

NSW 10000m Championships – The Ridge Athletics Track

Saturday 28th November 2021

Athlete	Event - Open	Performance	Place	No. of Competitors
Jordan Awad	Men 10000m B Race	34:33.95s	2	11
Jose Carvalho	Men 10000m B Race	38:30.98s	4	11

Illawong High Velocity Meet 1 – The Ridge Athletics Track

Saturday 28th November 2021

Athlete	Event - Open	Performance	Place	No. of Competitors
Andrew Goschnik	Men 100m	10.80s	9	116
	Men 200m	22.25s	8	56
Luke Goschnik	Men 100m	11.07s	32	116
Riley Crawford	Men 100m	11.27s	42	116
	Men 200m	23.29s	28	56
Nick Muir	Men 100m	11.47s	59	116
	Men 400m	51.04s	3	32
Gordan Damcevski	Men 100m	11.47s	62	116
Sean Noyeaux	Men 100m	11.69s	74	116
Adam Bridger	Men 100m	12.00s	87	116
Iram Palma	Men 200m	23.54s	32	56
Sienna Latanis	Women U17 Shot Put 3kg	8.73m	5	7
Lowami Carati	Women U17 Shot Put 3kg	8.03m	6	7
Jone Tuqiri	Men U13 Shot Put 3kg	8.23m	4	5