

2026 Chemist Warehouse Adelaide Invitational, Adelaide Saturday 14 March 2026 (Continental Tour Bronze Meet)

Extended Start Lists - compiled by David Tarbotton

Friday 13 March 2026

18:00 MEN - Hammer Throw								
RECORDS: MEET - Sean Carlin SA 77.58m (1994); AUST - Stuart Rendell ACT 79.29m (2002) in Croatia; AUST ALLCOMERS - Koji Murofushi JPN 82.94m (2001) in Brisbane.								
QUALIFYING STANDARD: Commonwealth Games 73.00m - nil quals; World U20 Championships 68.00m (6kg) - Ky Garratt N, Xavier Lealama T								
2025 AUST CHAMPIONSHIPS: 1) Jett Carlin 65.18, 2) Timothy Heyes 64.66, 3) Costa Kousparis 61.69, 4) Damian Wells 60.99, 5) Connor Hopgood 60.75, 6) Ben Roberts 59.11								
2024 AUST CHAMPIONSHIPS: Costa Kousparis 66.00m, Tim Heyes 60.93m, Ben Roberts 60.67m, Damian Wells 60.23m, Sam Perkins 57.59m, Kevin Healy 56.90m, Jackson Mellor 56.65m, William Gilmore 52.52m, Lachlan Schoepf 50.99m								
2023 AUST CHAMPIONSHIPS: 1. Ned Weatherly VIC 68.81m; 2. Costa Kousparis NSW 67.77m; 3. Timothy Heyes NSW 65.86m; 4. Jett Carlin SA 64.49m; 5. Benjamin Roberts QLD 58.32m; 6. Damian Wells ACT 58.28m; 7. Elliott Housden QLD 55.56m; 8. Caleb Kirkpatrick TAS 53.78m;								
Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Jackson Mellor	T	Dale Stevenson	22	58.67	57.60	2025 Tasmanian Hammer Throw champion	
2	Connor Hopgood	Q	Matthew Symonds	18	60.75	n/a	2025 Australian U20 and U18 champions	
3	Tim Heyes	N	Peter Farmer	28	68.31 (22)	68.20m	Current and 3-time NSW champion NSW Champion 2025, 2023 and 2021	-Set PB at 2022 STC -His father Tim Heyes 2-time Australian junior champ -His coach Peter Farmer #3 Australian all-time and former National record holder
4	Shota Fukuda	JPN		25	74.57	n/a	3-time Japanese National champion; competed 2025 World Championships	
5	Damien Wells	N	Ernie Shankelton	22	62.41	62.41	4th 2025 Australian Championships	
6	James Joycey	V	Bruce Joycey	26	71.21	71.21	2023 NCAA finalist Last month in the US, he set a PB and moved from #16 to #10 Australian all-time.	Adelaide will be his first throw in Australia since December 2022 - over 3 years. Majoring in mathematics at Uni of North Carolina.
7	Ryota Kashimura	JPN		34	72.92	n/a	4-time National champion; 4th place 2023 Asian Games	

18:45 MEN - 4x100m relay							
RECORDS: MEET - 39.94 Victoria (1995); AUST - 37.87 Australia (2025); AUST Allcomers - 37.61 USA (2000); AUS U20 - Australia 39.12 (2024)							
Lar	Name						
3	Northern Districts AC						
4	Australia Green						
5	Australia Gold						
6	Australia U20						
7	Northern Fast Trak Plus						

18:54 WOMEN Triple Jump

RECORDS: MEET - Baya Rahouli ALG 14.42w (2000); **AUST** - Nicole Mladenis WA 14.04m (2002); **AUST U20** - Linda Allen QLD 13.36m (2006)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 14.00m - nil qual; World Indoors 14.15m - nil qual; World U20 Champs 13.00m: Izzy Louison-Roe

2026 PERTH TRACK CLASSIC: 1) Izobelle Louison-Roe 13.47w, 2) Desleigh Owusu 13.45w, 3) Brooke Buschkuehl 12.79w, 4) Karla Boras 12.48, 5) Sophie Williams 12.27, 6) Zoe Hooker 12.19

