

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Women 100 Metre Sprint Open

State Record: 11.12 S 1/07/1994 Melinda Gainsford, CRH

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Christine Wearne	32	Mounties Athletics Club	11.71 Q	3.2	4
2 Michelle Jenneke	26	Sydney University Athletics Cl	11.76 Q	1.1	3
3 Abbie Taddeo	25	Illawong Revesby Workers Athle	11.78 Q	2.4	1
4 Monique Quirk	18	Campbelltown Uws Collegians At	11.97 Q	1.1	2
5 Kristie Edwards	19	U.T.S. Northern Suburbs Athlet	11.75 Q	3.2	4
6 Larissa Pasternatsky	28	Sydney University Athletics Cl	11.87 Q	1.1	3
7 Dolly Mustapha	20	Campbelltown Uws Collegians At	12.04 Q	2.4	1
8 Elizabeth Hedding	23	Victoria	12.08 Q	1.1	2
9 Stephanie Power	26	U.T.S. Northern Suburbs Athlet	11.94 Q	1.1	3
10 Elena Delaveris	17	Illawong Revesby Workers Athle	12.08 Q	3.2	4
11 Sachi Kayama	23	Trinity Athletics Club	12.09 Q	2.4	1
12 Tierney Dunne	17	Athletics Wollongong Inc.	12.11 Q	1.1	2
13 Tomasin Clark	23	Illawong Revesby Workers Athle	12.15 q	3.2	4
14 Nicole Berridge	31	Athletics East	12.18 q	2.4	1
14 Carla Takchi	22	U.T.S. Northern Suburbs Athlet	12.18 q	3.2	4
16 Carlie Mciver	20	Illawong Revesby Workers Athle	12.24 q	1.1	2
17 Luisa Healey	21	Sydney University Athletics Cl	12.32 q	1.1	3
18 Bronte Pickering	18	Campbelltown Uws Collegians At	12.32 q	1.1	3
19 Kiara Fioravanti	26	Asics Wests Track & Field Club	12.37 q	2.4	1
20 Nicolette Donofrio	17	U.T.S. Northern Suburbs Athlet	12.38 q	1.1	2
21 Monique Perry	45	U.T.S. Northern Suburbs Athlet	12.47	3.2	4
22 Lisa Wolski	31	Randwick Botany Harriers Athle	12.64	3.2	4
23 Liz Scott	20	Sydney Pacific Athletic Club L	12.68	3.2	4
23 Sarah James	26	Sutherland District Athletic C	12.68	1.1	3
25 Melissa Fitzsimmons	21	Sydney Pacific Athletic Club L	12.69	1.1	2
26 Mia Economou	18	Sutherland District Athletic C	12.72	1.1	2
27 Christine Keiko Lucantonio	21	Sydney University Athletics Cl	12.77	2.4	1
28 Charlotte Banks	18	Cherrybrook Senior & Little At	12.80	2.4	1
29 Emma Kennedy	20	Armidaale Athletics Club	13.03	2.4	1
30 Deyana Trikaliotis	20	Campbelltown Uws Collegians At	13.04	1.1	3
31 Mia Friesendorff	14	Campbelltown Uws Collegians At	13.14	2.4	1
32 Daisy Bryant	22	Cherrybrook Senior & Little At	13.19	1.1	3
33 Brianna Phillips	22	Cherrybrook Senior & Little At	13.28	1.1	2
34 Catherine D'Souza	20	Sydney University Athletics Cl	13.62	3.2	4
35 Eliza Fulham	27	Mosman Athletics Club	13.84	1.1	2
36 Jennifer Bishop	49	Cherrybrook Senior & Little At	14.39	1.1	3

Women 100 Metre Sprint Open

State Record: 11.12 S 1/07/1994 Melinda Gainsford, CRH

Name	Age	Team	Semis	Wind	H#
Semi-Finals					
1 Michelle Jenneke	26	Sydney University Athletics Cl	11.77 Q	1.2	2
2 Kristie Edwards	19	U.T.S. Northern Suburbs Athlet	11.87 Q	0.4	1
3 Abbie Taddeo	25	Illawong Revesby Workers Athle	11.80 Q	1.2	2
4 Monique Quirk	18	Campbelltown Uws Collegians At	11.97 Q	0.4	1
5 Larissa Pasternatsky	28	Sydney University Athletics Cl	11.87 Q	1.2	2
6 Tierney Dunne	17	Athletics Wollongong Inc.	11.98 Q	0.4	1

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Semi-Finals ... (Women 100 Metre Sprint Open)**

Name	Age	Team	Semis	Wind	H#
7 Stephanie Power	26	U.T.S. Northern Suburbs Athlet	12.01 q	0.4	1
8 Christine Wearne	32	Mounties Athletics Club	12.04 q	0.4	1
9 Elizabeth Hedding	23	Victoria	12.08 q	0.4	1
10 Dolly Mustapha	20	Campbelltown Uws Collegians At	12.26 q	1.2	2
11 Elena Delaveris	17	Illawong Revesby Workers Athle	12.27	1.2	2
12 Nicole Berridge	31	Athletics East	12.29	1.2	2
13 Carla Takchi	22	U.T.S. Northern Suburbs Athlet	12.30	1.2	2
14 Carlie Mciver	20	Illawong Revesby Workers Athle	12.30	0.4	1
15 Sachi Kayama	23	Trinity Athletics Club	12.31	1.2	2
16 Bronte Pickering	18	Campbelltown Uws Collegians At	12.37	1.2	2
17 Tomasin Clark	23	Illawong Revesby Workers Athle	12.41	0.4	1
18 Luisa Healey	21	Sydney University Athletics Cl	12.56	0.4	1

Women 100 Metre Sprint Open

State Record: 11.12 S 1/07/1994 Melinda Gainsford, CRH

Name	Age	Team	Finals	Wind
Finals				
1 Michelle Jenneke	26	Sydney University Athletics Cl	11.75	2.0
2 Kristie Edwards	19	U.T.S. Northern Suburbs Athlet	11.83	2.0
3 Abbie Taddeo	25	Illawong Revesby Workers Athle	11.87	2.0
4 Larissa Pasternatsky	28	Sydney University Athletics Cl	11.90	2.0
5 Monique Quirk	18	Campbelltown Uws Collegians At	11.97	2.0
6 Stephanie Power	26	U.T.S. Northern Suburbs Athlet	11.97	2.0
7 Elizabeth Hedding	23	Victoria	12.09	2.0
8 Tierney Dunne	17	Athletics Wollongong Inc.	12.30	2.0

Women 200 Metre Sprint Open

State Record: 22.23 S 13/07/1997 Melinda Gainsford, CRH

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Jessica Thornton	21	Illawong Revesby Workers Athle	23.72 Q	1.2	2
2 Larissa Pasternatsky	28	Sydney University Athletics Cl	23.74 Q	1.8	3
3 Stephanie Power	26	U.T.S. Northern Suburbs Athlet	24.04 Q	1.8	4
4 Isoken Igbinosun	26	Bankstown Sports Senior Athlet	24.15 Q	1.0	1
5 Caitlyn Ferrier	17	Asics Wests Track & Field Club	24.21 q	1.8	4
6 Monique Quirk	18	Campbelltown Uws Collegians At	24.29 q	1.8	3
7 Katie Smee	22	Westlakes Athletic Club Inc.	24.49 q	1.2	2
8 Jess Stafford	24	Sydney University Athletics Cl	24.55 q	1.0	1
9 Alice Dixon	16	U.T.S. Northern Suburbs Athlet	24.56 q	1.2	2
10 Carlie Mciver	20	Illawong Revesby Workers Athle	24.75 q	1.8	3
11 Dolly Mustapha	20	Campbelltown Uws Collegians At	24.84 q	1.8	3
12 Rowena Craker	19	Sydney Pacific Athletic Club L	24.96 q	1.2	2
13 Hayley Wright	15	Campbelltown Uws Collegians At	25.11 q	1.8	4
14 Nicolette Donofrio	17	U.T.S. Northern Suburbs Athlet	25.13 q	1.0	1
15 Tomasin Clark	23	Illawong Revesby Workers Athle	25.20 q	1.8	4
16 Kiara Fioravanti	26	Asics Wests Track & Field Club	25.79 q	1.8	3
17 Inge Bellemans	24	Sydney Pacific Athletic Club L	25.81 q	1.2	2
18 Emily Page	16	Hills District Athletic Club I	25.91 q	1.0	1
19 Sarah James	26	Sutherland District Athletic C	25.94	1.8	4
20 Elysha Cramer	16	Sydney Pacific Athletic Club L	25.97	1.2	2

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Preliminaries ... (Women 200 Metre Sprint Open)**

Name	Age	Team	Prelims	Wind	H#
21 Liz Scott	20	Sydney Pacific Athletic Club L	26.13	1.8	3
22 Monique Perry	45	U.T.S. Northern Suburbs Athlet	26.31	1.8	4
23 Mia Economou	18	Sutherland District Athletic C	26.32	1.0	1
24 Emma Merlino	27	U.T.S. Northern Suburbs Athlet	26.43	1.2	2
25 Jacqueline O'Neill	26	Mingara Athletics Club Inc.	26.52	1.8	4
26 Deyana Trikaliotis	20	Campbelltown Uws Collegians At	26.85	1.8	3
27 Yael Reed	36	U.T.S. Northern Suburbs Athlet	27.29	1.8	4
28 Emma Kennedy	20	Armidale Athletics Club	27.54	1.0	1
29 Catherine D'Souza	20	Sydney University Athletics Cl	27.61	1.2	2
30 Melissa Smith	32	Asics Wests Track & Field Club	28.07	1.8	3

Women 200 Metre Sprint OpenState Record: **22.23 S 13/07/1997 Melinda Gainsford, CRH**

Name	Age	Team	Finals	Wind	H#
Finals					
1 Jessica Thornton	21	Illawong Revesby Workers Athle	23.48	-1.4	2
2 Larissa Pasternatsky	28	Sydney University Athletics Cl	23.72	-1.4	2
3 Stephanie Power	26	U.T.S. Northern Suburbs Athlet	23.94	-1.4	2
4 Monique Quirk	18	Campbelltown Uws Collegians At	24.02	-1.4	2
5 Caitlyn Ferrier	17	Asics Wests Track & Field Club	24.04	-1.4	2
6 Isoken Igbinosun	26	Bankstown Sports Senior Athlet	24.34	-1.4	2
7 Alice Dixon	16	U.T.S. Northern Suburbs Athlet	24.44	-1.4	2
8 Jess Stafford	24	Sydney University Athletics Cl	24.56	-1.4	2
9 Carlie Mciver	20	Illawong Revesby Workers Athle	24.59	-1.6	1
10 Katie Smee	22	Westlakes Athletic Club Inc.	24.69	-1.4	2
11 Dolly Mustapha	20	Campbelltown Uws Collegians At	24.87	-1.6	1
12 Rowena Craker	19	Sydney Pacific Athletic Club L	24.89	-1.6	1
13 Nicolette Donofrio	17	U.T.S. Northern Suburbs Athlet	24.98	-1.6	1
14 Hayley Wright	15	Campbelltown Uws Collegians At	25.02	-1.6	1
15 Tomasin Clark	23	Illawong Revesby Workers Athle	25.11	-1.6	1
16 Inge Bellemans	24	Sydney Pacific Athletic Club L	25.80	-1.6	1
17 Kiara Fioravanti	26	Asics Wests Track & Field Club	25.84	-1.6	1

Women 400 Metre Sprint OpenState Record: **50.24 S 25/09/1988 Maree Holland, ASW**

