

**Zatopek 10**  
**Australian Mens and Womens 10,000 Championships**  
**Box Hill Athletics Track - 26/01/2021**  
**Results - Zatopek 10**

**Women 800 Metres**

National: N 1:58.78 21/07/2019 Catriona Bisset, VIC  
 AV: V 1:58.78 21/07/2019 Catriona Bisset  
 ANSW: W 2:00.57 14/03/1984 Kaylene Coster, NSW  
 AACT: A 2:00.81 12/04/2018 Keely Small, ACT

Name	Year Team	Finals
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**Finals**

1 Bisset, Catriona	94 Victoria	2:02.75
2 Kaan, Brittany	91 Aust Capital Ter	2:04.13
3 Maccagnini, Gigi	02 Victoria	2:06.64
4 Russell, Jemima	99 Victoria	2:07.66
5 Ryan, Matilda	02 New South Wales	2:07.68
6 Hogg, Nicola	03 New South Wales	2:08.87
7 Gist, Connor	94 Victoria	2:15.83
-- Sanford, Ellie	97 Victoria	DNF

**Women 1500 Metres**

National: N 4:00.42 13/09/2020 Jessica Hull, NSW  
 AV: V 4:00.86 26/05/2018 Linden Hall, ESS  
 ANSW: W 4:00.42 13/09/2020 Jessica Hull, NSW  
 QA: Q 4:07.05 2/03/2000 Benita Willis  
 ASA: S 4:09.54 16/07/1984 Donna Gould, ASA  
 AACT: A 4:05.25 17/02/2007 Lisa Corrigan, ACT

Name	Year Team	Finals
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1 Hall, Linden	91 Victoria	4:04.33
2 Blundell, Jenny	94 New South Wales	4:07.71
3 Small, Keely	01 Aust Capital Ter	4:07.89
4 Murray, Madeleine	93 Victoria	4:18.36
5 Eckel, Sarah	99 South Australia	4:19.16
6 Radford, Stella	95 Victoria	4:21.01
7 Adams, Caitlin	97 South Australia	4:21.40
8 Landen, Shanie	91 Victoria	4:27.39
9 Williams, Bernadette	88 Victoria	4:27.63
-- Bisset, Catriona	94 Victoria	DNF

**Women 3000 Metres Ondieki**

National: N 8:44.10 13/07/1984 Donna Gould, SA  
 AV: V 8:56.93 21/07/1994 Susie Power, DON  
 ANSW: W 9:02.11 20/02/1999 Eloise Wellings, NSW

Name	Year Team	Finals
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1 Caldwell, Abbey	01 Victoria	X9:22.35
2 Schiffmann, Sarah	03 New South Wales	9:35.27
3 Rourke, Lucinda	04 Victoria	9:38.67
4 Dickson, Megan	04 Victoria	9:39.61
5 Mcburney, Juliet	01 Victoria	X9:50.88
6 Purcell, Georgie	03 New South Wales	9:55.67
7 Waters, Rebecca	01 Victoria	X10:03.61
8 Thomas, Abigail	03 Victoria	10:08.07
9 Van Der Kamp, Fieke	04 Victoria	10:19.38
10 Goldsworthy, Monique	04 Victoria	10:20.79

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**Women 10000 Metres Nat Champs**

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National: N 30:37.68 23/08/2003 Benita Willis
          AV: V 30:53.57 30/09/2000 Sonia O'Sullivan, GHY
          ANSW: W 31:14.94 12/08/2016 Eloise Wellings, NSW
          QA: Q 30:37.68 28/08/2003 Benita Willis
          ASA: S 31:11.72 30/06/1992 Lisa Ondieki
          Canada: C 31:41.59 2/05/2015 Natasha Wodak
          AACT: A 31:54.57 6/05/1996 Susan Hobson

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Name	Year	Team	Finals
1 Davies, Rose	99	New South Wales	31:39.97
2 Batt-Doyle, Isobel	95	South Australia	31:43.26
3 Seccafien, Andrea	90	Canada	31:45.95
4 Gregson, Genevieve	89	Queensland	32:06.31
5 Ryan, Lauren	98	Victoria	32:16.11
6 Diver, Sinead	77	Victoria	32:36.15
7 Pashley, Ellie	88	Victoria	32:51.42
8 Pompeani, Leanne	96	Aust Capital Ter	32:54.78
9 Palm, Tara	85	South Australia	32:56.39
10 Firsova, Olga	83	Queensland	34:07.27
11 Klein, Sarah	85	Victoria	34:21.34
12 Robertson, Aleesha	97	South Australia	34:22.79
13 Fyfe, Karinna	89	Victoria	34:41.37
14 Maini, Gemma	86	Victoria	35:22.18
15 White, Annabel	99	New South Wales	35:33.90
-- Billings, Sarah	98	Victoria	DNF
-- Rule, Natalie	96	Victoria	DNF

