44 F	Matthew Mountfort	16	17/10/2009 Northern Zone W6
33	26.41	NWI	M	Tim McGrath	47	26/03/2010 NSW State Track and Field Champs
34	27.4h	NWI	27.64 F	Andrew Wu	21	5/12/2009 Northern Zone W12
35	27.71	NWI	M	John Kay	50	2/04/2010 Australian Masters Nationals
36	27.96	1.7	F	Declan Patton	25	14/11/2009 Club Premiership R3 SOPAC
37	27.8h	NWI	28.04 F	Ashley Howard	21	17/10/2009 Northern Zone W6
38	28.28	-0.2	F	Stephen Ball	56	12/12/2009 Club Premiership R5, SOPAC
39	28.49	+1.3	M	Robert Hanbury-Brown	52	11/10/2009 World Masters Games
40	28.3h	NWI	28.54 F	Robert Stepanovich	54	27/02/2010 Northern Zone W20
41	29.64	1.7	F	Kieran Courtney	30	14/11/2009 Club Premiership R3 SOPAC
42	29.77	4.3	F	Stuart Paterson	53	12/12/2009 Club Premiership R5, SOPAC
43	29.6h	NWI	29.84 F	Michael Stark	27	19/09/2009 Northern Zone W2
44	30.33	-3.7	F	Alec Diamond	12	24/10/2009 Club Premiership R1, Narabeen
45	30.49	+1.7	F	Mark Cepak	50	24/10/2009 Club Premiership R1, Campbelltown
46	30.59	+5.8	F	Geoffrey Francis	67	6/03/2010 NSW Masters & U23 Champs
47	30.97	-3.7	F	Jackson Diamond	13	24/10/2009 Club Premiership R1, Narabeen
48	31.55	+0.5	M	Doug Barrett	57	26/03/2010 NSW State Track and Field Champs
49	31.5h	NWI	31.74 F	Nicholas Ingram	42	14/11/2009 Northern Zone W10
50	32.0h	NWI	32.24 F	Richard Urqhart	54	5/12/2009 Northern Zone W12
51	32.59	-1.3	F	Tristan Paterson	15	12/12/2009 Club Premiership R5, SOPAC
52	32.72	0.5	F	Terrence Carter	52	14/11/2009 Club Premiership R3 SOPAC
53*	33.3h	NWI	33.54 F	Warren Jones	29	17/10/2009 Northern Zone W6
53*	33.3h	NWI	33.54 F	David Archbold	64	17/10/2009 Northern Zone W6
55	33.5h	NWI	33.74 F	Charles Hobden	73	5/12/2009 Northern Zone W12
56	34.1h	NWI	34.34 F	Ron Wills	70	14/11/2009 Northern Zone W10

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet	
57	36.68	+0.4		P	Brian Hamilton	70	11/10/2009 World Masters Games
58	38.3h	NWI	38.54	F	Jack Maguire	11	16/01/2010 Northern Zone W14
59	44.0h	NWI	44.24	F	Ronald Shoesmith	62	31/10/2009 Northern Zone W8
Men Open 300m Run							
1	35.14			F	James Gurr	26	19/12/2009 Skins Meet
2	38.77			F	Anthony Collum	14	26/03/2010 NSW State Track and Field Champs
3	38.92			F	Denford Moore	17	19/12/2009 Skins Meet
4	40.36			F	Evan Walsh	41	19/12/2009 Skins Meet
5	43.35			F	Anthony Crimi	48	19/12/2009 Skins Meet
6	48.29			F	Kieran Courtney	30	19/12/2009 Skins Meet
Men Open 400m Run							
1	47.84			F	James Gurr	26	30/01/2010 Allcomers
2	48.53			F	Tristan Garrett	21	30/01/2010 Allcomers
3	48.77			F	Henry Mitchell	23	31/10/2009 Club Premiership R2, Mingara
4	49.59			P	James Dooley	18	12/02/2010 NSW Junior & Youth Champs
5	49.71			F	Alex Pettigrew	17	12/02/2010 NSW Junior & Youth Champs
6	49.87			P	Thomas Slood	18	12/02/2010 NSW Junior & Youth Champs
7	50.49			F	Benjamin Powell	20	6/03/2010 NSW Masters & U23 Champs
8	50.69			F	Kiel Mannix	22	30/01/2010 Allcomers
9	51.2h		51.34	F	Stephen Andrezza	22	13/01/2010 ANSW Permit Meet
10	51.5h		51.64	F	Andrew Clark	25	13/01/2010 ANSW Permit Meet
11	51.81			F	Ciaan Perera	15	5/11/2009 NSW All Schools
12	52.54			F	Daniel Mellish	31	11/10/2009 World Masters Games
13	52.7h		52.84	F	Alexander Godbold	20	7/11/2009 Northern Zone W9
14	52.93			P	Andrew Brazier	18	29/09/2009 2009 Australian University Games
15	54.23			P	Jack Parker	17	12/02/2010 NSW Junior & Youth Champs
16	54.84			F	Evan Walsh	41	6/03/2010 NSW Masters & U23 Champs
17	55.28			F	Harry Colreavy	16	30/01/2010 Allcomers
18	55.35			F	Myalls Paterson	16	28/11/2009 Club Premiership R4, Black/Banks
19	56.6h		56.74	F	Lewis Clark	18	9/01/2010 Northern Zone W13
20	58.55			F	Adam Parsonage	43	6/03/2010 NSW Masters & U23 Champs
21	58.9h		59.04	F	Antony Guest	44	26/09/2009 Northern Zone W3
1	59.81			M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
22	1:00.77			F	Matthew Crowe	12	12/02/2010 NSW Junior & Youth Champs
23	1:00.98			F	Bradley Sharpe	48	31/10/2009 Club Premiership R2, Illawong
24	1:01.6h		1:01.74	F	Conor DeLahtiuntty	41	26/09/2009 Northern Zone W3
25	1:03.56			F	Joshua Parkinson	16	31/10/2009 Club Premiership R2, Mingara
26	1:04.31			F	Stuart Paterson	53	31/10/2009 Club Premiership R2, Mingara
27	1:04.4h		1:04.54	F	Ashley Howard	21	10/10/2009 Northern Zone W5
28	1:04.5h		1:04.64	F	Andrew Wu	21	23/01/2010 Northern Zone W15
29	1:05.81			F	Len Augustine	49	31/10/2009 Club Premiership R2, Mingara
30	1:06.48			F	Stephen Ball	56	31/10/2009 Club Premiership R2, Mingara
31	1:07.3h		1:07.44	F	George Clark	50	12/09/2009 Northern Zone W1
32	1:08.10			F	Geoffrey Francis	67	6/03/2010 NSW Masters & U23 Champs
33	1:08.35			P	Robert Stepanovich	54	11/10/2009 World Masters Games
34	1:08.61			F	Anthony Crimi	48	28/11/2009 Club Premiership R4, Black/Banks
35	1:10.5h		1:10.64	F	Doug Barrett	57	10/10/2009 Northern Zone W5
36	1:11.3h		1:11.44	F	Michael Stark	27	26/09/2009 Northern Zone W3
37	1:12.02			F	Robert Hanbury-Brown	53	20/02/2010 Waratah Series
38	1:14.01			F	Mark Cepak	50	31/10/2009 Club Premiership R2, Mingara
39	1:16.9h		1:17.04	F	Charles Hobden	73	28/11/2009 Northern Zone W11
40	1:17.5h		1:17.64	F	Ron Wills	70	7/11/2009 Northern Zone W9
41	1:17.7h		1:17.84	F	Zoran Novicic	49	24/10/2009 Northern Zone W7
42	1:20.63			F	Tristan Paterson	15	28/11/2009 Club Premiership R4, Black/Banks
43	1:20.6h		1:20.74	F	Terrence Carter	52	10/10/2009 Northern Zone W5