Name	Age	Team	Prelims	H#
Preliminaries				
1 Bendere Oboya	19	Campbelltown Uws Collegians At	53.03 Q	1
2 Anneliese Rubie	27	Sydney University Athletics Cl	53.31 Q	3
3 Jessica Thornton	21	Illawong Revesby Workers Athle	55.78 Q	2
4 Angelina Blackburn	30	Australian Capital Territory	53.57 Q	3
5 Jess Stafford	24	Sydney University Athletics Cl	54.03 Q	1
6 Caitlyn Ferrier	17	Asics Wests Track & Field Club	56.39 Q	2
7 Rebecca Bennett	20	Sydney University Athletics Cl	54.67 q	1
8 Danica Sardelich	27	Sydney University Athletics Cl	56.47 q	3
9 Jasmin Guthrie	16	Bankstown Sports Senior Athlet	56.56 q	2
10 Sophie Wickham	18	Sydney Pacific Athletic Club L	57.07	3
11 Isoken Igbinosun	26	Bankstown Sports Senior Athlet	57.73	1
12 Matilda Ryan	17	Campbelltown Uws Collegians At	57.80	1
13 Mariama Khadija Conteh	22	Campbelltown Uws Collegians At	58.34	3

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Preliminaries ... (Women 400 Metre Sprint Open)**

Name	Age	Team	Prelims	H#
14 Sophie McGovern	20	Sydney University Athletics Cl	58.41	2
15 Brodee Mate	21	Kembla Joggers Inc.	58.53	2
16 Sally Guthrie	17	U.T.S. Northern Suburbs Athlet	58.63	3
17 Evita Dickson	16	Sydney Striders Road Runners C	58.82	1
18 Nicola Bowtell	20	U.T.S. Northern Suburbs Athlet	59.13	2
19 Elizabeth Chippendale	19	Mingara Athletics Club Inc.	59.15	1
20 Emma Merlino	27	U.T.S. Northern Suburbs Athlet	59.81	1
21 Jacqueline O'Neill	26	Mingara Athletics Club Inc.	60.94	3
22 Yael Reed	36	U.T.S. Northern Suburbs Athlet	63.15	2
23 Lenore Lambert	50	Nsw Masters Athletics Inc.	63.25	3
24 Stephanie Schweitzer T/F20	27	Hills District Athletic Club I	63.42	2

Women 400 Metre Sprint OpenState Record: **50.24 S 25/09/1988 Maree Holland, ASW**

Name	Age	Team	Finals
Finals			
1 Bendere Oboya	19	Campbelltown Uws Collegians At	52.29
2 Anneliese Rubie	27	Sydney University Athletics Cl	52.73
3 Angelina Blackburn	30	Australian Capital Territory	53.24
4 Caitlyn Ferrier	17	Asics Wests Track & Field Club	54.14
5 Jess Stafford	24	Sydney University Athletics Cl	54.29
6 Rebecca Bennett	20	Sydney University Athletics Cl	54.51
7 Jasmin Guthrie	16	Bankstown Sports Senior Athlet	55.49
8 Jessica Thornton	21	Illawong Revesby Workers Athle	55.66

Women 800 Metre Run OpenState Record: **2:00.57 S 14/03/1984 Kaylene Coster, RBH**

Name	Age	Team	Prelims	H#
Preliminaries				
1 Elise Abood	27	Sydney University Athletics Cl	2:10.35 Q	1
2 Lora Storey	30	Randwick Botany Harriers Athle	2:11.83 Q	2
3 Jaylah Hancock - Cameron	17	Bankstown Sports Senior Athlet	2:10.41 Q	1
4 Carley Thomas	19	U.T.S. Northern Suburbs Athlet	2:11.86 Q	2
5 Bethany Halmy	24	Sydney Pacific Athletic Club L	2:10.87 Q	1
6 Georgie Purcell	16	Blue Mountains Athletics	2:12.19 Q	2
7 Tia Brady	27	Macquarie Hunter Athletics	2:12.19 q	2
8 Joanna Cubis	31	Sydney University Athletics Cl	2:12.34 q	1
9 Montana Monk	15	Macquarie Hunter Athletics	2:13.25 q	2
10 Erin Blundell	23	Sydney University Athletics Cl	2:14.23	1
11 Briony Norton	20	Bankstown Sports Senior Athlet	2:14.74	1
12 Sidney Burrell	16	Hills District Athletic Club I	2:15.31	1
13 Amy Bennett	20	Sutherland District Athletic C	2:16.97	2
14 Abbey Connor	25	Sydney University Athletics Cl	2:17.68	2
15 Jessica Bird	15	Asics Wests Track & Field Club	2:18.63	2
16 Baylee Holland	16	Bankstown Sports Senior Athlet	2:20.29	1
17 Imogen Russell	20	Sutherland District Athletic C	2:21.75	2
18 Annelise Isaacs	20	Westfields Athletics Club Inc.	2:24.87	1
19 Emily Hsu	20	Randwick Botany Harriers Athle	2:26.10	1
20 Samantha Brown	18	Ryde Athletics Centre Inc	2:27.39	2

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Women 800 Metre Run Open

State Record: 2:00.57 S 14/03/1984 Kaylene Coster, RBH

Name	Age	Team	Finals
Finals			
1 Carley Thomas	19	U.T.S. Northern Suburbs Athlet	2:05.43
2 Jaylah Hancock - Cameron	17	Bankstown Sports Senior Athlet	2:06.25
3 Lora Storey	30	Randwick Botany Harriers Athle	2:06.30
4 Elise Abood	27	Sydney University Athletics Cl	2:08.45
5 Bethany Halmy	24	Sydney Pacific Athletic Club L	2:08.63
6 Georgie Purcell	16	Blue Mountains Athletics	2:09.23
7 Montana Monk	15	Macquarie Hunter Athletics	2:10.77
8 Tia Brady	27	Macquarie Hunter Athletics	2:11.31
9 Joanna Cubis	31	Sydney University Athletics Cl	2:12.12

Women 1500 Metre Run Open

State Record: 4:04.62 S 18/05/2017 Jenny Blundell, SYU

Name	Age	Team	Prelims	H#
Preliminaries				
1 Rose Davies	20	Adamstown New Lambton Athletic	4:24.42 Q	2
2 Imogen Gardiner	17	U.T.S. Northern Suburbs Athlet	4:28.97 Q	1
3 Lauren Carey	16	St. George District Athletic C	4:29.21 Q	1
4 Isabella Thornton-Bott	21	U.T.S. Northern Suburbs Athlet	4:33.06 Q	2
5 Abigail Nordberg	29	Run Crew	4:29.55 Q	1
6 Kate Spencer	24	U.T.S. Northern Suburbs Athlet	4:33.46 Q	2
7 Belinda Martin	45	Illawong Revesby Workers Athle	4:30.39 q	1
8 Beth Arentz	18	Sutherland District Athletic C	4:31.58 q	1
9 Nicola Hogg	16	Sydney Striders Road Runners C	4:34.31 q	2
10 Annabel McDermott	20	U.T.S. Northern Suburbs Athlet	4:36.17 q	2
11 Renee Lewis	17	Asics Wests Track & Field Club	4:37.95 q	1
12 Shayne Hargraves	16	Bankstown Sports Senior Athlet	4:39.18 q	2
13 Amelie Sun	15	Ryde Athletics Centre Inc	4:39.39	2
14 Emily Augustine	22	Sydney University Athletics Cl	4:47.44	1
15 Eleanor Miller	16	Randwick Botany Harriers Athle	4:48.05	1
16 Kristy Beattie	17	Randwick Botany Harriers Athle	4:57.94	2
17 Elizabeth French	30	Randwick Botany Harriers Athle	5:02.72	1
18 Annelise Isaacs	20	Westfields Athletics Club Inc.	5:03.32	1
19 Claudia White	23	Run Crew	5:35.98	2
20 Imogen Steele	16	U.T.S. Northern Suburbs Athlet	6:26.25	2

Women 1500 Metre Run Open

State Record: 4:04.62 S 18/05/2017 Jenny Blundell, SYU

Name	Age	Team	Finals
Finals			
1 Rose Davies	20	Adamstown New Lambton Athletic	4:21.07
2 Isabella Thornton-Bott	21	U.T.S. Northern Suburbs Athlet	4:23.74
3 Lauren Carey	16	St. George District Athletic C	4:24.39
4 Abigail Nordberg	29	Run Crew	4:24.61
5 Imogen Gardiner	17	U.T.S. Northern Suburbs Athlet	4:28.15
6 Belinda Martin	45	Illawong Revesby Workers Athle	4:29.08
7 Kate Spencer	24	U.T.S. Northern Suburbs Athlet	4:29.27
8 Beth Arentz	18	Sutherland District Athletic C	4:31.81

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Finals ... (Women 1500 Metre Run Open)**

Name	Age	Team	Finals
9 Shayne Hargraves	16	Bankstown Sports Senior Athlet	4:35.68
10 Annabel Mcdermott	20	U.T.S. Northern Suburbs Athlet	4:35.68
11 Nicola Hogg	16	Sydney Striders Road Runners C	4:36.27
12 Renee Lewis	17	Asics Wests Track & Field Club	4:37.03

Women 100 Metre Hurdles Open

State Record: 12.82 S 29/03/2015 Michelle Jenneke, SYU

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Michelle Jenneke	26	Sydney University Athletics Cl	13.59 Q	-0.9	1
2 Abbie Taddeo	25	Illawong Revesby Workers Athle	13.79 Q	-0.9	2
3 Hannah Jones	24	University of New South Wales	13.73 Q	-0.9	1
4 Danielle Shaw	21	Victoria	14.06 Q	-0.9	2
5 Carla Takchi	22	U.T.S. Northern Suburbs Athlet	14.09 Q	-0.9	1
6 Emily Britton	18	Cherrybrook Senior & Little At	14.58 Q	-0.9	2
7 Inge Bellemans	24	Sydney Pacific Athletic Club L	14.97 q	-0.9	2
8 Liz Scott	20	Sydney Pacific Athletic Club L	15.33 q	-0.9	2
9 Ashleigh Parr	25	Illawong Revesby Workers Athle	15.51 q	-0.9	1

Women 100 Metre Hurdles Open

State Record: 12.82 S 29/03/2015 Michelle Jenneke, SYU

Name	Age	Team	Finals	Wind
Finals				
1 Michelle Jenneke	26	Sydney University Athletics Cl	13.05	0.9
2 Abbie Taddeo	25	Illawong Revesby Workers Athle	13.29	0.9
3 Hannah Jones	24	University of New South Wales	13.43	0.9
4 Danielle Shaw	21	Victoria	13.64	0.9
5 Carla Takchi	22	U.T.S. Northern Suburbs Athlet	13.91	0.9
6 Emily Britton	18	Cherrybrook Senior & Little At	14.13	0.9
7 Inge Bellemans	24	Sydney Pacific Athletic Club L	14.67	0.9
8 Liz Scott	20	Sydney Pacific Athletic Club L	15.24	0.9
9 Ashleigh Parr	25	Illawong Revesby Workers Athle	15.26	0.9

Women 400 Metre Hurdles Open

State Record: 53.22 S 28/08/2003 Jana Pittman, HIL

Name	Age	Team	Prelims	H#
Preliminaries				
1 Genevieve Cowie	24	Sydney University Athletics Cl	59.30 Q	2
2 Sarah Carli	25	Kembla Joggers Inc.	60.26 Q	1
3 Kelly Spencer	25	Mingara Athletics Club Inc.	62.13 Q	2
4 Madeleine Powell	28	U.T.S. Northern Suburbs Athlet	62.45 Q	1
5 Susie Douglas	18	U.T.S. Northern Suburbs Athlet	62.14 Q	2
6 Susie Seitaridis	22	Athletics Wollongong Inc.	63.53 Q	1
7 Marsha Dunkel	24	Illawong Revesby Workers Athle	63.59 q	2
8 Abigail Stevanovic	17	U.T.S. Northern Suburbs Athlet	63.60 q	1
9 Scarlett Pye	19	Asics Wests Track & Field Club	64.45 q	2
10 Hayley Waters	18	Sutherland District Athletic C	67.22	1
11 Gabriella Richmond	18	U.T.S. Northern Suburbs Athlet	70.16	2

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Women 400 Metre Hurdles Open**

