

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

**Event 1 Men 400 Metre Hurdles (94.1cm) Open**

Tuesday 26/01/2021 - 4:55 PM

**National:** 48.28 31/07/1996 Rohan Robinson, VIC**Vic State:** 48.28 1/08/1996 Rohan Robinson, GHY

Comp#	Name	Year	Team	Seed Time
1	Fry, Conor	98	Victoria	
2	Hurwood, Sam	01	Queensland	
3	Major, Luke	94	Victoria	
4	Murrant, Harvey	99	Victoria	
5	Plant, Toby	93	Victoria	
6	Schmidt, Cooper	01	Queensland	
7	Symons, Fraser	01	Queensland	
8	Tsotsos, Michael	99	Victoria	

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**Event 2 Women 400 Metre Hurdles (76.2cm) Open**

Tuesday 26/01/2021 - 5:10 PM

**National:** 53.17 28/09/1988 Debbie Flintoff-King, VIC  
**Vic State:** 53.17 28/09/1988 Debbie Flintoff King, GHY Women

Comp#	Name	Year	Team	Seed Time
1	Clarke, Monica	97	Victoria	
2	Cowie, Genevieve	95	New South Wales	
3	Klein, Sara	94	New South Wales	
4	Larkin, Stephanie	94	Victoria	
5	Palmer, Ashleigh	88	Victoria	
6	Reynolds, Nicole	99	Victoria	
7	Wilkinson, Marli	00	Victoria	
8	Yacono, Olivia	02	Victoria	

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**Event 3 Men 800 Metre Run**  
**Tuesday 26/01/2021 - 5:25 PM**

**National:** 1:44.21 20/07/2018 Joseph Deng, VIC

**Vic State:** 1:44.21 20/07/2018 Joseph Deng, STK

Comp#	Name	Year	Team	Seed Time
1	Knuckey, Stephen	94	Queensland	
2	Lunn, Jack	01	Victoria	
3	May, Harrison	92	South Australia	
4	Raper, Lachlan	99	New South Wales	
5	Reed, Jacob	94	Victoria	
6	Riseley, Jeff	86	Victoria	
7	Stevens, Jake	94	Victoria	
8	Young, Luke	01	New South Wales	

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**Event 4 Women 800 Metre Run**

Tuesday 26/01/2021 - 5:35 PM

**National:** 1:58.78 21/07/2019 **Catriona Bisset, VIC****Vic State:** 1:58.78 21/07/2019 **Catriona Bisset**

Comp#	Name	Year	Team	Seed Time
1	Bisset, Catriona	94	Victoria	
2	Cox, Hannah	98	Queensland	
3	Gist, Connor	94	Victoria	
4	Hogg, Nicola	03	Victoria	
5	Kaan, Brittany	91	Australian C	
6	Maccagnini, Gigi	02	Victoria	
7	Russell, Jemima	99	Victoria	
8	Ryan, Matilda	02	New South Wales	

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**Event 5 Women Pole Vault Steve Hooker Open**  
**Tuesday 26/01/2021 - 5:45 PM**

**National:** 4.81m 2/07/2016 Alana Boyd, WA  
**Vic State:** 4.59m 21/03/1998 Emma George, BOH

Comp#	Name	Year	Team	Seed Mark
1	Bradshaw, Cassidy	03	Victoria	
2	Davey, Kira	95	Victoria	
3	Green, Alana	92	Victoria	
4	Gross, Olivia	02	Victoria	
5	Kenshole, Elyssia	03	Victoria	
6	Mancuso, Tamara	96	Victoria	
7	Melsom, Sarah	01	Victoria	
8	Tayler, Georgia	04	Victoria	

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**Event 6 Men Pole Vault Steve Hooker****Tuesday 26/01/2021 - 5:45 PM****National: 6.06m 7/02/2009 Steven Hooker, WA****Vic State: 5.96m 3/09/2006 Steven Hooker, BOH**

<b>Comp#</b>	<b>Name</b>	<b>Year</b>	<b>Team</b>	<b>Seed Mark</b>
1	Cram, Wilson	03	Victoria	
2	Di Medio, Andre	04	Victoria	
3	Di Medio, Dalton	00	Victoria	
4	Guglielmino, Jade	02	Victoria	
5	Harris, Liam	97	Victoria	
6	Paynter, Christian	97	Victoria	
7	Pocklington, Joel	86	Victoria	
8	Woods, James	03	Victoria	