2025 SYDNEY TRACK CLASSIC: 1) Desleigh Owusu 13.56, 2) Annabelle Parmegiani 12.56;

2025 AUSTRALIAN CHAMPS: 1) Desleigh Owusu 13.75, 2) Alexandra Kanowski 13.38w, 3) Tiana Boras 13.21, 4) Tia Louise Rozario SGP 12.74w, 5) Chloe Grenade 12.71, 6) Sophie Zarafa 12.62w, 7) Olivia Dimech 12.26, 8) Melissa Foster 11.66, Annabelle Parmegiani NM, Kayla Cuba NM,

2024 AUSTRALIAN CHAMPS: Desleigh Owusu 13.59m(+1.0)(q 13.62m +0.6), Kayla Cuba 13.26m(-0.3)(q 13.42m +0.3), Chloe Grenade 12.92m(-0.4)(q 12.87m +0.0), Annabelle Parmegiani 12.85m(+0.2), Caitlin Blackman 12.76m(-0.4), Zoe Edwards 12.67m(-0.7)

2023 AUSTRALIAN CHAMPS: 1. Desleigh Owusu NSW 13.33m(-0.3); 2. Kayla Cuba QLD 13.05m(-1.3); 3. Annabelle Parmegiani NSW 12.88m(-0.9); 4. Caitlin Blackman WA 12.68m(-0.1); 5. Alexandra Kanowski QLD 12.64m(-0.7);

Lan	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Alexandra Kanowski	Q	Gary Cairns	31	12.90 (19)	12.30	Silver medallist 2025 Australian Championships	PB dates back to 2019 - 7 years ago
2	Tiana Boras	V	Alwyn Jones	21	13.30 (22)	nil	Bronze medallist 2022 World U20 Championships Australian U18 Triple Jump record holder Bronze medallist 2025 Australian Championships	Has Croation heritage and speaks Croatian; Post World Juniors missed 16 months with a foot injury.
3	Anna Fraser	NZL	Michael Fraser	20	13.06 (21)	12.09	6-time NZL National champion	
4	Karla Boras	V	Alwyn Jones	17	12.87 (26)	12.87	2025 Australian U18 long jump and triple jump champion	Has Croation heritage and speaks Croatian;
5	Chloe Grenade	V	Jeff Hawkins	26	13.11 (21)	12.85	3-time bronze medallist Australian Championships 2023 Victorian champion	
6	Desleigh Owusu	N	Andrew Murphy	24	13.86 (25)	13.31	Bronze medallist 2025 World Uni Games Competed at 2025 World Championships 3-time Australian champion; #3 Australian all-time	First Australian women to compete in the triple jump at an outdoor global championship (worlds or Olympics).

18:55 WOMEN - 4x100m relay

RECORDS: MEET - 45.14 Australia (1991); **AUST** - 42.48 Australia (2024); **AUS Allcomers** - 41.37 GDR (1985); **AUS U20** - 44.34 Australia (2024)

	Name						
3	Northern Fast Track Plus						
4	Australia Gold						
5	Australia Green						
6	Australia U20						
7	Adelaide Velocity						
8	Porth Adelaide AC						

19:15 WOMEN Javelin Throw

RECORDS: MEET - Kim Mickle WA 66.12m (2014); **AUST** - Kathryn Mitchell VIC 68.92m (2018); **NZL** National record - Tori Peeters 63.26m (2023)

QUALIFYING STANDARD: Commonwealth Games 62.00m - nil quals; World U20 Championships 49.40m - nil quals

2025 MAURIE PLANT MEET: 1) Lianna Davidson 61.06, 2) Mackenzie Little 59.66, 3) Momone Ueda JPN 57.65, 4) Sae Takemoto JPN 56.91, 5) Tori Moorby NZL 55.91, 6) Mia Gordon 53.29

2025 SYDNEY TRACK CLASSIC: 1) Mackenzie Little 59.77, 2) Tori Moorby NZL 59.65, 3) Sae Takemoto JPN 59.47, 4) Kelsey-Lee Barber 57.38, 5) Mia Gordon 56.71, 6) Alexandra Roberts 56.19, 7)

2025 PERTH TRACK CLASSIC: Sae Takemoto (Jpn) 59.49m, Mia Gordon 59.17m, Alexandra Roberts 55.97m, Kelsey-Lee Barber 55.20m, Mackenzie Mielczarek 54.65m, Yuki Yamamoto (Jpn) 53.32m,