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
44	1:28.3h		1:28.44 F	David Archbold	64	12/09/2009 Northern Zone W1
45	1:30.9h		1:31.04 F	Ronald Shoosmith	62	23/01/2010 Northern Zone W15
46	1:31.15		F	Ronald Bendall	57	31/10/2009 Club Premiership R2, Mingara
47	1:46.6h		1:46.74 F	Jack Maguire	11	23/01/2010 Northern Zone W15
48	2:16.9h		2:17.04 F	Brendon Hyde	64	26/09/2009 Northern Zone W3
Men Open 500m Run						
1	1:16.97		F	Liam Whiting	15	26/03/2010 NSW State Track and Field Champs
Men Open 800m Run						
1	1:46.66		F	Tristan Garrett	21	4/03/2010 2010 Melbourne Track Classic
2	1:46.77		F	James Gurr	26	4/03/2010 2010 Melbourne Track Classic
3	1:47.60		F	Nick Bromley	26	4/03/2010 2010 Melbourne Track Classic
4	1:54.85		F	Daryl Purches	20	10/04/2010 Waratah Series
5	1:55.19		P	Frazer Dowling	30	16/04/2010 Australian National Open Champps
6	1:55.42		P	Alister Ross	24	26/03/2010 NSW State Track and Field Champs
7	1:55.49		F	Jordan Smith	19	10/04/2010 Waratah Series
8	1:56.10		P	Alex Pettigrew	17	26/03/2010 NSW State Track and Field Champs
9	1:56.99		F	Alexander Godbold	20	14/11/2009 Club Premiership R3 SOPAC
10	1:58.17		F	Andrew Mackenzie	22	20/02/2010 Waratah Series
11	1:58.34		F	Matthew Rando	22	10/04/2010 Waratah Series
12	1:58.89		F	Harry Colreavy	16	20/02/2010 Waratah Series
13	2:00.33		F	Daniel Mellish	31	20/02/2010 Waratah Series
14	2:00.34		F	Thomas Slood	18	20/02/2010 Waratah Series
15	2:00.67		F	Andrew Brazier	19	26/02/2010 Illawong Summer Series
16	2:01.07		F	Benjamin Powell	20	20/02/2010 Waratah Series
17	2:01.6h	2:01.60	F	Myalls Paterson	16	20/02/2010 Mingara
18	2:02.30		F	Joshua Hall	16	24/10/2009 Club Premiership R1, Narabeen
19	2:02.89		P	Ruairidh MacDonald	15	12/02/2010 NSW Junior & Youth Champs
20	2:02.97		F	Mark Taylor	43	11/10/2009 World Masters Games
21	2:05.97		P	Andrew Sellosse	16	12/02/2010 NSW Junior & Youth Champs
22	2:07.65		F	Kieran Briscoe	15	22/09/2009 CIS
23	2:07.79		P	Michael Nolan	16	12/02/2010 NSW Junior & Youth Champs
24	2:11.28		F	Xavier Black	16	12/12/2009 Club Premiership R5, SOPAC
25	2:14.37		P	Liam Whiting	15	12/02/2010 NSW Junior & Youth Champs
26	2:15.19		F	Richard Martin	54	6/03/2010 NSW Masters & U23 Champs
27	2:15.20		P	Bradley Sharpe	48	11/10/2009 World Masters Games
28	2:15.79		F	Conor DeLahtiunty	41	12/12/2009 Club Premiership R5, SOPAC
29	2:16.08		F	William Richardson	13	24/10/2009 Club Premiership R1, Narabeen
30	2:18.09		P	William Back	14	12/02/2010 NSW Junior & Youth Champs
31	2:19.31		F	Stephen Andrezza	21	24/10/2009 Club Premiership R1, Narabeen
32	2:19.36		P	Stuart Paterson	52	28/07/2009 World Masters Athletics, Lahti
33	2:21.6h	2:21.60	F	Kevin McGregor	37	31/10/2009 Northern Zone W8
34	2:22.26		F	Stephen Ball	56	6/03/2010 NSW Masters & U23 Champs
35	2:23.55		F	Will North	12	12/02/2010 NSW Junior & Youth Champs
36	2:25.11		P	Isaac Hall	13	5/11/2009 NSW All Schools
37	2:25.19		F	Benjamin Moss	12	5/11/2009 NSW All Schools
38	2:28.64		P	Christian Leibenatus	16	5/11/2009 NSW All Schools
39	2:28.83		F	Doug Barrett	57	24/10/2009 Club Premiership R1, Narabeen
40	2:30.6h	2:30.60	F	Andrew Wu	21	27/02/2010 Northern Zone W20
41	2:31.38		F	Len Augustine	49	12/12/2009 Club Premiership R5, SOPAC
42	2:32.63		F	Evan Walsh	41	24/10/2009 Club Premiership R1, Campbelltown
43	2:35.4h	2:35.40	F	Andrew Cepak	18	19/09/2009 Northern Zone W2
44	2:37.62		P	Adam Parsonage	42	11/10/2009 World Masters Games
45	2:40.00		F	Matthew Crowe	12	27/08/2009 MCC
46	2:41.0h	2:41.00	F	Ashley Howard	21	17/10/2009 Northern Zone W6
47	2:50.20		F	Geoffrey Francis	67	11/10/2009 World Masters Games