State Record: 53.22 S 28/08/2003 Jana Pittman, HIL

Name	Age	Team	Finals
Finals			
1 Sarah Carli	25	Kembla Joggers Inc.	56.72
2 Genevieve Cowie	24	Sydney University Athletics Cl	58.06
3 Kelly Spencer	25	Mingara Athletics Club Inc.	61.53
4 Madeleine Powell	28	U.T.S. Northern Suburbs Athlet	61.67
5 Abigail Stevanovic	17	U.T.S. Northern Suburbs Athlet	63.36
6 Susie Seitaridis	22	Athletics Wollongong Inc.	63.58
7 Marsha Dunkel	24	Illawong Revesby Workers Athle	63.62
8 Susie Douglas	18	U.T.S. Northern Suburbs Athlet	64.56

Women 3000 Metre Steeplechase Open

State Record: 9:21.56 S 4/06/2015 Madeleine Heiner, KEJ

Name	Age	Team	Finals
Finals			
1 Paige Campbell	23	Sydney University Athletics Cl	9:45.77
2 Georgia Winkcup	22	University of New South Wales	10:20.58
3 Beth Croft	22	Sydney University Athletics Cl	10:28.08
4 Stella Radford	24	Victoria	10:36.84
5 Hannah Cerezo	16	U.T.S. Northern Suburbs Athlet	11:26.69
6 Cheryl Chan	24	Sydney University Athletics Cl	11:39.80
7 Ava Honore	15	Westfields Athletics Club Inc.	11:51.00
8 Elena Koudasheva	17	Hills District Athletic Club I	11:58.95

Women High Jump Open

State Record: 1.94m S 8/08/2009 Petrina Price, WOL

Name	Age	Team	Finals
Finals			
1 Alysha Burnett	22	Cherrybrook Senior & Little At	1.89m
2 Nicola McDermott	23	Sydney University Athletics Cl	1.89m
3 Rosie Tozer	17	Athletics Wollongong Inc.	1.77m
4 Nicole Freestone	18	Sydney Pacific Athletic Club L	1.71m
5 Emily Whelan	19	Adamstown New Lambton Athletic	1.71m
6 Charlotte O'Brien	17	Illawong Revesby Workers Athle	1.65m
7 Laura Perich	20	Camden Athletics Club	1.60m
8 Bella Stewart	18	Independant Athlete	1.60m
9 Isabella Rudolph	18	Sydney Pacific Athletic Club L	1.60m
10 Caitlyn Hicks	19	Hills District Athletic Club I	1.60m
11 Sydney Kania	18	Sydney Pacific Athletic Club L	1.55m

Women Pole Vault Open

State Record: 4.10m S 10/02/2002 Rosanna Ditton, SYU

Name	Age	Team	Finals
Finals			
1 Anastasia Williams	18	Nepean District Athletic Club	3.60m
2 Megan Seve	23	Bankstown Sports Senior Athlet	3.60m
3 Lea Ficheoil	22	Unattached	3.35m
4 Scarlett Nalpas	31	Bankstown Sports Senior Athlet	3.20m
5 Laura Martino	24	Westfields Athletics Club Inc.	3.20m
6 Genevieve Vickers	26	Athletics Wollongong Inc.	3.00m

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Finals ... (Women Pole Vault Open)

Name	Age	Team	Finals
7 Lauren Tisdale	16	Girraween Athletics Club Inc.	3.00m
8 Olivia Rotunno	19	Hills District Athletic Club I	2.80m
9 Alison Laws	38	Bankstown Sports Senior Athlet	2.40m
--- Elizabeth Baral	21	Asics Wests Track & Field Club	NH
--- Clare Roser	15	Bankstown Sports Senior Athlet	NH

Women Long Jump Open

State Record: 6.87m S 14/08/1988 Nicole Boegman, RVW

Name	Age	Team	Finals	Wind
Finals				
1 Samantha Dale	18	Cherrybrook Senior & Little At	6.15m	0.6
2 Katie Gunn	16	Gosford Little Athletics	6.07m	1.1
3 Sachi Kayama	23	Trinity Athletics Club	6.02m	0.9
4 Alysha Burnett	22	Cherrybrook Senior & Little At	6.01m	1.5
5 Elizabeth Hedding	23	Victoria	6.01m	0.3
6 Charlotte McGill	17	Randwick Botany Harriers Athle	5.75m	0.5
7 Tahla Pont	19	Macquarie Hunter Athletics	5.57m	0.3
8 Grace Brennan	20	Australian Capital Territory	5.57m	0.9
9 Bethany Kranendonk	19	Wyong Athletics Centre Inc	5.26m	1.4
10 Melissa Fitzsimmons	21	Sydney Pacific Athletic Club L	5.17m	0.3
11 Tamara Kowcz Rosinke	18	Cherrybrook Senior & Little At	5.14m	1.9
12 Sydney Kania	18	Sydney Pacific Athletic Club L	4.99m	0.6
13 Rachel Shaw	25	Athletics Wollongong Inc.	4.94m	1.7
14 Francesca Sugiaman	17	Cherrybrook Senior & Little At	4.93m	1.3
15 Lauren Goodacre	17	Cherrybrook Senior & Little At	4.92m	0.5
16 Mia Friesendorff	14	Campbelltown Uws Collegians At	4.75m	1.1
17 Alyssa Philip	20	Campbelltown Uws Collegians At	4.72m	1.6
18 Melissa Smith	32	Asics Wests Track & Field Club	4.52m	0.5
19 Catherine D'Souza	20	Sydney University Athletics Cl	4.21m	1.8

Women Triple Jump Open

State Record: 13.28m S 26/01/1995 Nicole Boegman, RVW

Name	Age	Team	Finals	Wind
Finals				
1 Tay-Leiha Clark	21	Illawong Revesby Workers Athle	12.89m	0.8
2 Desleigh Owusu	18	Campbelltown Uws Collegians At	12.77m	1.2
3 Tomysha Clark	17	Illawong Revesby Workers Athle	12.55m	0.3
4 Stevie Donougher	21	Sydney University Athletics Cl	12.50m	1.1
5 Alexandra Petersen	20	Sydney University Athletics Cl	12.34m	0.6
6 Erin Guy	26	Trinity Athletics Club	12.26m	0.3
7 Bronwyn Poole	25	Trinity Athletics Club	11.99m	0.7
8 Charlotte McGill	17	Randwick Botany Harriers Athle	11.87m	-0.6
9 Tamara Kowcz Rosinke	18	Cherrybrook Senior & Little At	11.54m	0.8
10 Jezebel Navusolo	17	Mingara Athletics Club Inc.	11.35m	0.2
11 Lauren Goodacre	17	Cherrybrook Senior & Little At	11.09m	0.4
12 Tahla Pont	19	Macquarie Hunter Athletics	10.83m	0.1
13 Sydney Kania	18	Sydney Pacific Athletic Club L	10.69m	0.8
14 Alana Macrow-Cain	23	Sydney Pacific Athletic Club L	10.65m	0.6
15 Melissa Smith	32	Asics Wests Track & Field Club	10.58m	0.7
16 Francesca Sugiaman	17	Cherrybrook Senior & Little At	10.47m	0.8

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Finals ... (Women Triple Jump Open)**

Name	Age	Team	Finals	Wind
17 Alyssa Philip	20	Campbelltown Uws Collegians At	10.23m	0.1

Women Shot Put Open

State Record: 17.05m S 2/03/2014 Dani Samuels, WES

Name	Age	Team	Finals
Finals			
1 Venita Mailei	18	Campbelltown Uws Collegians At	13.43m
2 Alysha Burnett	22	Cherrybrook Senior & Little At	13.12m
3 Yasenaca Denicaucau	23	Sutherland District Athletic C	13.00m
4 Ashlyn Blackstock	15	Eastlakes Athletics Centre	12.85m
5 Laura Stokes	24	Forster Athletics Club	12.60m
6 Jessica Aldridge	20	Bankstown Sports Senior Athlet	12.26m
7 Alysha Pearson	17	Sutherland District Athletic C	12.22m
8 Kaitlyn Coulter	15	Bankstown Sports Senior Athlet	11.53m
9 Caitlyn Hicks	19	Hills District Athletic Club I	9.87m
10 Jennifer Bishop	49	Cherrybrook Senior & Little At	8.84m

Women Discus Throw Open

State Record: 67.99m S 10/05/2014 Dani Samuels, WES

Name	Age	Team	Finals
Finals			
1 Sally Shokry	17	Sutherland District Athletic C	47.45m
2 Sina Wildraut	20	Bankstown Sports Senior Athlet	45.18m
3 Brydee Price	27	Independent Athlete	45.09m
4 Karen Clarke	29	Athletics Wollongong Inc.	44.23m
5 Ashlyn Blackstock	15	Eastlakes Athletics Centre	43.92m
6 Alysha Pearson	17	Sutherland District Athletic C	42.38m
7 Renee Fassolis	20	Campbelltown Uws Collegians At	41.98m
8 Maddy Bergfield	23	Sydney University Athletics Cl	41.40m
9 Erin Prince	24	University of New South Wales	37.48m
10 Kelly Hunter	42	Gosford Little Athletics	37.38m
11 Jennifer Bishop	49	Cherrybrook Senior & Little At	28.73m
12 Georgie Latanis	13	St. George District Athletic C	28.04m

Women Hammer Throw Open

State Record: 71.12m S 6/02/2003 Bronwyn Eagles, CBT

Name	Age	Team	Finals
Finals			
1 Alexandra Hulley	22	Sutherland District Athletic C	66.21m
2 Sarah Ringrose	20	Westfields Athletics Club Inc.	51.76m
3 Yasenaca Denicaucau	23	Sutherland District Athletic C	50.02m
4 Alysha Pearson	17	Sutherland District Athletic C	46.00m
5 Renee Hardy	16	Sutherland District Athletic C	44.12m
6 Tania Fassolis	22	Campbelltown Uws Collegians At	43.17m
7 Ebony Hay	18	Independent Athlete	42.83m
8 Teagan Neich	16	Sutherland District Athletic C	41.78m
9 Maria Cimino	48	U.T.S. Northern Suburbs Athlet	40.04m
10 Ashleigh McInerney	22	Independant Athlete	39.43m
11 Laura Stokes	24	Forster Athletics Club	38.78m
12 Emma Stokes	24	Forster Athletics Club	35.53m

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Women Javelin Throw Open**

State Record: 66.80m S 8/05/2000 Louise McPaul, IBS

Name	Age	Team	Finals
Finals			
1 Katrina Blackett	24	Sydney University Athletics Cl	49.06m
2 Lianna Davidson	17	Asics Wests Track & Field Club	46.53m
3 Alysha Burnett	22	Cherrybrook Senior & Little At	43.84m
4 Brianna Gibson	20	Sydney University Athletics Cl	39.29m
5 Brittany McNair	19	Bankstown Sports Senior Athlet	35.94m
6 Chloe Davis	19	U.T.S. Northern Suburbs Athlet	35.81m
7 Caitlyn Hicks	19	Hills District Athletic Club I	33.29m

Women 5000 Metre Race Walk Open

State Record: 20:03.00 S 11/02/1996 Kerry Junna-Saxby, BAL

Name	Age	Team	Finals
Finals			
1 Allanah Pitcher	16	Mingara Athletics Club Inc.	24:33.26
2 Emma Blanch	16	Sutherland District Athletic C	25:27.01
3 Hannah Bolton	16	Mingara Athletics Club Inc.	25:36.01
4 Molly O'Neill	19	Adamstown New Lambton Athletic	25:50.12
5 Teegan Pengilley	18	Bankstown Sports Senior Athlet	26:19.47
6 Amanda Barendregt	23	Nepean District Athletic Club	26:40.71
7 Bridget Bell	17	Asics Wests Track & Field Club	26:43.55
8 Milly Boughton	13	Randwick Botany Harriers Athle	27:23.66
9 Elaine Wang	19	Adamstown New Lambton Athletic	27:25.25
10 Chloe McLoughlin	15	Mingara Athletics Club Inc.	27:36.44
11 Hannah Parker	17	Randwick Botany Harriers Athle	28:19.54
12 Elise Brennan	17	U.T.S. Northern Suburbs Athlet	28:31.03
13 Jayda Stanley	13	Randwick Botany Harriers Athle	29:01.46
14 Amy Walker	18	Mingara Athletics Club Inc.	29:20.37
15 Anne Weekes	57	Illawong Revesby Workers Athle	30:50.39