**Women 400 Metres Hurdles (76.2cm)**

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National: N 53.17 28/09/1988 Debbie Flintoff-King, VIC
          AV: V 53.17 28/09/1988 Debbie Flintoff King, GHY Wom
          ANSW: W 53.22 28/08/2003 Jana Pittman, NSW

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Name	Year	Team	Finals
1 Klein, Sara	94	New South Wales	57.03
2 Cowie, Genevieve	95	New South Wales	58.53
3 Wilkinson, Marli	00	Victoria	59.62
4 Palmer, Ashleigh	88	Victoria	1:01.52
5 Larkin, Stephanie	94	Victoria	1:01.53
6 Clarke, Monica	97	Victoria	1:02.73
7 Reynolds, Nicole	99	Victoria	1:03.63
8 Elvey, Paige	03	Victoria	1:04.00

**Women Pole Vault Steve Hooker**

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National: N 4.81m 2/07/2016 Alana Boyd, WA
          AV: V 4.59m 21/03/1998 Emma George, BOH

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Name	Year	Team	Finals
1 Tayler, Georgia	04	Victoria	J3.85m
3.20 3.40 3.60 3.75 3.85 3.95			
0 0 XXO XXO 0 XXX			

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**...Women Pole Vault Steve Hooker**

2	Bradshaw, Cassidy	03 Victoria	J3.85m
	3.40 3.60 3.75 3.85 3.95		
	O O O XO XXX		
3	Kenshole, Elyssia	03 Victoria	J3.85m
	3.40 3.60 3.75 3.85 3.95		
	XO XO O XXO XXX		
4	Gross, Olivia	02 Victoria	3.75m
	3.40 3.60 3.75 3.85		
	O O XO XXX		
5	Mancuso, Tamara	96 Victoria	J3.60m
	3.40 3.60 3.75		
	O O XXX		
6	Melsom, Sarah	01 Victoria	J3.60m
	3.20 3.40 3.60 3.75		
	O O XXO XXX		
7	Davey, Kira	95 Victoria	3.20m
	3.20 3.40		
	O XXX		
--	Green, Alana	92 Victoria	NH
	3.40		
	XXX		

**Women Long Jump Gary Honey**

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National: N 7.05m 12/03/2016 Brooke Stratton, VIC  
AV: V 7.05m 12/03/2016 Brooke Stratton, NWD

Name	Year Team	Finals	Wind
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1	Scerri, Mia	05 Victoria	5.86m	1.1
	5.70m(0.9) 5.85m(0.9) 5.61m(+0.0) 5.86m(1.1) 5.55m(0.5) 5.75m(+0.0)			
2	Grenade, Chloe	99 Victoria	5.76m	0.7
	5.72m(1.9) FOUL(+0.0) 5.76m(0.7) 5.75m(+0.0) 5.69m(0.7) 5.72m(+0.0)			
3	Kyriacou, Audrey	97 Victoria	5.75m	0.2
	5.75m(0.2) FOUL(0.1) 5.44m(0.5) FOUL(2.3) FOUL(0.5) 5.68m(0.5)			
4	Russell, Mietta	02 Victoria	5.56m	0.8
	FOUL(1.5) 5.31m(0.4) 5.29m(0.3) FOUL(0.3) 5.56m(0.8) FOUL(1.1)			
5	Foster, Melissa	78 Victoria	5.46m	+0.0
	5.45m(1.3) 4.97m(0.4) FOUL(0.5) 4.80m(+0.0) 5.28m(0.9) 5.46m(+0.0)			
6	Neideck, Bridget	98 Victoria	5.45m	1.2
	5.42m(2.4) 5.25m(+0.0) 5.27m(1.0) FOUL(+0.0) FOUL(+0.0) 5.45m(1.2)			

