

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
<b>Track and Field – Women</b>						
<b>Women Open 60m Sprint</b>						
1	7.63	+1.4	P	Jessica Knox	31	19/12/2009 Skins Meet
2	7.72	+1.4	P	Larissa Pasternatsky	18	19/12/2009 Skins Meet
3	7.79	+1.5	F	Samantha Hulme	15	26/03/2010 NSW Track & Field Champs
4	7.85	-1.3	P	Briony Kanard	21	19/12/2009 Skins Meet
5	7.87	-1.2	S	Karlie Morton	16	19/12/2009 Skins Meet
6	7.89	-1.3	F	Laura Verlinden	21	19/12/2009 Skins Meet
7	7.99	0.9	F	Dominica Jenkins	20	14/11/2009 Club Premiership R3 SOPAC
8	8.09	-3.6	F	Tracey Morton	18	24/10/2009 Club Premiership R1, Narabeen
9	8.20	0.7	F	Phoebe Davies	16	14/11/2009 Club Premiership R3 SOPAC
10	8.28	1.8	F	Rosemary Arnott	20	14/11/2009 Club Premiership R3 SOPAC
11	8.29	+3.4	F	Marie Kay	50	2/04/2010 Australian Masters Nationals
12	8.31	-2.8	F	Meghann Smith	20	24/10/2009 Club Premiership R1, Narabeen
13	8.32	2.9	F	Alana Bratby	17	14/11/2009 Club Premiership R3 SOPAC
14	8.37	0.3	F	Jacqueline Bezuidenhout	43	14/11/2009 Club Premiership R3 SOPAC
15	8.38	2.9	F	Hannah Ascroft	17	14/11/2009 Club Premiership R3 SOPAC
16	8.52	-2.2	F	Caitlin Heeps	15	24/10/2009 Club Premiership R1, Campbell
17	8.53	-2.2	F	Sara Marshall	12	24/10/2009 Club Premiership R1, Narabeen
18	8.54	3.1	F	Danielle Cotterill	28	14/11/2009 Club Premiership R3 SOPAC
19*	8.56	-3.6	F	Michaela Genev	15	24/10/2009 Club Premiership R1, Narabeen
19*	8.56	1.9	F	Gabrielle Hendry	15	14/11/2009 Club Premiership R3 SOPAC
21	8.60	+0.7	F	Alexandra Bartholomew	14	24/10/2009 Club Premiership R1, Campbell
22	8.71		P	Janet Naylor	43	1/03/2010 World Masters Indoors Champs,
23	8.83	+3.4	F	Robyn Suttor	51	2/04/2010 Australian Masters Nationals
24	8.6h	NWI	8.84 F	Shannon Kavanagh	40	5/12/2009 Northern Zone W12
25	8.86	2.9	F	Erin Lee	19	14/11/2009 Club Premiership R3 SOPAC
26	8.87	3.1	F	Catherine Macchia	23	14/11/2009 Club Premiership R3 SOPAC
27	8.94	+1.0	F	Tracey Grozdanis	32	6/03/2010 NSW Masters & U23 Champs
28	8.99	-2.2	F	Emilie Nelson	14	24/10/2009 Club Premiership R1, Narabeen
29	9.09	3.1	F	Rebecca Gibbs	29	14/11/2009 Club Premiership R3 SOPAC
30	9.11		P	Caroline Layt	44	1/03/2010 World Masters Indoors Champs,
31	9.14	+0.7	F	Elizabeth Osborn	12	24/10/2009 Club Premiership R1, Campbell
32	9.17	-3.6	F	Eliza Cepak	14	24/10/2009 Club Premiership R1, Narabeen
33	9.23	1.9	F	Ainsley Dyson	13	14/11/2009 Club Premiership R3 SOPAC
34	9.32	-1.7	F	Suzanne Brown	44	24/10/2009 Club Premiership R1, Narabeen
35*	9.1h	NWI	9.34 F	Sarah Culhane	45	16/01/2010 Northern Zone W14
35*	9.1h	NWI	9.34 F	Deborah Drennan	51	16/01/2010 Northern Zone W14
35*	9.1h	NWI	9.34 F	Jenny Schell	47	14/11/2009 Northern Zone W10
38	9.41	2.9	F	Melanie Tsoi	17	14/11/2009 Club Premiership R3 SOPAC
39	9.61	+0.7	F	Lia Chen	13	24/10/2009 Club Premiership R1, Campbell
40	9.80	-2.2	F	Molly Tredinnick	14	24/10/2009 Club Premiership R1, Narabeen
41	10.0h	NWI	10.24 F	Jessica Bonser	17	5/12/2009 Northern Zone W12
42*	10.4h	NWI	10.64 F	Melissa Bonser	39	14/11/2009 Northern Zone W10
42*	10.4h	NWI	10.64 F	Jillian Senior	57	31/10/2009 Northern Zone W8
44	11.0h	NWI	11.24 F	Margaret Thomas	53	19/09/2009 Northern Zone W2
45	11.1h	NWI	11.34 F	Melissa Jones	26	31/10/2009 Northern Zone W8
46	11.5h	NWI	11.74 F	Dorothy Kass	56	31/10/2009 Northern Zone W8
<b>Women Open 100m Sprint</b>						
1	11.69	+1.5	P	Jessica Knox	31	16/04/2010 Aust National Open Champs
2	11.85	+1.3	F	Larissa Pasternatsky	18	12/02/2010 NSW Junior and Youth Champs
3	11.90	+1.8	F	Karlie Morton	17	12/02/2010 NSW Junior and Youth Champs
4	12.07	+1.0	F	Laura Verlinden	21	20/03/2010 ACTAA/ACTVA Open Champs
5	12.28	1.4	F	Tracey Morton	18	31/10/2009 Club Premiership R2, Mingara
6	12.29	+3.2	F	Samantha Hulme	15	28/11/2009 Club Premiership R4, Black/Bank
7	12.34	+1.3	P	Briony Kanard	21	16/04/2010 Aust National Open Champs
8	12.43	3.2	F	Dominica Jenkins	20	31/10/2009 Club Premiership R2, Mingara
9	12.52	NWI	F	Molly Tredinnick	14	22/09/2009 CIS
10	12.4h	3.7	12.64 F	Jacqueline Bezuidenhout	43	31/10/2009 Club Premiership R2, Mingara
11	12.68	NWI	F	Meghann Smith	20	28/11/2009 Club Premiership R4, Black/Bank