Women 100 Metre Sprint PARA-amb

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Tamsin Colley T/F36	17	Hills District Athletic Club I	15.86 Q	0.1	1
2 Alissa Jordaan T47/F46	16	U.T.S. Northern Suburbs Athlet	14.07 Q	0.1	1
3 Lucia Bruce-Gilchrist Tf41	15	Balmain Athletics Club	21.09 Q	0.1	2
4 Mali Lovell T/F36	15	U.T.S. Northern Suburbs Athlet	16.31 Q	0.1	1
5 Laine Harrison T/F37	15	Macquarie Hunter Athletics	15.85 q	0.1	1
6 Alexandria Eves T/F36	30	Dubbo Athletics Club Inc.	16.78 Q	0.1	2
7 Karlee Symonds T/F11	17	Athletics Wollongong Inc.	14.70 Q	0.1	2
8 Carly Salmon T/F35	20	Koorngal-Wagga Athletics Club	16.78 q	0.1	2
9 Kailyn Joseph T/F37	17	Cherrybrook Senior & Little At	16.50 q	0.1	2
10 Brittney Beilby T/F20	19	Hills District Athletic Club I	14.98 q	0.1	1
11 Holly Saunders T/F35	16	Cherrybrook Senior & Little At	17.43 q	0.1	1
12 Jessica Filocamo T/F20	20	Hills District Athletic Club I	16.24	0.1	2

Women 100 Metre Sprint PARA-amb

Name	Age	Team	Finals	Wind
Finals				
1 Tamsin Colley T/F36	17	Hills District Athletic Club I	15.84	0.8

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Finals ... (Women 100 Metre Sprint PARA-amb)

Name	Age	Team	Finals	Wind
2 Alissa Jordaan T47/F46	16	U.T.S. Northern Suburbs Athlet	13.99	0.8
3 Lucia Bruce-Gilchrist Tf41	15	Balmain Athletics Club	21.11	0.8
4 Mali Lovell T/F36	15	U.T.S. Northern Suburbs Athlet	16.35	0.8
5 Laine Harrison T/F37	15	Macquarie Hunter Athletics	15.75	0.8
6 Alexandria Eves T/F36	30	Dubbo Athletics Club Inc.	16.59	0.8
7 Karlee Symonds T/F11	17	Athletics Wollongong Inc.	14.75	0.8
8 Carly Salmon T/F35	20	Koorimal-Wagga Athletics Club	16.72	0.8
9 Kailyn Joseph T/F37	17	Cherrybrook Senior & Little At	16.41	0.8

Women 200 Metre Sprint PARA-amb

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Tamsin Colley T/F36	17	Hills District Athletic Club I	32.18 q	1.7	1
2 Stephanie Schweitzer T/F20	27	Hills District Athletic Club I	28.20 q	2.6	2
3 Lucia Bruce-Gilchrist Tf41	15	Balmain Athletics Club	46.46 q	2.6	2
4 Mali Lovell T/F36	15	U.T.S. Northern Suburbs Athlet	33.10 q	1.7	1
5 Alissa Jordaan T47/F46	16	U.T.S. Northern Suburbs Athlet	28.51 q	1.7	1
6 Laine Harrison T/F37	15	Macquarie Hunter Athletics	32.12 q	2.6	2
7 Alexandria Eves T/F36	30	Dubbo Athletics Club Inc.	34.26 q	2.6	2
8 Brittney Beilby T/F20	19	Hills District Athletic Club I	30.15 q	2.6	2
9 Carly Salmon T/F35	20	Koorimal-Wagga Athletics Club	34.16 q	2.6	2
10 Kailyn Joseph T/F37	17	Cherrybrook Senior & Little At	34.06	2.6	2
11 Karlee Symonds T/F11	17	Athletics Wollongong Inc.	31.23	1.7	1
12 Holly Saunders T/F35	16	Cherrybrook Senior & Little At	37.24	1.7	1
13 Jessica Filocamo T/F20	20	Hills District Athletic Club I	34.63	1.7	1
14 Summer Giddings T/F35	17	Hills District Athletic Club I	41.12	1.7	1

Women 200 Metre Sprint PARA-amb

Name	Age	Team	Finals	Wind
Finals				
1 Stephanie Schweitzer T/F20	27	Hills District Athletic Club I	27.72	1.7
2 Tamsin Colley T/F36	17	Hills District Athletic Club I	32.51	1.7
3 Lucia Bruce-Gilchrist Tf41	15	Balmain Athletics Club	46.24	1.7
4 Alissa Jordaan T47/F46	16	U.T.S. Northern Suburbs Athlet	28.35	1.7
5 Mali Lovell T/F36	15	U.T.S. Northern Suburbs Athlet	33.60	1.7
6 Laine Harrison T/F37	15	Macquarie Hunter Athletics	31.97	1.7
7 Alexandria Eves T/F36	30	Dubbo Athletics Club Inc.	34.32	1.7
8 Brittney Beilby T/F20	19	Hills District Athletic Club I	30.26	1.7
9 Carly Salmon T/F35	20	Koorimal-Wagga Athletics Club	34.37	1.7

Women 400 Metre Sprint PARA-amb

Name	Age	Team	Finals
Finals			
1 Stephanie Schweitzer T/F20	27	Hills District Athletic Club I	63.68
2 Belinda Scott T/F20	18	Asics Wests Track & Field Club	69.08
3 Brittney Beilby T/F20	19	Hills District Athletic Club I	70.70
4 Karlee Symonds T/F11	17	Athletics Wollongong Inc.	72.91
5 Summer Giddings T/F35	17	Hills District Athletic Club I	1:39.74
6 Courtney Webeck T/F12	16	Independant Athlete	72.19
7 Layla Sharp T/F13	12	Hills District Athletic Club I	78.88

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Women 800 Metre Run PARA-amb**

Name	Age	Team	Finals
Finals			
1 Tamsin Colley T/F36	17	Hills District Athletic Club I	2:59.22
2 Mali Lovell T/F36	15	U.T.S. Northern Suburbs Athlet	3:08.38
3 Belinda Scott T/F20	18	Asics Wests Track & Field Club	2:43.61
4 Layla Sharp T/F13	12	Hills District Athletic Club I	2:54.27

Women 1500 Metre Run PARA-amb

Name	Age	Team	Finals
Finals			
1 Courtney Webeck T/F12	16	Independant Athlete	5:56.31
2 Layla Sharp T/F13	12	Hills District Athletic Club I	6:08.84

Women Long Jump PARA-amb

Name	Age	Team	Finals	Wind
Finals				
1 Summer Giddings T/F35	17	Hills District Athletic Club I	2.91m	1.2
2 Kailyn Joseph T/F37	17	Cherrybrook Senior & Little At	4.00m	0.4
3 Erin Cleaver T/F38	19	Macquarie Hunter Athletics	4.24m	1.0
4 Alissa Jordaan T47/F46	16	U.T.S. Northern Suburbs Athlet	4.62m	1.7
5 Laine Harrison T/F37	15	Macquarie Hunter Athletics	3.47m	1.0
6 Annabelle Rodgers T/F20	16	Gosford Little Athletics	3.14m	0.2

Women Shot Put PARA-amb

Name	Age	Team	Finals
Finals			
1 Nicole Harris T/F20	27	St. George District Athletic C	10.91m
2 Rae Anderson T/F	22	Mingara Athletics Club Inc.	8.73m
3 Annabelle Rodgers T/F20	16	Gosford Little Athletics	8.71m
4 Nicole Robertson T/F38	17	Asics Wests Track & Field Club	7.67m
5 Samira Cox T/F13	18	Campbelltown Uws Collegians At	7.54m
6 Katelyn Smith T/F 20	23	Woy Woy Peninsula Athletics	8.14m
7 Lucia Bruce-Gilchrist Tf41	15	Balmain Athletics Club	4.40m
8 Kirra Lockett T/F37	18	Athletics Wollongong Inc.	5.85m
9 Jessica Filocamo T/F20	20	Hills District Athletic Club I	4.54m

Women Discus Throw PARA-amb

Name	Age	Team	Finals
Finals			
1 Rae Anderson T/F	22	Mingara Athletics Club Inc.	27.17m
2 Nicole Robertson T/F38	17	Asics Wests Track & Field Club	23.52m
3 Annabelle Rodgers T/F20	16	Gosford Little Athletics	25.28m
4 Kirra Lockett T/F37	18	Athletics Wollongong Inc.	20.91m
5 Katelyn Smith T/F 20	23	Woy Woy Peninsula Athletics	21.27m
6 Holly Saunders T/F35	16	Cherrybrook Senior & Little At	15.92m
7 Jessica Filocamo T/F20	20	Hills District Athletic Club I	15.78m

Women Javelin Throw PARA-amb

Name	Age	Team	Finals
Finals			
1 Erin Cleaver T/F38	19	Macquarie Hunter Athletics	22.39m

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Finals ... (Women Javelin Throw PARA-amb)

	Name	Age	Team	Finals
2	Katelyn Smith T/F 20	23	Woy Woy Peninsula Athletics	23.44m
3	Nicole Robertson T/F38	17	Asics Wests Track & Field Club	19.32m
4	Annabelle Rodgers T/F20	16	Gosford Little Athletics	20.56m

Women 100 Metre Sprint PARA-wc

	Name	Age	Team	Finals	Wind
Finals					
1	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	26.20	0.3
2	Rosemary Little T34/F32	37	Hills District Athletic Club I	21.72	0.3
3	Emily Preketes T/F34	24	St. George District Athletic C	27.80	0.3

Women 200 Metre Sprint PARA-wc

	Name	Age	Team	Finals	Wind
Finals					
1	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	46.39	2.8
2	Emily Preketes T/F34	24	St. George District Athletic C	52.83	2.8

Women 400 Metre Sprint PARA-wc

	Name	Age	Team	Finals
Finals				
1	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	1:42.85
2	Emily Preketes T/F34	24	St. George District Athletic C	2:00.36

Women 800 Metre Run PARA-wc

	Name	Age	Team	Finals
Finals				
1	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	3:13.84
2	Rosemary Little T34/F32	37	Hills District Athletic Club I	2:44.47
3	Emily Preketes T/F34	24	St. George District Athletic C	3:58.74

Women Shot Put seated PARA-wc

	Name	Age	Team	Finals
Finals				
1	Rosemary Little T34/F32	37	Hills District Athletic Club I	5.01m
2	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	4.44m
3	Julie Charlton T54/F57	20	Cherrybrook Senior & Little At	5.42m
4	Kim Neuenkirchen T/F34	52	Cherrybrook Senior & Little At	3.65m

Women Discus Throw seated PARA-wc

	Name	Age	Team	Finals
Finals				
1	Rosemary Little T34/F32	37	Hills District Athletic Club I	10.14m
2	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	5.29m
3	Kim Neuenkirchen T/F34	52	Cherrybrook Senior & Little At	7.75m
4	Julie Charlton T54/F57	20	Cherrybrook Senior & Little At	11.71m

Women Javelin Throw seated PARA-wc

	Name	Age	Team	Finals
Finals				
1	Rosemary Little T34/F32	37	Hills District Athletic Club I	14.58m
2	Sarah Jane Trevenar Clifton-Bligh	15	Sydney University Athletics Cl	9.81m
3	Julie Charlton T54/F57	20	Cherrybrook Senior & Little At	9.57m

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Finals ... (Women Javelin Throw seated PARA-wc)

Name	Age	Team	Finals
4 Kim Neuenkirchen T/F34	52	Cherrybrook Senior & Little At	7.12m