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
48	2:54.58		F	Terrence Carter	52	14/11/2009 Club Premiership R3 SOPAC
49	2:54.66		F	Ron Wills	70	6/03/2010 NSW Masters & U23 Champs
50	2:58.8h	2:58.80	F	George Clark	50	14/11/2009 Northern Zone W10
51	3:03.13		F	Tristan Paterson	15	12/12/2009 Club Premiership R5, SOPAC
52	3:09.8h	3:09.80	F	Nicholas Ingram	42	14/11/2009 Northern Zone W10
53	3:10.7h	3:10.70	F	David Archbold	64	5/12/2009 Northern Zone W12
54	3:12.7h	3:12.70	F	Charles Hobden	73	5/12/2009 Northern Zone W12
55	3:14.6h	3:14.60	F	Michael Stark	27	5/12/2009 Northern Zone W12
56	3:17.04		F	Mark Cepak	50	14/11/2009 Club Premiership R3 SOPAC
57	3:24.2h	3:24.20	F	Robert Hanbury-Brown	53	30/01/2010 Northern Zone W16
58	3:24.6h	3:24.60	F	Richard Urqhart	54	14/11/2009 Northern Zone W10
59	4:26.2h	4:26.20	F	Brendan Hyde	64	3/10/2009 Northern Zone W4
60	5:03.0h	5:03.00	F	Ronald Shoesmith	62	3/10/2009 Northern Zone W4

Men Open 1500m Run

1	3:42.69		F	Nick Bromley	27	31/08/2009 Grand Prix
2	3:57.14		P	Frazer Dowling	30	16/04/2010 Australian National Open Champs
3	4:02.44		F	Daryl Purches	20	20/02/2010 Waratah Series
4	4:02.98		F	Matthew Rando	22	20/02/2010 Waratah Series
5	4:03.02		F	Ruairidh MacDonald	15	12/02/2010 NSW Junior & Youth Champs
6	4:05.30		F	Joshua Hall	16	5/11/2009 NSW All Schools
7	4:07.9h	4:07.90	F	Alex Pettigrew	17	13/01/2010 ANSW Permit Meet
8	4:08.58		P	Alexander Godbold	20	29/09/2009 2009 Australian University Games
9	4:15.38		F	Harry Colreavy	16	5/11/2009 NSW All Schools
10	4:17.73		F	Myalls Paterson	16	6/02/2010 Hunter Track Classic
11	4:19.11		F	Xavier Black	16	3/09/2009 CHS Sec
12	4:21.30		F	Daniel Mellish	31	11/10/2009 World Masters Games
13	4:25.12		F	Andrew Selosse	16	12/02/2010 NSW Junior & Youth Champs
14	4:26.3h	4:26.30	F	Kieran Briscoe	15	31/10/2009 Club Premiership R2, Illawong
15	4:30.94		F	Michael Nolan	16	20/02/2010 Waratah Series
16	4:42.4h	4:42.40	F	Conor DeLahtiuntty	41	12/09/2009 Northern Zone W1
17	4:47.91		P	Stuart Paterson	52	28/07/2009 World Masters Athletics, Lahti
18	4:47.93		P	Bradley Sharpe	48	11/10/2009 World Masters Games
19	4:49.33		F	Stephen Ball	56	11/10/2009 World Masters Games
20	4:52.6h	4:52.60	F	Kevin McGregor	37	7/11/2009 Northern Zone W9
21	4:54.61		F	Will North	12	12/02/2010 NSW Junior & Youth Champs
22	4:59.45		F	Isaac Hall	13	31/10/2009 Club Premiership R2, Mingara
23	4:59.84		F	Christian Leibenatus	16	5/11/2009 NSW All Schools
24	5:15.2h	5:15.20	F	Andrew Wu	21	6/02/2010 Northern Zone W17
25	5:21.10		F	Benjamin Moss	13	12/02/2010 NSW Junior & Youth Champs
26	5:33.29		F	Len Augustine	49	28/11/2009 Club Premiership R4, Black/Banks
27	5:35.7h	5:35.70	F	Doug Barrett	57	10/10/2009 Northern Zone W5
28	5:41.88		M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
29	5:58.0h	5:58.00	F	Ashley Howard	21	24/10/2009 Northern Zone W7
30	5:59.04		F	Geoffrey Francis	67	31/10/2009 Club Premiership R2, Mingara
31	6:01.2h	6:01.20	F	Terrence Carter	52	10/10/2009 Northern Zone W5
32	6:19.1h	6:19.10	F	Ron Wills	70	7/11/2009 Northern Zone W9
33	6:21.79		M	Tim McGrath	47	26/03/2010 NSW State Track and Field Champs
34	6:25.5h	6:25.50	F	Nicholas Ingram	42	7/11/2009 Northern Zone W9
35	6:28.88		M	John Kay	50	2/04/2010 Australian Masters Nationals
36	6:42.0h	6:42.00	F	Zoran Novicic	49	24/10/2009 Northern Zone W7
37	6:50.3h	6:50.30	F	David Archbold	64	7/11/2009 Northern Zone W9
38	7:04.3h	7:04.30	F	Mark Cepak	50	10/10/2009 Northern Zone W5
39	7:08.61		M	Robert Hanbury-Brown	52	11/10/2009 World Masters Games
40	7:28.4h	7:28.40	F	Richard Urqhart	54	7/11/2009 Northern Zone W9
41	10:17.1h	10:17.10	F	Brendan Hyde	64	28/11/2009 Northern Zone W11
42	11:36.0h	11:36.00	F	Ronald Shoesmith	62	12/09/2009 Northern Zone W1