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
12	12.82	NWI	F	Phoebe Davies	16	28/11/2009 Club Premiership R4, Black/Bank
13	12.84	+2.3	F	Caitlin Heeps	15	5/11/2009 NSW All Schools
14	12.95	+0.4	P	Sara Marshall	13	12/02/2010 NSW Junior and Youth Champs
15	13.00	NWI	F	Rosemary Arnott	20	6/04/2010 ANSW Permit Meet
16	13.01	NWI	F	Libby Augustine	16	28/11/2009 Club Premiership R4, Black/Bank
17	13.15	+1.0	S	Maren Schuermann	24	29/09/2009 2009 Aust University Games
18	13.16	-3.9	F	Alexandra Bartholomew	14	24/08/2009 IGSSA
19	13.23	NWI	F	Hannah Ascroft	17	28/11/2009 Club Premiership R4, Black/Bank
20	13.26	+0.3	F	Courtney Boyle	12	12/02/2010 NSW Junior and Youth Champs
21	13.29	+0.8	P	Michaela Genev	15	24/08/2009 IGSSA
22	13.32	-0.8	F	Alana Bratby	17	31/10/2009 Club Premiership R2, Illawong
23	13.37	+2.2	F	Marie Kay	50	2/04/2010 Australian Masters Nationals
24	13.39	+0.4	P	Jessica Taftt	15	12/02/2010 NSW Junior and Youth Champs
25	13.52	+1.9	P	Kate Steggles	17	24/08/2009 IGSSA
26	13.57	-1.1	F	Phoebe Kershaw	17	31/10/2009 Club Premiership R2, Illawong
27	13.66	4.8	F	Eliza Cepak	14	28/11/2009 Club Premiership R4, Black/Bank
28	13.72	NWI	F	Camilla Hayman	15	28/11/2009 Club Premiership R4, Black/Bank
29*	13.82	+0.0	F	Danielle Cotterill	28	31/10/2009 Club Premiership R2, Illawong
29*	13.82	+0.3	F	Christina McPhee	17	30/01/2010 Allcomers
31	13.7h	NWI	13.94 F	Shannon Kavanagh	40	7/11/2009 Northern Zone W9
32	13.98	3.2	F	Catherine Macchia	23	31/10/2009 Club Premiership R2, Mingara
33	14.04	+1.5	F	Robyn Suttor	50	28/07/2009 World Masters Athletics s, Lahti
34	14.18	+0.9	P	Elizabeth Osborn	12	24/08/2009 IGSSA
35	14.19	+1.4	F	Renee Vandenberg	24	30/01/2010 Allcomers
36	14.26	NWI	F	Tracey Grozdanis	32	6/03/2010 NSW Masters & U23 Champs
37*	14.1h	3.7	14.34 F	Suzanne Brown	44	31/10/2009 Club Premiership R2, Mingara
37*	14.1h	NWI	14.34 F	Janet Naylor	43	20/03/2010 Mingara
39	14.40	-0.8	P	Ainsley Dyson	13	24/08/2009 IGSSA
40	14.2h	NWI	14.44 F	Caroline Layt	44	8/01/2010 Mingara
41	14.53	3.2	F	Rebecca Gibbs	29	31/10/2009 Club Premiership R2, Mingara
42	14.93	3.2	F	Rebekah Cormack	17	31/10/2009 Club Premiership R2, Mingara
43	14.8h	NWI	15.04 F	Sarah Culhane	45	9/01/2010 Northern Zone W13
44	14.9h	NWI	15.14 F	Deborah Drennan	51	7/11/2009 Northern Zone W9
45	15.39	NWI	F	Emily Augustine	12	28/11/2009 Club Premiership R4, Black/Bank
46	15.8h	NWI	16.04 F	Nicole Oreb	22	7/11/2009 Northern Zone W9
47	17.36	+1.8	F	Jillian Senior	58	6/03/2010 NSW Masters & U23 Champs
48	18.5h	NWI	18.74 F	Melissa Jones	26	26/09/2009 Northern Zone W3
49	18.7h	NWI	18.94 F	Margaret Thomas	53	24/10/2009 Northern Zone W7
50	19.6h	NWI	19.84 F	Dorothy Kass	56	28/11/2009 Northern Zone W11

## Women Open 200m Sprint

1	23.93	-0.3	F	Karlie Morton	17	11/03/2010 Australian Junior Champs
2	24.39	+0.2	F	Larissa Pasternatsky	17	5/11/2009 NSW All Schools
3	24.69	0.8	F	Tracey Morton	18	12/12/2009 Club Premiership R5, SOPAC
4	24.74	+1.1	F	Anneliese Rubie	17	12/02/2010 NSW Junior and Youth Champs
5	25.07	-2.3	F	Jessica Knox	31	6/02/2010 Hunter Track Classic
6	25.11	+2.7	F	Briony Kanard	21	6/03/2010 NSW Masters & U23 Champs
7	25.52	1.1	F	Phoebe Davies	16	14/11/2009 Club Premiership R3 SOPAC
8	25.68	+2.7	F	Dominica Jenkins	20	6/03/2010 NSW Masters & U23 Champs
9	25.70	-2.3	F	Laura Verlinden	21	6/02/2010 Hunter Track Classic
10	25.77	0.8	F	Meghann Smith	20	12/12/2009 Club Premiership R5, SOPAC
11	25.81	1.1	F	Sianne Toemoe	20	14/11/2009 Club Premiership R3 SOPAC
12	25.98	+2.0	F	Samantha Hulme	15	20/02/2010 Allcomers
13	26.02	+2.1	P	Molly Tredinnick	14	5/11/2009 NSW All Schools
14	26.35	+1.8	P	Caitlin Heeps	15	5/11/2009 NSW All Schools
15	26.45	-0.2	F	Courtney Boyle	13	11/03/2010 Australian Junior Champs
16	26.52	+0.7	F	Hannah Ascroft	17	24/10/2009 Club Premiership R1, Campbell
17	26.55	+0.6	P	Libby Augustine	16	12/02/2010 NSW Junior and Youth Champs
18	26.57	+1.9	F	Jacqueline Bezuidenhout	43	20/02/2010 Allcomers
19	26.60	2.2	F	Alexandra Bartholomew	15	14/11/2009 Club Premiership R3 SOPAC
20	26.65	2.1	F	Rosemary Arnott	20	14/11/2009 Club Premiership R3 SOPAC