Men 100 Metre Sprint Open

State Record: 10.03 S 17/09/1998 Matt Shirvington, ASW

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Ismail Dudu Kamara	22	Campbelltown Uws Collegians At	10.53 Q	2.3	3
2 Nicholas Bate	24	Knox Grammar School	10.59 Q	1.4	2
3 Inuzuka Wataru	24	Japan	10.61 Q	2.0	6
4 Anas Abu-Ganaba	23	Campbelltown Uws Collegians At	10.67 Q	0.2	1
5 Matthew Rizzo	21	Unattached	10.71 Q	-0.8	5
6 Zach Holdsworth	22	Illawong Revesby Workers Athle	10.72 Q	0.3	4
7 Abdoulie Aisim	27	U.T.S. Northern Suburbs Athlet	10.56 Q	2.3	3
8 Hayden Kovacic	26	Illawong Revesby Workers Athle	10.63 Q	1.4	2
9 Nakamura Ryoma	24	Japan	10.82 Q	2.0	6
10 Joshua Azzopardi	20	Camden Athletics Club	10.91 Q	-0.8	5
11 Kenneth Vuong	29	Asics Wests Track & Field Club	10.96 Q	0.2	1
11 Lachlan Parry	28	Illawarra Blue Stars Athletic	10.96 Q	0.3	4
13 Harrison Andrews	24	Cherrybrook Senior & Little At	10.78 q	2.3	3
14 Andrew Malpass	31	Barker College Athletics Club	10.81 q	2.3	3
15 Josh Swan	23	Mosman Athletics Club	10.91 q	1.4	2
16 Ashley McMahan	44	U.T.S. Northern Suburbs Athlet	10.96 q	1.4	2
17 Dominic Darko	19	Campbelltown Uws Collegians At	10.98 q	2.0	6
18 Jamie Karabesinis	18	University of New South Wales	11.01 q	2.3	3
19 Max Mander	16	Knox Grammar School	11.10 q	2.3	3
20 Neil Yuhao Song	22	Sydney University Athletics Cl	11.12 q	0.3	4
21 Larry Adeniran	18	Westfields Athletics Club Inc.	11.14	0.2	1
22 Ashlyn Ndlovu	21	U.T.S. Northern Suburbs Athlet	11.19	1.4	2
22 Christopher Devery	23	Illawarra Blue Stars Athletic	11.19	0.2	1
24 Lewis Clabburn	19	Knox Grammar School	11.21	-0.8	5
24 Sean Hayashi	21	Sydney Pacific Athletic Club L	11.21	1.4	2
26 Vinay Karamil	25	Mounties Athletics Club	11.24	1.4	2
27 James Roach	18	Newington College Athletics Cl	11.27	0.2	1
28 David Chen	20	University of New South Wales	11.31	-0.8	5
29 Dominic Mah	23	University of New South Wales	11.32	-0.8	5
30 Trent Low	19	Armidale Athletics Club	11.35	0.3	4
31 Leonard Mah	22	University of New South Wales	11.36	0.3	4
32 Jack Vane-Tempest	21	Mingara Athletics Club Inc.	11.39	-0.8	5
33 Lachlan McLean	31	Hills District Athletic Club I	11.40	2.0	6
34 Walther Wegmann	20	Hills District Athletic Club I	11.44	2.0	6
35 Beau Ingram	20	Cherrybrook Senior & Little At	11.47	2.3	3
35 Duncan Watt	24	Illawong Revesby Workers Athle	11.47	0.2	1
37 Santino Nyor	21	Asics Wests Track & Field Club	11.53	2.0	6
38 Connor Dymond	22	Illawarra Blue Stars Athletic	11.59	0.2	1
39 William Myant	22	Asics Wests Track & Field Club	11.62	2.0	6
40 Sean Oikawa	16	Sydney Pacific Athletic Club L	11.63	0.3	4
41 John Prokopis	19	Sutherland District Athletic C	11.72	-0.8	5
42 Jack Wrightson	18	Sydney Pacific Athletic Club L	11.82	0.3	4
43 Riley de Courcey Reginato	16	Mingara Athletics Club Inc.	12.06	2.3	3
44 Noah Ramsay	15	Blue Mountains Athletics	12.08	0.2	1

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Preliminaries ... (Men 100 Metre Sprint Open)

Name	Age	Team	Prelims	Wind	H#
45 Spencer Cox	42	Australia Capital Territory	12.16	-0.8	5
46 Timothy Willatt	30	Barker College Athletics Club	12.18	1.4	2
47 Jackie Luu	32	Asics Wests Track & Field Club	12.71	0.2	1
48 Himanshu (sam) vaid	34	Sydney Pacific Athletic Club L	13.17	1.4	2
49 Adrian Mawhoub	29	Mosman Athletics Club	13.60	2.3	3
50 David Luck	60	Illawong Revesby Workers Athle	14.93	0.3	4

Men 100 Metre Sprint Open

State Record: 10.03 S 17/09/1998 Matt Shirvington, ASW

Name	Age	Team	Semis	Wind	H#
Semi-Finals					
1 Zach Holdsworth	22	Illawong Revesby Workers Athle	10.40 Q	0.4	2
2 Anas Abu-Ganaba	23	Campbelltown Uws Collegians At	10.41 Q	1.4	1
3 Inuzuka Wataru	24	Japan	10.46 Q	0.4	2
4 Ismail Dudu Kamara	22	Campbelltown Uws Collegians At	10.54 Q	1.4	1
5 Matthew Rizzo	21	Unattached	10.56 Q	1.4	1
6 Abdoulie Aisim	27	U.T.S. Northern Suburbs Athlet	10.64 Q	0.4	2
7 Joshua Azzopardi	20	Camden Athletics Club	10.67 q	0.4	2
8 Hayden Kovacic	26	Illawong Revesby Workers Athle	10.70 q	1.4	1
9 Nakamura Ryoma	24	Japan	10.76 q	1.4	1
10 Harrison Andrews	24	Cherrybrook Senior & Little At	10.90	1.4	1
11 Kenneth Vuong	29	Asics Wests Track & Field Club	10.91	1.4	1
12 Andrew Malpass	31	Barker College Athletics Club	10.96	0.4	2
13 Dominic Darko	19	Campbelltown Uws Collegians At	11.04	1.4	1
14 Lachlan Parry	28	Illawarra Blue Stars Athletic	11.04	0.4	2
15 Josh Swan	23	Mosman Athletics Club	11.12	0.4	2
16 Ashley McMahon	44	U.T.S. Northern Suburbs Athlet	11.12	1.4	1
17 Jamie Karabesinis	18	University of New South Wales	11.27	0.4	2
18 Nicholas Bate	24	Knox Grammar School	17.36	0.4	2

Men 100 Metre Sprint Open

State Record: 10.03 S 17/09/1998 Matt Shirvington, ASW

Name	Age	Team	Finals	Wind
Finals				
1 Anas Abu-Ganaba	23	Campbelltown Uws Collegians At	10.45	0.2
2 Inuzuka Wataru	24	Japan	10.47	0.2
3 Zach Holdsworth	22	Illawong Revesby Workers Athle	10.49	0.2
4 Ismail Dudu Kamara	22	Campbelltown Uws Collegians At	10.53	0.2
5 Abdoulie Aisim	27	U.T.S. Northern Suburbs Athlet	10.62	0.2
6 Joshua Azzopardi	20	Camden Athletics Club	10.67	0.2
7 Nakamura Ryoma	24	Japan	10.84	0.2

Men 200 Metre Sprint Open

State Record: 20.45 S 10/08/1998 Matt Shirvington, ASW

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Kitagawa Sho	24	Japan	20.92 Q	-1.3	2
2 Zach Holdsworth	22	Illawong Revesby Workers Athle	21.24 Q	+0.0	3
3 Kinoshita Yuki	24	Japan	21.29 Q	-1.9	4
4 Ismail Dudu Kamara	22	Campbelltown Uws Collegians At	21.35 Q	-2.3	5

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Preliminaries ... (Men 200 Metre Sprint Open)

Name	Age	Team	Prelims	Wind	H#
5 Anas Abu-Ganaba	23	Campbelltown Uws Collegians At	21.41 Q	+0.0	1
6 Hugo Whitehead	20	U.T.S. Northern Suburbs Athlet	21.44 q	-1.3	2
7 Joshua Azzopardi	20	Camden Athletics Club	21.54 q	+0.0	1
8 Nemoto Mahiro	24	Japan	21.69 q	-2.3	5
9 Lachlan Parry	28	Illawarra Blue Stars Athletic	21.97 q	+0.0	3
10 Max Mander	16	Knox Grammar School	22.12 q	-1.9	4
11 Lachlan Bird	25	Sydney University Athletics Cl	22.21 q	-2.3	5
12 Rohan Laurendet	23	Illawong Revesby Workers Athle	22.44 q	+0.0	3
13 Jack Vane-Tempest	21	Mingara Athletics Club Inc.	22.47 q	-1.3	2
14 Mitchell Reading	18	Illawong Revesby Workers Athle	22.51 q	-1.9	4
15 Ashlyn Ndlovu	21	U.T.S. Northern Suburbs Athlet	22.56 q	-2.3	5
16 Ashley McMahon	44	U.T.S. Northern Suburbs Athlet	22.60 q	-1.9	4
16 Christian Lozada	25	Sydney University Athletics Cl	22.60 q	-1.3	2
18 Dominic Mah	23	University of New South Wales	22.61 q	+0.0	1
19 Leonard Mah	22	University of New South Wales	22.62	-2.3	5
20 Vinay Karamil	25	Mounties Athletics Club	22.64	-1.9	4
21 Christopher Devery	23	Illawarra Blue Stars Athletic	22.65	+0.0	3
22 Kenneth Vuong	29	Asics Wests Track & Field Club	22.67	+0.0	1
23 Lewis Clabburn	19	Knox Grammar School	22.68	-1.3	2
24 Ben Carter	19	U.T.S. Northern Suburbs Athlet	22.70	+0.0	3
25 Trent Low	19	Armidale Athletics Club	22.86	-2.3	5
26 Thomas Glascott	19	U.T.S. Northern Suburbs Athlet	22.94	-1.9	4
27 Ernie Leseberg	48	Mingara Athletics Club Inc.	23.26	+0.0	1
28 Aaron Jeffery	21	Sydney University Athletics Cl	23.34	+0.0	1
29 Angus Richardson	21	Bankstown Sports Senior Athlet	23.43	-1.3	2
30 Gregory Klugman	19	Sydney University Athletics Cl	24.02	-1.9	4
31 William Myant	22	Asics Wests Track & Field Club	24.03	+0.0	3
32 Noah Ramsay	15	Blue Mountains Athletics	24.51	-1.3	2
33 Arran Thatcher	21	Sydney Pacific Athletic Club L	25.32	-2.3	5
34 Adrian Mawhoub	29	Mosman Athletics Club	27.82	-2.3	5
35 David Luck	60	Illawong Revesby Workers Athle	31.20	+0.0	3
36 EJ Davie	48	Sydney Striders Road Runners C	31.43	-1.9	4
--- Abdoulie Aisim	27	U.T.S. Northern Suburbs Athlet	DQ	+0.0	3

Men 200 Metre Sprint Open

State Record: 20.45 S 10/08/1998 Matt Shirvington, ASW

Name	Age	Team	Finals	Wind	H#
Finals					
1 Kitagawa Sho	24	Japan	20.75	1.0	2
2 Anas Abu-Ganaba	23	Campbelltown Uws Collegians At	20.89	1.0	2
3 Ismail Dudu Kamara	22	Campbelltown Uws Collegians At	21.03	1.0	2
4 Kinoshita Yuki	24	Japan	21.03	1.0	2
5 Nemoto Mahiro	24	Japan	21.37	-2.1	1
6 Joshua Azzopardi	20	Camden Athletics Club	21.45	1.0	2
7 Hugo Whitehead	20	U.T.S. Northern Suburbs Athlet	21.58	1.0	2
8 Lachlan Parry	28	Illawarra Blue Stars Athletic	22.01	1.0	2
9 Mitchell Reading	18	Illawong Revesby Workers Athle	22.19	-2.1	1
10 Jack Vane-Tempest	21	Mingara Athletics Club Inc.	22.19	-2.1	1
11 Lachlan Bird	25	Sydney University Athletics Cl	22.28	-2.1	1
12 Christian Lozada	25	Sydney University Athletics Cl	22.41	-2.1	1

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Finals ... (Men 200 Metre Sprint Open)**

