

**NSW 2021 3000m Championships - 13/11/2021**  
**SOPAC Warm-Up Track**  
**Meet Program - Track and Field**

**Event 13 Women 400 Meter Sprint Open**  
**Saturday 13/11/2021 - 2:36 PM**

<b>Lane</b>	<b>Name</b>	<b>Team</b>	<b>Seed Time</b>
<b>Section 1 of 5 Timed Finals</b>			
1	Alexander, Lucy	Sutherland District Athletics	57.30
2	Monk, Montana	Newcastle Runners	56.80
3	Betham, Damita	Campbelltown Collegians Athlet	56.10
4	O'Reilly, Emma	U.T.S. Northern Suburbs Athlet	55.20
5	Halmy, Bethany	Sydney Pacific Athletic Club L	56.10
6	Boothroyd, Ivy	Sutherland District Athletics	56.50
7	Bennett, Amy	Sutherland District Athletics	57.20
8	Oakley, Bridget	U.T.S. Northern Suburbs Athlet	57.50
<b>Section 2 of 5 Timed Finals</b>			
1	Patriarca, Cora	U.T.S. Northern Suburbs Athlet	1:01.00
2	Blackwell, Jessie	Mingara Athletics Club Inc.	1:00.10
3	Smith, Davina	Sutherland District Athletics	58.00
4	Cason, Olivia	U.T.S. Northern Suburbs Athlet	57.50
5	Wardrobe, Jessica	Sutherland District Athletics	57.50
6	Bates, Eva	U.T.S. Northern Suburbs Athlet	59.70
7	Briffa, Renee	U.T.S. Northern Suburbs Athlet	1:01.00
8	Schultz, Hayley	Hills District Amateur Athleti	1:01.10

**NSW 2021 3000m Championships - 13/11/2021**  
**SOPAC Warm-Up Track**  
**Meet Program - Track and Field**

<b>Section 3 of 5 Timed Finals...(Event 13)</b>	<b>Women 400 Meter Sprint Open)</b>		
1	Charles, Chanel	Asics Wests Track & Field Club	1:03.80
2	Wheadon, Emma	Asics Wests Track & Field Club	1:03.00
3	Bratton, Gemma	U.T.S. Northern Suburbs Athlet	1:02.00
4	Pensini, Amber	Athletics Act	1:01.80
5	Mcevoy, Polly	Sutherland District Athletics	1:02.00
6	Greatrex, Charlotte	U.T.S. Northern Suburbs Athlet	1:02.10
7	Haremaker, Alyssa	Mingara Athletics Club Inc.	1:03.40
<b>Section 4 of 5 Timed Finals</b>			
2	Somerville, Elizabeth	Sydney University Athletics Cl	1:05.50
3	Lee, Emma	Sutherland District Athletics	1:05.00
4	Matar, Lea	Bankstown Sports Athletics Clu	1:04.00
5	Boys, Annika	U.T.S. Northern Suburbs Athlet	1:04.50
6	Suto, Elizabeth	Sutherland District Athletics	1:05.40
7	Marsh, Eliza	Asics Wests Track & Field Club	1:05.80
<b>Section 5 of 5 Timed Finals</b>			
2	Baptist, Madeline	Westfields	1:10.10
3	Cooper, Bella	Sutherland District Athletics	1:08.00
4	Trope, Amelie	Randwick Botany Harriers Athle	1:06.00
5	Williams, Emilia	Run Crew	1:06.00
6	Baptist, Isabella	Westfields	1:08.00
7	Lovell - T/F36, Mali	U.T.S. Northern Suburbs Athlet	1:14.20

**NSW 2021 3000m Championships - 13/11/2021**  
**SOPAC Warm-Up Track**  
**Meet Program - Track and Field**

**Event 14 Men 400 Meter Sprint Open**  
**Saturday 13/11/2021 - 3:00 PM**

<b>Lane</b>	<b>Name</b>	<b>Team</b>	<b>Seed Time</b>
<b>Section 1 of 5 Timed Finals</b>			
1	King, Michael	Trinity Athletics Club	49.60
2	Glascott, Thomas	U.T.S. Northern Suburbs Athlet	49.00
3	Fokas, Mark	U.T.S. Northern Suburbs Athlet	48.50
4	Halpin, Ian	Bankstown Sports Athletics Clu	47.00
5	Mcpaul, James	Athletics Wollongong Inc.	48.30
6	Laurendet, Rohan	Illawong Revesby Workers Athle	48.80
7	Furminger, Corey	U.T.S. Northern Suburbs Athlet	49.50
8	Jeffery, Aaron	U.T.S. Northern Suburbs Athlet	50.00
<b>Section 2 of 5 Timed Finals</b>			
1	Kearney, Danny	Sutherland District Athletics	53.90
2	Mah, Dominic	University of New South Wales	52.50
3	Charlier, Dylan	U.T.S. Northern Suburbs Athlet	52.00
4	Baker, Jack	U.T.S. Northern Suburbs Athlet	51.30
5	Balic, Ivan	Asics Wests Track & Field Club	51.70
6	Rosette, Jarvis	Illawong Revesby Workers Athle	52.20
7	Ockert, George	Bankstown Sports Athletics Clu	53.10
8	Baptist, Lachlan	Westfields	54.00

**NSW 2021 3000m Championships - 13/11/2021**  
**SOPAC Warm-Up Track**  
**Meet Program - Track and Field**

**Section 3 of 5 Timed Finals...(Event 14 Men 400 Meter Sprint Open)**

1	Harden, James	Knox Grammar School	56.00
2	Noyeaux, Ryan	Sutherland District Athletics	55.40
3	Rabinowitz, Joseph	Randwick Botany Harriers Athle	54.90
4	Daley, Finn	Randwick Botany Harriers Athle	54.20
5	Samsa, Daniel	Bankstown Sports Athletics Clu	54.50
6	George, Fynn	U.T.S. Northern Suburbs Athlet	55.00
7	Walker, Oliver	Trinity Athletics Club	56.00
8	Harkness, Lachlan	Campbelltown Collegians Athlet	56.10

**Section 4 of 5 Timed Finals**

2	Baker, Jacob	Campbelltown Collegians Athlet	1:00.00
3	Polson, James	Sydney University Athletics Cl	1:00.00
4	Bowtell, Charlie	Sydney Pacific Athletic Club L	57.00
5	Mcgroder, Mason	Trinity Athletics Club	58.50
6	Kang, Harkaraj	Hills District Amateur Athleti	1:00.00

**Section 5 of 5 Timed Finals**

2	Westwood, Benjamin	Westfields	1:15.10
3	Lark, Kynan	Blue Mountains Athletics Club	1:03.00
4	Lee, Julian	U.T.S. Northern Suburbs Athlet	1:00.00
5	Grewal, Randeep Singh	Hills District Amateur Athleti	1:00.70
6	Ricci, Giacomo	Trinity Athletics Club	1:15.00