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
21	26.69	2.1	F	Maren Schuermann	24	14/11/2009 Club Premiership R3 SOPAC
22	26.75	+0.7	P	Sara Marshall	13	5/11/2009 NSW All Schools
23	26.88	+0.7	F	Alana Bratby	17	24/10/2009 Club Premiership R1, Campbell
24	26.89	NWI	F	Emilie Nelson	14	22/09/2009 CIS
25	26.96	NWI	M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
26	27.08	+1.3	F	Phoebe Kershaw	17	22/09/2009 CIS
27	27.47	1.4	F	Katie Healey	15	14/11/2009 Club Premiership R3 SOPAC
28	27.72	-2.6	F	Michaela Genev	15	24/10/2009 Club Premiership R1, Narabeen
29	27.77	-0.1	F	Gabriella O'Grady	12	12/02/2010 NSW Junior and Youth Champs
30	27.85	1.4	F	Danielle Cotterill	28	14/11/2009 Club Premiership R3 SOPAC
31	27.99	1.7	F	Gabrielle Hendry	15	14/11/2009 Club Premiership R3 SOPAC
32	28.30	1.4	F	Alexandra Book	15	14/11/2009 Club Premiership R3 SOPAC
33	28.33	+1.8	F	Samantha D'Souza	14	5/11/2009 NSW All Schools
34	28.36	-0.1	F	Julia Cook	21	26/02/2010 Illawong Summer Series
35	28.41	NWI	P	Elizabeth Clay	14	24/08/2009 IGSSA
36	28.42	1.4	F	Eliza Cepak	14	14/11/2009 Club Premiership R3 SOPAC
37	28.48	-1.4	F	Christina McPhee	17	12/02/2010 NSW Junior and Youth Champs
38	28.50	2.4	F	Catherine Macchia	23	12/12/2009 Club Premiership R5, SOPAC
39	28.61	1.1	F	Erin Lee	19	14/11/2009 Club Premiership R3 SOPAC
40	28.95	-1.7	F	Camilla Hayman	15	24/10/2009 Club Premiership R1, Campbell
41	29.09	+0.7	S	Robyn Suttor	50	28/07/2009 World Masters Athletics, Lahti
42	29.26	1.4	F	Rebecca Gibbs	29	14/11/2009 Club Premiership R3 SOPAC
43	29.27	+2.7	F	Tracey Grozdanis	32	6/03/2010 NSW Masters & U23 Champs
44	29.32	+0.9	P	Suzanne Brown	44	11/10/2009 World Masters Games
45	29.63	+2.7	F	Jenny Schell	47	6/03/2010 NSW Masters & U23 Champs
46	29.5h	NWI	29.74 F	Janet Naylor	43	20/02/2010 Mingara
47	30.0h	NWI	30.24 F	Shannon Kavanagh	40	3/10/2009 Northern Zone W4
48	30.55	4.3	F	Deborah Drennan	51	12/12/2009 Club Premiership R5, SOPAC
49	31.18	2.3	F	Rebekah Cormack	17	12/12/2009 Club Premiership R5, SOPAC
50	31.61	-1.7	F	Elizabeth Osborn	12	24/10/2009 Club Premiership R1, Campbell
51	31.80		P	Caroline Layt	44	1/03/2010 World Masters Indoors Champs,
52	31.81	-1.7	F	Lia Chen	13	24/10/2009 Club Premiership R1, Campbell
53	31.9h	NWI	32.14 F	Sarah Culhane	45	16/01/2010 Northern Zone W14
54	32.9h	NWI	33.14 F	Stefanie Peters	19	17/10/2009 Northern Zone W6
55	34.9h	NWI	35.14 F	Rochelle Sharpe	13	16/01/2010 Northern Zone W14
56	37.31	2.4	F	Jillian Senior	57	14/11/2009 Club Premiership R3 SOPAC
57	38.1h	NWI	38.34 F	Lesley Eller	66	5/12/2009 Northern Zone W12
58	40.3h	NWI	40.54 F	Melissa Jones	26	17/10/2009 Northern Zone W6
59	43.1h	NWI	43.34 F	Margaret Thomas	53	27/02/2010 Northern Zone W20
60	48.1h	NWI	48.34 F	Dorothy Kass	56	19/09/2009 Northern Zone W2

## Women Open 300m Run

1	40.77	F	Anneliese Rubie	17	19/12/2009 Skins Meet
2	41.03	F	Sianne Toemoe	20	19/12/2009 Skins Meet
3	41.76	F	Marie Kay	49	19/12/2009 Skins Meet
4	42.53	F	Libby Augustine	16	26/03/2010 NSW Track & Field Champs

## Women Open 400m Run

1	53.88	F	Anneliese Rubie	17	11/03/2010 Australian Junior Champs
2	55.74	F	Phoebe Davies	16	11/03/2010 Australian Junior Champs
3	56.4h	56.54 F	Sianne Toemoe	20	13/01/2010 ANSW Permit Meet
4	57.42	F	Tracey Morton	18	28/11/2009 Club Premiership R4, Black/Bank
5	58.84	P	Libby Augustine	16	12/02/2010 NSW Junior and Youth Champs
6	59.44	F	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
7	59.94	F	Julia Cook	20	31/10/2009 Club Premiership R2, Illawong
8	59.99	F	Dominica Jenkins	20	31/10/2009 Club Premiership R2, Mingara
9	1:00.10	F	Alexandra Bartholomew	14	5/11/2009 NSW All Schools
10	1:00.41	F	Emilie Nelson	14	22/09/2009 CIS
11	1:00.60	F	Rosemary Arnott	20	6/04/2010 ANSW Permit Meet
12	1:01.17	F	Karlie Morton	16	30/01/2010 Allcomers
13	1:01.22	F	Frances Schmiede	16	24/08/2009 IGSSA

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
14	1:01.36		F	Renee Vandenberg	24	30/01/2010 Allcomers
15	1:02.47		F	Briony Kanard	21	28/11/2009 Club Premiership R4, Black/Bank
16	1:03.41		P	Kate Steggles	17	24/08/2009 IGSSA
17	1:03.98		F	Rebecca Gibbs	29	9/03/2010 ANSW Permit Meet
18	1:04.09		F	Ruby Hackett	17	3/08/2009 CHS Syd North Sec
19	1:04.53		F	Danielle Cotterill	28	28/11/2009 Club Premiership R4, Black/Bank
20	1:04.69		F	Hannah Ascroft	17	31/10/2009 Club Premiership R2, Illawong
21	1:04.98		P	Camilla Hayman	15	5/11/2009 NSW All Schools
22	1:05.46		F	Alexandra Book	15	26/02/2010 Illawong Summer Series
23	1:05.71		F	Catherine Macchia	23	31/10/2009 Club Premiership R2, Mingara
24	1:05.75		F	Gabrielle Hendry	15	26/02/2010 Illawong Summer Series
25	1:06.07		F	Meghann Smith	20	31/10/2009 Club Premiership R2, Mingara
26	1:06.17		P	Kate Hobbs	14	5/11/2009 NSW All Schools
27	1:07.15		S	Robyn Suttor	50	28/07/2009 World Masters Athletics, Lahti
28	1:07.21		F	Jenny Schell	47	6/03/2010 NSW Masters & U23 Champs
29	1:07.52		F	Christina McPhee	17	30/01/2010 Allcomers
30	1:07.91		F	Katie Healey	16	26/02/2010 Illawong Summer Series
31	1:08.1h	1:08.24	F	Olivia Dooley	13	13/01/2010 ANSW Permit Meet
32	1:08.57		F	Jacqueline Bezuidenhout	43	31/10/2009 Club Premiership R2, Mingara
33	1:08.65		F	Tracey Grozdanis	32	6/03/2010 NSW Masters & U23 Champs
34	1:08.74		F	Rebekah Cormack	17	31/10/2009 Club Premiership R2, Mingara
35	1:08.95		P	Isabella Pockl-Deen	13	24/08/2009 IGSSA
36	1:08.97		F	Deborah Drennan	51	6/03/2010 NSW Masters & U23 Champs
37	1:10.36		F	Sarah Culhane	45	30/01/2010 Allcomers
38	1:17.4h	1:17.54	F	Shannon Kavanagh	40	7/11/2009 Northern Zone W9
39	1:20.1h	1:20.24	F	Nicole Oreb	22	7/11/2009 Northern Zone W9
40	1:25.1h	1:25.24	F	Jane Godbold	52	9/01/2010 Northern Zone W13
41	1:25.7h	1:25.84	F	Lesley Eller	66	9/01/2010 Northern Zone W13
42	1:35.2h	1:35.34	F	Jillian Senior	57	12/09/2009 Northern Zone W1
43	1:38.9h	1:39.04	F	Melissa Jones	26	26/09/2009 Northern Zone W3
44	1:40.4h	1:40.54	F	Margaret Thomas	53	20/02/2010 Northern Zone W19
45	1:41.0h	1:41.14	F	Dorothy Kass	56	24/10/2009 Northern Zone W7