Name	Age	Team	Finals	Wind	H#
13 Rohan Laurendet	23	Illawong Revesby Workers Athle	22.50	-2.1	1
14 Ashley McMahon	44	U.T.S. Northern Suburbs Athlet	22.50	-2.1	1
15 Ashlyn Ndlovu	21	U.T.S. Northern Suburbs Athlet	22.59	-2.1	1
16 Dominic Mah	23	University of New South Wales	23.12	-2.1	1

Men 400 Metre Sprint Open

State Record: 44.38 S 26/09/1988 Darren Clark, RBH

Name	Age	Team	Prelims	H#
Preliminaries				
1 Tyler Gunn	20	Gosford Little Athletics	47.60 Q	1
2 Sean Fitzsimmons	24	U.T.S. Northern Suburbs Athlet	47.84 Q	4
3 Ian Halpin	26	Blue Mountains Athletics	48.02 Q	3
4 Mason Cohen	23	U.T.S. Northern Suburbs Athlet	48.21 Q	5
5 Matthew Crowe	22	U.T.S. Northern Suburbs Athlet	48.49 Q	2
6 Onodera Shota	24	Japan	48.59 Q	5
7 Sasaki Manato	24	Japan	48.60 Q	4
8 Jye Perrott	21	U.T.S. Northern Suburbs Athlet	48.68 Q	3
9 Joshua Ralph	28	Sydney University Athletics Cl	48.84 Q	2
10 Someya Sho	24	Japan	48.92 Q	1
11 Inoue Kakeru	24	Japan	48.75 q	3
12 James Kermond	23	Campbelltown Uws Collegians At	48.78 q	4
13 Riley McGown	23	Australia Capital Territory	49.12 q	4
14 Chris Livirizzi	22	Illawong Revesby Workers Athle	49.19 q	2
15 Lachlan Bird	25	Sydney University Athletics Cl	49.24 q	1
16 Corey Furminger	23	U.T.S. Northern Suburbs Athlet	49.29 q	1
17 Christian Lozada	25	Sydney University Athletics Cl	49.32 q	2
18 Rohan Laurendet	23	Illawong Revesby Workers Athle	49.40 q	3
19 Kinoshita Yuki	24	Japan	49.56	5
20 Jordan Doris	19	Bankstown Sports Senior Athlet	49.65	1
21 Paul Cummings	32	Mingara Athletics Club Inc.	49.91	1
21 Damien Mizzi	19	Sydney University Athletics Cl	49.91	5
23 Ben Carter	19	U.T.S. Northern Suburbs Athlet	50.27	3
24 Ewan Burns	16	Knox Grammar School	50.45	5
25 Nemoto Mahiro	24	Japan	50.49	4
26 George Ockert	26	Bankstown Sports Senior Athlet	50.59	3
27 Oscar Pintaric	18	Sydney University Athletics Cl	50.61	5
28 Lachlan Ash	18	Campbelltown Uws Collegians At	50.62	4
29 Jake Hammond	28	Illawong Revesby Workers Athle	50.72	5
30 Gregory Kavadas	20	Westfields Athletics Club Inc.	50.76	2
31 Thomas Glascott	19	U.T.S. Northern Suburbs Athlet	50.78	5
32 Brodie Rushby	20	Sydney University Athletics Cl	51.05	1
33 Maxwell Kollie	18	Sutherland District Athletic C	51.06	2
34 Mitchell Clarke	18	Armidale Athletics Club	51.11	4
35 Aaron Jeffery	21	Sydney University Athletics Cl	51.72	3
36 Taboka Tshuma	19	Campbelltown Uws Collegians At	52.11	2
37 Gregory Klugman	19	Sydney University Athletics Cl	52.11	2
38 Isaac O'Brien	18	Athletics Wollongong Inc.	52.48	1
39 Lachlan Dalton	17	U.T.S. Northern Suburbs Athlet	52.54	3
40 Ernie Leseberg	48	Mingara Athletics Club Inc.	52.64	1
41 Joshua Batten	19	Knox Grammar School	53.77	4

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Preliminaries ... (Men 400 Metre Sprint Open)**

Name	Age	Team	Prelims	H#
42 Santino Nyor	21	Asics Wests Track & Field Club	54.35	4
43 Luke McKay	16	Sutherland District Athletic C	54.49	2
44 Jack Baker	15	Ryde Athletics Centre Inc	56.71	5
45 Antony Guest	54	U.T.S. Northern Suburbs Athlet	57.09	3

Men 400 Metre Sprint Open

State Record: 44.38 S 26/09/1988 Darren Clark, RBH

Name	Age	Team	Semis	H#
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Semi-Finals

1 Ian Halpin	26	Blue Mountains Athletics	46.93 Q	2
2 Tyler Gunn	20	Gosford Little Athletics	47.98 Q	1
3 Sean Fitzsimmons	24	U.T.S. Northern Suburbs Athlet	47.50 Q	2
4 Mason Cohen	23	U.T.S. Northern Suburbs Athlet	48.26 Q	1
5 Joshua Ralph	28	Sydney University Athletics Cl	47.52 Q	2
6 Matthew Crowe	22	U.T.S. Northern Suburbs Athlet	48.56 Q	1
7 Sasaki Manato	24	Japan	48.03 q	2
8 Onodera Shota	24	Japan	48.73 q	2
9 James Kermond	23	Campbelltown Uws Collegians At	48.86 q	2
10 Someya Sho	24	Japan	49.09	1
11 Chris Livirizzi	22	Illawong Revesby Workers Athle	49.27	2
12 Riley McGown	23	Australia Capital Territory	49.43	1
13 Lachlan Bird	25	Sydney University Athletics Cl	49.47	2
14 Rohan Laurendet	23	Illawong Revesby Workers Athle	49.48	2
15 Corey Furminger	23	U.T.S. Northern Suburbs Athlet	49.79	1
--- Christian Lozada	25	Sydney University Athletics Cl	DQ	1

Men 400 Metre Sprint Open

State Record: 44.38 S 26/09/1988 Darren Clark, RBH

Name	Age	Team	Finals
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Finals

1 Ian Halpin	26	Blue Mountains Athletics	46.39
2 Sean Fitzsimmons	24	U.T.S. Northern Suburbs Athlet	47.16
3 Joshua Ralph	28	Sydney University Athletics Cl	47.27
4 Matthew Crowe	22	U.T.S. Northern Suburbs Athlet	47.51
5 Sasaki Manato	24	Japan	47.64
6 Onodera Shota	24	Japan	48.33
7 James Kermond	23	Campbelltown Uws Collegians At	49.24

Men 800 Metre Run Open

State Record: 1:45.21 S 26/08/1999 Grant Cremer, CRH

Name	Age	Team	Prelims	H#
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Preliminaries

1 Robert Lister	26	Illawong Revesby Workers Athle	1:54.14 Q	1
2 Nicholas Woolley	22	Sydney University Athletics Cl	1:55.00 Q	4
3 Jesse Maxwell	20	Newcastle Flyers Runners Club	1:56.52 Q	2
4 Taylor John	22	Bankstown Sports Senior Athlet	1:57.15 Q	3
5 Luke Young	18	Newcastle Flyers Runners Club	1:54.47 Q	1
6 Marcus Miraglia	21	Campbelltown Uws Collegians At	1:55.10 Q	4
7 Alex Pettigrew	27	Sydney University Athletics Cl	1:56.57 Q	2
8 Benjamin Moss	22	Sydney University Athletics Cl	1:58.76 Q	3

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Preliminaries ... (Men 800 Metre Run Open)**

Name	Age	Team	Prelims	H#
9 Fraser Garland-Barnes	22	Illawong Revesby Workers Athle	1:55.14 Q	4
10 Obssa Youssouf	20	Sydney University Athletics Cl	1:55.66 Q	1
11 Angus Beer	17	Newington College Athletics Cl	1:56.77 Q	2
12 Stephen Sanday	26	Randwick Botany Harriers Athle	2:01.59 Q	3
13 Richard Newell	26	Randwick Botany Harriers Athle	1:56.28 q	1
14 James Bottrill	20	Bankstown Sports Senior Athlet	1:57.29 q	4
15 Charlie Jeffreson	15	The King's School Athletics Cl	1:57.48 q	2
16 Zak Stevens	23	Sydney University Athletics Cl	1:57.77 q	1
17 Benjamin Muston	20	Sydney Pacific Athletic Club L	1:57.86 q	1
18 Terry Mihellis	19	Mingara Athletics Club Inc.	1:58.54 q	2
19 Kane Shields	15	Balmain Athletics Club	1:58.85	4
20 Luke Boyes	16	Run Crew	2:01.14	2
21 Matthew Joyce	30	Cherrybrook Senior & Little At	2:02.02	4
22 Javier Mendez Navia Fernand	19	Asics Wests Track & Field Club	2:02.33	2
23 Stephen Lott	21	Newcastle Flyers Runners Club	2:02.89	2
24 Cameron Mee	24	Randwick Botany Harriers Athle	2:03.14	3
25 William Constable	15	Knox Grammar School	2:03.35	3
26 Julio Ruiz Davila	23	Campbelltown Uws Collegians At	2:05.41	1
27 Paul Raptis	21	Bankstown Sports Senior Athlet	2:05.72	4
28 Seth Healey	36	Sutherland District Athletic C	2:05.90	1
29 Nathan Stanmore	14	Balmain Athletics Club	2:08.55	2
30 Michael King	14	Mounties Athletics Club	2:08.72	3
31 Darren Purcell	49	Athletics East	2:10.30	1
32 James Constantine	26	Unattached	2:11.24	4
--- Jack Mills	20	U.T.S. Northern Suburbs Athlet	DNF	3

Men 800 Metre Run Open

State Record: 1:45.21 S 26/08/1999 Grant Cremer, CRH

Name	Age	Team	Semis	H#
Semi-Finals				
1 Robert Lister	26	Illawong Revesby Workers Athle	1:50.97 Q	1
2 Obssa Youssouf	20	Sydney University Athletics Cl	1:52.31 Q	2
3 Luke Young	18	Newcastle Flyers Runners Club	1:51.28 Q	1
3 Fraser Garland-Barnes	22	Illawong Revesby Workers Athle	1:51.28 Q	1
5 Jesse Maxwell	20	Newcastle Flyers Runners Club	1:52.77 Q	2
6 Nicholas Woolley	22	Sydney University Athletics Cl	1:53.18 Q	2
7 Taylor John	22	Bankstown Sports Senior Athlet	1:51.41 q	1
8 Angus Beer	17	Newington College Athletics Cl	1:53.41 q	2
9 Marcus Miraglia	21	Campbelltown Uws Collegians At	1:53.44 q	2
10 Alex Pettigrew	27	Sydney University Athletics Cl	1:54.55	2
11 Richard Newell	26	Randwick Botany Harriers Athle	1:54.94	2
12 Charlie Jeffreson	15	The King's School Athletics Cl	1:55.15	1
13 Stephen Sanday	26	Randwick Botany Harriers Athle	1:56.88	1
14 Terry Mihellis	19	Mingara Athletics Club Inc.	1:57.16	2
15 James Bottrill	20	Bankstown Sports Senior Athlet	1:57.17	1
16 Benjamin Muston	20	Sydney Pacific Athletic Club L	1:57.26	1
17 Zak Stevens	23	Sydney University Athletics Cl	1:58.32	2
18 Benjamin Moss	22	Sydney University Athletics Cl	2:00.81	1

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Men 800 Metre Run Open**

State Record: 1:45.21 S 26/08/1999 Grant Cremer, CRH

Name	Age	Team	Finals
Finals			
1 Robert Lister	26	Illawong Revesby Workers Athle	1:49.94
2 Luke Young	18	Newcastle Flyers Runners Club	1:50.71
3 Obssa Youssef	20	Sydney University Athletics Cl	1:51.28
4 Jesse Maxwell	20	Newcastle Flyers Runners Club	1:51.32
5 Fraser Garland-Barnes	22	Illawong Revesby Workers Athle	1:51.97
6 Nicholas Woolley	22	Sydney University Athletics Cl	1:52.60
7 Angus Beer	17	Newington College Athletics Cl	1:52.89
8 Taylor John	22	Bankstown Sports Senior Athlet	1:53.58
9 Marcus Miraglia	21	Campbelltown Uws Collegians At	2:00.71