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
Men Open 3000m Run						
1	8:13.59		F	Nick Bromley	26	14/11/2009 NSW 3000 Championships
2*	8:43.75		F	Frazer Dowling	30	14/11/2009 NSW 3000 Championships
2*	8:43.75		F	Ruairidh MacDonald	15	11/03/2010 Australian Junior Championships
4	8:52.67		F	Xavier Black	16	11/03/2010 Australian Junior Championships
5	9:04.16		F	Matthew Rando	22	23/01/2010 Club Championships
6	9:10.02		F	Daryl Purches	20	14/11/2009 NSW 3000 Championships
7	9:16.29		F	Sam Walker	27	14/11/2009 NSW 3000 Championships
8	9:19.60		F	Andrew Selosse	16	11/03/2010 Australian Junior Championships
9	9:39.2h	9:39.20	F	Alexander Godbold	20	5/12/2009 Northern Zone W12
10	9:42.76		F	Conor DeLahtiunty	41	14/11/2009 NSW 3000 Championships
11	9:47.17		F	Kieran Briscoe	15	14/11/2009 NSW 3000 Championships
12	9:52.09		F	Jared Simmons	11	23/01/2010 Club Championships
13	10:11.72		F	Michael Nolan	16	12/02/2010 NSW Junior & Youth Champs
14	10:34.16		F	Bradley Sharpe	48	14/11/2009 NSW 3000 Championships
15	10:41.64		F	Kevin McGregor	36	24/10/2009 Club Premiership R1, Narabeen
16	10:57.4h	10:57.40	F	Stephen Ball	56	13/02/2010 Northern Zone W18
17	11:13.41		F	Christian Leibenatus	16	5/11/2009 NSW All Schools
18	12:43.42		F	Geoffrey Francis	67	24/10/2009 Club Premiership R1, Narabeen
19	12:46.0h	12:46.00	F	Doug Barrett	57	14/11/2009 Northern Zone W10
20	13:44.4h	13:44.40	F	Andrew Wu	21	13/02/2010 Northern Zone W18
21	14:24.2h	14:24.20	F	Ron Wills	70	27/02/2010 Northern Zone W20
22	14:40.0h	14:40.00	F	David Archbold	64	31/10/2009 Northern Zone W8
23	22:46.1h	22:46.10	F	Ronald Shoemith	62	30/01/2010 Northern Zone W16
Men Open 5000m Run						
1	15:22.39		F	Xavier Black	16	11/03/2010 Australian Junior Championships
2	15:53.6h	15:53.60	F	Ruairidh MacDonald	15	13/01/2010 ANSW Permit Meet
3	16:37.05		F	Sam Walker	27	28/11/2009 Club Premiership R4, Black/Banks
4	18:36.90		F	Bradley Sharpe	48	28/01/2010 Waratah Series
5	22:08.4h	22:08.40	F	Geoffrey Francis	67	11/10/2009 World Masters Games
Men Open 10000m Run						
1	34:14.76		F	Xavier Black	17	26/03/2010 NSW State Track and Field Champs
Men Open 1500m Walk						
1	8:01.4h	8:01.40	F	Jim Seymon	72	16/01/2010 Northern Zone W14
2	9:11.0h	9:11.00	F	Doug Barrett	57	14/11/2009 Northern Zone W10
3	9:19.0h	9:19.00	F	Robert Connors	61	13/02/2010 Northern Zone W18
4	9:29.6h	9:29.60	F	Brendan Hyde	64	3/10/2009 Northern Zone W4
5	11:40.0h	11:40.00	F	Mark Cepak	50	13/02/2010 Northern Zone W18
6	13:07.7h	13:07.70	F	Ronald Shoemith	62	16/01/2010 Northern Zone W14
Men Open 3000m Walk						
1	18:53.3h	18:53.30	F	Jim Seymon	72	6/02/2010 Northern Zone W17
2	19:01.0h	19:01.00	F	Doug Barrett	57	26/09/2009 Northern Zone W3
3	20:00.0h	20:00.00	F	Robert Connors	61	6/02/2010 Northern Zone W17
4	20:25.7h	20:25.70	F	Brendon Hyde	64	26/09/2009 Northern Zone W3
5	21:30.3h	21:30.30	F	Brendan Hyde	64	23/01/2010 Northern Zone W15
6	25:56.0h	25:56.00	F	Mark Cepak	50	7/11/2009 Northern Zone W9
7	26:30.3h	26:30.30	F	Ronald Shoemith	62	20/02/2010 Northern Zone W19
Men Open 5000m Walk						
1	31:06.55		F	Jim Seymon	72	6/03/2010 NSW Masters & U23 Champs
2	33:39.1h	33:39.10	F	Brendon Hyde	64	11/10/2009 World Masters Games
3	38:29.44		F	Robert Connors	62	6/03/2010 NSW Masters & U23 Champs

