

2009-2010 Rankings as of 1st January 2010

Women

Women Open 60m Sprint

1	7.63	1.4	F	---	Jessica Knox	31	19/12/2009	Skins Meet	
2	7.72	1.4	F	---	Larissa Pasternatsky	18	19/12/2009	Skins Meet	
3	7.85	-1.3	F	---	Briony Kanard	21	19/12/2009	Skins Meet	
4	7.87	-1.2	F	---	Karlie Morton	16	19/12/2009	Skins Meet	
5	7.89	-1.3	F	---	Laura Verlinden	21	19/12/2009	Skins Meet	
6	7.99	0.9	F	---	Dominica Jenkins	20	14/11/2009	Club Premiership Rd 3 SOPAC	
7	8.01	-1.2	F	---	Samantha Hulme	16	19/12/2009	Skins Meet	
8	8.09	-3.6	F	---	Tracey Morton	18	24/10/2009	Club Premiership Rd 1 Narabeen	
9	8.20	0.7	F	---	Phoebe Davies	16	14/11/2009	Club Premiership Rd 3 SOPAC	
10	8.28	1.8	F	---	Rosemary Arnott	20	14/11/2009	Club Premiership Rd 3 SOPAC	
11	8.31	-2.8	F	---	Meghann Smith	21	24/10/2009	Club Premiership Rd 1 Narabeen	
12	8.32	2.9	F	---	Alana Bratby	19	14/11/2009	Club Premiership Rd 3 SOPAC	
13	8.35	-0.3	F	---	Marie Kay	49	19/12/2009	Skins Meet	
14	8.37	0.3	F	---	Jacqueline Bezuidenhout	43	14/11/2009	Club Premiership Rd 3 SOPAC	
15	8.38	2.9	F	---	Hannah Ascroft	17	14/11/2009	Club Premiership Rd 3 SOPAC	
16	8.52	-2.2	F	---	Caitlin Heeps	15	24/10/2009	Club Premiership Rd 1 Campbelltown	
17	8.53	-2.2	F	---	Sara Marshall	16	24/10/2009	Club Premiership Rd 1 Narabeen	
18	8.54	3.1	F	---	Danielle Cotterill	28	14/11/2009	Club Premiership Rd 3 SOPAC	
19*	8.56	-3.6	F	---	Michaela Genev	19	24/10/2009	Club Premiership Rd 1 Narabeen	
19*	8.56	1.9	F	---	Gabrielle Hendry	15	14/11/2009	Club Premiership Rd 3 SOPAC	
21	8.60	+0.7	F	---	Alexandra Bartholomew	14	24/10/2009	Club Premiership Rd 1 Campbelltown	
22	8.86	2.9	F	---	Erin Lee	19	14/11/2009	Club Premiership Rd 3 SOPAC	
23	8.87	3.1	F	---	Catherine Macchia	23	14/11/2009	Club Premiership Rd 3 SOPAC	
24	8.99	-2.2	F	---	Emilie Nelson	14	24/10/2009	Club Premiership Rd 1 Narabeen	
25	9.09	3.1	F	---	Rebecca Gibbs	29	14/11/2009	Club Premiership Rd 3 SOPAC	
26	9.14	+0.7	F	---	Elizabeth Osborn	16	24/10/2009	Club Premiership Rd 1 Campbelltown	
27	9.17	-3.6	F	---	Eliza Cepak	14	24/10/2009	Club Premiership Rd 1 Narabeen	
28	9.23	1.9	F	---	Ainsley Dyson	13	14/11/2009	Club Premiership Rd 3 SOPAC	
29	9.32	-1.7	F	---	Suzanne Brown	44	24/10/2009	Club Premiership Rd 1 Narabeen	
30*	9.39	-1.7	F	---	Jenny Schell	47	24/10/2009	Club Premiership Rd 1 Narabeen	
30*	9.39	-1.7	F	---	Janet Naylor	43	24/10/2009	Club Premiership Rd 1 Narabeen	
32	9.41	2.9	F	---	Melanie Tsoi	17	14/11/2009	Club Premiership Rd 3 SOPAC	
33	9.3h	NWI	9.54	F	---	Tracey Grozdanis	31	31/10/2009	Northern Zone W8
34	9.61	+0.7	F	---	Lia Chen	16	24/10/2009	Club Premiership Rd 1 Campbelltown	
35	9.5h	NWI	9.74	F	---	Deborah Drennan	51	19/09/2009	Northern Zone Wk2
36	9.80	-2.2	F	---	Molly Tredinnick	14	24/10/2009	Club Premiership Rd 1 Narabeen	
37	10.1h	NWI	10.34	F	---	Jessica Bonser	17	31/10/2009	Northern Zone W8
38	10.4h	NWI	10.64	F	---	Jillian Senior	57	31/10/2009	Northern Zone W8
39	11.0h	NWI	11.24	F	---	Margaret Thomas	53	19/09/2009	Northern Zone Wk2
40*	11.1h	NWI	11.34	F	---	Melissa Bonsor	39	31/10/2009	Northern Zone W8
41*	11.1h	NWI	11.34	F	---	Melissa Jones	26	31/10/2009	Northern Zone W8
42	11.5h	NWI	11.74	F	---	Dorothy Kass	56	31/10/2009	Northern Zone W8

Women Open 100m Sprint

1	11.95	NWI	F	---	Jessica Knox	31	12/12/2009	Club Premiership R5	
2	11.96	+0.4	F	---	Larissa Pasternatsky	17	22/09/2009	CIS	
3	12.13	+1.5	P	---	Karlie Morton	16	4/12/2009	2009 Australian All Schools and Youth Cha	
4	12.28	1.4	F	---	Tracey Morton	18	31/10/2009	Club Premiership Rd 2 Mingara	
5	12.29	3.2	F	---	Samantha Hulme	16	28/11/2009	Club Premiership R4	
6	12.30	NWI	F	---	Laura Verlinden	21	12/12/2009	Club Premiership R5	
7	12.39	1.4	F	---	Briony Kanard	21	28/11/2009	Club Premiership R4	
8	12.43	3.2	F	---	Dominica Jenkins	20	31/10/2009	Club Premiership Rd 2 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 Rd 2 Mingara
11	12.68	NWI	F	---	Meghann Smith	21	28/11/2009	Club Premiership R4	
12	12.82	NWI	F	---	Phoebe Davies	16	28/11/2009	Club Premiership R4	
13	12.93	NWI	F	---	Caitlin Heeps	14	22/09/2009	CIS	
14	13.01	NWI	F	---	Libby Augustine	16	28/11/2009	Club Premiership R4	
15	13.03	NWI	F	---	Sara Marshall	16	22/09/2009	CIS	
16	13.15	+1.0	S	---	Maren Schuermann	24	29/09/2009	2009 Australian University Games	
17	13.16	-3.9	F	---	Alexandra Bartholomew	14	24/08/2009	IGSSA	
18	13.21	-2.4	F	---	Rosemary Arnott	20	12/12/2009	Club Premiership R5	
19	13.23	NWI	F	---	Hannah Ascroft	17	28/11/2009	Club Premiership R4	
20	13.29	NWI	F	---	Michaela Genev	19	24/08/2009	IGSSA	
21	13.32	-0.8	F	---	Alana Bratby	19	31/10/2009	Club Premiership R2 Illawong	
22	13.52	+1.9	P	---	Kate Steggles	17	24/08/2009	IGSSA	
23	13.57	-1.1	F	---	Phoebe Kershaw	17	31/10/2009	Club Premiership R2 Illawong	
24	13.66	4.8	F	---	Eliza Cepak	14	28/11/2009	Club Premiership R4	
25	13.72	NWI	F	---	Camilla Hayman	15	28/11/2009	Club Premiership R4	
26	13.82	+0.0	F	---	Danielle Cotterill	28	31/10/2009	Club Premiership R2 Illawong	

2009-2010 Rankings as of 1st January 2010

27	13.7h	NWI	13.94	F	---	Shannon Kavanagh	40	7/11/2009	Northern Zone W9
28	13.98	3.2		F	---	Catherine Macchia	23	31/10/2009	Club Premiership Rd 2 Mingara
29	14.04	+1.5		F	---	Robyn Suttor	50	28/07/2009	World Maters Athletics Championships
30	14.18	+0.9		P	---	Elizabeth Osborn	16	24/08/2009	IGSSA
31	14.1h	3.7	14.34	F	---	Suzanne Brown	44	31/10/2009	Club Premiership Rd 2 Mingara
32	14.40	-0.8		P	---	Ainsley Dyson	13	24/08/2009	IGSSA
33	14.46	-1.8		S	---	Janet Naylon	43	28/07/2009	World Maters Athletics Championships
34	14.53	3.2		F	---	Rebecca Gibbs	29	31/10/2009	Club Premiership Rd 2 Mingara
35	14.93	3.2		F	---	Rebekah Cormack	17	31/10/2009	Club Premiership Rd 2 Mingara
36	14.9h	NWI	15.14	F	---	Deborah Drennan	51	7/11/2009	Northern Zone W9
37	15.39	NWI		F	---	Emily Augustine	12	28/11/2009	Club Premiership R4
38	15.2h	NWI	15.44	F	---	Tracey Grozdanis	31	12/09/2009	Northern Zone Wk1
39	15.8h	NWI	16.04	F	---	Nicole Oreb	22	7/11/2009	Northern Zone W9
40	15.9h	NWI	16.14	F	---	Sarah Culhane	45	7/11/2009	Northern Zone W9
41	18.1h	NWI	18.34	F	---	Jillian Senior	57	12/09/2009	Northern Zone Wk1
42	18.5h	NWI	18.74	F	---	Melissa Jones	26	26/09/2009	Northern Zone Wk3
43	18.7h	NWI	18.94	F	---	Margaret Thomas	53	24/10/2009	Northern Zone WK7
44	19.7h	NWI	19.94	F	---	Dorothy Kass	56	24/10/2009	Northern Zone WK7