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**Event 7 Men Long Jump Gary Honey****Tuesday 26/01/2021 - 5:50 PM****National: 8.54m 29/07/2011 Mitchell Watt, QLD****Vic State: 8.27m 20/08/1984 Gary Honey, Keon Park**

<b>Comp#</b>	<b>Name</b>	<b>Year</b>	<b>Team</b>	<b>Seed Mark</b>
1	Chandrasena, Amiru	02	Victoria	
2	Hatch, Ryan	00	Victoria	
3	Mitreviski, Christopher	96	Victoria	
4	Roper, Darcy	98	Victoria	
5	Smith, Henry	96	Victoria	
6	Williams, Harrison	99	Victoria	

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**Event 8 Women Long Jump Gary Honey****Tuesday 26/01/2021 - 5:50 PM****National: 7.05m 12/03/2016 Brooke Stratton, VIC****Vic State: 7.05m 12/03/2016 Brooke Stratton, NWD**

<b>Comp#</b>	<b>Name</b>	<b>Year</b>	<b>Team</b>	<b>Seed Mark</b>
1	Foster, Melissa	78	Victoria	
2	Grenade, Chloe	99	Victoria	
3	Kyriacou, Audrey	97	Victoria	
4	Neideck, Bridget	98	Victoria	
5	Russell, Mietta	02	Victoria	
6	Scerri, Mia	05	Victoria	

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**Event 9 Women 3000 Metre Run Ondiecki**  
**Tuesday 26/01/2021 - 5:50 PM**

**National:** 8:44.10 13/07/1984 Donna Gould, SA  
**Vic State:** 8:56.93 21/07/1994 Susie Power, DON

Comp#	Name	Year	Team	Seed Time
1	Caldwell, Abbey	01	Victoria	
2	Dickson, Megan	04	Victoria	
3	Goldsworthy, Monique	04	Victoria	
4	Mcburney, Juliet	01	Victoria	
5	Purcell, Georgie	03	New South Wales	
6	Rourke, Lucinda	04	Victoria	
7	Schiffmann, Sarah	03	New South Wales	
8	Thomas, Abigail	03	Victoria	
9	Van Der Kamp, Fieke	04	Victoria	
10	Waters, Rebecca	01	Victoria	

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**Event 10 Men 3000 Metre Run de Castella**  
**Tuesday 26/01/2021 - 6:10 PM**

**National:** 7:57.45 13/03/2009 Ryan Gregson, NSW

**Vic State:** 7:58.65 17/08/1991 Paul Patrick, DON

Comp#	Name	Year	Team	Seed Time
1	Bishop, Ben	01	New South Wales	
2	Buckeridge, Douglas	03	Victoria	
3	Clifford, Samuel	01	Tasmania	
4	Collins, Joshua	01	Victoria	
5	Collins, William	01	Victoria	
6	Di Conza, Luca	03	Victoria	
7	Enno, Lachlan	01	Victoria	
8	Fidler, Nicholas	01	Victoria	
9	Garbelotto, William	03	Victoria	
10	Goddard, Adam	03	South Australia	
11	Gorman, Kieran	02	New South Wales	
12	Hussey, Matthew	01	Victoria	
13	Kelly, Daniel	03	New South Wales	
14	Marks, Edward	01	Victoria	
15	Mcgaughran, Elliott	01	New South Wales	
16	Noakes, Archie	04	Victoria	
17	Roberts, Aidan	02	Victoria	
18	Spencer, Adam	01	Victoria	

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**Event 11 Women 10000 Metre Run Nat Champs**

Tuesday 26/01/2021 - 6:30 PM

National: 30:37.68 23/08/2003 Benita Willis, VIC

Vic State: 30:53.57 30/09/2000 Sonia O'Sullivan, GHY

Comp#	Name	Year	Team	Seed Time
1	Batt-Doyle, Isobel	95	South Australia	
2	Billings, Sarah	98	Victoria	
3	Davies, Rose	99	New South Wales	
4	Diver, Sinead	77	Victoria	
5	Firsova, Olga	83	Queensland	
6	Fyfe, Karinna	89	Victoria	
7	Gregson, Genevieve	89	Queensland	
8	Klein, Sarah	85	New South Wales	
9	Maini, Gemma	86	Victoria	
10	Palm, Tara	85	South Australia	
11	Pashley, Ellie	88	Victoria	
12	Pompeani, Leanne	96	Australian C	
13	Robertson, Aleesha	97	South Australia	
14	Rule, Natalie	96	Victoria	
15	Ryan, Lauren	98	Victoria	
16	Seccafien, Andrea	90	Canada	
17	Stenson, Jessica	87	South Australia	
18	White, Annabel	99	New South Wales	
19	Wood, Casey	89	New South Wales	