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
Men Open 90m Hurdles 0.762m						
1	13.41	-1.6	F	Alec Diamond	12	31/10/2009 Club Premiership R2, Illawong
2	14.80	+0.2	F	Matthew Crowe	12	5/11/2009 NSW All Schools
Men Open 100m Hurdles 0.840m						
1	13.47	NWI	F	Matthew Hulme	16	15/05/2009 GPS
2	13.73	+0.7	F	William Richardson	14	11/03/2010 Australian Junior Championships
3	14.93	+1.2	F	Jamie Choek	14	5/11/2009 NSW All Schools
4	15.64	NWI	F	Andrew Selosse	15	15/05/2009 GPS
Men Open 100m Hurdles 0.914m						
1	16.24	+2.4	F	Clay Tompkins	57	2/04/2010 Australian Masters Nationals
2	20.01	+0.5	F	Robert Hanbury-Brown	53	20/03/2010 ACTAA/ACTVA Open Champs
Men Open 110m Hurdles 0.914m						
1	14.26	+0.6	F	Raymond Smith	16	4/12/2009 2009 Australian All Schools
Men Open 110m Hurdles 0.991m						
1	14.51	NWI	F	James Dooley	17	15/05/2009 GPS
2	14.73	NWI	F	Raymond Smith	16	15/05/2009 GPS
3	20.22	+0.7	F	Tim McGrath	47	6/03/2010 NSW Masters & U23 Champs
4	27.31	+1.2	F	Hovik Keshishian	48	11/10/2009 World Masters Games
Men Open 110m Hurdles 1.067m						
1	15.13	+1.4	F	Jacob Holt	24	20/02/2010 Allcomers
2	23.40	-1.2	M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
Men Open 200m Hurdles 0.762m						
1	26.82	-2.1	F	William Richardson	14	11/03/2010 Australian Junior Championships
2	27.59	NWI	F	Oliver Holland	20	23/01/2010 Club Championships
Men Open 400m Hurdles 0.914m						
1	52.90		F	Jacob Holt	24	16/04/2010 Australian National Open Champs
2	55.21		F	Kiel Mannix	22	26/03/2010 NSW State Track and Field Champs
Men Open 2000m StplCh 0.762m						
1	6:39.87		F	Kieran Briscoe	15	4/12/2009 2009 Australian All Schools
Men Open 2000m StplCh 0.914m						
1	6:10.05		F	Ruairidh MacDonald	15	11/03/2010 Australian Junior Championships
2	6:11.34		F	Andrew Selosse	16	11/03/2010 Australian Junior Championships
3	6:38.54		F	Kieran Briscoe	15	24/10/2009 Club Premiership R1, Campbelltown
Men Open High Jump						
1	1.85m		F	Taylor Cornell	17	21/11/2009 NSW Relay Championships
2	1.75m		F	Robert Dunn	20	21/11/2009 NSW Relay Championships
3	1.70m		F	William Richardson	14	21/11/2009 NSW Relay Championships
4	1.64m		F	Clay Tompkins	56	11/10/2009 World Masters Games
5	1.57m		F	Christopher Dwyer	12	12/02/2010 NSW Junior & Youth Champs
6*	1.55m		F	Thomas Cheel	13	12/02/2010 NSW Junior & Youth Champs
6*	1.55m		F	Myalls Paterson	16	21/11/2009 NSW Relay Championships
6*	1.55m		F	Alexander Godbold	20	21/11/2009 NSW Relay Championships
6*	1.55m		F	Matthew Crowe	12	27/08/2009 MCC
10	1.52m		M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
11	1.50m		F	Robert Hanbury-Brown	53	6/03/2010 NSW Masters & U23 Champs
12	1.49m		F	Alec Diamond	12	24/09/2009 CAS

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
13	1.45m		F	Tim McGrath	47	12/12/2009 Club Premiership R5, SOPAC
14*	1.35m		F	Michael Stark	27	31/10/2009 Club Premiership R2, Mingara
14*	1.35m		F	Mark Cepak	50	12/12/2009 Club Premiership R5, SOPAC
16	NH		F	Tristan Paterson	15	12/12/2009 Club Premiership R5, SOPAC
Men Open Pole Vault						
1	3.70m		F	Marvin Goessler	18	5/11/2009 NSW All Schools
2	3.40m		F	Tim McGrath	47	6/03/2010 NSW Masters & U23 Champs
3	2.50m		F	Robert Hanbury-Brown	53	20/03/2010 ACTAA/ACTVA Open Champs
4	2.40m		M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
5	2.30m		F	Mark Cepak	50	11/10/2009 World Masters Games
Men Open Long Jump						
1	6.81m	NWI	F	Matthew Hulme	16	15/05/2009 GPS
2	6.63m	NWI	F	James Dooley	17	15/05/2009 GPS
3	6.15m	NWI	F	Oliver Holland	20	23/01/2010 Club Championships
4	6.11m	+1.6	F	Evan O'Hanlon	21	20/03/2010 ACTAA/ACTVA Open Champs
5*	5.77m	NWI	F	Thomas Slood	17	30/01/2010 Allcomers
5*	5.77m	NWI	F	Martin Stonis	17	3/08/2009 CHS Syd North Sec
7	5.62m	-2.2	F	Robert Dunn	20	21/11/2009 NSW Relay Championships
8	5.57m	-1.6	F	Christopher Dyce	21	21/11/2009 NSW Relay Championships
9	5.52m	NWI	F	William Richardson	14	23/01/2010 Club Championships
10	5.51m	+0.7	F	Matthew Gardiner	16	12/02/2010 NSW Junior & Youth Champs
11	5.49m	NWI	F	Clay Tompkins	57	2/04/2010 Australian Masters Nationals
12	5.43m	-2.6	F	Omar Al-wahabi	20	21/11/2009 NSW Relay Championships
13	5.31m	-2.7	F	Alexander Godbold	20	21/11/2009 NSW Relay Championships
14	5.09m		F	Tim McGrath	47	28/11/2009 Club Premiership R4, Black/Banks
15	5.05m		F	Chris Howard	17	24/10/2009 Northern Zone W7
16	5.03m	NWI	F	Alec Diamond	12	24/09/2009 CAS
17	4.97m	2.1	F	Christopher Howard	17	21/11/2009 NSW Relay Championships
18	4.94m	NWI	M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
19	4.93m	1.8	F	Andrew Selosse	16	21/11/2009 NSW Relay Championships
20	4.89m	+1.7	F	Matthew Crowe	12	11/03/2010 Australian Junior Championships
21	4.73m	NWI	F	Adam Parsonage	43	6/03/2010 NSW Masters & U23 Champs
22	4.70m		F	Mark Cepak	50	12/09/2009 Northern Zone W1
23	4.68m		F	Ashley Howard	21	10/10/2009 Northern Zone W5
24	4.59m	NWI	M	Robert Hanbury-Brown	53	2/04/2010 Australian Masters Nationals
25	4.55m		F	Andrew Wu	21	9/01/2010 Northern Zone W13
26	4.52m	NWI	M	John Kay	50	2/04/2010 Australian Masters Nationals
27	4.50m	1.4	F	Michael Stark	27	12/12/2009 Club Premiership R5, SOPAC
28	4.08m		F	Zoran Novicic	49	24/10/2009 Northern Zone W7
29	3.99m	NWI	P	Hovik Keshishian	48	11/10/2009 World Masters Games
30	3.92m		F	Warren Jones	29	31/10/2009 Club Premiership R2, Illawong
31	3.79m		F	Terrence Carter	52	10/10/2009 Northern Zone W5
32	3.69m	1.6	F	Tristan Paterson	15	12/12/2009 Club Premiership R5, SOPAC
33	3.48m		F	Jack Maguire	11	23/01/2010 Northern Zone W15
34	3.42m		F	Doug Barrett	57	10/10/2009 Northern Zone W5
35	3.35m		F	Charles Hobden	73	26/09/2009 Northern Zone W3
36	3.04m		F	Brian Hamilton	71	23/01/2010 Northern Zone W15
Men Open Triple Jump						
1	12.19m	+2.0	F	Clay Tompkins	57	2/04/2010 Australian Masters Nationals
2	12.14m	-1.4	F	Matthew Gardiner	16	12/02/2010 NSW Junior & Youth Champs
3	11.53m	+1.0	F	Alec Diamond	12	11/03/2010 Australian Junior Championships
4	10.52m		F	Andrew Wu	21	13/02/2010 Northern Zone W18
5	10.28m		F	Denford Moore	17	13/02/2010 Northern Zone W18
6	10.13m	NWI	F	Adam Parsonage	43	6/03/2010 NSW Masters & U23 Champs