Women Open 200m Sprint

1	24.68	+0.9		F	---	Karlie Morton	16	4/12/2009	2009 Australian All Schools and Youth Cha
2	24.69	0.8		F	---	Tracey Morton	18	12/12/2009	Club Premiership R5
3	24.89	NWI		F	---	Larissa Pasternatsky	17	22/09/2009	CIS
4	25.52	1.1		F	---	Phoebe Davies	16	14/11/2009	Club Premiership Rd 3 SOPAC
5	25.70	+1.1		F	---	Anneliese Rubie	17	22/09/2009	CIS
6	25.76	1.1		F	---	Dominica Jenkins	20	14/11/2009	Club Premiership Rd 3 SOPAC
7	25.77	0.8		F	---	Meghann Smith	21	12/12/2009	Club Premiership R5
8	25.81	1.1		F	---	Sianne Toemoe	20	14/11/2009	Club Premiership Rd 3 SOPAC
9	26.10	+1.3		F	---	Molly Tredinnick	14	22/09/2009	CIS
10	26.50	+1.7		F	---	Caitlin Heeps	15	24/10/2009	Club Premiership Rd 1 Campbelltown
11	26.52	+0.7		F	---	Hannah Ascroft	17	24/10/2009	Club Premiership Rd 1 Campbelltown
12	26.57	1.8		F	---	Courtney Boyle	12	12/12/2009	Club Premiership R5
13	26.60	2.2		F	---	Alexandra Bartholomew	15	14/11/2009	Club Premiership Rd 3 SOPAC
14*	26.65	2.1		F	---	Rosemary Arnott	20	14/11/2009	Club Premiership Rd 3 SOPAC
14*	26.65	+0.8		F	---	Jacqueline Bezuidenhout	42	28/07/2009	World Maters Athletics Championships
16	26.69	2.1		F	---	Maren Schuermann	24	14/11/2009	Club Premiership Rd 3 SOPAC
17*	26.88	+0.7		F	---	Alana Bratby	19	24/10/2009	Club Premiership Rd 1 Campbelltown
17*	26.88	2.1		F	---	Libby Augustine	16	14/11/2009	Club Premiership Rd 3 SOPAC
19	26.89	NWI		F	---	Emilie Nelson	14	22/09/2009	CIS
20	26.96	NWI	M	F	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
21	26.99	-2.8		F	---	Samantha Hulme	16	24/10/2009	Club Premiership Rd 1 Narabeen
22	27.08	+1.3		F	---	Phoebe Kershaw	17	22/09/2009	CIS
23	27.25	-0.4		F	---	Sara Marshall	16	4/12/2009	2009 Australian All Schools and Youth Cha
24	27.47	1.4		F	---	Katie Healey	15	14/11/2009	Club Premiership Rd 3 SOPAC
25	27.72	-2.6		F	---	Michaela Genev	19	24/10/2009	Club Premiership Rd 1 Narabeen
26	27.85	1.4		F	---	Danielle Cotterill	28	14/11/2009	Club Premiership Rd 3 SOPAC
27	27.99	1.7		F	---	Gabrielle Hendry	15	14/11/2009	Club Premiership Rd 3 SOPAC
28	28.30	1.4		F	---	Alexandra Book	15	14/11/2009	Club Premiership Rd 3 SOPAC
29	28.41	NWI		P	---	Elizabeth Clay	14	24/08/2009	IGSSA
30	28.42	1.4		F	---	Eliza Cepak	14	14/11/2009	Club Premiership Rd 3 SOPAC
31	28.50	2.4		F	---	Catherine Macchia	23	12/12/2009	Club Premiership R5
32	28.61	1.1		F	---	Erin Lee	19	14/11/2009	Club Premiership Rd 3 SOPAC
33	28.78	1.4		F	---	Samantha D'Souza	14	14/11/2009	Club Premiership Rd 3 SOPAC
34	28.95	-1.7		F	---	Camilla Hayman	15	24/10/2009	Club Premiership Rd 1 Campbelltown
35	29.09	+0.7		S	---	Robyn Suttor	50	28/07/2009	World Maters Athletics Championships
36	29.26	1.4		F	---	Rebecca Gibbs	29	14/11/2009	Club Premiership Rd 3 SOPAC
37	29.32	+0.9		P	---	Suzanne Brown	44	11/10/2009	World Masters Games
38	30.14	+1.3		P	---	Jenny Schell	47	11/10/2009	World Masters Games
39	30.0h	NWI	30.24	F	---	Shannon Kavanagh	40	3/10/2009	Northern Zone WK4
40	30.31	-1.8		S	---	Janet Naylon	43	28/07/2009	World Maters Athletics Championships
41	30.55	4.3		F	---	Deborah Drennan	51	12/12/2009	Club Premiership R5
42	31.18	2.3		F	---	Rebekah Cormack	17	12/12/2009	Club Premiership R5
43	31.61	-1.7		F	---	Elizabeth Osborn	16	24/10/2009	Club Premiership Rd 1 Campbelltown
44	31.81	-1.7		F	---	Lia Chen	16	24/10/2009	Club Premiership Rd 1 Campbelltown
45	32.3h	NWI	32.54	F	---	Tracey Grozdanis	31	31/10/2009	Northern Zone W8
46	32.9h	NWI	33.14	F	---	Stefanie Peters	19	17/10/2009	Northern Zone WK6
47	37.31	2.4		F	---	Jillian Senior	57	14/11/2009	Club Premiership Rd 3 SOPAC
48	40.3h	NWI	40.54	F	---	Melissa Jones	26	17/10/2009	Northern Zone WK6
49	48.1h	NWI	48.34	F	---	Dorothy Kass	56	19/09/2009	Northern Zone Wk2

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

2009-2010 Rankings as of 1st January 2010

Women Open 400m Run

1	56.66	F	---	Phoebe Davies	15	4/12/2009	2009 Australian All Schools and Youth Cha
2	57.32	F	---	Anneliese Rubie	17	22/09/2009	CIS
3	57.42	F	---	Tracey Morton	18	28/11/2009	Club Premiership R4
4	59.44	F	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
5	59.94	F	---	Julia Cook	20	31/10/2009	Club Premiership R2 Illawong
6	59.99	F	---	Dominica Jenkins	20	31/10/2009	Club Premiership Rd 2 Mingara
7	1:00.27	F	---	Dominica Jenkins	20	28/11/2009	Club Premiership R4
8	1:00.61	F	---	Libby Augustine	15	24/08/2009	IGSSA
9	1:00.41	F	---	Emilie Nelson	14	22/09/2009	CIS
10	1:01.22	F	---	Frances Schmiede	16	24/08/2009	IGSSA
11	1:01.85	F	---	Alexandra Bartholomew	15	31/10/2009	Club Premiership R2 Illawong
12	1:02.47	F	---	Briony Kanard	21	28/11/2009	Club Premiership R4
13	1:03.41	P	---	Kate Stegges	17	24/08/2009	IGSSA
14	1:04.09	F	---	Ruby Hackett	17	3/08/2009	CHS Syd North Sec
15	1:04.37	F	---	Rebecca Gibbs	29	31/10/2009	Club Premiership Rd 2 Mingara
16	1:04.53	F	---	Danielle Cotterill	28	28/11/2009	Club Premiership R4
17	1:04.69	F	---	Hannah Ascroft	17	31/10/2009	Club Premiership R2 Illawong
18	1:05.71	F	---	Catherine Macchia	23	31/10/2009	Club Premiership Rd 2 Mingara
19	1:06.07	F	---	Meghann Smith	21	31/10/2009	Club Premiership Rd 2 Mingara
20	1:06.38	F	---	Kate Hobbs	14	3/08/2009	CHS Syd North Sec
21	1:06.3h	1:06.44	F	Danielle Cotterill	28	26/09/2009	Northern Zone Wk3
22	1:06.46	F	---	Camilla Hayman	15	31/10/2009	Club Premiership R2 Illawong
23	1:07.15	S	---	Robyn Suttor	50	28/07/2009	World Maters Athletics Championships
24	1:07.70	F	---	Alexandra Book	15	31/10/2009	Club Premiership R2 Illawong
25	1:08.57	F	---	Jacqualine Bezuidenhout	43	31/10/2009	Club Premiership Rd 2 Mingara
26	1:08.74	F	---	Rebekah Cormack	17	31/10/2009	Club Premiership Rd 2 Mingara
27	1:08.95	P	---	Isabella Pockl-Deen	13	24/08/2009	IGSSA
28	1:09.02	P	---	Deborah Drennan	51	11/10/2009	World Masters Games
29	1:13.56	F	---	Libby Augustine	16	28/11/2009	Club Premiership R4
30	1:16.60	F	---	Deborah Drennan	51	28/11/2009	Club Premiership R4
31	1:17.4h	1:17.54	F	Shannon Kavanagh	40	7/11/2009	Northern Zone W9
32	1:18.01	F	---	Jenny Schell	47	11/10/2009	World Masters Games
33	1:20.1h	1:20.24	F	Nicole Oreb	22	7/11/2009	Northern Zone W9
34	1:29.2h	1:29.34	F	Lesley Eller	66	7/11/2009	Northern Zone W9
35	1:35.2h	1:35.34	F	Jillian Senior	57	12/09/2009	Northern Zone Wk1
36	1:38.9h	1:39.04	F	Melissa Jones	26	26/09/2009	Northern Zone Wk3
37	1:41.0h	1:41.14	F	Dorothy Kass	56	24/10/2009	Northern Zone WK7
38	1:43.5h	1:43.64	F	Margaret Thomas	53	26/09/2009	Northern Zone Wk3

Women Open 800m Run

1	2:08.06	F	---	Sianne Toemoe	20	14/11/2009	Club Premiership Rd 3 SOPAC
2	2:16.55	F	---	Julia Cook	20	14/11/2009	Club Premiership Rd 3 SOPAC
3	2:18.49	F	---	Rebecca Gibbs	29	12/12/2009	Club Premiership R5
4	2:18.65	F	---	Ruby Hackett	17	3/09/2009	CHS Sec
5	2:19.39	F	---	Frances Schmiede	16	24/10/2009	Club Premiership Rd 1 Campbelltown
6	2:21.74	F	---	Gabrielle Sattout-Day	15	14/11/2009	Club Premiership Rd 3 SOPAC
7	2:23.50	F	---	Libby Augustine	15	24/08/2009	IGSSA
8	2:31.32	F	---	Rosemary Arnott	20	24/10/2009	Club Premiership Rd 1 Narabeen
9	2:32.37	F	---	Rebekah Cormack	17	22/09/2009	CIS
10	2:33.87	F	---	Camilla Hayman	15	14/11/2009	Club Premiership Rd 3 SOPAC
11	2:34.94	F	---	Robyn Suttor	50	11/10/2009	World Masters Games
12	2:36.82	F	---	Deborah Drennan	51	11/10/2009	World Masters Games
13	2:41.2h	2:41.20	F	Danielle Cotterill	28	3/10/2009	Northern Zone WK4
14	2:41.70	M	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
15	2:42.25	F	---	Isabella Pockl-Deen	13	14/11/2009	Club Premiership Rd 3 SOPAC
16	2:42.26	F	---	Kate Hobbs	14	3/08/2009	CHS Syd North Sec
17	2:42.99	F	---	Catherine Macchia	23	12/12/2009	Club Premiership R5
18	2:46.43	F	---	Emily Augustine	12	14/11/2009	Club Premiership Rd 3 SOPAC
19	2:46.85	F	---	Claudia White	12	21/08/2009	CGSSSA
20	2:47.29	F	---	Suzanne Brown	44	24/10/2009	Club Premiership Rd 1 Narabeen
21	2:49.82	F	---	Amelia Love	21	14/11/2009	Club Premiership Rd 3 SOPAC
22	3:16.2h	3:16.20	F	Tracey Grozdanis	31	31/10/2009	Northern Zone W8
23	3:26.4h	3:26.40	F	Lesley Eller	66	31/10/2009	Northern Zone W8
24	3:40.23	F	---	Jillian Senior	57	14/11/2009	Club Premiership Rd 3 SOPAC
25	4:01.1h	4:01.10	F	Melissa Jones	26	17/10/2009	Northern Zone WK6
26	4:04.0h	4:04.00	F	Dorothy Kass	56	19/09/2009	Northern Zone Wk2

Women Open 1500m Run

1	4:46.78	F	---	Ruby Hackett	17	3/09/2009	CHS Sec
2	4:55.24	F	---	Rebecca Gibbs	29	28/11/2009	Club Premiership R4
3	4:55.4h	4:55.40	F	Frances Schmiede	16	31/10/2009	Club Premiership R2 Illawong
4	5:02.4h	5:02.40	F	Gabrielle Sattout-Day	15	31/10/2009	Club Premiership R2 Illawong

2009-2010 Rankings as of 1st January 2010

5	5:07.67		P	---	Alice Tancred	20	29/09/2009	2009 Australian University Games
6	5:40.99		F	---	Emily Augustine	12	28/11/2009	Club Premiership R4
7	5:43.10		F	---	Claudia White	13	18/09/2009	CCC
8	5:46.4h	5:46.40	F	---	Deborah Drennan	51	12/09/2009	Northern Zone Wk1
9	5:49.73		F	---	Amelia Love	21	24/08/2009	IGSSA
10	5:55.3h	5:55.30	F	---	Jane Godbold	52	7/11/2009	Northern Zone W9
11	5:57.92		P	---	Rosie Tancred	20	29/09/2009	2009 Australian University Games
12	6:21.6h	6:21.60	F	---	Shannon Kavanagh	40	7/11/2009	Northern Zone W9
13	6:54.6h	6:54.60	F	---	Lesley Eller	66	7/11/2009	Northern Zone W9
14	6:55.64		F	---	Catherine Macchia	23	31/10/2009	Club Premiership Rd 2 Mingara
15	7:30.6h	7:30.60	F	---	Susan Rilen	52	26/09/2009	Northern Zone Wk3
16	8:05.0h	8:05.00	F	---	Nancy Lloyd	56	10/10/2009	Northern Zone WK5
17	8:27.5h	8:27.50	F	---	Dorothy Kass	56	26/09/2009	Northern Zone Wk3
18	8:32.1h	8:32.10	F	---	Margaret Thomas	53	7/11/2009	Northern Zone W9