## Women Open 800m Run

1	2:03.94		F	Sianne Toemoe	20	27/03/2010 Victorian Champs, Melbourne
2	2:08.47		F	Lara Nicod	25	26/03/2010 NSW Track and Field Champs
3	2:10.39		F	Anneliese Rubie	17	20/02/2010 Waratah Series
4	2:12.30		F	Frances Schmiede	16	11/03/2010 Australian Junior Champs
5	2:14.80		F	Julia Cook	21	26/03/2010 NSW Track and Field Champs
6	2:15.39		F	Ruby Hackett	17	11/03/2010 Australian Junior Champs
7	2:18.49		F	Rebecca Gibbs	29	12/12/2009 Club Premiership R5, SOPAC
8	2:19.41		F	Libby Augustine	16	12/02/2010 NSW Junior and Youth Champs
9	2:21.74		F	Gabrielle Sattout-Day	15	14/11/2009 Club Premiership R3 SOPAC
10	2:25.78		F	Olivia Dooley	13	20/03/2010 Little Athletics State Champs
11	2:30.03		F	Kate Hobbs	14	12/02/2010 NSW Junior and Youth Champs
12	2:31.32		F	Rosemary Arnott	20	24/10/2009 Club Premiership R1, Narabeen
13	2:32.37		F	Rebekah Cormack	17	22/09/2009 CIS
14	2:33.87		F	Camilla Hayman	15	14/11/2009 Club Premiership R3 SOPAC
15	2:34.94		F	Robyn Suttor	50	11/10/2009 World Masters Games
16	2:36.82		F	Deborah Drennan	51	11/10/2009 World Masters Games
17	2:39.48		F	Isabella Pockl-Deen	13	20/02/2010 Waratah Series
18	2:41.2h	2:41.20	F	Danielle Cotterill	28	3/10/2009 Northern Zone W4
19	2:41.70		M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
20	2:42.99		F	Catherine Macchia	23	12/12/2009 Club Premiership R5, SOPAC
21	2:43.30		F	Hannah Ascroft	17	26/02/2010 Illawong Summer Series
22	2:46.43		F	Emily Augustine	12	14/11/2009 Club Premiership R3 SOPAC
23	2:46.85		F	Claudia White	12	21/08/2009 CGSSA
24	2:47.29		F	Suzanne Brown	44	24/10/2009 Club Premiership R1, Narabeen
25	2:49.82		F	Amelia Love	13	14/11/2009 Club Premiership R3 SOPAC
26	2:50.13		F	Alexandra Bartholomew	15	26/02/2010 Illawong Summer Series
27	2:58.5h	2:58.50	F	Shannon Kavanagh	40	5/12/2009 Northern Zone W12

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Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
28	3:01.27		F	Gabrielle Hendry	15	20/02/2010 Waratah Series
29	3:16.2h	3:16.20	F	Tracey Grozdanis	31	31/10/2009 Northern Zone W8
30	3:18.4h	3:18.40	F	Lesley Eller	66	5/12/2009 Northern Zone W12
31	3:40.23		F	Jillian Senior	57	14/11/2009 Club Premiership R3 SOPAC
32	3:57.0h	3:57.00	F	Margaret Thomas	53	14/11/2009 Northern Zone W10
33	4:00.9h	4:00.90	F	Melissa Jones	26	27/02/2010 Northern Zone W20
34	4:04.0h	4:04.00	F	Dorothy Kass	56	19/09/2009 Northern Zone W2
<b>Women Open 1500m Run</b>						
1	4:25.13		F	Lara Nicod	24	6/02/2010 Hunter Track Classic
2	4:38.47		F	Ruby Hackett	17	11/03/2010 Australian Junior Champs
3	4:39.36		F	Frances Schmiede	16	11/03/2010 Australian Junior Champs
4	4:49.93		F	Rebecca Gibbs	29	30/01/2010 Allcomers
5	4:54.96		F	Olivia Dooley	13	20/03/2010 Little Athletics State Champs
65:02.4h5:02.40			F	Gabrielle Sattout-Day	15	31/10/2009 Club Premiership R2, Illawong
7	5:11.86		F	Emily Augustine	12	12/02/2010 NSW Junior and Youth Champs
8	5:23.62		F	Claudia White	13	12/02/2010 NSW Junior and Youth Champs
9	5:37.22		F	Deborah Drennan	51	2/04/2010 Australian Masters Nationals
10	5:37.55		F	Libby Augustine	16	30/01/2010 Allcomers
11	5:49.73		F	Amelia Love	12	24/08/2009 IGSSA
12	5:55.3h	5:55.30	F	Jane Godbold	52	7/11/2009 Northern Zone W9
13	5:57.92		P	Rosie Tancred	20	29/09/2009 2009 Aust University Games
14	6:21.6h	6:21.60	F	Shannon Kavanagh	40	7/11/2009 Northern Zone W9
15	6:54.6h	6:54.60	F	Lesley Eller	66	7/11/2009 Northern Zone W9
16	6:55.64		F	Catherine Macchia	23	31/10/2009 Club Premiership R2, Mingara
17	7:23.3h	7:23.30	F	Tracey Grozdanis	31	20/02/2010 Northern Zone W19
18	7:30.6h	7:30.60	F	Susan Rilen	52	26/09/2009 Northern Zone W3
19	8:05.0h	8:05.00	F	Nancy Lloyd	56	10/10/2009 Northern Zone W5
20	8:27.5h	8:27.50	F	Dorothy Kass	56	26/09/2009 Northern Zone W3
21	8:32.1h	8:32.10	F	Margaret Thomas	53	7/11/2009 Northern Zone W9
<b>Women Open 3000m Run</b>						
1	9:59.63		F	Lucy Starrat	21	14/11/2009 NSW 3000 Champs
2	10:42.20		F	Ruby Hackett	17	3/08/2009 CHS Syd North Sec
3	11:02.13		F	Rebecca Gibbs	29	23/01/2010 Club Champs
4	11:13.1h	11:13.10	F	Emily Augustine	12	13/01/2010 ANSW Permit Meet
5	12:09.43		F	Claudia White	13	14/11/2009 NSW 3000 Champs
6	12:37.17		F	Deborah Drennan	51	23/01/2010 Club Champs
7	12:48.4h	12:48.40	F	Jane Godbold	52	27/02/2010 Northern Zone W20
8	14:46.0h	14:46.00	F	Tracey Grozdanis	31	31/10/2009 Northern Zone W8
9	15:34.5h	15:34.50	F	Lesley Eller	66	5/12/2009 Northern Zone W12
10	17:34.0h	17:34.00	F	Nancy Lloyd	56	31/10/2009 Northern Zone W8
<b>Women Open 5000m Run</b>						
1	23:29.0h	23:29.00	F	Suzanne Brown	44	11/10/2009 World Masters Games
<b>Women Open 10000m Run</b>						
1	44:29.68		F	Fiona Alldis	21	29/09/2009 2009 Aust University Games
<b>Women Open 1500m Walk</b>						
1	9:48.3h	9:48.30	F	Nancy Lloyd	56	31/10/2009 Northern Zone W8
2	11:35.7h	11:35.70	F	Dorothy Kass	56	19/09/2009 Northern Zone W2
<b>Women Open 3000m Walk</b>						
1	18:01.75		F	Suzanne Brown	44	31/10/2009 Club Premiership R2, Mingara
2	20:34.2h	20:34.20	F	Nancy Lloyd	56	26/09/2009 Northern Zone W3
3	25:59.0h	25:59.00	F	Dorothy Kass	56	24/10/2009 Northern Zone W7
<b>Women Open 5000m Walk</b>						
1	30:39.5h	30:39.50	F	Suzanne Brown	44	11/10/2009 World Masters Games
2	34:10.16		F	Nancy Lloyd	55	11/10/2009 World Masters Games

