

2020 Country Championship results for Nowra Athletics Club

1. Liam O'Leary

U9

200m	3 rd	37.88
800m	3 rd	3.25.52
Shot	1 st	4.37m
100m	4 th	18.90
Long jump	4 th	2.42m

2. Tom Smart

U9

800m	4 th	3.31.46
Long jump	5 th	2.30m

3. Evie Smart

U10

200m	6 th	39.06
800m	5 th	3.28.37
Shot	5 th	2.54m
100m	7 th	19.50
Long jump	foul	

4. Noah Dyball

U10

200m	4 th	41.98
800m	3 rd	3.41.89
Shot	3 rd	3.73m
100m	4 th	21.04
Long jump	4 th	2.34m

5. Rose Atkins

U10

200m	4 th	33.34
800m	2 nd	3.02.56
Shot	4 th	4.09m
100m	4 th	16.23
Long jump	3 rd	3.27m

6. Elsie Proctor

U10

800m	3 rd	3.04.33
100m	5 th	18.35
1500m (U13)	3 rd	6.27.01
Long jump	6 th	3.00m

7. Taj Goddard

U10

200m	1 st	34.71
800m	1 st	2.57.03
Shot	1 st	6.59m
100m	1 st	17.52
Long jump	1 st	3.00m
Discus (U13)	11 th	11.31m

8. Flynn O'Leary

U11

200m	5 th	34.73
800m	6 th	3.32.45
Shot	1 st	7.08m
100m	3 rd	16.89
Long jump	4 th	2.55m
Discus U13	10 th	12.71m

9. Patrick O'Leary

U13

200m	3 rd	30.18
800m	7 th	3.05.45
100m	3 rd	15.07
Discus	3 rd	19.43m
High jump	4 th	1.25m
Long jump	7 th	3.74m
Javelin	3 rd	17.19m
Shot	7 th	6.75m

10. Jett Goddard

U13

200m	6 th	31.14
800m	4 th	2.40.73
Long jump	5 th	3.75m
1500m	5 th	5.25.07
Javelin	1 st	21.58m
Shot	3 rd	7.37m

11. Kalani Hay

U13

200m	2 nd	33.20
800m	2 nd	3.05.37
1500m	2 nd	6.09.92
400m	4 th	1.18.11

12. Charlie Fay

U13

800m	3 rd	2.38.46
Discus	9 th	12.83m
High jump	1 st	1.35m
Long jump	5 th	3.75m
1500m	3 rd	5.20.27

13. Taj Barrett

U13

100m	7 th	16.91
Discus	2 nd	25.43m
Javelin	7 th	14.99m
Shot	2 nd	7.55m

14. Alisha Mustapic

U14

200m	4 th heat 30.07	8 th final 30.72
100m	7 th	14.71
80mhurdles	3 rd	15.93
Javelin	5 th	16.66m

15. Mia Stevens

U14

200m 3rd heat 29.45 7th final 30.65
100m 6th 14.65
Long jump 4th 3.98m

16. Jonah Watson

U14

200m 2nd heat 29.75 5th final 29.95
100m 3rd heat 14.58 4th final 14.27
Long jump 2nd 4.07m
90m hurdles 5th 19.29

17. Toby Dyball

U14

200m 3rd heat 29.76 4th final 29.62
800m 4th 2.48.70
100m 2nd heat 14.56 5th final 14.27
Long jump 4th 3.82m
400m 3rd heat 1.08.64 4th overall
1500m 2nd 5.16.21

18. Ruby Marshall

U15

200m 7th 29.27
100m 8th 14.05
Shot 5th 7.15m
Long jump 3rd 4.26m
90m hurdle 3rd 18.34
400m 3rd heat 1.11.05 8th overall
Javelin 6th 19.60m

19. Henry Parrish

U15

200m 8th 29.45
100m 6th 14.73
400m 6th 1.04.71

20. Cooper Barrett

U15

800m	3 rd	2.30.04
Discus	3 rd	23.22m
1500m	2 nd	5.08.31
400m	7 th	1.08.03

21. Charlie Heidke

U15

200m	3 rd	26.06
100m	4 th	13.09
High jump	2 nd	1.55m
Long jump	2 nd	4.78m
400m	4 th	1.0068