Women Open 3000m Run

1	9:59.63		F	---	Lucy Starrat	21	14/11/2009	NSW 3000 Championships
2	10:42.20		F	---	Ruby Hackett	17	3/08/2009	CHS Syd North Sec
3	11:29.46		F	---	Rebecca Gibbs	29	24/10/2009	Club Premiership Rd 1 Narabeen
4	12:09.43		F	---	Claudia White	13	14/11/2009	NSW 3000 Championships
5	14:03.0h	14:03.00	F	---	Deborah Drennan	51	19/09/2009	Northern Zone Wk2
6	14:46.0h	14:46.00	F	---	Tracey Grozdanis	31	31/10/2009	Northern Zone W8
7	17:34.0h	17:34.00	F	---	Nancy Lloyd	56	31/10/2009	Northern Zone W8

Women Open 4000m Run

1	16:00.00		F	---	Ruby Hackett	17	20/06/2009	Athletics NSW Cross Country Championshi
2	17:24.00		F	---	Jessica Campbell	15	20/06/2009	Athletics NSW Cross Country Championshi
3	17:38.00		F	---	Gabrielle Sattout-Day	15	20/06/2009	Athletics NSW Cross Country Championshi

Women Open 4000m Run RR

1	14:42.00		F	---	Ruby Hackett	17	9/05/2009	ANSW Novice Championships
2	16:01.00		F	---	Emily Augustine	11	9/05/2009	ANSW Novice Championships
3	16:06.00		F	---	Rebecca Gibbs	28	9/05/2009	ANSW Novice Championships
4	16:32.00		F	---	Holly Cormack	14	9/05/2009	ANSW Novice Championships
5	18:18.00		F	---	Libby Augustine	15	9/05/2009	ANSW Novice Championships
6	19:00.00		F	---	Deborah Drennan	50	9/05/2009	ANSW Novice Championships

Women Open 4000m Run XC

1	15:08.98		F	---	Frances Schmiede	15	15/05/2009	IGGSA
2	15:25.85		F	---	Gabrielle Sattout-Day	15	15/05/2009	IGGSA
3	16:12.35		F	---	Alexandra Bartholomew	14	15/05/2009	IGGSA
4	18:53.22		F	---	Elizabeth Clay	14	15/05/2009	IGGSA

Women Open 5000m Run

1	20:21.40		P	---	Alice Tancred	20	29/09/2009	2009 Australian University Games
2	23:29.0h	23:29.00	F	---	Suzanne Brown	44	11/10/2009	World Masters Games
3	DNF		F	---	Jane Godbold	52	28/11/2009	Club Premiership R4

Women Open 5000m Run RR

1	19:22.00		F	---	Ruby Hackett	17	2/05/2009	Athletics NSW Road Championships
2	20:59.00		F	---	Holly Cormack	14	2/05/2009	Athletics NSW Road Championships
3	21:53.00		F	---	Freya Clayhills	14	2/05/2009	Athletics NSW Road Championships

Women Open 6000m Run XC

1	27:03.36		F	---	Emily Heckendorf	17	15/05/2009	IGGSA
---	----------	--	---	-----	------------------	----	------------	-------

Women Open 10000m Run

1	44:29.68		F	---	Fiona Alldis	21	29/09/2009	2009 Australian University Games
---	----------	--	---	-----	--------------	----	------------	----------------------------------

Women Open 10000m Run RR

1	40:29.00		F	---	Fiona Alldis	20	2/05/2009	Athletics NSW Road Championships
2	48:08.00		F	---	Suzanne Brown	43	2/05/2009	Athletics NSW Road Championships

Women Open 1500m Walk

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 Wk2

Women Open 3000m Walk

1	18:01.75		F	---	Suzanne Brown	44	31/10/2009	Club Premiership Rd 2 Mingara
---	----------	--	---	-----	---------------	----	------------	-------------------------------

2009-2010 Rankings as of 1st January 2010

2	20:34.2h	20:34.20	F	---	Nancy Lloyd	56	26/09/2009	Northern Zone Wk3
3	25:59.0h	25:59.00	F	---	Dorothy Kass	56	24/10/2009	Northern Zone WK7
Women Open 5000m Walk								
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
Women Open 5000m Walk RR								
1	30:21.00		F	---	Suzanne Brown	43	28/06/2009	NSW Short Walks Championships
2	33:18.00		F	---	Nancy Lloyd	55	28/06/2009	NSW Short Walks Championships
Women Open 10000m Walk								
1	1:12:48.00		F	---	Nancy Lloyd	55	24/05/2009	Athletics NSW Team Walks
Women Open 10000m Walk RR								
1	1:12:02.00		F	---	Nancy Lloyd	55	11/10/2009	World Masters Games
Women Open 80m Hurdles 0.762m								
1	12.32	NWI	M	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
2	15.27	+0.4	F	---	Elizabeth Osborn	16	24/08/2009	IGSSA
3	15.49	+0.3	P	---	Ainsley Dyson	13	24/08/2009	IGSSA
4	24.94	+0.3	M	---	Suzanne Brown	44	11/10/2009	World Masters Games
Women Open 90m Hurdles 0.762m								
1	13.57	+1.4	F	---	Elizabeth Clay	14	4/12/2009	2009 Australian All Schools and Youth Cha
2	14.47	NWI	F	---	Katie Healey	15	22/09/2009	CIS
3	15.65	+0.1	F	---	Alexandra Bartholomew	14	24/08/2009	IGSSA
4	17.11	NWI	F	---	Kate Hobbs	14	3/08/2009	CHS Syd North Sec
5	17.54	+1.4	F	---	Daisy Ding	14	24/08/2009	IGSSA
Women Open 100m Hurdles 0.762m								
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
5	18.91	+2.3	P	---	Gabrielle Hendry	14	24/08/2009	IGSSA
Women Open 100m Hurdles 0.840m								
1	17.63	-0.6	F	---	Danielle Cotterill	28	28/11/2009	Club Premiership R4
1	15.28	-1.2	F	---	Alana Bratby	19	31/10/2009	Club Premiership R2 Illawong
Women Open 200m Hurdles 0.762m								
1	29.25	1.8	F	---	Rosemary Arnott	20	14/11/2009	Club Premiership Rd 3 SOPAC
2	30.66	0.7	F	---	Katie Healey	15	14/11/2009	Club Premiership Rd 3 SOPAC
3	31.02	0.7	F	---	Alexandra Bartholomew	15	14/11/2009	Club Premiership Rd 3 SOPAC
4	31.65	-0.4	F	---	Elizabeth Clay	14	4/12/2009	2009 Australian All Schools and Youth Cha
5	32.53	1.8	F	---	Danielle Cotterill	28	14/11/2009	Club Premiership Rd 3 SOPAC
6	34.30	0.7	F	---	Alexandra Book	15	14/11/2009	Club Premiership Rd 3 SOPAC
7	34.43	1.8	F	---	Jacqueline Bezuidenhout	43	14/11/2009	Club Premiership Rd 3 SOPAC
8	45.73	0.7	F	---	Elizabeth Osborn	16	14/11/2009	Club Premiership Rd 3 SOPAC
Women Open 400m Hurdles 0.762m								
1	1:04.77		F	---	Rosemary Arnott	20	12/12/2009	Club Premiership R5
2	1:05.16		F	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
3	1:11.29		F	---	Alexandra Book	15	12/12/2009	Club Premiership R5
4	1:12.04		F	---	Alexandra Bartholomew	15	12/12/2009	Club Premiership R5
5	1:14.09		F	---	Katie Healey	15	24/10/2009	Club Premiership Rd 1 Campbelltown
6	1:14.74		F	---	Hannah Ascroft	17	12/12/2009	Club Premiership R5
7	1:17.44		F	---	Christina McPhee	17	12/12/2009	Club Premiership R5
Women Open 15000m Walk RR								
1	1:42:15.00		F	---	Suzanne Brown	43	26/07/2009	NSW Long Walks Championships
2	1:48:39.00		F	---	Nancy Lloyd	55	26/07/2009	NSW Long Walks Championships
Women Open 2000m StplCh 0.762m								
1	7:46.01		F	---	Gabrielle Sattout-Day	15	12/12/2009	Club Premiership R5
2	9:01.73		F	---	Amelia Love	21	12/12/2009	Club Premiership R5

2009-2010 Rankings as of 1st January 2010

Women Open High Jump

1	1.67m	F	---	Freya Sombroek	18	24/08/2009	IGSSA
2*	1.60m	F	---	Daisy Ding	14	21/11/2009	NSW Relay Championships
2*	1.60m	M	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
4	1.55m	F	---	Rosemary Arnott	20	21/11/2009	NSW Relay Championships
5*	1.50m	F	---	Danielle Cotterill	28	31/10/2009	Club Premiership R2 Illawong
5*	1.50m	F	---	Phoebe Kershaw	17	19/12/2009	Skins Meet
7	1.40m	F	---	Eliza Cepak	14	21/11/2009	NSW Relay Championships
8*	1.35m	F	---	Katie Healey	15	12/12/2009	Club Premiership R5
8*	1.35m	F	---	Jacqueline Bezuidenhout	43	31/10/2009	Club Premiership Rd 2 Mingara
10*	1.35m	F	---	Gabrielle Hendry	14	24/08/2009	IGSSA
11	1.24m	M	---	Suzanne Brown	44	11/10/2009	World Masters Games
12	1.09m	F	---	Jillian Senior	57	11/10/2009	World Masters Games

Women Open Long Jump

1	5.36m	F	---	Caitlin Heeps	15	28/11/2009	Club Premiership R4	
2	5.34m	F	---	Marie Kay	49	21/11/2009	NSW Relay Championships	
3	5.24m	+1.7	F	---	Maren Schuermann	24	29/09/2009	2009 Australian University Games
4	5.21m	NWI	F	---	Phoebe Kershaw	17	24/08/2009	IGSSA
5	5.00m	NWI	F	---	Elizabeth Clay	14	24/08/2009	IGSSA
6	4.95m	F	---	Danielle Cotterill	28	28/11/2009	Club Premiership R4	
7	4.87m	NWI	F	---	Sara Marshall	16	22/09/2009	CIS
8	4.77m	NWI	F	---	Katie Healey	15	24/08/2009	IGSSA
9	4.73m	F	---	Samantha Hulme	16	28/11/2009	Club Premiership R4	
10	4.63m	1.4	F	---	Daisy Ding	14	21/11/2009	NSW Relay Championships
11	4.54m	F	---	Rosemary Arnott	20	21/11/2009	NSW Relay Championships	
12	4.50m	NWI	F	---	Molly Tredinnick	14	24/08/2009	IGSSA
13*	4.47m	+0.5	S	---	Janet Naylor	43	28/07/2009	World Maters Athletics Championships
13*	4.47m	-0.7	F	---	Jacqueline Bezuidenhout	43	12/12/2009	Club Premiership R5
15	4.42m	3.7	F	---	Eliza Cepak	14	21/11/2009	NSW Relay Championships
16	4.37m	1.1	F	---	Gabrielle Hendry	15	21/11/2009	NSW Relay Championships
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 Wk3	
20	3.83m	-1.2	F	---	Catherine Macchia	23	12/12/2009	Club Premiership R5
21	3.46m	F	---	Pam Mountfield	44	26/09/2009	Northern Zone Wk3	
22	3.37m	F	---	Jessica Bonsor	17	7/11/2009	Northern Zone W9	
23	3.28m	NWI	M	---	Suzanne Brown	44	11/10/2009	World Masters Games
24	3.24m	-4.1	F	---	Jillian Senior	57	11/10/2009	World Masters Games
25	3.02m	F	---	Margaret Thomas	53	24/10/2009	Northern Zone WK7	
26	2.70m	F	---	Melissa Bonsor	39	7/11/2009	Northern Zone W9	
27	2.65m	F	---	Glenys Whitehead	45	24/10/2009	Northern Zone WK7	
28	2.64m	F	---	Melissa Jones	26	10/10/2009	Northern Zone WK5	
29	2.50m	F	---	Kerrie Jones	56	24/10/2009	Northern Zone WK7	
30	2.35m	F	---	Dorothy Kass	56	10/10/2009	Northern Zone WK5	