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
<b>Women Open 10000m Walk</b>						
1	1:08:40.84		F	Suzanne Brown	44	20/01/2010 NSW 10km Walk Champs
<b>Women Open 60m Hurdles 0.762m</b>						
1	9.55		M	Marie Kay	50	1/03/2010 World Masters Indoors Champs
<b>Women Open 80m Hurdles 0.762m</b>						
1	12.32	NWI	M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
2	13.48	NWI	F	Gabriella O'Grady	12	12/02/2010 NSW Junior and Youth Champs
3	13.56	NWI	F	Courtney Boyle	12	12/02/2010 NSW Junior and Youth Champs
4	15.27	+0.4	F	Elizabeth Osborn	12	24/08/2009 IGSSA
5	15.49	+0.3	P	Ainsley Dyson	13	24/08/2009 IGSSA
6	24.94	+0.3	M	Suzanne Brown	44	11/10/2009 World Masters Games
<b>Women Open 90m Hurdles 0.762m</b>						
1	13.36	+1.3	F	Elizabeth Clay	14	11/03/2010 Australian Junior Champs
2	14.35	+1.5	P	Katie Healey	15	5/11/2009 NSW All Schools
3	15.41	+0.1	F	Courtney Boyle	12	30/01/2010 Allcomers
4	15.65	+0.1	F	Alexandra Bartholomew	14	24/08/2009 IGSSA
5	16.94	-0.4	F	Alana Macrow-Cain	14	12/02/2010 NSW Junior and Youth Champs
6	17.11	NWI	F	Kate Hobbs	14	3/08/2009 CHS Syd North Sec
7	17.54	+1.4	F	Daisy Ding	14	24/08/2009 IGSSA
<b>Women Open 100m Hurdles 0.762m</b>						
1	15.11	+0.5	F	Alana Bratby	17	5/11/2009 NSW All Schools
2	16.96	+1.0	P	Katie Healey	15	24/08/2009 IGSSA
3	17.32	-2.9	F	Hannah Ascroft	16	24/08/2009 IGSSA
4	18.91	+2.3	P	Gabrielle Hendry	14	24/08/2009 IGSSA
<b>Women Open 100m Hurdles 0.840m</b>						
1	14.76	+0.8	F	Rosemary Arnott	20	10/04/2010 Waratah Series
2	17.63	-0.6	F	Danielle Cotterill	28	28/11/2009 Club Premiership R4, Black/Bank
<b>Women Open 200m Hurdles 0.762m</b>						
1	29.25	1.8	F	Rosemary Arnott	20	14/11/2009 Club Premiership R3 SOPAC
2	30.20	-1.8	F	Courtney Boyle	13	11/03/2010 Australian Junior Champs
3	30.31	-2.7	F	Elizabeth Clay	14	11/03/2010 Australian Junior Champs
4	30.57	NWI	F	Marie Kay	50	23/01/2010 Club Champs
5	30.66	0.7	F	Katie Healey	15	14/11/2009 Club Premiership R3 SOPAC
6	31.02	0.7	F	Alexandra Bartholomew	15	14/11/2009 Club Premiership R3 SOPAC
7	32.53	1.8	F	Danielle Cotterill	28	14/11/2009 Club Premiership R3 SOPAC
8	34.30	0.7	F	Alexandra Book	15	14/11/2009 Club Premiership R3 SOPAC
9	34.43	1.8	F	Jacqueline Bezuidenhout	43	14/11/2009 Club Premiership R3 SOPAC
SOPAC						
10	35.43	+2.0	F	Gabriella O'Grady	12	12/02/2010 NSW Junior and Youth Champs
11	35.69	+1.7	F	Alana Macrow-Cain	14	12/02/2010 NSW Junior and Youth Champs
12	45.73	0.7	F	Elizabeth Osborn	12	14/11/2009 Club Premiership R3 SOPAC
<b>Women Open 400m Hurdles 0.762m</b>						
1	1:04.77		F	Rosemary Arnott	20	12/12/2009 Club Premiership R5, SOPAC
2	1:05.16		F	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
3	1:08.46		F	Alexandra Bartholomew	15	20/02/2010 Waratah Series
4	1:10.22		F	Alexandra Book	15	12/02/2010 NSW Junior and Youth Champs
5	1:11.72		F	Katie Healey	16	12/02/2010 NSW Junior and Youth Champs
6	1:14.66		F	Christina McPhee	17	12/02/2010 NSW Junior and Youth Champs
7	1:14.74		F	Hannah Ascroft	17	12/12/2009 Club Premiership R5, SOPAC
<b>Women Open 2000m StplCh 0.762m</b>						
1	7:41.18		F	Gabrielle Sattout-Day	15	5/11/2009 NSW All Schools
2	9:01.73		F	Amelia Love	13	12/12/2009 Club Premiership R5, SOPAC