Men 1500 Metre Run Open

State Record: 3:31.06 S 22/07/2010 Ryan Gregson, KEJ

Name	Age	Team	Prelims	H#
Preliminaries				
1 Jackson Sharp	19	Run Crew	3:55.62 Q	3
2 Will Austin-Cray	26	U.T.S. Northern Suburbs Athlet	3:56.71 Q	1
3 Philo Saunders	43	Australia Capital Territory	3:56.98 Q	2
4 Taylor John	22	Bankstown Sports Senior Athlet	3:56.08 Q	3
5 Callam Lang	19	Newcastle Runners Incorporated	3:56.88 Q	1
6 Joe Burgess	23	Sydney University Athletics Cl	3:57.63 Q	2
7 Connor Stevenson	29	Newcastle Runners Incorporated	3:56.14 Q	3
8 Oli Raimond	18	Sutherland District Athletic C	3:56.90 Q	1
9 Sam Byrne	23	Randwick Botany Harriers Athle	3:59.84 Q	2
10 James Seal	19	Kembla Joggers Inc.	3:57.99 q	1
11 Martin Cooper	23	Sydney University Athletics Cl	3:59.75 q	3
12 Jakob Madden	18	Mingara Athletics Club Inc.	4:00.17 q	3
13 Deon Kenzie	23	Tasmania	4:00.31	3
14 Ethan Brouw	17	Trinity Athletics Club	4:01.14	2
15 thomas Davies	18	U.T.S. Northern Suburbs Athlet	4:02.71	2
16 Jacob Crews	19	Hills District Athletic Club I	4:04.05	2
17 Zac Martin	18	Mingara Athletics Club Inc.	4:04.42	2
18 Sam Harding	28	Australia Capital Territory	4:04.86	3
19 Leo Peterson	28	U.T.S. Northern Suburbs Athlet	4:06.70	2
20 Steven Mayers	34	Run Crew	4:07.59	1
21 Darcy Hennessy	17	Kembla Joggers Inc.	4:07.94	3
22 Theo Christian	15	Trinity Athletics Club	4:10.03	1
23 Andrew Land	26	Mingara Athletics Club Inc.	4:10.14	1
24 James Healey	16	Kembla Joggers Inc.	4:11.97	1
25 Max Mahon	19	U.T.S. Northern Suburbs Athlet	4:12.66	1
26 Craig Cameron	26	Mingara Athletics Club Inc.	4:13.34	2
27 Frank Meier	31	Sydney University Athletics Cl	4:15.37	2
28 Mark Simpson	22	Illawong Revesby Workers Athle	4:17.16	1
29 Chamkaur Dhaliwal	46	Athletics East	4:19.02	1
30 Otto Khoo	19	Run Crew	4:19.37	3
31 Kenneth Wilson	53	Athletics East	4:21.48	1
32 Guillaume Boglioni Beaulieu	28	Sydney University Athletics Cl	4:24.34	2
33 James Healy	24	Sydney University Athletics Cl	4:24.80	3

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Preliminaries ... (Men 1500 Metre Run Open)

Name	Age	Team	Prelims	H#
34 Josh Thompson	36	Athletics East	4:27.51	1
35 James Constantine	26	Unattached	4:30.25	2

Men 1500 Metre Run Open

State Record: 3:31.06 S 22/07/2010 Ryan Gregson, KEJ

Name	Age	Team	Finals
Finals			
1 Will Austin-Cray	26	U.T.S. Northern Suburbs Athlet	3:55.76
2 James Seal	19	Kembla Joggers Inc.	3:55.87
3 Joe Burgess	23	Sydney University Athletics Cl	3:56.05
4 Oli Raimond	18	Sutherland District Athletic C	3:56.69
5 Sam Byrne	23	Randwick Botany Harriers Athle	3:56.77
6 Jackson Sharp	19	Run Crew	3:56.90
7 Philo Saunders	43	Australia Capital Territory	3:57.51
8 Callam Lang	19	Newcastle Runners Incorporated	3:59.13
9 Connor Stevenson	29	Newcastle Runners Incorporated	3:59.21
10 Martin Cooper	23	Sydney University Athletics Cl	4:02.73
11 Jakob Madden	18	Mingara Athletics Club Inc.	4:04.19
--- Taylor John	22	Bankstown Sports Senior Athlet	DNF

Men 110 Metre Hurdles Open

State Record: 13.42 S 29/03/2015 Nicholas Hough, SYU

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 Nicholas Hough	26	Sydney University Athletics Cl	13.83 Q	1.3	1
2 Jacob McCorry	22	Cherrybrook Senior & Little At	13.85 Q	1.6	2
3 Nicholas Andrews	22	Cherrybrook Senior & Little At	14.02 Q	1.3	1
4 Fuji Ryota	24	Japan	14.23 Q	1.6	2
5 Nakata Hidetoshi	24	Japan	14.45 Q	1.6	2
6 Ivor Metcalf	24	University of New South Wales	14.66 Q	1.3	1
7 Kyle Cranston	27	Hills District Athletic Club I	14.95 q	1.6	2
8 Nicholas Thomson	20	Cherrybrook Senior & Little At	15.10 q	1.6	2
9 George Ockert	26	Bankstown Sports Senior Athlet	15.13 q	1.6	2
10 James Ellis	22	Sydney University Athletics Cl	15.24	1.3	1
11 Alexander Thompson	20	Hills District Athletic Club I	15.81	1.3	1
12 Matthew Wecker	22	Australia Capital Territory	15.83	1.6	2
12 David Ancrum	36	Victoria	15.83	1.3	1
14 Sam Shore	34	South Australia	15.86	1.6	2
15 Connor Dymond	22	Illawarra Blue Stars Athletic	16.13	1.3	1

Men 110 Metre Hurdles Open

State Record: 13.42 S 29/03/2015 Nicholas Hough, SYU

Name	Age	Team	Finals	Wind
Finals				
1 Nicholas Hough	26	Sydney University Athletics Cl	13.76	1.0
2 Nicholas Andrews	22	Cherrybrook Senior & Little At	13.79	1.0
3 Jacob McCorry	22	Cherrybrook Senior & Little At	13.82	1.0
4 Fuji Ryota	24	Japan	14.09	1.0
5 Nakata Hidetoshi	24	Japan	14.51	1.0
6 Ivor Metcalf	24	University of New South Wales	14.61	1.0

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Finals ... (Men 110 Metre Hurdles Open)

Name	Age	Team	Finals	Wind
7 Nicholas Thomson	20	Cherrybrook Senior & Little At	15.28	1.0
8 George Ockert	26	Bankstown Sports Senior Athlet	15.34	1.0

Men 400 Metre Hurdles Open

State Record: 48.84 S 20/02/1999 Zid Abou Hamed, BAN

Name	Age	Team	Prelims	H#
Preliminaries				
1 Inoue Kakeru	24	Japan	50.99 Q	1
2 Iwasaki Takafumi	24	Japan	51.54 Q	2
3 Shirao Yusuke	24	Japan	52.95 Q	2
4 Bryce Collins	23	University of New South Wales	53.29 Q	1
5 Matthew Fisher	22	Sydney University Athletics Cl	54.06 Q	2
6 Mark Fokas	18	Trinity Athletics Club	54.24 Q	1
7 Timothy Kendrick-Little	19	Sydney Pacific Athletic Club L	55.30 q	1
8 James Roff	33	Randwick Botany Harriers Athle	55.48 q	2
9 Ryan Boot	22	Sydney University Athletics Cl	55.62 q	1
10 Alexander Thompson	20	Hills District Athletic Club I	56.42	2
11 Caleb Fairweather	18	Asics Wests Track & Field Club	56.70	2
12 Isaac O'Brien	18	Athletics Wollongong Inc.	56.71	2
13 Justin Brown	23	Sydney Pacific Athletic Club L	57.52	2
14 Isaac Sharwood	18	Trinity Athletics Club	58.43	1
15 Jasper Spiller	19	Knox Grammar School	62.83	1
--- Riki Kosugi	24	Japan	X55.80	1

Men 400 Metre Hurdles Open

State Record: 48.84 S 20/02/1999 Zid Abou Hamed, BAN

Name	Age	Team	Finals
Finals			
1 Iwasaki Takafumi	24	Japan	51.29
2 Bryce Collins	23	University of New South Wales	51.81
3 Matthew Fisher	22	Sydney University Athletics Cl	52.10
4 Shirao Yusuke	24	Japan	52.12
5 Mark Fokas	18	Trinity Athletics Club	55.06
6 James Roff	33	Randwick Botany Harriers Athle	55.09
7 Timothy Kendrick-Little	19	Sydney Pacific Athletic Club L	55.69
8 Ryan Boot	22	Sydney University Athletics Cl	56.81

Men 3000 Metre Steeplechase Open

State Record: 8:16.36 S 18/08/2008 Youcef Abdi, BAN

Name	Age	Team	Finals
Finals			
1 James Nipperess	29	Sydney University Athletics Cl	9:05.07
2 Joe Burgess	23	Sydney University Athletics Cl	9:18.43
3 Benjamin Jagger	21	Sydney Striders Road Runners C	9:26.70
4 Callan MacLeod	20	Australia Capital Territory	9:47.84
5 Frank Meier	31	Sydney University Athletics Cl	9:49.23
6 Jack Brown	21	Asics Wests Track & Field Club	9:53.29
7 Jakob Madden	18	Mingara Athletics Club Inc.	10:00.23
8 Kyle McIntosh T/F20	25	Sutherland District Athletic C	10:41.70

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Men High Jump Open**

State Record: 2.31m S 28/08/2015 Lac. Thomson 8/3/92, B. Starc 28/8/15, SEC, PMC

Name	Age	Team	Finals
Finals			
1 Zachary Hayward	19	Cherrybrook Senior & Little At	2.09m
2 Matthew Tilley	23	Sydney Pacific Athletic Club L	2.06m
3 Angus Clark	18	Trinity Athletics Club	2.03m
4 Youssef Benzamia	26	France	2.00m
4 Nicholas Kollias	18	Randwick Botany Harriers Athle	2.00m
6 Harrison Brierley	20	Illawong Revesby Workers Athle	1.95m
6 Jackson Robinson	20	Unattached	1.95m
8 Alex Cerroti	21	Sydney University Athletics Cl	1.95m
9 Nick Moroney	47	Macquarie Hunter Athletics	1.95m
10 Campbell Johnson	17	Cherrybrook Senior & Little At	1.90m
11 Mitchell O'Neill	21	Athletics Wollongong Inc.	1.90m
12 Ben James	18	Cessnock Athletics Centre Inc	1.85m
13 Riley Grant	17	Mingara Athletics Club Inc.	1.85m
13 Sebastian Gray	22	Sydney University Athletics Cl	1.85m
--- Kyle Cranston	27	Hills District Athletic Club I	NH

Men Pole Vault Open

State Record: 5.43m S 12/12/2015 Angus Armstrong, SYU

Name	Age	Team	Finals
Finals			
1 Gabriel Wahl	20	University of New South Wales	4.70m
2 Alec Diamond	22	U.T.S. Northern Suburbs Athlet	4.45m
3 Nickolai Simmons	18	Bankstown Sports Senior Athlet	4.45m
4 Maxwell Jones	18	Unattached	4.30m
5 James Gorham	17	Athletics Wollongong Inc.	4.10m
6 Aiden Princea-White	21	Bankstown Sports Senior Athlet	3.90m
7 Alexander Murrell	23	The Scots College Athletics Cl	3.70m
--- Ethan Princea-White	21	Bankstown Sports Senior Athlet	NH
--- Thomas Phillips	20	Wallsend Rsl Athletics Club	NH