Women Open Triple Jump

1	12.07m	+0.1	F	---	Phoebe Kershaw	17	4/12/2009	2009 Australian All Schools and Youth Cha
2	10.10m	0.2	F	---	Danielle Cotterill	28	14/11/2009	Club Premiership Rd 3 SOPAC
3	9.27m	1.9	F	---	Eliza Cepak	14	14/11/2009	Club Premiership Rd 3 SOPAC
4	7.47m	2.4	F	---	Catherine Macchia	23	31/10/2009	Club Premiership Rd 2 Mingara
5	7.37m	F	---	Pam Mountfield	44	3/10/2009	Northern Zone WK4	
6	7.26m	NWI	F	---	Jillian Senior	57	11/10/2009	World Masters Games
7	7.01m	F	---	Jessica Bonsor	17	31/10/2009	Northern Zone W8	
8	6.12m	F	---	Margaret Thomas	53	19/09/2009	Northern Zone Wk2	
9	5.91m	F	---	Melissa Jones	26	31/10/2009	Northern Zone W8	
10	5.35m	F	---	Dorothy Kass	56	31/10/2009	Northern Zone W8	
11	3.90m	F	---	Melissa Bonsor	39	31/10/2009	Northern Zone W8	

Women Open Shot Put 3.0kg

1	11.04m	F	---	Eliza Cepak	14	3/09/2009	CHS Sec
2	9.99m	F	---	Kate Hobbs	14	3/08/2009	CHS Syd North Sec
3	7.57m	F	---	Kerrie Jones	56	31/10/2009	Northern Zone W8
4	7.20m	F	---	Rochelle Sharpe	13	10/10/2009	Northern Zone WK5
5	6.70m	F	---	Celeste Cosmo	16	24/10/2009	Club Premiership Rd 1 Narabeen
6	6.56m	F	---	Jillian Senior	57	19/09/2009	Northern Zone Wk2
7	6.10m	F	---	Margaret Thomas	53	24/10/2009	Northern Zone WK7
8	5.84m	F	---	Karen Jones	57	24/10/2009	Northern Zone WK7
9	4.94m	F	---	Dorothy Kass	56	19/09/2009	Northern Zone Wk2

Women Open Shot Put 4.0kg

1	7.25m	M	---	Suzanne Brown	44	11/10/2009	World Masters Games
2	10.79m	M	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships

2009-2010 Rankings as of 1st January 2010

3	10.72m	F	---	Melissa Bonsor	39	7/11/2009	Northern Zone W9
4	10.31m	F	---	Pam Mountfield	44	26/09/2009	Northern Zone Wk3
5	10.14m	F	---	Eliza Cepak	14	26/09/2009	Northern Zone Wk3
6	10.02m	F	---	Caroline Layt	44	21/11/2009	NSW Relay Championships
7	9.94m	F	---	Shannon Kavanagh	40	21/11/2009	NSW Relay Championships
8	9.11m	F	---	Danielle Cotterill	28	12/09/2009	Northern Zone Wk1
9*	8.10m	F	---	Glenys Whitehead	45	24/10/2009	Northern Zone WK7
9*	8.10m	F	---	Jessica Bonser	17	12/09/2009	Northern Zone Wk1
11	7.42m	F	---	Rosemary Arnott	20	21/11/2009	NSW Relay Championships
12	7.21m	F	---	Jacqualine Bezuidenhout	43	24/10/2009	Club Premiership Rd 1 Narabeen
13	7.14m	F	---	Janet Naylor	43	24/10/2009	Club Premiership Rd 1 Narabeen
14	6.65m	F	---	Melissa Jones	26	12/09/2009	Northern Zone Wk1
15	6.50m	F	---	Kerrie Jones	56	21/11/2009	NSW Relay Championships
16	6.28m	F	---	Elizabeth Clay	14	21/11/2009	NSW Relay Championships
17	6.14m	F	---	Stefanie Peters	19	17/10/2009	Northern Zone WK6
18	5.90m	F	---	Jillian Senior	57	21/11/2009	NSW Relay Championships
19	5.65m	F	---	Catherine Macchia	23	24/10/2009	Club Premiership Rd 1 Narabeen
20	5.52m	F	---	Alexandra Bartholomew	15	21/11/2009	NSW Relay Championships
21	5.28m	F	---	Karen Jones	57	21/11/2009	NSW Relay Championships

Women Open Discus 1.0kg

1	35.37m	F	---	Pam Mountfield	44	28/11/2009	Club Premiership R4
2	29.27m	M	---	Caroline Layt	44	11/10/2009	World Masters Games
3	28.95m	F	---	Christina Grun	16	22/09/2009	CIS
4	28.63m	F	---	Melissa Bonser	39	19/09/2009	Northern Zone Wk2
5	26.79m	F	---	Marie Kay	49	21/11/2009	NSW Relay Championships
6	24.92m	F	---	Kate Hobbs	14	3/08/2009	CHS Syd North Sec
7	24.60m	F	---	Rochelle Sharpe	13	19/09/2009	Northern Zone Wk2
8	23.46m	F	---	Glenys Whitehead	45	17/10/2009	Northern Zone WK6
9	22.40m	F	---	Jessica Bonser	17	21/11/2009	NSW Relay Championships
10	20.55m	F	---	Melissa Jones	26	17/10/2009	Northern Zone WK6
11	20.30m	F	---	Kerrie Jones	56	19/09/2009	Northern Zone Wk2
12	20.28m	F	---	Danielle Cotterill	28	3/10/2009	Northern Zone WK4
13	18.77m	F	---	Margaret Thomas	53	19/09/2009	Northern Zone Wk2
14	17.18m	F	---	Elizabeth Clay	14	21/11/2009	NSW Relay Championships
15	16.64m	F	---	Stefanie Peters	19	17/10/2009	Northern Zone WK6
16	16.33m	F	---	Karen Jones	57	11/10/2009	World Masters Games
17	15.96m	F	---	Jillian Senior	57	19/09/2009	Northern Zone Wk2
18	11.66m	F	---	Dorothy Kass	56	31/10/2009	Northern Zone W8

Women Open Hammer 3.0kg

1	24.11m	M	---	Kerrie Jones	56	11/10/2009	World Masters Games
2	21.44m	F	---	Jillian Senior	57	14/11/2009	Club Premiership Rd 3 SOPAC
3	21.40m	F	---	Karen Jones	57	26/09/2009	Northern Zone Wk3
4	19.30m	F	---	Margaret Thomas	53	26/09/2009	Northern Zone Wk3

Women Open Hammer 4.0kg

1	35.85m	F	---	Melissa Bonsor	39	7/11/2009	Northern Zone W9
2	32.90m	M	---	Caroline Layt	44	11/10/2009	World Masters Games
3	27.73m	F	---	Melissa Jones	26	10/10/2009	Northern Zone WK5
4	27.26m	F	---	Glenys Whitehead	45	7/11/2009	Northern Zone W9
5	26.85m	F	---	Jessica Bonser	17	7/11/2009	Northern Zone W9
6	25.88m	F	---	Eliza Cepak	14	14/11/2009	Club Premiership Rd 3 SOPAC
7	22.28m	F	---	Kerrie Jones	56	7/11/2009	Northern Zone W9
8	16.75m	F	---	Danielle Cotterill	28	14/11/2009	Club Premiership Rd 3 SOPAC
9	X15.58m	F	---	Suzanne Brown	44	14/11/2009	Club Premiership Rd 3 SOPAC

Women Open Javelin 500g

1	16.72m	F	---	Kerrie Jones	56	24/10/2009	Northern Zone WK7
2	13.48m	F	---	Margaret Thomas	53	7/11/2009	Northern Zone W9
3	12.95m	F	---	Jillian Senior	57	24/10/2009	Club Premiership Rd 1 Narabeen
4	9.54m	F	---	Karen Jones	57	24/10/2009	Northern Zone WK7

Women Open Javelin 600g

1	39.01m	F	---	Christina Grun	16	4/12/2009	2009 Australian All Schools and Youth Cha
2	32.30m	M	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
3	31.88m	F	---	Eliza Cepak	14	3/09/2009	CHS Sec
4	29.11m	F	---	Danielle Cotterill	28	12/09/2009	Northern Zone Wk1
5	28.10m	F	---	Pam Mountfield	44	7/11/2009	Northern Zone W9
6	27.13m	F	---	Rosemary Arnott	20	12/12/2009	Club Premiership R5
7	27.08m	F	---	Caroline Layt	44	11/10/2009	World Masters Games
8	26.78m	F	---	Sarah Webster	27	24/10/2009	Club Premiership Rd 1 Narabeen
9	26.39m	F	---	Jessica Bonser	17	12/09/2009	Northern Zone Wk1

2009-2010 Rankings as of 1st January 2010

10	25.38m	F	---	Melissa Bonser	39	21/11/2009	NSW Relay Championships
11	24.39m	F	---	Shannon Kavanagh	40	7/11/2009	Northern Zone W9
12	23.65m	F	---	Glenys Whitehead	45	24/10/2009	Northern Zone WK7
13	20.03m	F	---	Janet Naylor	43	12/12/2009	Club Premiership R5
14	19.68m	F	---	Rochelle Sharpe	13	10/10/2009	Northern Zone WK5
15	19.56m	F	---	Suzanne Brown	44	24/10/2009	Club Premiership Rd 1 Narabeen
16	17.30m	F	---	Jacqueline Bezuidenhout	43	28/11/2009	Club Premiership R4
17	16.48m	F	---	Melissa Jones	26	26/09/2009	Northern Zone Wk3
18	15.34m	F	---	Celeste Cosmo	16	24/10/2009	Club Premiership Rd 1 Narabeen

Women Open Wght Thr 7.26kg

1	12.01m	F	---	Jessica Bonser	17	19/09/2009	Northern Zone Wk2
2	7.72m	F	---	Jillian Senior	57	31/10/2009	Northern Zone W8
3	7.61m	M	---	Kerrie Jones	56	11/10/2009	World Masters Games
4	6.63m	F	---	Margaret Thomas	53	19/09/2009	Northern Zone Wk2
5	6.58m	F	---	Karen Jones	57	11/10/2009	World Masters Games

Women Open Wght Thr 9.08kg

1	12.08m	F	---	Caroline Layt	44	11/10/2009	World Masters Games
2	11.18m	M	---	Melissa Bonser	39	11/10/2009	World Masters Games
3	6.28m	F	---	Melissa Jones	26	31/10/2009	Northern Zone W8

Women Open Heptathlon

1	6185	F	---	Marie Kay	49	28/07/2009	World Maters Athletics Championships
---	------	---	-----	-----------	----	------------	--------------------------------------

Women Open Out Pent

1	1629	F	---	Suzanne Brown	44	11/10/2009	World Masters Games
---	------	---	-----	---------------	----	------------	---------------------