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
<b>Women Open 3000m StplCh 0.762m</b>						
1	10:33.43		F	Lara Nicod	25	16/04/2010 Aust National Open Champs
<b>Women Open High Jump</b>						
1	1.67m		F	Freya Sombroek17		24/08/2009 IGSSA
2*	1.60m		M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
2*	1.60m		F	Daisy Ding	14	21/11/2009 NSW Relay Champs
4	1.57m		F	Alana Macrow-Cain	14	12/02/2010 NSW Junior and Youth Champs
5	1.56m		F	Eleanor Agnew	15	12/02/2010 NSW Junior and Youth Champs
6	1.55m		F	Rosemary Arnott	20	21/11/2009 NSW Relay Champs
7*	1.50m		F	Danielle Cotterill	28	31/10/2009 Club Premiership R2, Illawong
7*	1.50m		F	Phoebe Kershaw	17	19/12/2009 Skins Meet
9	1.40m		F	Eliza Cepak	14	21/11/2009 NSW Relay Champs
10*	1.35m		F	Gabrielle Hendry	14	24/08/2009 IGSSA
10*	1.35m		F	Jacqueline Bezuidenhout	43	31/10/2009 Club Premiership R2, Mingara
10*	1.35m		F	Katie Healey	15	12/12/2009 Club Premiership R5, SOPAC
13	1.24m		M	Suzanne Brown	44	11/10/2009 World Masters Games
14	1.09m		F	Jillian Senior	57	11/10/2009 World Masters Games
<b>Women Open Pole Vault</b>						
1	2.70m		F	Amy Moulden	20	26/03/2010 NSW Track and Field Champs
2	2.30m		F	Emma Nash	13	12/02/2010 NSW Junior and Youth Champs
3	2.00m		F	Eleanor Agnew	15	12/02/2010 NSW Junior and Youth Champs
<b>Women Open Long Jump</b>						
1	5.61m	+2.5	F	Maren Schuermann	25	20/03/2010 ACTAA/ACTVA Open Champs
2	5.41m	+1.5	F	Marie Kay	50	2/04/2010 Australian Masters Nationals
3	5.36m		F	Caitlin Heeps	15	28/11/2009 Club Premiership R4, Black/Bank
4	5.21m	NWI	F	Phoebe Kershaw	17	24/08/2009 IGSSA
5	5.01m	NWI	F	Elizabeth Clay	14	5/11/2009 NSW All Schools
6*	4.95m	NWI	F	Sara Marshall	13	12/02/2010 NSW Junior and Youth Champs
6*	4.95m		F	Danielle Cotterill	28	28/11/2009 Club Premiership R4, Black/Bank
8	4.85m	NWI	M	Rosemary Arnott	20	9/01/2010 NSW Combined Events Champs
9	4.77m	NWI	F	Katie Healey	15	24/08/2009 IGSSA
10	4.73m		F	Samantha Hulme	15	28/11/2009 Club Premiership R4, Black/Bank
11	4.63m	1.4	F	Daisy Ding	14	21/11/2009 NSW Relay Champs
12*	4.50m	NWI	F	Molly Tredinnick	14	24/08/2009 IGSSA
12*	4.50m	+0.7	F	Jacqueline Bezuidenhout	43	30/01/2010 Allcomers
14	4.47m	+0.5	S	Janet Naylor	43	28/07/2009 World Masters Athletics, Lahti
15	4.42m	3.7	F	Eliza Cepak	14	21/11/2009 NSW Relay Champs
16	4.37m	1.1	F	Gabrielle Hendry	15	21/11/2009 NSW Relay Champs
17	4.29m	NWI	F	Ainsley Dyson	13	24/08/2009 IGSSA
18	4.04m		F	Shannon Kavanagh	40	7/11/2009 Northern Zone W9
19	3.93m		F	Rochelle Sharpe	13	26/09/2009 Northern Zone W3
20	3.83m	-1.2	F	Catherine Macchia	23	12/12/2009 Club Premiership R5, SOPAC
21	3.46m		F	Pam Mountfield	44	26/09/2009 Northern Zone W3
22	3.37m		F	Jessica Bonser	17	7/11/2009 Northern Zone W9
23	3.28m	NWI	M	Suzanne Brown	44	11/10/2009 World Masters Games
24	3.25m		F	Jillian Senior	57	23/01/2010 Northern Zone W15
25	3.02m		F	Margaret Thomas	53	24/10/2009 Northern Zone W7
26	2.70m		F	Melissa Bonser	39	7/11/2009 Northern Zone W9
27	2.65m		F	Glenys Whitehead	45	24/10/2009 Northern Zone W7
28	2.64m		F	Melissa Jones	26	10/10/2009 Northern Zone W5
29	2.50m		F	Kerrie Jones	56	24/10/2009 Northern Zone W7
30	2.35m		F	Dorothy Kass	56	10/10/2009 Northern Zone W5
<b>Women Open Triple Jump</b>						
1	12.07m	+0.1	F	Phoebe Kershaw	17	4/12/2009 2009 Australian All Schools
2	10.82m	NWI	F	Eleanor Agnew	15	12/02/2010 NSW Junior and Youth Champs
3	10.47m	-0.8	F	Elizabeth Clay	14	5/11/2009 NSW All Schools

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
4	10.10m	0.2	F	Danielle Cotterill	28	14/11/2009 Club Premiership R3 SOPAC
5	9.27m	1.9	F	Eliza Cepak	14	14/11/2009 Club Premiership R3 SOPAC
6	9.11m	NWI	F	Alana Macrow-Cain	14	12/02/2010 NSW Junior and Youth Champs
7	8.78m		F	Shannon Kavanagh	40	5/12/2009 Northern Zone W12
8	8.45m		F	Rochelle Sharpe	13	27/02/2010 Northern Zone W20
9	7.47m	2.4	F	Catherine Macchia	23	31/10/2009 Club Premiership R2, Mingara
10	7.37m		F	Pam Mountfield	44	3/10/2009 Northern Zone W4
11	7.34m		F	Jessica Bonser	17	5/12/2009 Northern Zone W12
12*	7.26m	NWI	F	Jillian Senior	57	11/10/2009 World Masters Games
12*	7.26m		F	Sarah Culhane	45	14/11/2009 Northern Zone W10
14	6.15m		F	Margaret Thomas	53	16/01/2010 Northern Zone W14
15	5.98m		F	Melissa Jones	26	13/02/2010 Northern Zone W18
16	5.37m		F	Dorothy Kass	56	14/11/2009 Northern Zone W10
17	4.79m		F	Melissa Bonser	39	5/12/2009 Northern Zone W12

## Women Open Shot Put 3.0kg

1	12.30m		M	Marie Kay	50	1/03/2010 World Masters Indoors Champs,
4	7.57m		F	Kerrie Jones	56	31/10/2009 Northern Zone W8
5	7.29m		F	Rochelle Sharpe	13	20/02/2010 Northern Zone W19
6	6.70m		F	Celeste Cosmo	11	24/10/2009 Club Premiership R1, Narabeen
7	6.56m		F	Jillian Senior	57	19/09/2009 Northern Zone W2
8	6.10m		F	Margaret Thomas	53	24/10/2009 Northern Zone W7
9	6.06m		F	Karen Jones	57	23/01/2010 Northern Zone W15
10	5.24m		F	Dorothy Kass	56	16/01/2010 Northern Zone W14