Men Long Jump Open

State Record: 8.40m S 14/07/2010 Fabrice Lappiere, SYP

Name	Age	Team	Finals	Wind
Finals				
1 Alec Diamond	22	U.T.S. Northern Suburbs Athlet	7.40m	0.9
2 William Freyer	20	U.T.S. Northern Suburbs Athlet	7.35m	0.2
3 Taiga Cantor	21	Cessnock Athletics Centre Inc	7.23m	1.7
4 David Chen	20	University of New South Wales	7.07m	0.7
5 Matthew Wecker	22	Australia Capital Territory	7.02m	1.3
6 Kieran Kirk	21	Campbelltown Uws Collegians At	7.00m	2.7
7 Benjamin Cox	25	Trinity Athletics Club	6.92m	1.7
8 Sam Taylor	18	Cessnock Athletics Centre Inc	6.80m	-1.7
9 Nick Van Gelder	24	Sydney University Athletics Cl	6.57m	1.3
10 Kyle Cranston	27	Hills District Athletic Club I	6.45m	0.4
11 Ben James	18	Cessnock Athletics Centre Inc	6.36m	0.3
12 Shaun Fletcher	37	Macquarie Hunter Athletics	6.21m	-0.1
13 Joey Ryu	21	U.T.S. Northern Suburbs Athlet	6.20m	0.5

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Finals ... (Men Long Jump Open)**

Name	Age	Team	Finals	Wind
14 Joel Davidson	20	Cherrybrook Senior & Little At	6.13m	-1.6
15 Bailey Woodward	22	Westfields Athletics Club Inc.	6.02m	2.0
16 Phillip Baker	17	Campbelltown Uws Collegians At	5.97m	1.2
17 Alex Cerroti	21	Sydney University Athletics Cl	5.89m	0.8

Men Triple Jump Open

State Record: 17.32m S 25/08/1999 Andrew Murphy, SYP

Name	Age	Team	Finals	Wind
Finals				
1 Emmanuel Fakiye	22	U.T.S. Northern Suburbs Athlet	15.89m	0.9
2 Benjamin Cox	25	Trinity Athletics Club	15.29m	0.8
3 Cameron Pappas	23	Trinity Athletics Club	14.74m	2.1
4 Tully Murphy	18	Asics Wests Track & Field Club	14.18m	1.6
5 Ben James	18	Cessnock Athletics Centre Inc	13.89m	3.2
6 Shaun Fletcher	37	Macquarie Hunter Athletics	13.19m	-1.1
7 Bailey Woodward	22	Westfields Athletics Club Inc.	12.86m	0.1
8 Ryan Jones	18	Cherrybrook Senior & Little At	12.67m	2.5
9 Joel Davidson	20	Cherrybrook Senior & Little At	12.06m	0.8
10 Jack Wrightson	18	Sydney Pacific Athletic Club L	11.81m	-0.8

Men Shot Put Open

State Record: 19.46m S 3/03/2012 Emanuele Fuamatu, BAN

Name	Age	Team	Finals
Finals			
1 Jamie Muscat	43	Wyong Athletics Centre Inc	14.37m
2 Alec Diamond	22	U.T.S. Northern Suburbs Athlet	14.31m
3 Kyle Cranston	27	Hills District Athletic Club I	13.88m
4 Corey-Jay Eyndhoven	18	Gosford Little Athletics	13.50m
5 Matthew Mountfort	26	Sydney University Athletics Cl	13.45m
6 Michael Taylor	24	Westfields Athletics Club Inc.	12.62m

Men Discus Throw Open

State Record: 65.06m S 3/01/1979 Wayne Martin, DUD

Name	Age	Team	Finals
Finals			
1 Lachlan McEntyre	25	Sydney Pacific Athletic Club L	49.56m
2 Kyle Cranston	27	Hills District Athletic Club I	47.12m
3 Michael Pratomo	19	Sydney University Athletics Cl	46.66m
4 Nick Chatters	20	Sydney University Athletics Cl	43.08m
5 Michael Taylor	24	Westfields Athletics Club Inc.	40.81m
6 Jamie Muscat	43	Wyong Athletics Centre Inc	40.11m
7 Joshua Baker	21	Campbelltown Uws Collegians At	37.57m
8 Simon Stewart	20	Asics Wests Track & Field Club	36.85m
--- Alec Diamond	22	U.T.S. Northern Suburbs Athlet	ND

Men Hammer Throw Open

State Record: 75.90m S 14/08/1979 Peter Farmer, RBH

Name	Age	Team	Finals
Finals			
1 Costa Kousparis	23	Sutherland District Athletic C	65.79m
2 William Brown	23	U.T.S. Northern Suburbs Athlet	64.92m

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Finals ... (Men Hammer Throw Open)**

Name	Age	Team	Finals
3 Warren Button	31	Illawong Revesby Workers Athle	58.79m
4 Timothy Heyes	22	U.T.S. Northern Suburbs Athlet	57.93m
5 Will Higgins	33	Campbelltown Uws Collegians At	52.85m
6 Jamie Muscat	43	Wyong Athletics Centre Inc	46.15m
7 Brendon Neich	18	Sutherland District Athletic C	45.36m
8 Warren Jones	39	U.T.S. Northern Suburbs Athlet	33.16m

Men Javelin Throw Open

State Record: 85.75m S 26/01/1998 Andrew Currey, IBS

Name	Age	Team	Finals
Finals			
1 Saxon Ward	24	Asics Wests Track & Field Club	70.81m
2 Cameron McEntyre	20	Sydney Pacific Athletic Club L	70.42m
3 John Crandell	28	Asics Wests Track & Field Club	65.86m
4 Benjamin Baker	36	Asics Wests Track & Field Club	65.09m
5 Andries Van Woerkom	23	Sydney University Athletics Cl	62.30m
6 Kyle Cranston	27	Hills District Athletic Club I	60.44m
7 Joseph Kremer	20	Australia Capital Territory	59.01m
8 David Parsons	20	Adamstown New Lambton Athletic	49.37m
9 Robert Jessep	27	Asics Wests Track & Field Club	42.54m
10 Elliot Metcalf	19	U.T.S. Northern Suburbs Athlet	33.34m

Men 5000 Metre Race Walk Open

State Record: 18:51.39 S 21/02/1998 Nick A'Hern, NEP

Name	Age	Team	Finals
Finals			
1 Carl Gibbons	23	Westlakes Athletic Club Inc.	21:35.83
2 Oscar Tebbutt	18	Gosford Little Athletics	21:51.68
3 Jack McGinniskin	17	Mingara Athletics Club Inc.	22:30.85
4 Dylan Richardson	19	Mingara Athletics Club Inc.	23:06.79
5 Ryan Thomson	19	Nepean District Athletic Club	23:54.31
6 Travis Barendregt	19	Nepean District Athletic Club	24:02.80
7 Jake Attwell	17	Illawarra Blue Stars Athletic	25:21.71
8 Joel Kemp	16	Mingara Athletics Club Inc.	25:52.82
9 Hayden Blaskett	17	Sydney Striders Road Runners C	26:18.93

Men 100 Metre Sprint PARA-amb

Name	Age	Team	Finals	Wind
Finals				
1 Edward Parker T/F20	17	Hills District Athletic Club I	12.28	1.4
2 Blake Carr T/F20	25	Macquarie Hunter Athletics	12.58	1.4
3 Jack Connors T/F20	20	Independent Athlete	12.93	1.4
4 Ryan Conroy T/F37	16	Parramatta City Track & Field	14.00	1.4
5 Christian Georgallis T/F36	18	Hills District Athletic Club I	15.22	1.4
6 Cameron Murray T/F37	17	Parramatta City Track & Field	14.87	1.4
7 Zane Newton T/F20	14	Hills District Athletic Club I	14.00	1.4
8 Jackson Love T/F37	13	Sydney Pacific Athletic Club L	15.76	1.4

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Results

Men 200 Metre Sprint PARA-amb

	Name	Age	Team	Finals	Wind
Finals					
1	Edward Parker T/F20	17	Hills District Athletic Club I	24.32	0.3
2	Jack Connors T/F20	20	Independent Athlete	27.14	0.3
3	Ryan Conroy T/F37	16	Parramatta City Track & Field	28.60	0.3
4	William Vince-Moin T/F38	21	Armidale Athletics Club	28.14	0.3
5	Christian Georgallis T/F36	18	Hills District Athletic Club I	31.95	0.3
6	Zane Newton T/F20	14	Hills District Athletic Club I	30.17	0.3
7	Jackson Love T/F37	13	Sydney Pacific Athletic Club L	33.70	0.3

Men 400 Metre Sprint PARA-amb

	Name	Age	Team	Finals
Finals				
1	Edward Parker T/F20	17	Hills District Athletic Club I	56.00
2	James Tirado T/F13	17	Randwick Botany Harriers Athle	58.61
3	William Vince-Moin T/F38	21	Armidale Athletics Club	62.41
4	Ryan Conroy T/F37	16	Parramatta City Track & Field	66.07
5	Nana Wirekoh T/F	23	Campbelltown Uws Collegians At	62.27
6	Zane Newton T/F20	14	Hills District Athletic Club I	71.93

Men 800 Metre Run PARA-amb

	Name	Age	Team	Finals
Finals				
1	James Tirado T/F13	17	Randwick Botany Harriers Athle	2:16.57
2	Edward Parker T/F20	17	Hills District Athletic Club I	2:24.38
3	William Vince-Moin T/F38	21	Armidale Athletics Club	2:27.43
4	Jerome Etteridge T/F20	18	Illawong Revesby Workers Athle	2:38.01

Men 1500 Metre Run PARA-amb

	Name	Age	Team	Finals
Finals				
1	Kyle McIntosh T/F20	25	Sutherland District Athletic C	4:17.47
2	James Tirado T/F13	17	Randwick Botany Harriers Athle	4:53.21
3	Aaron Houston T/F 20	15	Bathurst Athletic Club Inc.	5:06.48
4	Jerome Etteridge T/F20	18	Illawong Revesby Workers Athle	5:22.31

Men 110 Metre Hurdles 91.4cm PARA-amb

	Name	Age	Team	Finals	Wind
Finals					
1	Edward Parker T/F20	17	Hills District Athletic Club I	18.60	0.1
2	Blake Carr T/F20	25	Macquarie Hunter Athletics	18.64	0.1

Men Long Jump PARA-amb

	Name	Age	Team	Finals	Wind
Finals					
1	Blake Carr T/F20	25	Macquarie Hunter Athletics	5.30m	2.1
2	Jack Connors T/F20	20	Independent Athlete	5.04m	1.3
3	Cameron Murray T/F37	17	Parramatta City Track & Field	3.85m	1.3
4	Jackson Love T/F37	13	Sydney Pacific Athletic Club L	3.67m	3.0
5	William Vince-Moin T/F38	21	Armidale Athletics Club	3.56m	1.1

NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019**Sydney Olympic Park Athletic Centre****Results****Men Shot Put PARA-amb**

	Name	Age	Team	Finals
Finals				
1	Cam Crombie T/F38	33	Australia Capital Territory	14.79m
2	Daniel Jennings T/F35	22	Randwick Botany Harriers Athle	10.30m
3	Jack Connors T/F20	20	Independent Athlete	8.32m

Men Discus Throw PARA-amb

	Name	Age	Team	Finals
Finals				
1	Blake Carr T/F20	25	Macquarie Hunter Athletics	27.84m
2	Jack Connors T/F20	20	Independent Athlete	25.70m
3	Joshua Feneley T/F20	15	Hills District Athletic Club I	12.73m

Men Javelin Throw PARA-amb

	Name	Age	Team	Finals
Finals				
1	Cam Crombie T/F38	33	Australia Capital Territory	44.95m
2	Matthew Thompson T47/F46	33	Australia Capital Territory	37.23m
3	Cameron Murray T/F37	17	Parramatta City Track & Field	19.37m

Men 100 Metre Sprint PARA-wc

	Name	Age	Team	Finals	Wind
Finals					
1	Gregory Luff T/F	19	Sutherland District Athletic C	18.67	0.3

Men 200 Metre Sprint PARA-wc

	Name	Age	Team	Finals	Wind
Finals					
1	Gregory Luff T/F	19	Sutherland District Athletic C	33.00	2.8

Men 400 Metre Sprint PARA-wc

	Name	Age	Team	Finals
Finals				
1	Gregory Luff T/F	19	Sutherland District Athletic C	66.76

Men 800 Metre Run PARA-wc

	Name	Age	Team	Finals
Finals				
1	Gregory Luff T/F	19	Sutherland District Athletic C	2:22.24