Women Open Wght Pent

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

2009-2010 Rankings as of 1st January 2010

Men

Men Open 60m Sprint

1	6.87	2.9		F	---	Lewis Clark	18	14/11/2009	Club Premiership Rd 3 SOPAC
2	7.34	-1.2		F	---	Stephen Andreezza	21	24/10/2009	Club Premiership Rd 1 Narabeen
3	7.1h	NWI	7.34	F	---	Michael Scott	22	19/09/2009	Northern Zone Wk2
4	7.35	0.7		F	---	Kiel Mannix	22	19/12/2009	Skins Meet
5*	7.38	2.3		F	---	Denford Moore	17	14/11/2009	Club Premiership Rd 3 SOPAC
5*	7.38	-3.0		F	---	Matthew Hulme	16	24/10/2009	Club Premiership Rd 1 Narabeen
7	7.39	-2.1		F	---	Andrew Clark	25	24/10/2009	Club Premiership Rd 1 Narabeen
8	7.41	-3.2		F	---	Raymond Smith	16	24/10/2009	Club Premiership Rd 1 Narabeen
9	7.46	-1.3		F	---	Kiel Mannix	22	19/12/2009	Skins Meet
10	7.43	-1.3		F	---	Denford Moore	17	19/12/2009	Skins Meet
11	7.48	0.5		F	---	Cameron McCoy	21	14/11/2009	Club Premiership Rd 3 SOPAC
12	7.77	1.8		F	---	Evan Walsh	41	14/11/2009	Club Premiership Rd 3 SOPAC
13	7.7h	NWI	7.94	F	---	Myalls Paterson	16	19/09/2009	Northern Zone Wk2
14	7.98	-3.2		F	---	Mitchell Roberts	23	24/10/2009	Club Premiership Rd 1 Narabeen
15	8.19	1.8		F	---	Anthony Crimi	48	14/11/2009	Club Premiership Rd 3 SOPAC
16	8.24	0.4		F	---	Andrew Wu	21	14/11/2009	Club Premiership Rd 3 SOPAC
17	8.26	-3.0		F	---	Antony Guest	44	24/10/2009	Club Premiership Rd 1 Narabeen
18	8.2h	NWI	8.44	F	---	Tim McGrath	47	19/09/2009	Northern Zone Wk2
19	8.5h	NWI	8.74	F	---	Robert Stepanovich	54	19/09/2009	Northern Zone Wk2
20	9.01	-2.4		F	---	Alec Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen
21	9.13	-1.3		F	---	Mark Cepak	50	24/10/2009	Club Premiership Rd 1 Campbelltown
22	8.9h	NWI	9.14	F	---	Michael Stark	27	19/09/2009	Northern Zone Wk2
23	9.18	-2.4		F	---	Stephen Ball	56	24/10/2009	Club Premiership Rd 1 Narabeen
24	9.28	0.4		F	---	Kieran Courtney	30	14/11/2009	Club Premiership Rd 3 SOPAC
25	9.38	-2.4		F	---	Jackson Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen
26	9.40	-2.4		F	---	Ronald Bendall	57	24/10/2009	Club Premiership Rd 1 Narabeen
27*	9.6h	NWI	9.84	F	---	Warren Jones	29	3/10/2009	Northern Zone WK4
27*	9.6h	NWI	9.84	F	---	Doug Barrett	57	17/10/2009	Northern Zone WK6
29	10.00	1.4		F	---	Terrence Carter	52	14/11/2009	Club Premiership Rd 3 SOPAC
30	9.8h	NWI	10.04	F	---	Tristan Paterson	15	19/09/2009	Northern Zone Wk2
31	10.0h	NWI	10.24	F	---	Charles Hobden	73	19/09/2009	Northern Zone Wk2
32	10.4h	NWI	10.64	F	---	Brian Hamilton	71	19/09/2009	Northern Zone Wk2
33	12.0h	NWI	12.24	F	---	Ron Shoesmith	62	31/10/2009	Northern Zone W8
34	12.4h	NWI	12.64	F	---	Ronald Shoesmith	62	19/09/2009	Northern Zone Wk2

Men Open 100m Sprint

1*	10.56	3.7		F	---	Lewis Clark	18	31/10/2009	Club Premiership Rd 2 Mingara
1*	10.56	3.7		F	---	Henry Mitchell	21	31/10/2009	Club Premiership Rd 2 Mingara
3	10.86	-1.0		S	---	Stephen Andreezza	21	29/09/2009	2009 Australian University Games
4	10.98	-0.6		S	---	Robbie Baskin	20	29/09/2009	2009 Australian University Games
5	11.00	-0.6		S	---	Andrew Clark	25	29/09/2009	2009 Australian University Games
6*	11.13	NWI		F	---	Thomas Sloat	17	28/11/2009	Club Premiership R4
6*	11.13	+1.9		P	---	Raymond Smith	16	4/12/2009	2009 Australian All Schools and Youth Cha
6*	11.13	+0.8		P	---	Matthew Hulme	16	4/12/2009	2009 Australian All Schools and Youth Cha
9	11.36	NWI		F	---	Cameron McCoy	21	28/11/2009	Club Premiership R4
10	11.39	1.8		F	---	Denford Moore	17	12/12/2009	Club Premiership R5
11	11.40	3.0		F	---	Calum Davis	19	31/10/2009	Club Premiership Rd 2 Mingara
12	11.51	NWI		F	---	Michael Scott	22	28/11/2009	Club Premiership R4
13	11.57	NWI		F	---	Ciaan Perera	15	22/09/2009	CIS
14	11.89	NWI		F	---	Sean Wilkins	16	15/05/2009	GPS
15	11.8h	NWI	12.04	F	---	Alexander Godbold	20	7/11/2009	Northern Zone W9
16	12.08	-0.7		F	---	Mitchell Roberts	23	12/12/2009	Club Premiership R5
17	12.18	3.0		F	---	Myalls Paterson	16	31/10/2009	Club Premiership Rd 2 Mingara
18	12.20	1.8		F	---	William McCoy	18	12/12/2009	Club Premiership R5
19	12.35	NWI		F	---	Evan Walsh	41	28/11/2009	Club Premiership R4
20*	12.3h	NWI	12.54	F	---	Daniel Mellish	31	12/09/2009	Northern Zone Wk1
20*	12.3h	NWI	12.54	F	---	Christopher Dyce	21	26/09/2009	Northern Zone Wk3
22	12.57	+1.2		P	---	Anthony Crimi	47	11/10/2009	World Masters Games
23	12.81	1.7		F	---	Matthew Skerritt	16	12/12/2009	Club Premiership R5
24	12.84	0.7		F	---	Andrew Wu	21	12/12/2009	Club Premiership R5
25*	12.6h	NWI	12.84	F	---	Tim McGrath	47	26/09/2009	Northern Zone Wk3
25*	12.6h	NWI	12.84	F	---	Chris Howard	17	24/10/2009	Northern Zone WK7
27	12.88	1.3		F	---	Matthew Mountfort	16	12/12/2009	Club Premiership R5
28	12.92	-1.5		F	---	William Richardson	14	31/10/2009	Club Premiership R2 Illawong
29	12.96	3.0		F	---	Joshua Parkinson	16	31/10/2009	Club Premiership Rd 2 Mingara
30	13.01	NWI		F	---	Alec Diamond	16	24/09/2009	CAS
31	13.03	+0.8		P	---	Adam Parsonage	42	11/10/2009	World Masters Games
32	13.1h	NWI	13.34	F	---	Ashley Howard	21	10/10/2009	Northern Zone WK5

2009-2010 Rankings as of 1st January 2010

33	13.35	2.5	F	---	Declan Patton	25	31/10/2009	Club Premiership Rd 2 Mingara	
34	13.46	NWI	F	---	Matthew Crowe	12	27/08/2009	MCC	
35	13.52	+1.4	P	---	David Smith	54	11/10/2009	World Masters Games	
36	13.59	+1.6	P	---	Ray Lawrence	63	11/10/2009	World Masters Games	
37	13.72	+1.9	S	---	Hovik Keshishian	48	11/10/2009	World Masters Games	
38	13.7h	NWI	13.94	F	---	Robert Hanbury-Brown	53	26/09/2009	Northern Zone Wk3
39	13.95	2.8	F	---	Michael Stark	27	31/10/2009	Club Premiership Rd 2 Mingara	
40	14.09	1.8	F	---	Stephen Ball	56	12/12/2009	Club Premiership R5	
41	13.9h	NWI	14.14	F	---	Robert Stepanovich	54	7/11/2009	Northern Zone W9
42	14.1h	NWI	14.34	F	---	George Clark	50	12/09/2009	Northern Zone Wk1
43	14.2h	NWI	14.44	F	---	Mark Cepak	50	26/09/2009	Northern Zone Wk3
44	14.48	2.5	F	---	Kieran Courtney	30	31/10/2009	Club Premiership Rd 2 Mingara	
45	14.72	2.1	F	---	Ronald Bendall	57	31/10/2009	Club Premiership Rd 2 Mingara	
46	15.02	NWI	F	---	Stuart Paterson	53	28/11/2009	Club Premiership R4	
47	14.8h	NWI	15.04	F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
48	15.11	NWI	F	---	Tristan Paterson	15	28/11/2009	Club Premiership R4	
49	15.12	NWI	F	---	Geoffrey Francis	67	28/11/2009	Club Premiership R4	
50	15.0h	NWI	15.24	F	---	Doug Barrett	57	26/09/2009	Northern Zone Wk3
51*	15.3h	NWI	15.54	F	---	Warren Jones	29	12/09/2009	Northern Zone Wk1
51*	15.3h	NWI	15.54	F	---	Geoff Francis	67	7/11/2009	Northern Zone W9
53	15.5h	NWI	15.74	F	---	David Archbold	64	7/11/2009	Northern Zone W9
54*	15.6h	NWI	15.84	F	---	Charles Hobden	73	26/09/2009	Northern Zone Wk3
54*	15.6h	NWI	15.84	F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5
56	16.65	+2.2	P	---	Brian Hamilton	70	11/10/2009	World Masters Games	
57	17.7h	NWI	17.94	F	---	Ron Shoesmith	62	7/11/2009	Northern Zone W9
58	19.4h	NWI	19.64	F	---	Ronald Shoesmith	62	12/09/2009	Northern Zone Wk1

Men Open 200m Sprint

1	21.26	3.7	F	---	Henry Mitchell	21	12/12/2009	Club Premiership R5	
2	21.49	2.1	F	---	Lewis Clark	18	14/11/2009	Club Premiership Rd 3 SOPAC	
3	21.94	NWI	F	---	James Dooley	17	15/05/2009	GPS	
4	22.13	-0.8	S	---	Andrew Clark	25	29/09/2009	2009 Australian University Games	
5	22.56	-1.4	S	---	Robbie Baskin	20	29/09/2009	2009 Australian University Games	
6	22.73	NWI	F	---	Matthew Hulme	16	15/05/2009	GPS	
7	22.81	NWI	F	---	Raymond Smith	16	15/05/2009	GPS	
8	23.09	2.1	F	---	Alex Pettigrew	21	14/11/2009	Club Premiership Rd 3 SOPAC	
9	23.23	1.6	F	---	Michael Scott	22	14/11/2009	Club Premiership Rd 3 SOPAC	
10	23.25	+2.5	P	---	Thomas Sloat	17	3/09/2009	CHS Sec	
11	23.41	0.9	F	---	Calum Davis	19	14/11/2009	Club Premiership Rd 3 SOPAC	
12	23.42	1.6	F	---	Cameron McCoy	21	14/11/2009	Club Premiership Rd 3 SOPAC	
13	23.53	1.8	F	---	Denford Moore	17	12/12/2009	Club Premiership R5	
14	23.55	NWI	F	---	Ciaan Perera	15	22/09/2009	CIS	
15	23.99	-2.7	F	---	Stephen Andreatza	21	24/10/2009	Club Premiership Rd 1 Narabeen	
16	24.16	NWI	F	---	Sean Wilkins	16	15/05/2009	GPS	
17	24.19	1.8	F	---	William McCoy	18	12/12/2009	Club Premiership R5	
18	24.24	1.6	F	---	Alexander Godbold	20	14/11/2009	Club Premiership Rd 3 SOPAC	
19	24.64	-0.8	F	---	Giuliana Fonte	18	18/09/2009	CCC	
20	24.85	3.3	F	---	Evan Walsh	41	12/12/2009	Club Premiership R5	
21	24.9h	NWI	25.14	F	---	Myalls Paterson	16	19/09/2009	Northern Zone Wk2
22	25.32	1.6	F	---	Mitchell Roberts	23	14/11/2009	Club Premiership Rd 3 SOPAC	
23	25.42	1.4	F	---	Antony Guest	44	14/11/2009	Club Premiership Rd 3 SOPAC	
24	25.79	-1.3	F	---	Matthew Skerritt	16	12/12/2009	Club Premiership R5	
25	25.6h	NWI	25.84	F	---	Christopher Dyce	21	17/10/2009	Northern Zone WK6
26	26.30	3.3	F	---	Anthony Crimi	48	12/12/2009	Club Premiership R5	
27	26.2h	NWI	26.44	F	---	Matthew Mountfort	16	17/10/2009	Northern Zone WK6
28	26.68	+0.1	P	---	Adam Parsonage	42	11/10/2009	World Masters Games	
29	27.6h	NWI	27.84	F	---	Tim McGrath	47	19/09/2009	Northern Zone Wk2
30	27.96	1.7	F	---	Declan Patton	25	14/11/2009	Club Premiership Rd 3 SOPAC	
31	27.8h	NWI	28.04	F	---	Ashley Howard	21	17/10/2009	Northern Zone WK6
32	28.28	-0.2	F	---	Stephen Ball	56	12/12/2009	Club Premiership R5	
33	28.49	+1.3	M	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games	
34	28.57	+0.2	P	---	George Clark	50	11/10/2009	World Masters Games	
35	28.4h	NWI	28.64	F	---	Andrew Wu	21	31/10/2009	Northern Zone W8
36	29.0h	NWI	29.24	F	---	Robert Stepanovich	54	19/09/2009	Northern Zone Wk2
37	29.64	1.7	F	---	Kieran Courtney	30	14/11/2009	Club Premiership Rd 3 SOPAC	
38	29.77	4.3	F	---	Stuart Paterson	53	12/12/2009	Club Premiership R5	
39	29.6h	NWI	29.84	F	---	Michael Stark	27	19/09/2009	Northern Zone Wk2
40	30.33	-3.7	F	---	Alec Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen	
41	30.49	+1.7	F	---	Mark Cepak	50	24/10/2009	Club Premiership Rd 1 Campbelltown	
42	30.91	4.3	F	---	Geoffrey Francis	67	12/12/2009	Club Premiership R5	
43	30.97	-3.7	F	---	Jackson Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen	
44	32.0h	NWI	32.24	F	---	Doug Barrett	57	17/10/2009	Northern Zone WK6
45	32.59	-1.3	F	---	Tristan Paterson	15	12/12/2009	Club Premiership R5	
46	32.72	0.5	F	---	Terrence Carter	52	14/11/2009	Club Premiership Rd 3 SOPAC	
47*	33.3h	NWI	33.54	F	---	Warren Jones	29	17/10/2009	Northern Zone WK6