2024 AUST CHAMPIONSHIPS: Mackenzie Little 61.85m, Kathryn Mitchell 60.28m, Kelsey-Lee Barber 55.13m, Salumi Robberts 54.79m, Mackenzie Mielczarek 52.37m, Mia Gordon 52.00m, Katrina

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Leila Croker	S	Gaby Philis	19	45.83	40.51	2025 Australian U20 heptathlon champion	
2	Tali Baltineshter	N	Angus McEntyre	19	51.81	50.14	2025 Australian U20 champion	
3	Yuki Yamamoto	JPN	Akihisa Hikita	25	59.57 (24)	56.46	4th place 2024 Japanese National Championships	
4	Hayley Blanch	N	Ray Russell & Andrew Macpherson	19	49.85	45.67	Bronze medallist 2025 NSW U20 Championships	
5	Mackenzie Mielczarek	V	Michal Burian	23	59.59 (23)	56.07	Finalist 2022 World U20 Championships #8 Australian all-time	Studying Exercise and Sport Science at Deakin Uni
6	Sae Takemoto	JPN	Michael Barber	26	62.39 (21)	n/a	2022 World Championships finalist WC22 11th, WC25 qual	From Kobe
7	Tori Moorby (nee Peeters)	NZL	Debbie Strange	31	63.26 (23)	55.08	8-time National champion and NZL National recordholder 7th place 2025 World Championships WC22 qual rd, CG22 5th; WC23 qual; OG24 qual, WC25 7th	Rasied the NZL National record on 7 occasions and over 8 metres from 55.14m to 63.26.

20:05 WOMEN - 3000m Steeplechase

RECORDS: MEET - Cara Feain-Ryan QLD 9:33.61 (2025); AUST - Genevieve Lacaze QLD 9:14.28 (2016)

QUALIFYING STANDARD: Commonwealth Games 9:24.00 - nil quals; World U20 Championships 10:36.00 - Tessa Ebert S

2025 ADELAIDE INVITATIONAL: 1. Cara Feain-Ryan 9:33.61, Miu Saitou (Jpn) 9:54.47, Katherine Dowie 10:45.76, Ruby McPhillips 11:00.53

2024 AUSTRALIAN CHAMPS: 1. Amy Cashin 9:39.53, 2. Stella Radford 9:42.26, 3. Cara Feain-Ryan 9:43.99, 4. Brielle Erbacher 9:45.52, 5. Georgia Winkcup 9:52.41, 6. Eva Pringle (Nzl) 10:30.32, 7. Meg Oakley-Kerr 10:41.71, 8. Ruby McPhillips 10:42.01, 9. Sarah Knox 10:53.73, 10. Alice Oakley-Kerr 11:05.37, 11. Ashleigh Gardner 11:09.73, 12. Freya Dess 11:14.76

2023 AUSTRALIAN CHAMPS: 1. Cara Feain-Ryan QLD 9:43.64; 2. Georgia Winkcup NSW 9:46.34; 3. Amy Cashin VIC 9:47.09; 4. Brielle Erbacher QLD 9:47.26; 5. Laura McKillop QLD 10:36.26

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Brielle Erbacher	Q	Jody Erbacher	27	9:32.96 (22)	10:06.43	2022 World Champs and Commonwealth Games representative WJ18 15th, WC22 heat, CG22 8th, WC23 heat	Coached by her mother; works in the family business as a tradie in Toowoomba; Where she lives there are no synthetic tracks or water jumps.
2	Tessa Ebert	S	Matthew Clarke	17	10:28.88	10:28.88	2025 Australian U20 3000m Steeplechase champion	
3	Miu Saito	JPN	Toshitaka Anyoji	23	9:24.72	n/a	Japanese 3000m steeplechase record holder/ Set at 2025 World Championships; In 2026 won Asian XC Champs	
4	Cara Feain-Ryan	Q	Ben Norton	27	9:22.01	n/a	Paris Olympian and 2023 World Uni Games champion Set two steeple PBs at 2023 World Champs, then 2024 Olympics. #5 AUS all-time. At Steeple: WC22 heat, WC23 heat, WU23 gold, OG24 heat Last year (2025) at Adelaide Invitational ran 9:33.61 - fastest time by an Aussie in Australia for 10 years.	Studying a Bachelor of Speech Pathology (Honours) at Uni of Qld. Her cousin Matt Ryan is a dual Olympian and Olympic silver medallist in rowing. (Not Equestrian)
5	Mia Toohey	N	Jacinta Doyle	20	10:17.70	n/a	2024 World U20 Championships representative	
6	Ruby McPhillips	N	Vicki & Patrick McPhillips	22	10:30.41	11:21.73	NSW 2024 champion Set PB when placing 5th at 2025 Nationals.	Studied Conservation Biology at Uni of Wollongong