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
7	9.25m		F	Michael Stark	27	27/02/2010 Northern Zone W20
8	9.08m	0.5	F	Terrence Carter	52	14/11/2009 Club Premiership R3 SOPAC
9	8.71m	+0.0	F	Mark Cepak	50	14/11/2009 Club Premiership R3 SOPAC
10	8.61m	NWI	P	Hovik Keshishian	48	11/10/2009 World Masters Games
11	7.47m		F	Doug Barrett	57	16/01/2010 Northern Zone W14
12	7.45m		F	Tristan Paterson	15	28/11/2009 Club Premiership R4, Black/Banks
13	6.68m		F	Jack Maguire	11	13/02/2010 Northern Zone W18

Men Open Shot Put 3.0kg

1	11.24m		F	Jackson Diamond	13	24/10/2009 Club Premiership R1, Narabeen
2	10.86m		F	Tyson Davis	13	5/11/2009 NSW All Schools
3	10.85m		F	Alec Diamond	12	24/09/2009 CAS
4	10.78m		F	Jack Maguire	11	16/01/2010 Northern Zone W14

Men Open Shot Put 4.0kg

1	10.47m		F	Jackson Diamond	14	12/02/2010 NSW Junior & Youth Champs
2	8.03m		F	Brian Hamilton	71	19/09/2009 Northern Zone W2

Men Open Shot Put 5.0kg

1	14.50m		F	Matthew Mountfort	16	5/11/2009 NSW All Schools
2	13.51m		F	Martin Stonis	17	3/08/2009 CHS Syd North Sec
3	9.28m		F	Chris Howard	17	7/11/2009 Northern Zone W9

Men Open Shot Put 6.0kg

1	11.98m		F	Andrew Cepak	18	19/09/2009 Northern Zone W2
2	11.43m		F	Robert Hanbury-Brown	53	12/09/2009 Northern Zone W1
3	10.50m		F	Clay Tompkins	56	19/09/2009 Northern Zone W2
4	10.35m		F	Mark Cepak	50	7/11/2009 Northern Zone W9
5	7.92m		F	Ronald Bendall	57	31/10/2009 Club Premiership R2, Mingara
6	7.11m		F	Terrence Carter	52	10/10/2009 Northern Zone W5
7	6.92m		F	Peter Douglas	55	28/11/2009 Club Premiership R4, Black/Banks
8	6.91m		F	Doug Barrett	57	20/02/2010 Northern Zone W19
9	6.21m		F	Ross Douglas	55	13/02/2010 Northern Zone W18

Men Open Shot Put 7.26kg

1	16.67m		F	Paul Crowe	35	11/10/2009 World Masters Games
2	10.83m		F	John Kay	50	21/11/2009 NSW Relay Championships
3	10.71m		F	Robert Hanbury-Brown	53	21/11/2009 NSW Relay Championships
4	10.13m		F	Declan Patton	25	31/10/2009 Club Premiership R2, Mingara
5	10.08m		F	Michael Stark	27	19/09/2009 Northern Zone W2
6	9.98m		F	Warren Jones	29	24/10/2009 Club Premiership R1, Narabeen
7	9.95m		F	Tim McGrath	47	9/01/2010 Northern Zone W13
8	9.44m		F	Christopher Dyce	21	24/10/2009 Northern Zone W7
9	9.43m		F	Matthew Mountfort	16	23/01/2010 Club Championships
10	9.39m		F	Oliver Holland	20	23/01/2010 Club Championships
11	9.35m		F	Kieran Courtney	30	13/02/2010 Northern Zone W18
12	9.31m		F	Mark Cepak	50	21/11/2009 NSW Relay Championships
13	8.08m		F	Adam Parsonage	42	27/02/2010 Northern Zone W20
14	7.35m		F	Brian Hamilton	71	21/11/2009 NSW Relay Championships
15	7.00m		F	Peter Douglas	55	21/11/2009 NSW Relay Championships
16	6.93m		F	Zoran Novicic	49	24/10/2009 Northern Zone W7
17	6.68m		F	Andrew Wu	21	30/01/2010 Northern Zone W16
18	6.40m		F	Ross Douglas	55	21/11/2009 NSW Relay Championships
19	5.91m		F	Andrew MacDonald	46	21/11/2009 NSW Relay Championships