2009-2010 Rankings as of 1st January 2010

47*	33.3h	NWI	33.54	F	---	David Archbold	64	17/10/2009	Northern Zone WK6
49	33.78	+0.4		F	---	Charles Hobden	73	11/10/2009	World Masters Games
50	34.9h	NWI	35.14	F	---	Ron Wills	70	17/10/2009	Northern Zone WK6
51	36.68	+0.4		P	---	Brian Hamilton	70	11/10/2009	World Masters Games
52	44.0h	NWI	44.24	F	---	Ron 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	38.92			F	---	Denford Moore	17	19/12/2009	Skins Meet
3	40.36			F	---	Evan Walsh	41	19/12/2009	Skins Meet
4	43.35			F	---	Anthony Crimi	48	19/12/2009	Skins Meet
5	48.29			F	---	Kieran Courtney	30	19/12/2009	Skins Meet

Men Open 400m Run

1	48.77			F	---	Henry Mitchell	21	31/10/2009	Club Premiership Rd 2 Mingara
2	48.86			F	---	James Gurr	26	28/11/2009	Club Premiership R4
3	49.76			F	---	Henry Mitchell	21	28/11/2009	Club Premiership R4
4	49.99			F	---	Alex Pettigrew	21	4/12/2009	2009 Australian All Schools and Youth Cha
5	50.31			F	---	Thomas Sloot	17	3/09/2009	CHS Sec
6	52.12			F	---	James Dooley	18	28/11/2009	Club Premiership R4
7	52.54			F	---	Daniel Mellish	31	11/10/2009	World Masters Games
8	52.7h	52.84		F	---	Alexander Godbold	20	7/11/2009	Northern Zone W9
9	55.00			F	---	Ciaan Perera	15	22/09/2009	CIS
10	55.58			P	---	Evan Walsh	41	11/10/2009	World Masters Games
11	55.61			F	---	Myalls Paterson	16	31/10/2009	Club Premiership Rd 2 Mingara
12	58.9h	59.04		F	---	Antony Guest	44	26/09/2009	Northern Zone Wk3
13	1:00.98			F	---	Bradley Sharpe	48	31/10/2009	Club Premiership R2 Illawong
14	1:01.14			P	---	Adam Parsonage	42	11/10/2009	World Masters Games
15	1:01.6h	1:01.74		F	---	Conor Delahunty	41	26/09/2009	Northern Zone Wk3
16	1:02.07			F	---	Bradley Sharpe	48	28/11/2009	Club Premiership R4
17	1:03.56			F	---	Joshua Parkinson	16	31/10/2009	Club Premiership Rd 2 Mingara
18	1:04.31			F	---	Stuart Paterson	53	31/10/2009	Club Premiership Rd 2 Mingara
19	1:04.4h	1:04.54		F	---	Ashley Howard	21	10/10/2009	Northern Zone WK5
20	1:04.6h	1:04.74		F	---	Andrew Wu	21	7/11/2009	Northern Zone W9
21	1:04.74			F	---	Stuart Paterson	53	28/11/2009	Club Premiership R4
22	1:05.60			F	---	Matthew Crowe	12	27/08/2009	MCC
23	1:05.81			F	---	Len Augustine	49	31/10/2009	Club Premiership Rd 2 Mingara
24	1:06.48			F	---	Stephen Ball	56	31/10/2009	Club Premiership Rd 2 Mingara
25	1:07.3h	1:07.44		F	---	George Clark	50	12/09/2009	Northern Zone Wk1
26	1:08.35			P	---	Robert Stepanovich	54	11/10/2009	World Masters Games
27	1:08.61			F	---	Anthony Crimi	48	28/11/2009	Club Premiership R4
28	1:09.59			F	---	Geoffrey Francis	67	11/10/2009	World Masters Games
29	1:10.5h	1:10.64		F	---	Doug Barrett	57	10/10/2009	Northern Zone WK5
30*	1:11.3h	1:11.44		F	---	Geoff Francis	67	7/11/2009	Northern Zone W9
30*	1:11.3h	1:11.44		F	---	Michael Stark	27	26/09/2009	Northern Zone Wk3
32	1:11.83			F	---	Doug Barrett	57	28/11/2009	Club Premiership R4
34	1:14.01			F	---	Mark Cepac	50	31/10/2009	Club Premiership Rd 2 Mingara
35	1:17.53			P	---	Charles Hobden	73	11/10/2009	World Masters Games
36	1:17.5h	1:17.64		F	---	Ron Wills	70	7/11/2009	Northern Zone W9
37	1:17.7h	1:17.84		F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
38	1:20.63			F	---	Tristan Paterson	15	28/11/2009	Club Premiership R4
39	1:20.6h	1:20.74		F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5
40	1:28.3h	1:28.44		F	---	David Archbold	64	12/09/2009	Northern Zone Wk1
41	1:31.15			F	---	Ronald Bendall	57	31/10/2009	Club Premiership Rd 2 Mingara
42	2:02.4h	2:02.54		F	---	Ronald Shoesmith	62	12/09/2009	Northern Zone Wk1
43	2:16.9h	2:17.04		F	---	Brendon Hyde	64	26/09/2009	Northern Zone Wk3

Men Open 800m Run

1	1:50.24			F	---	Nick Bromley	26	12/12/2009	Club Premiership R5
2	1:56.60			F	---	Alex Pettigrew	21	4/12/2009	2009 Australian All Schools and Youth Cha
3	1:56.91			F	---	Alister Ross	24	12/12/2009	Club Premiership R5
4	1:56.99			F	---	Alexander Godbold	20	14/11/2009	Club Premiership Rd 3 SOPAC
5	1:58.41			F	---	Daryl Purches	21	24/10/2009	Club Premiership Rd 1 Campbelltown
6	2:00.22			F	---	Matthew Rando	21	12/12/2009	Club Premiership R5
7	2:01.11			F	---	Jordan Smith	18	24/10/2009	Club Premiership Rd 1 Narabeen
8	2:02.25			F	---	Daniel Mellish	31	11/10/2009	World Masters Games
9*	2:02.30			F	---	Harry Colreavy	21	19/12/2009	Skins Meet
9*	2:02.30			F	---	Joshua Hall	16	24/10/2009	Club Premiership Rd 1 Narabeen
11	2:02.97			F	---	Mark Taylor	43	11/10/2009	World Masters Games
12	2:04.00			F	---	Josh Hall	16	15/05/2009	GPS
13	2:05.86			F	---	Myalls Paterson	16	12/12/2009	Club Premiership R5
14	2:07.65			F	---	Kieran Briscoe	15	22/09/2009	CIS
15	2:11.28			F	---	Xavier Black	21	12/12/2009	Club Premiership R5

2009-2010 Rankings as of 1st January 2010

16	2:15.20		P	---	Bradley Sharpe	48	11/10/2009	World Masters Games
17	2:15.79		F	---	Conor Delahunty	41	12/12/2009	Club Premiership R5
18	2:16.08		F	---	William Richardson	13	24/10/2009	Club Premiership Rd 1 Narabeen
19	2:19.31		F	---	Stephen Andreazza	21	24/10/2009	Club Premiership Rd 1 Narabeen
20	2:19.36		P	---	Stuart Paterson	52	28/07/2009	World Maters Athletics Championships
21	2:21.6h	2:21.60	F	---	Kevin McGregor	37	31/10/2009	Northern Zone W8
22	2:22.89		F	---	Stephen Ball	56	11/10/2009	World Masters Games
23	2:25.95		F	---	Isaac Hall	16	24/10/2009	Club Premiership Rd 1 Narabeen
24	2:28.83		F	---	Doug Barrett	57	24/10/2009	Club Premiership Rd 1 Narabeen
25	2:31.38		F	---	Len Augustine	49	12/12/2009	Club Premiership R5
26	2:32.63		F	---	Evan Walsh	41	24/10/2009	Club Premiership Rd 1 Campbelltown
27	2:35.4h	2:35.40	F	---	Andrew Cepak	18	19/09/2009	Northern Zone Wk2
28	2:37.62		P	---	Adam Parsonage	42	11/10/2009	World Masters Games
29	2:40.00		F	---	Matthew Crowe	12	27/08/2009	MCC
30	2:41.0h	2:41.00	F	---	Ashley Howard	21	17/10/2009	Northern Zone WK6
31	2:46.1h	2:46.10	F	---	Andrew Wu	21	31/10/2009	Northern Zone W8
32	2:50.20		F	---	Geoffrey Francis	67	11/10/2009	World Masters Games
33	2:54.58		F	---	Terrence Carter	52	14/11/2009	Club Premiership Rd 3 SOPAC
34	2:55.3h	2:55.30	F	---	Geoff Francis	67	3/10/2009	Northern Zone WK4
35	3:00.7h	3:00.70	F	---	Ron Wills	70	31/10/2009	Northern Zone W8
36	3:03.13		F	---	Tristan Paterson	15	12/12/2009	Club Premiership R5
37	3:17.04		F	---	Mark Cepak	50	14/11/2009	Club Premiership Rd 3 SOPAC
38	3:17.9h	3:17.90	F	---	David Archbold	64	31/10/2009	Northern Zone W8
39	3:28.0h	3:28.00	F	---	Charles Hobden	73	3/10/2009	Northern Zone WK4
40	4:26.2h	4:26.20	F	---	Brendan Hyde	64	3/10/2009	Northern Zone WK4
41	5:03.0h	5:03.00	F	---	Ron Shoesmith	62	3/10/2009	Northern Zone WK4
42	5:15.6h	5:15.60	F	---	Ronald Shoesmith	62	19/09/2009	Northern Zone Wk2

Men Open 1500m Run

1	3:49.26		F	---	Nick Bromley	26	31/10/2009	Club Premiership Rd 2 Mingara
2	4:02.36		F	---	Frazer Dowling	30	31/10/2009	Club Premiership Rd 2 Mingara
3	4:08.58		P	---	Alexander Godbold	20	29/09/2009	2009 Australian University Games
4	4:08.8h	4:08.80	F	---	Josh Hall	16	31/10/2009	Club Premiership Rd 2 Mingara
5	4:10.15		F	---	Daryl Purches	21	31/10/2009	Club Premiership Rd 2 Mingara
6	4:19.11		F	---	Xavier Black	21	3/09/2009	CHS Sec
7	4:21.30		F	---	Daniel Mellish	31	11/10/2009	World Masters Games
8	4:26.3h	4:26.30	F	---	Kieran Briscoe	15	31/10/2009	Club Premiership R2 Illawong
9	4:27.40		F	---	Andrew Selosse	14	15/05/2009	GPS
10	4:32.70		F	---	Ruairidh MacDonald	15	15/05/2009	GPS
11	4:42.4h	4:42.40	F	---	Conor Delahunty	41	12/09/2009	Northern Zone Wk1
12	4:47.91		P	---	Stuart Paterson	52	28/07/2009	World Maters Athletics Championships
13	4:47.93		P	---	Bradley Sharpe	48	11/10/2009	World Masters Games
14	4:49.33		F	---	Stephen Ball	56	11/10/2009	World Masters Games
15	4:52.6h	4:52.60	F	---	Kevin McGregor	37	7/11/2009	Northern Zone W9
16	4:55.70		F	---	Myalls Paterson	16	31/10/2009	Club Premiership Rd 2 Mingara
17	4:59.45		F	---	Isaac Hall	16	31/10/2009	Club Premiership Rd 2 Mingara
18	5:33.29		F	---	Len Augustine	49	28/11/2009	Club Premiership R4
19	5:35.7h	5:35.70	F	---	Doug Barrett	57	10/10/2009	Northern Zone WK5
20	5:58.0h	5:58.00	F	---	Ashley Howard	21	24/10/2009	Northern Zone WK7
21	5:59.04		F	---	Geoffrey Francis	67	31/10/2009	Club Premiership Rd 2 Mingara
22	6:01.2h	6:01.20	F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5
23	6:11.9h	6:11.90	F	---	Geoff Francis	67	7/11/2009	Northern Zone W9
24	6:19.1h	6:19.10	F	---	Ron Wills	70	7/11/2009	Northern Zone W9
25	6:25.5h	6:25.50	F	---	Nicholas Ingram	42	7/11/2009	Northern Zone W9
26	6:42.0h	6:42.00	F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
27	6:50.3h	6:50.30	F	---	David Archbold	64	7/11/2009	Northern Zone W9
28	7:04.3h	7:04.30	F	---	Mark Cepak	50	10/10/2009	Northern Zone WK5
29	7:08.61		M	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
30	7:28.4h	7:28.40	F	---	Richard Urghart	54	7/11/2009	Northern Zone W9
31	11:36.0h	11:36.00	F	---	Ronald Shoesmith	62	12/09/2009	Northern Zone Wk1
32	11:53.7h	11:53.70	F	---	Ron Shoesmith	62	7/11/2009	Northern Zone W9