17:30 MEN - High Jump								
RECORDS: MEET - Tim Forsyth VIC 2.29m (1998); AUST - 2.36m Tim Forsyth VIC & Brandon Starc NSW (1997 & 2018); NZL RECORD Hamish Kerr 2.36m (2024)								
RECORDS: AUST ALLCOMERS - 2.36m Tim Forsyth VIC (1997) & Konstantin Matusevich ISR (2000)								
QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 2.30 - nil qual; World Indoors 2.30 - nil qual; World U20 Champs 2.12 - nil quals								
2026 PERTH TRACK CLASSIC: 1) Yual Reath 2.22, 2) Jonathan Waddingham 2.07, 3) Mackay Jones 1.97								
2025 MAURIE PLANT MEET: 1) Tomohiro Shinno JPN 2.20, 2) Roman Anastasios 2.20, 3) Brandon Starc 2.20, 4) Yual Reath 2.16, 7) Joel Baden 2.12, 8) Zane Paterson 2.12								
2025 PERTH TRACK CLASSIC: Roman Anastasios 2.18m, Brandon Starc 2.18m, Jonatan Titmarsh 2.15m, Mitchell Hatfield 2.10m, Alex Perin 2.10m, Michael Christie 2.00m								
2025 AUSTRALIAN CHAMPS: 1) Brandon Starc 2.21, 2) Yual Reath 2.20, 3) Roman Anastasios 2.20, 4) Zachary Hayward 2.13, 5) Connor Larsen 2.13, 6) Zane Paterson 2.13, 7) Jonathan Titmarsh 2.09, 8) Angus Clark 2.05, 9) Alex Perin 2.05,								
STARTING HEIGHT AND PROGRESSION: 1.96, 2.01, 2.06, 2.10, 2.13, 2.16, 2.18, 2.20								
Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Jonathan Waddingham	W	Albert Cianfrini	19	2.10 (25)	2.07	2025 Australian U20 Champion	
2	Yual Reath	V	Mike Barber	25	2.30 (24)	2.22	Paris Olympian, 2025 World Championships finalist WC22 qual; OG24 qual, WC25 11th	Born in South Sudan; lives in Ballarat where he is the oldest boy and supports his 3 siblings working as a landscaper.
3	Zane Paterson	Q	Theresa Stolberg	22	2.15 (25)	2.07	6th 2025 Australian Championships	
4	Simioluw Thomsen-Ajayi	Q	Theresa Stolberg	25	2.20	2.14	Past bronze medallist Australian Championships	
5	Connor Larsen	Q	Theresa Stolberg	22	2.13	2.11	1st 2025 Oceania Cup	

17:40 MEN - Discus Throw Heath Conveyancing

RECORDS: MEET - Matt Denny QLD 67.82m (2025); AUST - Matt Denny QLD 74.78m (2025), **AUST ALLCOMERS:** Matt Denny 69.35m QLD (2024)

QUALIFYING STANDARDS: Commonwealth Games 67.50m - Matt Denny Q; World U20 Championships 56.00 (1.75kg) - Elijah Wilson A

2026 HOBART TRACK CLASSIC: 1) Matt Denny 68.74, 2) Darcy Miller 59.81, 3) Daniel Di Giandome 54.68, 4) Darcy Giddings 54.25;

2025 MAURIE PLANT MEET: 1) Matt Denny 68.17, 2) Lawrence Okoye GBR 64.60, 3) Connor Bell NZL 62.14, 4)M Shamsuddin MAS 59.09, 5)Ethan Ayodele 56.36, 6)Etienne Rousseau 55.52