Men Open Discus 1.0kg

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
1	43.57m		F	Tyson Davis	14	12/02/2010 NSW Junior & Youth Champs
2	36.11m		F	Jackson Diamond	13	31/10/2009 Club Premiership R2, Illawong
3	32.37m		F	Jack Maguire	11	13/02/2010 Northern Zone W18
4	31.56m		F	Alec Diamond	12	12/02/2010 NSW Junior & Youth Champs
5	26.94m		F	Will North	12	12/02/2010 NSW Junior & Youth Champs
6	24.28m		F	Charles Hobden	73	31/10/2009 Northern Zone W8
7	16.40m		F	Brian Hamilton	71	27/02/2010 Northern Zone W20
Men Open Discus 1.5kg						
1	41.36m		F	John Kay	50	2/04/2010 Australian Masters Nationals
2	40.44m		F	Matthew Mountfort	16	24/09/2009 CAS
3	39.26m		F	Robert Hanbury-Brown	52	11/10/2009 World Masters Games
4	37.75m		F	Scott MacLennan	15	12/02/2010 NSW Junior & Youth Champs
5	30.90m		F	Clay Tompkins	56	19/09/2009 Northern Zone W2
6	29.89m		F	Mark Cepak	50	19/09/2009 Northern Zone W2
7	25.00m		F	Peter Douglas	55	13/02/2010 Northern Zone W18
8	22.10m		F	Doug Barrett	57	14/11/2009 Northern Zone W10
9	20.31m		F	Ross Douglas	55	19/09/2009 Northern Zone W2
10	7.43m		F	Brian Hamilton	71	6/03/2010 NSW Masters & U23 Champs
Men Open Discus 1.75kg						
1	43.80m		F	Andrew Cepak	18	19/09/2009 Northern Zone W2
2	32.13m		F	Jordan Smith	19	28/11/2009 Club Premiership R4, Black/Banks
Men Open Discus 2.0kg						
1	32.83m		F	Michael Stark	27	19/09/2009 Northern Zone W2
2	32.76m		F	Chris Cepak	16	23/01/2010 Club Championships
3	32.45m		F	John Kay	50	23/01/2010 Club Championships
4	30.33m		F	Warren Jones	29	30/01/2010 Northern Zone W16
5	30.24m		M	Declan Patton	25	9/01/2010 NSW Combined Events Champs
6	28.44m		F	Robert Hanbury-Brown	53	21/11/2009 NSW Relay Championships
7	28.25m		F	Tim McGrath	47	13/02/2010 Northern Zone W18
8	27.19m		F	Matthew Mountfort	16	23/01/2010 Club Championships
9	26.64m		M	Mark Cepak	50	9/01/2010 NSW Combined Events Champs
10	25.41m		F	Kieran Courtney	30	13/02/2010 Northern Zone W18
11	25.17m		F	Christopher Dyce	21	17/10/2009 Northern Zone W6
12	24.05m		F	Andrew Wu	21	16/01/2010 Northern Zone W14
13	23.20m		F	Christopher Howard	17	21/11/2009 NSW Relay Championships
14	18.85m		F	Adam Parsonage	42	16/01/2010 Northern Zone W14
Men Open Hammer 4.0kg						
1	26.73m		F	Brian Hamilton	71	6/02/2010 Northern Zone W17
2	20.17m		F	Jack Maguire	11	20/02/2010 Northern Zone W19
3	16.14m		F	Charles Hobden	73	24/10/2009 Northern Zone W7
Men Open Hammer 6.0kg						
1	38.38m		F	Robert Hanbury-Brown	53	28/11/2009 Northern Zone W11
2	35.09m		F	Mark Cepak	50	10/10/2009 Northern Zone W5
3	22.83m		F	Ross Douglas	55	24/10/2009 Club Premiership R1, Campbellt
4	21.81m		F	Brian Hamilton	71	14/11/2009 Club Premiership R3 SOPAC
5	15.80m		F	Terrence Carter	52	14/11/2009 Club Premiership R3 SOPAC
6	15.40m		F	Doug Barrett	57	26/09/2009 Northern Zone W3
Men Open Hammer 7.26kg						
1	39.21m		F	Warren Jones	29	6/02/2010 Northern Zone W17
2	35.72m		F	Michael Stark	27	10/10/2009 Northern Zone W5
3	21.96m		F	Tim McGrath	47	9/01/2010 Northern Zone W13

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
4	18.41m		F	Kieran Courtney	30	14/11/2009 Club Premiership R3 SOPAC
Men Open Javelin 500g						
1	18.26m		F	Brian Hamilton	71	26/09/2009 Northern Zone W3
2	15.50m		F	Ron Wills	70	26/09/2009 Northern Zone W3
3	15.01m		F	Charles Hobden	73	12/09/2009 Northern Zone W1
Men Open Javelin 600g						
1	30.08m		F	Alec Diamond	12	12/02/2010 NSW Junior & Youth Champs
2	27.14m		F	Will North	13	11/03/2010 Australian Junior Championships
3	26.48m		F	Jackson Diamond	13	5/11/2009 NSW All Schools
4	23.64m		F	Jack Maguire	11	20/02/2010 Northern Zone W19
Men Open Javelin 700g						
1	54.37m		P	John Kay	50	11/10/2009 World Masters Games
2	50.79m		F	Scott MacLennan	15	12/02/2010 NSW Junior & Youth Champs
3	46.75m		F	Tyson Davis	14	11/03/2010 Australian Junior Championships
4	45.24m		F	Chris Howard	17	7/11/2009 Northern Zone W9
5	41.32m		F	Robert Hanbury-Brown	53	20/02/2010 Waratah Series
6	32.09m		M	Mark Cepak	50	11/10/2009 World Masters Games
7	31.43m		F	Myalls Paterson	16	24/10/2009 Club Premiership R1, Narabeen
8	30.21m		F	Jackson Diamond	13	24/09/2009 CAS
9	25.88m		F	Matthew Mountfort	16	12/12/2009 Club Premiership R5, SOPAC
10	21.42m		F	Ronald Bendall	57	10/10/2009 Northern Zone W5
11	21.35m		F	Doug Barrett	57	20/02/2010 Northern Zone W19
12	18.71m		F	Tristan Paterson	15	20/02/2010 Mingara
13	17.90m		F	Terrence Carter	52	10/10/2009 Northern Zone W5
Men Open Javelin 800g						
1	48.53m		F	Christopher Dyce	21	21/11/2009 NSW Relay Championships
2	48.17m		F	Ashley Howard	21	24/10/2009 Northern Zone W7
3	44.59m		F	Christopher Howard	17	21/11/2009 NSW Relay Championships
4	40.70m		F	Tim McGrath	47	24/10/2009 Club Premiership R1, Narabeen
5	38.54m		F	Martin Stonis	17	21/11/2009 NSW Relay Championships
6	35.93m		F	Michael Stark	27	26/09/2009 Northern Zone W3
7	33.93m		F	Declan Patton	25	12/12/2009 Club Premiership R5, SOPAC
8	33.52m		F	Warren Jones	29	26/09/2009 Northern Zone W3
9	32.51m		F	Andrew Wu	21	9/01/2010 Northern Zone W13
10	30.81m		F	Evan Walsh	41	12/12/2009 Club Premiership R5, SOPAC
11	27.69m		F	Kieran Courtney	30	28/11/2009 Club Premiership R4, Black/Banks
12	26.76m		F	Myalls Paterson	16	21/11/2009 NSW Relay Championships
13	25.42m		F	Adam Parsonage	42	9/01/2010 Northern Zone W13
14	23.00m		F	Zoran Novicic	49	28/11/2009 Northern Zone W11
15	14.04m		F	Tristan Paterson	15	21/11/2009 NSW Relay Championships
Men Open Wght Thr 7.26kg						
1	7.49m		F	Brian Hamilton	71	27/02/2010 Northern Zone W20
Men Open Wght Thr 11.34kg						
1	13.83m		F	Robert Hanbury-Brown	53	20/03/2010 ACTAA/ACTVA Open Champs
2	12.90m		F	Mark Cepak	50	13/02/2010 Northern Zone W18
3	6.45m		F	Doug Barrett	57	5/12/2009 Northern Zone W12
Men Open Wght Thr 15.88kg						
1	11.72m		F	Michael Stark	27	5/12/2009 Northern Zone W12
2	11.26m		F	Warren Jones	29	19/09/2009 Northern Zone W2
3	6.38m		F	Tim McGrath	47	13/02/2010 Northern Zone W18