## Women Open Shot Put 4.0kg

1	11.04m		F	Eliza Cepak	14	3/09/2009 CHS Sec
2	10.98m		F	Melissa Bonser	39	5/12/2009 Northern Zone W12
3	10.79m		M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
4	10.31m		F	Pam Mountfield	44	26/09/2009 Northern Zone W3
5	10.02m		F	Caroline Layt	44	21/11/2009 NSW Relay Champs
6	9.99m		F	Kate Hobbs	14	3/08/2009 CHS Syd North Sec
7	9.94m		F	Shannon Kavanagh	40	21/11/2009 NSW Relay Champs
8	9.11m		F	Danielle Cotterill	28	12/09/2009 Northern Zone W1
9	8.36m		F	Jessica Bonser	17	16/01/2010 Northern Zone W14
10*	8.10m		M	Rosemary Arnott	20	9/01/2010 NSW Combined Events Champs
10*	8.10m		F	Glenys Whitehead	45	24/10/2009 Northern Zone W7
12	7.25m		M	Suzanne Brown	44	11/10/2009 World Masters Games
13	7.21m		F	Jacqueline Bezuidenhout	43	24/10/2009 Club Premiership R1, Narabeen
14	7.14m		F	Janet Naylor	43	24/10/2009 Club Premiership R1, Narabeen
15	6.75m		F	Melissa Jones	26	30/01/2010 Northern Zone W16
16	6.50m		F	Kerrie Jones	56	21/11/2009 NSW Relay Champs
17	6.28m		F	Elizabeth Clay	14	21/11/2009 NSW Relay Champs
18	6.14m		F	Stefanie Peters	19	17/10/2009 Northern Zone W6
19	5.90m		F	Jillian Senior	57	21/11/2009 NSW Relay Champs
20	5.65m		F	Catherine Macchia	23	24/10/2009 Club Premiership R1, Narabeen
21	5.52m		F	Alexandra Bartholomew	15	21/11/2009 NSW Relay Champs
22	5.28m		F	Karen Jones	57	21/11/2009 NSW Relay Champs

## Women Open Discus 1.0kg

1	37.60m		F	Pam Mountfield	44	27/02/2010 Northern Zone W20
2	36.45m		F	Eliza Cepak	14	21/11/2009 NSW Relay Champs
3	29.27m		F	Caroline Layt	44	11/10/2009 World Masters Games
4	28.95m		F	Christina Grun	16	22/09/2009 CIS
5	28.63m		F	Melissa Bonser	39	19/09/2009 Northern Zone W2
6	26.97m		F	Marie Kay	50	2/04/2010 Australian Masters Nationals
7	26.54m		F	Lucina Martin	14	5/11/2009 NSW All Schools
8	24.92m		F	Kate Hobbs	14	3/08/2009 CHS Syd North Sec
9	24.64m		F	Sarah Gardiner	16	5/11/2009 NSW All Schools
10	24.60m		F	Rochelle Sharpe	13	19/09/2009 Northern Zone W2
11	23.46m		F	Glenys Whitehead	45	17/10/2009 Northern Zone W6

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
12	23.32m		F	Shannon Kavanagh	40	14/11/2009 Northern Zone W10
13	22.40m		F	Jessica Bonser	17	21/11/2009 NSW Relay Champs
14	21.92m		F	Melissa Jones	26	13/02/2010 Northern Zone W18
15	20.30m		F	Kerrie Jones	56	19/09/2009 Northern Zone W2
16	20.28m		F	Danielle Cotterill	28	3/10/2009 Northern Zone W4
17	19.50m		F	Margaret Thomas	53	30/01/2010 Northern Zone W16
18	19.46m		F	Jenny Schell	47	14/11/2009 Northern Zone W10
19	17.18m		F	Elizabeth Clay	14	21/11/2009 NSW Relay Champs
20	16.64m		F	Stefanie Peters	19	17/10/2009 Northern Zone W6
21	16.33m		F	Karen Jones	57	11/10/2009 World Masters Games
22	15.96m		F	Jillian Senior	57	19/09/2009 Northern Zone W2
23	14.21m		F	Deborah Drennan	51	30/01/2010 Northern Zone W16
24	11.66m		F	Dorothy Kass	56	31/10/2009 Northern Zone W8
<b>Women Open Hammer 3.0kg</b>						
1	24.11m		M	Kerrie Jones	56	11/10/2009 World Masters Games
2	22.52m		F	Jillian Senior	58	6/03/2010 NSW Masters & U23 Champs
3	21.40m		F	Karen Jones	57	26/09/2009 Northern Zone W3
4	19.30m		F	Margaret Thomas	53	26/09/2009 Northern Zone W3
<b>Women Open Hammer 4.0kg</b>						
1	35.85m		F	Melissa Bonser	39	7/11/2009 Northern Zone W9
2	34.34m		F	Eliza Cepak	14	12/02/2010 NSW Junior and Youth Champs
3	33.70m		F	Caroline Layt	44	1/03/2010 World Masters Indoors Champs,
4	27.73m		F	Melissa Jones	26	10/10/2009 Northern Zone W5
5	27.26m		F	Glenys Whitehead	45	7/11/2009 Northern Zone W9
6	26.85m		F	Jessica Bonser	17	7/11/2009 Northern Zone W9
7	23.53m		F	Pam Mountfield	44	20/02/2010 Northern Zone W19
8	22.28m		F	Kerrie Jones	56	7/11/2009 Northern Zone W9
9	16.75m		F	Danielle Cotterill	28	14/11/2009 Club Premiership R3 SOPAC
10	16.12m		F	Rochelle Sharpe	13	20/02/2010 Northern Zone W19
11	X15.58m		F	Suzanne Brown	44	14/11/2009 Club Premiership R3 SOPAC
<b>Women Open Javelin 400g</b>						
1	20.13m		F	Sara Marshall	13	5/11/2009 NSW All Schools
2	20.94m		F	Rochelle Sharpe	13	20/02/2010 Northern Zone W19
3	15.34m		F	Celeste Cosmo	11	24/10/2009 Club Premiership R1, Narabeen
<b>Women Open Javelin 500g</b>						
1	31.56m		F	Marie Kay	50	2/04/2010 Australian Masters Nationals
2	16.72m		F	Kerrie Jones	56	24/10/2009 Northern Zone W7
3	14.15m		F	Jillian Senior	57	20/02/2010 Northern Zone W19
4	13.48m		F	Margaret Thomas	53	7/11/2009 Northern Zone W9
5	10.63m		F	Karen Jones	57	23/01/2010 Northern Zone W15
<b>Women Open Javelin 600g</b>						
1	39.01m		F	Christina Grun	16	4/12/2009 2009 Australian All Schools
2	36.83m		F	Ashleigh Knight	18	11/03/2010 Australian Junior Champs
3	34.10m		F	Eliza Cepak	14	11/03/2010 Australian Junior Champs
4	33.91m		F	Lara Boyle	15	12/02/2010 NSW Junior and Youth Champs
5	32.30m		M	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
6	30.03m		F	Pam Mountfield	45	6/03/2010 NSW Masters & U23 Champs
7	29.44m		F	Lucina Martin	15	12/02/2010 NSW Junior and Youth Champs
8	29.11m		F	Danielle Cotterill	28	12/09/2009 Northern Zone W1
9	27.13m		F	Rosemary Arnott	20	12/12/2009 Club Premiership R5, SOPAC
10	26.78m		F	Sarah Webster	27	24/10/2009 Club Premiership R1, Narabeen
11	26.39m		F	Jessica Bonser	17	12/09/2009 Northern Zone W1
12	25.38m		F	Melissa Bonser	39	21/11/2009 NSW Relay Champs
13	24.39m		F	Shannon Kavanagh	40	7/11/2009 Northern Zone W9
14	23.65m		F	Glenys Whitehead	45	24/10/2009 Northern Zone W7
15	20.03m		F	Janet Naylor	43	12/12/2009 Club Premiership R5, SOPAC