**Men 800 Metres**

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National: N 1:44.21 20/07/2018 Joseph Deng, VIC  
AV: V 1:44.21 20/07/2018 Joseph Deng, STK  
ANSW: W 1:45.21 26/08/1999 Grant Kremer, NSW  
QA: Q 1:45.38 15/07/1991 Simon Doyle  
ASA: S 1:46.64 29/02/2020 Dylan Stenson, ASA

Name	Year Team	Finals
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1	Riseley, Jeff	86 Victoria	1:48.11
2	Raper, Lachlan	99 New South Wales	1:49.07
3	Lunn, Jack	01 Victoria	1:49.08
4	Knuckey, Stephen	94 Queensland	1:51.66

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**....Men 800 Metres**

5 Stevens, Jake	94 Victoria	1:52.86
6 May, Harrison	92 South Australia	1:53.82
7 Powne, Darcy	00 Victoria	1:55.80
-- Lonergan, Felix	99 Victoria	DNF

**Men 1500 Metres**

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National: N 3:30.51 25/09/2020 Stewart McSweyn, TAS
          AV: V 3:30.51 25/09/2020 Stewart McSweyn, SSH
          ANSW: W 3:31.06 22/07/2010 Ryan Gregson, NSW
          QA: Q 3:31.96 3/07/1991 Simon Doyle
          ASA: S 3:39.22 13/03/1999 Nick Howarth, ASA
New Zealand: N 3:29.66 17/07/2015 Nicholas Willis
          IPC: I 3:47.78 7/11/2019 Jarryd Clifford, VIC

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Name	Year Team	Finals
1 Williamsz, Jordan	92 Victoria	3:39.59I
2 Gregson, Ryan	90 Queensland	3:39.85I
3 Davies, Callum	99 Queensland	3:40.91I
4 Bol, Peter	94 Victoria	3:42.05I
5 Clarke, Matthew	95 South Australia	3:42.64I
6 Clifford T/F12, Jaryd	99 Victoria	3:42.97I
7 Heyne, Isaac	00 South Australia	3:43.88I
8 Patterson, Zak	95 Victoria	3:45.02I
9 Pyke, Adam	95 New South Wales	3:45.62I
10 Shaw, Luke	01 Western Australia	3:47.82
11 Mathas, Brad	93 New Zealand	3:48.67
12 Herd, Lachlan	98 Victoria	3:49.46
13 Morris, Will	00 Queensland	3:55.92
-- Clayton, Jason	01 Victoria	DNF

**Men 3000 Metres de Castella**

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National: N 7:57.45 13/03/2009 Ryan Gregson, NSW
          AV: V 7:58.65 17/08/1991 Paul Patrick, DON
          ANSW: W 7:57.45 13/03/2009 Ryan Gregson, NSW
          ASA: S 8:00.76 21/01/2009 Richard Everest, ASA

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Name	Year Team	Finals
1 Spencer, Adam	01 Victoria	X8:18.30
2 Fryer, Drew	01 New South Wales	X8:21.27
3 Clifford, Samuel	02 Tasmania	8:22.54
4 Hussey, Matthew	01 Victoria	X8:23.32
5 Goddard, Adam	03 South Australia	8:28.25
6 Buckeridge, Douglas	03 Victoria	8:28.29
7 Noakes, Archie	04 Victoria	8:30.37
8 Collins, William	01 Victoria	X8:32.10
9 Garbelotto, William	03 Victoria	8:32.42
10 Fidler, Nicholas	01 Victoria	X8:33.13
11 Kelly, Daniel	03 New South Wales	8:40.51
12 Roberts, Aidan	02 Victoria	8:45.71
13 Bishop, Ben	01 New South Wales	X8:46.57
14 Collins, Joshua	01 Victoria	X8:47.29
15 Gorman, Kieran	02 New South Wales	8:50.68

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**...Men 3000 Metres de Castella**

16 Greig, David	01 Victoria	X8:51.17
17 Enno, Lachlan	01 Victoria	X9:12.10

**Men 10000 Metres Nat Champs**

National: N 27:22.55	5/12/2020	Patrick Tiernan, QLD
AV: V 27:23.80	14/12/2019	Stewart McSweyn, SSH
ANSW: W 27:24.95	1/05/2011	Ben St Lawrence, NSW
QA: Q 27:22.55	5/11/2020	Patrick Tiernan
ASA: S 27:54.93	21/01/2002	Brett Catwright, ASA
TAS: T 27:23.80	14/12/2019	Stewart McSweyn
New Zealand: N 27:30.90	13/03/2018	Jake Robertson