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
Men Open Decathlon						
1	3605		F	Declan Patton	25	9/01/2010 NSW Combined Events Champs
2	1960		F	Mark Cepak	50	9/01/2010 NSW Combined Events Champs
Men Open Out Pent						
1	3102		F	John Kay	50	2/04/2010 Australian Masters Nationals
2	2710		F	Robert Hanbury-Brown	53	2/04/2010 Australian Masters Nationals
3	1226		F	Tim McGrath	47	26/03/2010 NSW State Track & Field Champs
4	726		F	Doug Barrett	57	26/03/2010 NSW State Track & Field Champs
Men Open Wght Pent						
1	2598		F	Mark Cepak	50	11/10/2009 World Masters Games
Out of Stadium events						
Men Open 2500m Run XC						
1	7.54		F	Ruairidh MacDonald	15	18/07/2009 ANSW Short Course XC Champ
2	8.03		F	Kieran Briscoe	15	18/07/2009 ANSW Short Course XC Champ
3	10.26		F	Matthew Crowe	12	18/07/2009 ANSW Short Course XC Champ
Men Open 4000m Run XC						
1	13:30.40		F	Ruairidh MacDonald	15	29/08/2009 Australian All Schools XC Champs
Men Open 5000m Run XC						
1	19.32		F	Myalls Paterson	15	18/07/2009 ANSW Short Course XC Champ
2	19.39		F	Stephen Ball	55	18/07/2009 ANSW Short Course XC Champ
3	21.05		F	Tobias Douglas	18	18/07/2009 ANSW Short Course XC Champ
4	23.08		F	Geoffrey Francis	67	18/07/2009 ANSW Short Course XC Champ
5	24.06		F	Doug Barrett	56	18/07/2009 ANSW Short Course XC Champ
Men Open 7500m Run XC						
1	27.08		F	Frazer Dowling	29	18/07/2009 ANSW Short Course XC Champ
2	30.18		F	Stuart Paterson	52	18/07/2009 ANSW Short Course XC Champ
3	31.11		F	Bradley Sharpe	48	18/07/2009 ANSW Short Course XC Champ
4	32.08		F	Flynn Douglas	20	18/07/2009 ANSW Short Course XC Champ
5	34.39		F	Len Augustine	49	18/07/2009 ANSW Short Course XC Champ
Men Open 8000m Run XC						
1	42:07.00		F	Geoffrey Francis	67	20/06/2009 Athletics NSW XC Champs
Men Open 10000m Run XC						
1	40:46.00		F	Stephen Ball	55	9/05/2009 ANSW Novice Championships
2	41:48.00		F	Bradley Sharpe	48	9/05/2009 ANSW Novice Championships
Men Open 12000m Run XC						
1	55:22.00		F	Stuart Paterson	52	20/06/2009 Athletics NSW XC Champs
Men Open 1 Mile Run RR						
1	4:21.00	NWI	F	Nick Bromley	26	18/09/2009 Great North City Games, UK
Men Open 5000m Run RR						
1	17:29.00		F	Kieran Briscoe	14	2/05/2009 Athletics NSW Road Champs
Men Open 10000m Run RR						
1	32:23.00		F	Nick Bromley	26	2/05/2009 ANSW Road Championships
2	35:19.00		F	Matthew Rando	21	2/05/2009 ANSW Road Championships
3	35:30.00		F	Daniel Mellish	31	2/05/2009 ANSW Road Championships

UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
4	39:28.00		F	Sven Fuerst	38	2/05/2009 ANSW Road Championships
5	40:12.00		F	Bradley Sharpe	48	2/05/2009 ANSW Road Championships
6	46:46.00		F	Doug Barrett	56	2/05/2009 ANSW Road Championships
7	47:25.00		F	Geoffrey Francis	67	2/05/2009 ANSW Road Championships
Men Open Half Marthn						
1	1:55:50.00		F	Tony Kemp	54	16/08/2009 ANSW State Half Marathon Champs
Men Open 10000m Walk RR						
1	1:02:07.00		F	Jim Seymon	71	24/05/2009 Athletics NSW Team Walks
Men Open 15000m Walk RR						
1	1:40:14.00		F	Jim Seymon	71	26/07/2009 NSW Long Walks Championships