2025 ADELAIDE INVITATIONAL: Matthew Denny 67.82m, Lawrence Okoye (Gbr) 62.22m, Ethan Ayodele 58.71m, Etienne Rousseau 56.94m, Yuji Tsutsumi (Jpn) 56.56m, Darcy Miller 54.65m, Daniel

2025 AUST CHAMPIONSHIPS: 1) Ethan Ayodele 57.25, 2) Etienne Rousseau 56.86, 3) Darcy Miller 56.08, 4) Daniel Di Giandome 54.14, 5) Darcy Giddings 53.43, 6) Lachlan Tydings 50.19, 7) Ashley

2024 AUST CHAMPIONSHIPS: 1. Matt Denny QLD 69.35m Australian record; Etienne Rousseau 56.75m, Darcy Miller 54.89m, Lachlan Page 52.24m, Darcy Giddings 49.92m, Bryce Nolan 48.82m,

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Etienne Rousseau	W	Didier Poppe	23	58.73 (25)	56.62	Finalist 2025 World University Games Australian Representative 2022 World U20 Championships	Studying BSc (Botany & Zoology) Uni of WA Started training with coach (Didier Poppe in NZ) by correspondence during COVID.
2	Darcy Miller	S	Robert Melin	21	59.81	59.81	Finalist 2022 World U20 Championships; set PB last week in Hobart; Bronze medallist 2025 Australian Championships;	Studying Science (Physics) (Honours) and Nuclear Engineering at Flinders Uni.
3	Daniel Di Giandomenico	Q	Mike Barber	24	54.68	54.68	4th 2025 Australian Championships	
4	Claudio Romero	CHI		25	69.65	n/a	2022 NCAA Champion Competed WC 2022/23/25 & OG24	2-time National champion Raised Discus National 6 times
5	Darcy Giddings	V	Robert Holzer	20	56.34 (25)	54.25	Australian representative 2024 World U20 Championships	
6	Lawrence Okoye	GBR	Zane Duquemin	34	70.76	n/a	British National record holder and 2012 Olympic finalist; 3-time Olympian 2012, 2020, 2024 2022 Comm Games - 2nd to Matt Denny Since return from NFL thrown over 67m regularly.	Broke GBR record aged 20 in 2012, then left to play NFL for 6 years with San Francisco 49ers, New York Jets, the Dallas Cowboys, Chicago Bears & Miami Dolphins mainly as a practice squad member. Return to athletics in 2019
7	Matthew Denny	Q	Dale Stevenson	29	74.78 (25)	68.74	Paris Olympic bronze medallist & the second longest thrower in history. National record holder; 7 times broken AUS record 2023 & 2024 Diamond League final champion; Olympics 2016 qual, 2020 4th, 2024 bronze	From Allora (pop 1000), located 60km outside Toowoomba; built a home-made discus circle on his family's rural property; one of eight siblings; quit hammer after silver at CG18. New coach in 2023 Dale Stevenson, who is based in Melb - during peak performance weeks either Dale is in Brisbane or Matt is in Melbourne.
1	Michael Burian F44	V	Dale Stevenson	33	41.83	41.83	Dual Paralympic medallist Para 20 silver, World Paras 23 silver, Para 24 bronze	No javelin at the 2026 Commonwelath Games, attempting to qual in a new event discus. Currently ranked #15, needs to throw about 52-53 metres for a chance of selection.
2	Aled Davies F63	GBR		35		48.59	F63 2025 World Champion	

18:16 WOMEN Long Jump

RECORDS: MEET - Brooke Stratton VIC 6.73 (2015); **AUST** - Brooke Buschkuehl VIC 7.13m (2022); **AUST ALLCOMERS** - Heike Drechsler GDR 7.27m (1985)

QUALIFYING STANDARDS: **W Commonwealth Games 6.70m** - nil; **World Indoors 6.75m** - nil qualifiers; **World U20 Championships 6.22m** - nil qual

2026 HOBART TRACK CLASSIC: 1) Delta Amidzovski 6.62, 2) Emilia Surch 6.33, 3) Samantha Dale 6.31, 4) Zoe Chester 6.07, 5) Tomysha Clark 5.91

2025 PERTH TRACK CLASSIC: Tomysha Clark 6.17m(+2.4), (6.04m +0.7), Mia Scerri 6.16m(+2.8)((6.05m +1.9), Sophie Williams 5.90m(+2.0),

