

NSW 5000m Championships & supporting events – SOPAC Warm Up Track

Saturday 10th February 2024

Athlete	Event - Open	Performance	Place	No. of Competitors
Mark Simpson	Men 5000m D Race	15:56.05s	1	23
Todd Peters	Men 5000m D Race	16:06.84s	6	23
Aleksandr Bolshakov	Men 5000m D Race	16:16.54s	8	23
Christian Lotter	Men 5000m D Race	16:29.16s	15	23
Robyn Basman	Mixed 5000m Community Run	22:48.81s	7	7
Remy Mitchell (14)	Men Pole Vault Open 1.80m Start	2.60m Broke St George U16 Men Record	5	6

Illawong High Velocity III Meet – Barden Ridge

Saturday 10th February 2024

Athlete	Event	Performance	Place	No. of Competitors
Rhema Adelaja (14)	Open Women 100m	12.28s	14	76
	Open Women 200m	26.28s	13	44
Luke McKay (21)	Open Men 100m	11.03s	27	121
	Open Men 200m	23.17s	27	83
Samuel Humphreys (16)	Open Men 200m	23.59s	35	83
Matthew Miljak (14)	Open Men 100m	13.07s	111	121
	Open Men 200m	27.14s	78	83
Joseph Karam (18)	Open Men 100m	11.29s	50	121
Emmanuel Vlachos (22)	Open Men 100m	12.10s	91	121
Riley Edwards (18)	Open Men 200m	24.95s	69	83