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
3	8:51.58		F	---	Ruairidh Mac Donald	15	14/11/2009	NSW 3000 Championships
4	9:07.99		F	---	Xavier Black	21	14/11/2009	NSW 3000 Championships
5	9:10.02		F	---	Daryl Purches	21	14/11/2009	NSW 3000 Championships
6	9:16.29		F	---	Sam Walker	27	14/11/2009	NSW 3000 Championships
7	9:21.40		F	---	Ruairidh MacDonald	15	15/05/2009	GPS
8	9:42.76		F	---	Conor Delahunty	41	14/11/2009	NSW 3000 Championships
9	9:47.17		F	---	Kieran Briscoe	15	14/11/2009	NSW 3000 Championships
10	9:56.75		F	---	Andrew Selosse	14	14/11/2009	NSW 3000 Championships
11	10:34.16		F	---	Bradley Sharpe	48	14/11/2009	NSW 3000 Championships
12	10:41.64		F	---	Kevin McGregor	36	24/10/2009	Club Premiership Rd 1 Narabeen

2009-2010 Rankings as of 1st January 2010

13	12:43.42		F	---	Geoffrey Francis	67	24/10/2009	Club Premiership Rd 1 Narabeen
14	13:21.8h	13:21.80	F	---	Doug Barrett	57	17/10/2009	Northern Zone WK6
15	14:40.0h	14:40.00	F	---	David Archbold	64	31/10/2009	Northern Zone W8
16	14:50.3h	14:50.30	F	---	Ron Wills	70	17/10/2009	Northern Zone WK6
17	24:07.2h	24:07.20	F	---	Ron Shoesmith	62	31/10/2009	Northern Zone W8
Men Open 4000m Run								
1	13:38.00		F	---	Ruairidh MacDonald	15	20/06/2009	Athletics NSW Cross Country Championshi
Men Open 5000m Run								
1	16:37.05		F	---	Sam Walker	27	28/11/2009	Club Premiership R4
2	22:08.4h	22:08.40	F	---	Geoffrey Francis	67	11/10/2009	World Masters Games
Men Open 5000m Run RR								
1	17:29.00		F	---	Kieran Briscoe	14	2/05/2009	Athletics NSW Road Championships
Men Open 8000m Run								
1	42:07.00		F	---	Geoffrey Francis	67	20/06/2009	Athletics NSW Cross Country Championshi
Men Open 10000m Run RR								
1	32:23.00		F	---	Nick Bromley	26	2/05/2009	Athletics NSW Road Championships
2	35:19.00		F	---	Matthew Rando	21	2/05/2009	Athletics NSW Road Championships
3	35:30.00		F	---	Daniel Mellish	31	2/05/2009	Athletics NSW Road Championships
4	39:28.00		F	---	Sven Fuerst	38	2/05/2009	Athletics NSW Road Championships
5	40:12.00		F	---	Bradley Sharpe	48	2/05/2009	Athletics NSW Road Championships
6	40:46.00		F	---	Stephen Ball	55	9/05/2009	ANSW Novice Championships
7	46:46.00		F	---	Doug Barrett	56	2/05/2009	Athletics NSW Road Championships
8	47:25.00		F	---	Geoffrey Francis	67	2/05/2009	Athletics NSW Road Championships
Men Open 12000m Run								
1	55:22.00		F	---	Stuart Paterson	52	20/06/2009	Athletics NSW Cross Country Championshi
Men Open 1500m Walk								
1	9:16.4h	9:16.40	F	---	Doug Barrett	57	31/10/2009	Northern Zone W8
2	9:29.6h	9:29.60	F	---	Brendan Hyde	64	3/10/2009	Northern Zone WK4
3	11:58.9h	11:58.90	F	---	Mark Cepak	50	19/09/2009	Northern Zone Wk2
4	13:12.0h	13:12.00	F	---	Ron Shoesmith	62	3/10/2009	Northern Zone WK4
5	13:29.5h	13:29.50	F	---	Ronald Shoesmith	62	19/09/2009	Northern Zone Wk2
Men Open 3000m Walk								
1	19:01.0h	19:01.00	F	---	Doug Barrett	57	26/09/2009	Northern Zone Wk3
2	20:25.7h	20:25.70	F	---	Brendon Hyde	64	26/09/2009	Northern Zone Wk3
3	21:35.4h	21:35.40	F	---	Brendan Hyde	64	10/10/2009	Northern Zone WK5
4	25:56.0h	25:56.00	F	---	Mark Cepak	50	7/11/2009	Northern Zone W9
5	26:58.0h	26:58.00	F	---	Ron Shoesmith	62	7/11/2009	Northern Zone W9
6	28:36.0h	28:36.00	F	---	Ronald Shoesmith	62	26/09/2009	Northern Zone Wk3
Men Open 5000m Walk								
1	27:53.00		F	---	Cheyne Egelton	15	24/05/2009	Athletics NSW Team Walks
2	33:39.1h	33:39.10	F	---	Brendon Hyde	64	11/10/2009	World Masters Games
Men Open 8000m Walk RR								
1	42:56.00		F	---	Cheyne Egelton	15	26/07/2009	NSW Long Walks Championships
Men Open 10000m Walk								
1	1:02:07.00		F	---	Jim Seymon	71	24/05/2009	Athletics NSW Team Walks
Men Open 10000m Walk RR								
18	57:11.00		F	---	Cheyne Egelton	15	28/06/2009	NSW Short Walks Championships
Men Open 80m Hurdles 0.762m								
1	13.41	-1.6	F	---	Alec Diamond	16	31/10/2009	Club Premiership R2 Illawong

2009-2010 Rankings as of 1st January 2010

Men Open 100m Hurdles 0.840m

1	13.47	NWI	F	---	Matthew Hulme	16	15/05/2009	GPS
2	14.77	+0.3	P	---	William Richardson	13	4/12/2009	2009 Australian All Schools and Youth Cha
3	15.64	NWI	F	---	Andrew Selosse	14	15/05/2009	GPS

Men Open 110m Hurdles 0.914m

1	14.26	+0.6	F	---	Raymond Smith	16	4/12/2009	2009 Australian All Schools and Youth Cha
---	-------	------	---	-----	---------------	----	-----------	---

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	21.06	0.8	F	---	Tim McGrath	47	28/11/2009	Club Premiership R4
4	27.31	+1.2	F	---	Hovik Keshishian	48	11/10/2009	World Masters Games

Men Open 15000m Walk RR

1	1:40:14.00		F	---	Jim Seymon	71	26/07/2009	NSW Long Walks Championships
---	------------	--	---	-----	------------	----	------------	------------------------------

Men Open 2000m StplCh 0.762m

1	6:38.54		F	---	Kieran Briscoe	15	24/10/2009	Club Premiership Rd 1 Campbelltown
---	---------	--	---	-----	----------------	----	------------	------------------------------------

Men Open High Jump

1	1.85m		F	---	Taylor Cornell	19	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	1.55m		F	---	Alexander Godbold	20	21/11/2009	NSW Relay Championships
6*	1.55m		F	---	Matthew Crowe	12	27/08/2009	MCC
6*	1.55m		F	---	Myalls Paterson	16	21/11/2009	NSW Relay Championships
8	1.50m		F	---	Declan Patton	25	21/11/2009	NSW Relay Championships
9	1.49m		P	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
10	1.49m		F	---	Alec Diamond	16	24/09/2009	CAS
11	1.45m		F	---	Tim McGrath	47	12/12/2009	Club Premiership R5
12*	1.35m		F	---	Mark Cepak	50	12/12/2009	Club Premiership R5
12*	1.35m		F	---	Michael Stark	27	31/10/2009	Club Premiership Rd 2 Mingara

Men Open Half Marthn

1	1:55:50.00		F	---	Tony Kemp	54	16/08/2009	ANSW State Half Marathon Championships
---	------------	--	---	-----	-----------	----	------------	--

Men Open Pole Vault

1	3.30m		F	---	Tim McGrath	47	14/11/2009	Club Premiership Rd 3 SOPAC
2	2.30m		F	---	Mark Cepak	50	11/10/2009	World Masters Games
3	2.20m		F	---	Robert Hanbury-Brown	53	14/11/2009	Club Premiership Rd 3 SOPAC

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	6.54m		F	---	Robbie Baskin	20	10/10/2009	Northern Zone WK5
4	5.77m	NWI	F	---	Martin Stonis	17	3/08/2009	CHS Syd North Sec
5	5.62m	-2.2	F	---	Robert Dunn	20	21/11/2009	NSW Relay Championships
6	5.57m	-1.6	F	---	Christopher Dyce	21	21/11/2009	NSW Relay Championships
7	5.43m	-2.6	F	---	Omar Al-wahabi	20	21/11/2009	NSW Relay Championships
8	5.31m	-2.7	F	---	Alexander Godbold	20	21/11/2009	NSW Relay Championships
9	5.27m	NWI	F	---	Clay Tompkins	56	11/10/2009	World Masters Games
10	5.09m		F	---	Tim McGrath	47	28/11/2009	Club Premiership R4
11	5.05m		F	---	Chris Howard	17	24/10/2009	Northern Zone WK7
12	5.03m	NWI	F	---	Alec Diamond	16	24/09/2009	CAS
13	5.01m	4.3	F	---	William Richardson	14	21/11/2009	NSW Relay Championships
14	4.97m	2.1	F	---	Christopher Howard	17	21/11/2009	NSW Relay Championships
15	4.93m	1.8	F	---	Andrew Selosse	14	21/11/2009	NSW Relay Championships
16	4.76m		F	---	Declan Patton	25	12/12/2009	Club Premiership R5
17	4.70m		F	---	Mark Cepak	50	12/09/2009	Northern Zone Wk1
18	4.68m		F	---	Ashley Howard	21	10/10/2009	Northern Zone WK5
19	4.58m	NWI	F	---	Adam Parsonage	42	11/10/2009	World Masters Games
20*	4.50m	1.4	F	---	Michael Stark	27	12/12/2009	Club Premiership R5
20*	4.50m	NWI	M	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
22	4.36m	-0.3	F	---	Andrew Wu	21	12/12/2009	Club Premiership R5
23	4.08m		F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
24	3.99m	NWI	P	---	Hovik Keshishian	48	11/10/2009	World Masters Games

2009-2010 Rankings as of 1st January 2010

25	3.92m		F	---	Warren Jones	29	31/10/2009	Club Premiership R2 Illawong
26	3.79m		F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5
27	3.69m	1.6	F	---	Tristan Paterson	15	12/12/2009	Club Premiership R5
28	3.42m		F	---	Doug Barrett	57	10/10/2009	Northern Zone WK5
29	3.35m		F	---	Charles Hobden	73	26/09/2009	Northern Zone Wk3
30	2.95m		F	---	Brian Hamilton	71	12/09/2009	Northern Zone Wk1