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**Event 12 Women 1500 Metre Run**

Tuesday 26/01/2021 - 7:15 PM

**National:** 4:00.42 13/09/2020 Jessica Hull, NSW**Vic State:** 4:00.86 26/05/2018 Linden Hall, ESS

Comp#	Name	Year	Team	Seed Time
1	Adams, Caitlin	97	South Australia	
2	Blundell, Jenny	94	New South Wales	
3	Cox, Hannah	98	Queensland	
4	Eckel, Sarah	99	South Australia	
5	Feain-Ryan, Cara	99	Queensland	
6	Hall, Linden	91	Victoria	
7	Hansen, Georgia	98	Victoria	
8	Landen, Shanie	91	Victoria	
9	Murray, Madeleine	93	Victoria	
10	Radford, Stella	95	Victoria	
11	Small, Keely	01	Australian C	
12	Spencer, Kate	95	New South Wales	
13	Thornton-Bott, Isabella	98	New South Wales	
14	Williams, Bernadette	88	Victoria	

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**Event 13 Men 1500 Metre Run**  
**Tuesday 26/01/2021 - 7:25 PM**

**National:** 3:30.51 25/09/2020 Stewart McSweyn, TAS  
**Vic State:** 3:30.51 25/09/2020 Stewart McSweyn, SSH

Comp#	Name	Year	Team	Seed Time
1	Beischer, Edward	99	Victoria	
2	Bol, Peter	94	Victoria	
3	Clarke, Matthew	95	South Australia	
4	Clifford T/F12, Jaryd	99	Victoria	
5	Davies, Callum	99	Queensland	
6	Gregson, Ryan	90	Queensland	
7	Heyne, Isaac	00	South Australia	
8	Mathas, Brad	93	New Zealand	
9	Morris, Will	00	Queensland	
10	Newell, Richard	93	New South Wales	
11	Pace Deng, Joseph		Victoria	
12	Patterson, Zak	95	Victoria	
13	Pyke, Adam	95	New South Wales	
14	Shaw, Luke	01	Western Australia	
15	Tanner, Sam	00	New Zealand	
16	Williamsz, Jordan	92	Victoria	

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**Event 14 Men 10000 Metre Run Nat Champs**  
**Tuesday 26/01/2021 - 7:40 PM**

**National:** 27:22.55 5/12/2020 Patrick Tiernan, QLD  
**Vic State:** 27:23.80 14/12/2019 Stewart McSweyn, SSH

Comp#	Name	Year	Team	Seed Time
1	Boudin, Liam	97	South Australia	
2	Buchanan, Andrew	91	Victoria	
3	Buckingham, Ben	91	Victoria	
4	Cocks, Jacob	94	South Australia	
5	Cocks, Riley	95	South Australia	
6	Do Canto, Thomas	86	New South Wales	
7	Earl, Nicholas	84	Tasmania	
8	Goddard, Ed	97	New South Wales	
9	Holden, Jack	95	Victoria	
10	Hudson, Matthew	85	New South Wales	
11	Kelly, Ben	96	Victoria	
12	Maisey, Joshua	93	New Zealand	
13	Mcafee, Louis	96	Queensland	
14	Mcintee, Sam	92	Victoria	
15	Mcneill, David	86	Victoria	
16	Mcsweyn, Stewart	95	Victoria	
17	Perkins, Kieren	92	Queensland	
18	Potter, Adrian	95	South Australia	
19	Rayner, Jack	95	Victoria	
20	Robinson, Brett	91	Victoria	
21	Tall, Kieren	98	New South Wales	
22	Thorpe, Thomas	96	Victoria	
23	Vincent, Tim	98	Queensland	
24	Waring, Andre	93	Victoria	
25	Williamsz, Jordan	92	Victoria	

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