

## NSW 3000m Championships – ES Marks

Saturday 29th October 2022

Athlete	Event - Open	Performance	Place	No. of Competitors
Ada Rand	Women Championship 3000m Race	9:45.30s	8	19
Sari McKee	Women 3000m C Race	10:21.60s	3	19
Keira Bauer	Women 3000m D Race	10:57.92s	13	23
Layla White	Women 3000m F Race	11:04.06s	1	20
Todd Peters	Men 3000m E Race	9:07.17s	5	22
Owen Lovell-Ward	Men 3000m K Race	<b>10:34.21s New U14 St George Record</b>	1	25

## Illawong High Velocity Meet 1 – Barden Ridge

Saturday 29th October 2022

Athlete	Event	Performance	Place	No. of Competitors
Iram Palma	Open Men 100m	11.27s	24	78
	Open Men 200m	23.14s	22	47
Lucas Miljak	Open Men 100m	11.88s	52	78
	Open Men 200m	24.17s	34	47
Blake Jenkins	Open Men 100m	12.55s	67	78
Dante Miguel Saiz	Open Men 100m	12.73s	69	78
	Open Men 200m	25.62s	40	47
Matthew Miljak	Open Men 100m	14.66s	76	78