Men Open Triple Jump

1	11.81m		F	---	Clay Tompkins	56	19/09/2009	Northern Zone Wk2
2	9.69m		F	---	Andrew Wu	21	28/11/2009	Club Premiership R4
3	9.19m	NWI	F	---	Adam Parsonage	42	11/10/2009	World Masters Games
4	9.08m	0.5	F	---	Terrence Carter	52	14/11/2009	Club Premiership Rd 3 SOPAC
5	8.90m		F	---	Michael Stark	27	3/10/2009	Northern Zone WK4
6	8.71m	+0.0	F	---	Mark Cepak	50	14/11/2009	Club Premiership Rd 3 SOPAC
7	8.61m	NWI	P	---	Hovik Keshishian	48	11/10/2009	World Masters Games
8	7.45m		F	---	Tristan Paterson	15	28/11/2009	Club Premiership R4
9	7.18m		F	---	Doug Barrett	57	3/10/2009	Northern Zone WK4

Men Open Shot Put 3.0kg

1	14.49m		F	---	Matthew Mountfort	16	24/10/2009	Club Premiership Rd 1 Narabeen
2	11.24m		F	---	Jackson Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen
3	10.85m		F	---	Alec Diamond	16	24/09/2009	CAS

Men Open Shot Put 4.0kg

1	8.03m		F	---	Brian Hamilton	71	19/09/2009	Northern Zone Wk2
---	-------	--	---	-----	----------------	----	------------	-------------------

Men Open Shot Put 5.0kg

1	13.75m		F	---	Matthew Mountfort	16	24/09/2009	CAS
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 Wk2
2*	11.43m		F	---	Robert Hanbury-Brown	53	12/09/2009	Northern Zone Wk1
2*	11.43m		F	---	Anthony Baker	55	10/10/2009	Northern Zone WK5
4	10.50m		F	---	Clay Tompkins	56	19/09/2009	Northern Zone Wk2
5	10.35m		F	---	Mark Cepak	50	7/11/2009	Northern Zone W9
6	9.94m		F	---	Peter Lang	51	12/09/2009	Northern Zone Wk1
7	9.38m		F	---	Robert Hanbury Brown	53	7/11/2009	Northern Zone W9
8	7.92m		F	---	Ronald Bendall	57	31/10/2009	Club Premiership Rd 2 Mingara
9	7.11m		F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5
10	6.92m		F	---	Peter Douglas	55	28/11/2009	Club Premiership R4
11	6.89m		F	---	Doug Barrett	57	7/11/2009	Northern Zone W9

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 Rd 2 Mingara
5	10.08m		F	---	Michael Stark	27	19/09/2009	Northern Zone Wk2
6	9.98m		F	---	Warren Jones	29	24/10/2009	Club Premiership Rd 1 Narabeen
7	9.48m		F	---	Tim McGrath	47	19/09/2009	Northern Zone Wk2
8	9.44m		F	---	Christopher Dyce	21	24/10/2009	Northern Zone WK7
9	9.31m		F	---	Mark Cepak	50	21/11/2009	NSW Relay Championships
10	9.20m		F	---	Kieran Courtney	30	24/10/2009	Club Premiership Rd 1 Narabeen
11	7.35m		F	---	Brian Hamilton	71	21/11/2009	NSW Relay Championships
12	7.00m		F	---	Peter Douglas	55	21/11/2009	NSW Relay Championships
13	6.93m		F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
14	6.40m		F	---	Ross Douglas	55	21/11/2009	NSW Relay Championships
15	5.91m		F	---	Andrew MacDonald	46	21/11/2009	NSW Relay Championships

Men Open Discus 1.0kg

1	36.11m		F	---	Jackson Diamond	16	31/10/2009	Club Premiership R2 Illawong
2	30.01m		F	---	Alec Diamond	16	24/09/2009	CAS
3	24.28m		F	---	Charles Hobden	73	31/10/2009	Northern Zone W8
4	15.56m		F	---	Brian Hamilton	71	19/09/2009	Northern Zone Wk2

Men Open Discus 1.5kg

1	43.80m		F	---	Andrew Cepak	18	19/09/2009	Northern Zone Wk2
2	40.44m		F	---	Matthew Mountfort	16	24/09/2009	CAS

2009-2010 Rankings as of 1st January 2010

3	39.26m	F	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
2	32.13m	F	---	Jordan Smith	19	28/11/2009	Club Premiership R4
4	30.90m	F	---	Clay Tompkins	56	19/09/2009	Northern Zone Wk2
5	30.61m	F	---	Peter Lang	51	19/09/2009	Northern Zone Wk2
6	29.89m	F	---	Mark Cepak	50	19/09/2009	Northern Zone Wk2
7	23.49m	F	---	Peter Douglas	55	28/11/2009	Club Premiership R4
8	21.12m	F	---	Doug Barrett	57	28/11/2009	Club Premiership R4
9	20.31m	F	---	Ross Douglas	55	19/09/2009	Northern Zone Wk2

Men Open Discus 2.0kg

1	32.83m	F	---	Michael Stark	27	19/09/2009	Northern Zone Wk2
2	30.14m	F	---	John Kay	50	21/11/2009	NSW Relay Championships
3	29.91m	F	---	Warren Jones	29	17/10/2009	Northern Zone WK6
4	28.44m	F	---	Robert Hanbury-Brown	53	21/11/2009	NSW Relay Championships
5	27.75m	F	---	Tim McGrath	47	19/09/2009	Northern Zone Wk2
6	26.77m	F	---	Declan Patton	25	21/11/2009	NSW Relay Championships
7	25.17m	F	---	Christopher Dyce	21	17/10/2009	Northern Zone WK6
8	25.01m	F	---	Mark Cepak	50	21/11/2009	NSW Relay Championships
9	23.80m	F	---	Kieran Courtney	30	3/10/2009	Northern Zone WK4
10	23.56m	F	---	Andrew Wu	21	31/10/2009	Northern Zone W8
11	23.20m	F	---	Christopher Howard	17	21/11/2009	NSW Relay Championships

Men Open Hammer 4.0kg

1	24.95m	F	---	Brian Hamilton	70	11/10/2009	World Masters Games
2	16.14m	F	---	Charles Hobden	73	24/10/2009	Northern Zone WK7

Men Open Hammer 6.0kg

1	36.69m	F	---	Robert Hanbury Brown	53	7/11/2009	Northern Zone W9
2	35.09m	F	---	Mark Cepak	50	10/10/2009	Northern Zone WK5
3	35.00m	F	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
4	33.78m	F	---	Peter Lang	51	12/09/2009	Northern Zone Wk1
5	22.83m	F	---	Ross Douglas	55	24/10/2009	Club Premiership Rd 1 Campbelltown
6	21.81m	F	---	Brian Hamilton	71	14/11/2009	Club Premiership Rd 3 SOPAC
7	X15.80m	F	---	Terrence Carter	52	14/11/2009	Club Premiership Rd 3 SOPAC
8	15.40m	F	---	Doug Barrett	57	26/09/2009	Northern Zone Wk3

Men Open Hammer 7.26kg

1	38.80m	F	---	Warren Jones	29	26/09/2009	Northern Zone Wk3
2	35.72m	F	---	Michael Stark	27	10/10/2009	Northern Zone WK5
3	18.41m	F	---	Kieran Courtney	30	14/11/2009	Club Premiership Rd 3 SOPAC

Men Open Javelin 500g

1	18.26m	F	---	Brian Hamilton	71	26/09/2009	Northern Zone Wk3
2	15.50m	F	---	Ron Wills	70	26/09/2009	Northern Zone Wk3
3	15.01m	F	---	Charles Hobden	73	12/09/2009	Northern Zone Wk1

Men Open Javelin 600g

1	54.37m	P	---	John Kay	50	11/10/2009	World Masters Games
2	36.30m	P	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
3	31.43m	F	---	Myalls Paterson	16	24/10/2009	Club Premiership Rd 1 Narabeen
4	28.79m	F	---	Jackson Diamond	16	24/10/2009	Club Premiership Rd 1 Narabeen

Men Open Javelin 700g

1	48.17m	F	---	Ashley Howard	21	24/10/2009	Northern Zone WK7
2	45.83m	F	---	Christopher Dyce	21	10/10/2009	Northern Zone WK5
3	45.24m	F	---	Chris Howard	17	7/11/2009	Northern Zone W9
4	36.73m	M	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
5	35.87m	F	---	Peter Lang	51	12/09/2009	Northern Zone Wk1
6	34.60m	F	---	Michael Stark	27	10/10/2009	Northern Zone WK5
7	32.09m	M	---	Mark Cepak	50	11/10/2009	World Masters Games
8	31.30m	F	---	Warren Jones	29	10/10/2009	Northern Zone WK5
9	30.21m	F	---	Jackson Diamond	16	24/09/2009	CAS
10	27.52m	F	---	Anthony Baker	55	10/10/2009	Northern Zone WK5
11	25.88m	F	---	Matthew Mountfort	16	12/12/2009	Club Premiership R5
12	23.97m	F	---	Myalls Paterson	16	12/12/2009	Club Premiership R5
13	21.42m	F	---	Ronald Bendall	57	10/10/2009	Northern Zone WK5
14	20.93m	F	---	Myalls Paterson	16	28/11/2009	Club Premiership R4
15	20.39m	F	---	Doug Barrett	57	24/10/2009	Club Premiership Rd 1 Narabeen
16	19.79m	F	---	Andrew Wu	21	10/10/2009	Northern Zone WK5
17	17.90m	F	---	Terrence Carter	52	10/10/2009	Northern Zone WK5

2009-2010 Rankings as of 1st January 2010

18	17.38m	F	---	Tristan Paterson	15	28/11/2009	Club Premiership R4
Men Open Javelin 800g							
1	48.53m	F	---	Christopher Dyce	21	21/11/2009	NSW Relay Championships
2	44.59m	F	---	Christopher Howard	17	21/11/2009	NSW Relay Championships
3	42.43m	F	---	John Kay	50	21/11/2009	NSW Relay Championships
4	40.70m	F	---	Tim McGrath	47	24/10/2009	Club Premiership Rd 1 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 Wk3
7	33.93m	F	---	Declan Patton	25	12/12/2009	Club Premiership R5
8	33.52m	F	---	Warren Jones	29	26/09/2009	Northern Zone Wk3
9	32.66m	F	---	Michael Stark	27	12/12/2009	Club Premiership R5
10	30.81m	F	---	Evan Walsh	41	12/12/2009	Club Premiership R5
11	30.26m	F	---	Mark Cepak	50	21/11/2009	NSW Relay Championships
12	27.69m	F	---	Kieran Courtney	30	28/11/2009	Club Premiership R4
13	26.76m	F	---	Myalls Paterson	16	21/11/2009	NSW Relay Championships
14	25.01m	F	---	Andrew Wu	21	28/11/2009	Club Premiership R4
15	21.89m	F	---	Zoran Novicic	49	24/10/2009	Northern Zone WK7
16	14.04m	F	---	Tristan Paterson	15	21/11/2009	NSW Relay Championships
Men Open Wght Thr 11.340kg							
1	12.95m	P	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
2	12.47m	M	---	Mark Cepak	50	11/10/2009	World Masters Games
Men Open Wght Thr 11.34kg							
1	12.73m	F	---	Mark Cepak	50	19/09/2009	Northern Zone Wk2
2	12.30m	F	---	Robert Hanbury-Brown	53	19/09/2009	Northern Zone Wk2
3	10.30m	F	---	Peter Lang	51	19/09/2009	Northern Zone Wk2
4	6.14m	F	---	Doug Barrett	57	17/10/2009	Northern Zone WK6
Men Open Wght Thr 15.88kg							
1	11.59m	F	---	Michael Stark	27	17/10/2009	Northern Zone WK6
2	11.26m	F	---	Warren Jones	29	19/09/2009	Northern Zone Wk2
Men Open Wght Thr 7.26kg							
1	7.46m	F	---	Brian Hamilton	71	31/10/2009	Northern Zone W8
Men Open Out Pent							
1	2481	F	---	Robert Hanbury-Brown	52	11/10/2009	World Masters Games
Men Open Wght Pent							
1	2598	F	---	Mark Cepak	50	11/10/2009	World Masters Games