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
16	19.56m		F	Suzanne Brown	44	24/10/2009 Club Premiership R1, Narabeen
17	17.30m		F	Jacqueline Bezuidenhout	43	28/11/2009 Club Premiership R4, Black/Bank
18	16.48m		F	Melissa Jones	26	26/09/2009 Northern Zone W3
19	12.37m		F	Caroline Layt	44	26/09/2009 Northern Zone W3
<b>Women Open Wght Thr 7.26kg</b>						
1	8.75m		F	Kerrie Jones	56	6/03/2010 NSW Masters & U23 Champs
2	7.96m		F	Jillian Senior	58	6/03/2010 NSW Masters & U23 Champs
3	6.63m		F	Margaret Thomas	53	19/09/2009 Northern Zone W2
4	6.58m		F	Karen Jones	57	11/10/2009 World Masters Games
<b>Women Open Wght Thr 9.08kg</b>						
1	12.08m		F	Caroline Layt	44	11/10/2009 World Masters Games
2	12.01m		F	Jessica Bonser	17	19/09/2009 Northern Zone W2
3	11.18m		M	Melissa Bonser	39	11/10/2009 World Masters Games
4	8.75m		F	Pam Mountfield	45	6/03/2010 NSW Masters & U23 Champs
5	6.52m		F	Melissa Jones	26	16/01/2010 Northern Zone W14
6	6.37m		F	Shannon Kavanagh	40	5/12/2009 Northern Zone W12
<b>Women Open Heptathlon</b>						
1	6185		F	Marie Kay	49	28/07/2009 World Masters Athletics, Lahti
2	3865		F	Rosemary Arnott	20	9/01/2010 NSW Combined Events Champs
<b>Women Open In Pent</b>						
1	4906		F	Marie Kay	50	1/03/2010 World Masters Indoors Champs,
<b>Women Open Out Pent</b>						
1	1629		F	Suzanne Brown	44	11/10/2009 World Masters Games
<b>Women Open Wght Pent</b>						
1	2938		F	Caroline Layt	44	11/10/2009 World Masters Games
2	2744		F	Melissa Bonser	39	11/10/2009 World Masters Games
3	2378		F	Kerrie Jones	56	11/10/2009 World Masters Games
4	1996		F	Jillian Senior	57	11/10/2009 World Masters Games
5	1677		F	Karen Jones	57	11/10/2009 World Masters Games
<b>Out of Stadium events</b>						
<b>Women Open 1500m Run XC</b>						
1	9.36		F	Emily Augustine	11	18/07/2009 ANSW Short XC Champ
<b>Women Open 2500m Run XC</b>						
1	8.56		F	Ruby Hackett	17	18/07/2009 ANSW Short XC Champ
2	10.19		F	Libby Augustine	15	18/07/2009 ANSW Short XC Champ
<b>Women Open 4000m Run XC</b>						
1	14:42.00		F	Ruby Hackett	17	9/05/2009 ANSW Novice Champs
2	15:08.98		F	Frances Schmiede	15	15/05/2009 IGGSA
3	15:25.85		F	Gabrielle Sattout-Day	15	15/05/2009 IGGSA
4	16:01.00		F	Emily Augustine	11	9/05/2009 ANSW Novice Champs
5	16:06.00		F	Rebecca Gibbs	28	9/05/2009 ANSW Novice Champs
6	16:12.35		F	Alexandra Bartholomew	14	15/05/2009 IGGSA
7	17:24.00		F	Jessica Campbell	15	20/06/2009 Athletics NSW XC Champs
8	18:18.00		F	Libby Augustine	15	9/05/2009 ANSW Novice Champs
9	18:53.22		F	Elizabeth Clay	14	15/05/2009 IGGSA
10	19:00.00		F	Deborah Drennan	50	9/05/2009 ANSW Novice Champs
<b>Women Open 5000m Run XC</b>						
1	20.41		F	Rebecca Gibbs	28	18/07/2009 ANSW Short XC Champ
2	21.42		F	Alicia Watkins	27	18/07/2009 ANSW Short XC Champ
3	22.47		F	Robyn Briscoe	52	18/07/2009 ANSW Short XC Champ

# UTS Northern Suburbs Athletic Club 2009-2010 Season Rankings

Rank	Mark	Wind	Convert/Round	Athlete	Age	Date & Meet
4	24.04		F	Deborah Drennan	51	18/07/2009 ANSW Short XC Champ
<b>Women Open 5000m Run RR</b>						
1	19:22.00		F	Ruby Hackett	17	2/05/2009 Athletics NSW Road Champs
2	21:53.00		F	Freya Clayhills	14	2/05/2009 Athletics NSW Road Champs
<b>Women Open 10000m Run RR</b>						
1	40:29.00		F	Fiona Alldis	20	2/05/2009 Athletics NSW Road Champs
2	48:08.00		F	Suzanne Brown	43	2/05/2009 Athletics NSW Road Champs
<b>Women Open 5000m Walk RR</b>						
1	30:21.00		F	Suzanne Brown	43	28/06/2009 NSW Short Walks Champs
2	33:18.00		F	Nancy Lloyd	55	28/06/2009 NSW Short Walks Champs
<b>Women Open 10000m Walk RR</b>						
1	1:11:25.6h	1:11:25.60	F	Nancy Lloyd	56	2/04/2010 Australian Masters Nationals
<b>Women Open 15000m Walk RR</b>						
1	1:42:15.00		F	Suzanne Brown	43	26/07/2009 NSW Long Walks Champs
2	1:48:39.00		F	Nancy Lloyd	55	26/07/2009 NSW Long Walks Champs