Name	Year Team	Finals
1 Robinson, Brett	91 Victoria	28:00.25
2 Rayner, Jack	95 Victoria	28:13.42
3 Mcneill, David	86 Victoria	28:16.86
4 Goddard, Ed	97 New South Wales	28:23.93
5 Buchanan, Andrew	91 Victoria	28:35.11
6 Do Canto, Thomas	86 New South Wales	28:35.69
7 Cocks, Riley	95 South Australia	28:45.50
8 Tall, Kieren	98 New South Wales	29:03.68
9 Vincent, Tim	98 Queensland	29:06.12
10 Potter, Adrian	95 South Australia	29:15.13
11 Waring, Andre	93 Victoria	29:23.67
12 Cocks, Jacob	94 South Australia	29:46.46
13 Kelly, Ben	96 Victoria	29:47.57
14 McAfee, Louis	96 Queensland	30:03.24
15 Thorpe, Thomas	96 Victoria	30:12.61
16 Boudin, Liam	97 Queensland	30:13.34
17 Maisey, Joshua	93 New Zealand	30:20.52
18 Perkins, Kieren	92 Queensland	30:50.96
19 Earl, Nicholas	84 Tasmania	31:14.61
-- Buckingham, Ben	91 Victoria	DNF
-- Mcentee, Sam	92 Victoria	DNF
-- Holden, Jack	95 Victoria	DNF

**Men 400 Metres Hurdles (94.1cm)**

National: N 48.28	31/07/1996	Rohan Robinson, VIC
AV: V 48.28	1/08/1996	Rohan Robinson, GHY
QA: Q 49.08	18/03/2000	Blair Young

Name	Year Team	Finals
1 Fry, Conor	98 Victoria	51.32
2 Symons, Fraser	01 Queensland	51.36
3 Tsotsos, Michael	99 Victoria	53.03
4 Schmidt, Cooper	01 Queensland	53.31
5 Plant, Toby	93 Victoria	55.13

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**Men Pole Vault Steve Hooker**

National: N 6.06m 7/02/2009 Steven Hooker, WA						
AV: V 5.96m 3/09/2006 Steven Hooker, BOH						
Name	Year Team					Finals
1 Woods, James	03 Victoria					4.95m
	4.40	4.60	4.75	4.85	4.95	5.05
	O	O	O	XO	O	XXX
2 Cram, Wilson	03 Victoria					4.85m
	4.40	4.60	4.75	4.85	4.95	
	XXO	O	XXO	XXO	XXX	
3 Di Medio, Dalton	00 Victoria					J4.75m
	4.40	4.60	4.75	4.85		
	O	XXO	O	XXX		
4 Pocklington, Joel	86 Victoria					J4.75m
	4.60	4.75	4.85			
	O	XO	XXX			
5 Di Medio, Andre	04 Victoria					4.40m
	4.00	4.20	4.40	4.60		
	O	XO	XXO	XXX		
6 Paynter, Christian	97 Victoria					4.20m
	4.00	4.20	4.40			
	O	XO	XXX			
7 Guglielmino, Jade	02 Victoria					4.00m
	4.00	4.20				
	O	XXX				

**Men Long Jump Gary Honey**

National: N 8.54m 29/07/2011 Mitchell Watt, QLD						
AV: V 8.27m 20/08/1984 Gary Honey, Keon Park						
Name	Year Team				Finals	Wind
1 Roper, Darcy	98 Victoria				7.96m	1.0
	7.67m(0.8)	7.96m(1.0)	7.73m(0.2)	FOUL(0.5)	PASS	PASS
2 Mitrevski, Christopher	96 Victoria				7.72m	0.1
	7.19m(0.9)	FOUL(1.0)	FOUL(1.3)	PASS	7.38m(0.1)	7.72m(0.1)
3 Chandrasena, Amiru	02 Victoria				7.13m	0.6
	6.84m(0.7)	7.08m(0.6)	7.08m(0.8)	7.12m(0.3)	7.13m(0.6)	FOUL(0.2)
4 Froomes, Charlie	03 Victoria				6.87m	0.2
	6.62m(+0.0)	6.74m(1.2)	6.87m(0.2)	FOUL(0.9)	6.82m(2.6)	6.82m(+0.0)
5 Williams, Harrison	99 Victoria				6.81m	0.6
	6.74m(2.4)	6.77m(1.2)	6.81m(0.6)	FOUL(0.3)	PASS	PASS