22. Riley Power

U15

200m	6 th	26.89
100m	5 th	13.51

23. Will Dyball

U16

800m	1 st	2.08.87
Steeple	2 nd	6.50.01
3000m	2 nd	10.26.92
1500m	4 th	4.43.99
400m	2 nd	58.11

24. Ella Dyball

U17

3000m	1 st	12.44.75
800m	2 nd	2.39.87
Steeple	1 st	8.31.45
400m hurdle	1 st	1.18.56
1500m	1 st	5.35.40

25. Jacob Pepper

U17

800m	2 nd	2.27.65
Steeple	1 st	7.59.23
3000m	3 rd	10.31.39
1500m	3 rd	5.02.66

26. Jack Hay

U17

200m	5 th	25.55
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27. Nash Hay

U17

800m	1 st	2.12.81
3000m	4 th	10.34.29
1500m	2 nd	4.48.45
400m	4 th	57.01

28. Jackson Jennings

U18

200m	3 rd	26.21
Long jump	3 rd	4.94m
100m	3 rd	13.11
400m	5 th	1.00.76
Triple jump	2 nd	9.48m

29. Cam Musgrove

Opens

800m	2 nd	1.57.70
1500m	1 st	4.12.17
400m	5 th	52.73

30. Leanne O'Leary

30-39 years

Hammer	2 nd	17.93m
Discus	4 th	18.24m
Javelin	3 rd	18.32m
Shot	3 rd	7.06m

31. Karly Goddard

30-39 years

800m	2 nd	2.51.13
Steeple	1 st	9.16.44 RECORD
100m	2 nd	15.06
Discus	2 nd	20.47m
1500m	4 th	6.08.45
Shot	2 nd	7.53m

32. Erin Smart

30-39 years

200m	1 st	26.47
800mOPENS	2 nd	2.25.89
100m	1 st	13.19
400m	1 st	1.00.91

33. Tiffany Atkins

40-49 years

200m	4 th	33.33
800m	3 rd	3.03.97
100m	6 th	16.66
1500m	3 rd	6.37.86
Shot	7 th	5.10m

34. Paul Musgrove

40-49 years

200m	5 th	27.71
800m	5 th	2.56.56
High jump	1 st	1.45m
100m	5 th	13.62
Long jump	1 st	4.85m
400m	4 th	1.03.83

35. Darlene Musgrove

40-49 years

800m	5 th	3.28.84
5000m	1 st	29.23.18
1500m	4 th	7.19.47

36. Gavin Dyball

40-49 years

800m	1 st	2.29.90
5000m	2 nd	22.47.74
1500m	1 st	5.21.23
400m	5 th	1.06.46

37. Glen Mustapic

40-49 years

800m	4 th	2.56.08
5000m	1 st	22.12.18
1500m	2 nd	5.42.20

38. Tracey Barrett

40-49 years

800m	4 th	3.24.65
Discus	6 th	17.07m
400m	2 nd	1.17.32
Shot	5 th	6.29m

39. Kane Barrett

40-49 years

Hammer	2 nd	23.41m
Shot	4 th	10.69m
Discus	2 nd	32.48m
Javelin	5 th	30.16m

40. Mel Jennings

50-59 years

Hammer	3 rd	23.78m
Discus	3 rd	21.36m
Javelin	4 th	16.65m
Shot	3 rd	8.81m

41. Carl Heidke

50-59 years

Hammer	3 rd	19.07m
100m	3 rd	14.97
Shot	3 rd	8.61m

42. Mark O’Leary

50-59 years

Javelin	4 th	26.29m
200m	3 rd	30.91
100m	4 th	14.99
Discus	2 nd	28.30m
400m	3 rd	1.16.09
Shot	4 th	7.85m

43. Geoff Crook

50-59 years

Discus	4 th	24.51m
Javelin	3 rd	31.18m

44. Peter Dooley

60-69 years

800m	1 st	2.29.42
1500m	1 st	5.09.05

45. Ron Cox

60-69 years

Discus	2 nd	34.70m
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ATHLETE TOTAL: 45

MEDAL TALLY

GOLD – 29

SILVER – 32

BRONZE - 39