2025 ADELAIDE INVITATIONAL: Delta Amidzovski 6.26m(+3.5), Emelia Surch 6.23m(+2.8), Alyssa Lowe 6.12m(+4.2)(5.93m +0.3), Elizabeth Hedding 6.04m(+2.9), Tomysha Clark 5.98m(+1.0)

2025 AUSTRALIAN CHAMPS: 1) Samantha Dale 6.45w, 2) Delta Amidzovski 6.38, 3) Katie Gunn 6.35, 4) Tomysha Clark 6.33, 5) Emilia Surch 6.12, 6) Liz Hedding 6.12, 7) Abbie French 6.04, 8) Mariah Ririnui NZL 5.97, 9) Mia Scerri 5.95, 10) Charlotte Banks 5.81,

2024 AUSTRALIAN CHAMPS: 1. Brooke Buschkuehl 6.50m(+0.3), 2. Tomysha Clark 6.35m(-0.1), 3. Elizabeth Hedding 6.30m, 4. Abbie French 6.25m(+0.5), 5. Montana Djatschenko 6.07m(+0.5), 6. Hannah Sandilands (Nzl) 6.07m(-0.4), 7. Brittany Carroll 5.97m(+0.1), 8. Grace Brennan 5.82m(+0.3).

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Lily Vine	Q	Liam Adcock	19	6.20	6.20	Silver medal U20 LJ 2025 Australian Championships	
2	Ion Kondo	JPN	Gen Yanagihara	19	6.37	n/a	Competitors 2022 World U20 Championships	
3	Katie Gunn	N	Matt Horsnell	23	6.41 (23)	6.33	Australian rep 2022 World U20 Championships Bronze medal 2025 Australian Championships	Studying Food Science & Human Nutrition at Uni of Newcastle
4	Delta Amidzovski	N	Becky Amidzovski	19	6.62 (26)	6.62	World U20 Long Jump champion in 2024 At 100 hurdles: bronze 2024 WJs, semi 2025 World Uni At LJ: 2024 WJs gold, 2025 4th World Uni, qual World Champs	
5	Brooke Buschkuehl	V	Russell Stratton	32	7.13	6.34	AT LJ: 3-time Olympian (2 finals), 6 World Champs (4 finals), 2 Comm Games (2 silvers) Broke the Australian LJ record twice 6 years apart. 6-time Aus Champion; 7-time Aus U20 Champion (4 LJ, 3 TJ)	In 2013 diagnosed with coeliac disease and was found to be gluten intolerant. Coached for her entire career by her dad - Russell.
1	Telaya Blacksmith T20	N	Jacinta Doyle	18	5.28		2024 Paralympian	
2	Sarah Walsh - T64	N	Matt Beckenham	24	5.53 (21)	4.82w/ 4.72	3-time Paralympian Paralympics 2016 6th, 2020 7th, 2024 8th Dual Paralympian & World Champs bronze medallist	

18:23 MEN - 1500m B Race

QUALIFYING STANDARD & QUALIFIERS: T20 1500m is a Commonwealth Games event. Top-7 will be invited. Current Australian rankings: #6 Daniel Milone, #8 Archer Hewett (competing today), #9 Laurence Tod (competing today), #10 Aaron Houston, #12 Kyle McIntosh, #15 Zachary Barwell

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Bio
1	Matthew Van Schepdael	CAN	Claude Berube	29	3:47.08			
2	Archie Hewett T20	V	Dane Verwey	19	4:07.94	4:07.94	Chasing a 2.26 seconds PB to enhance chance of selection for Commonwealth Games	T20 1500m event at Commonwealth Games. His current time of 4:07.94 ranks him #8, needs to be top-7 for selection, via invitation. If he can run 4:05.68 he will move into top-7.
3	William Short T13	V	Mickael Soussan	18	4:07.90		Competitor 2025 World Para Athletics Championships Australian U20 T13 record holder (4:07.90)	
4	Laurence Tod T20	V	Anthony de Castella	17	4:09.53	4:09.53	Chasing a 2.26 seconds PB to enhance chance of selection for Commonwealth Games Australian U20 & U17 record holder (4:09.53)	T20 1500m event at Commonwealth Games. His current time of 4:09.53 ranks him #9, needs to be top-7 for selection, via invitation. If he can run 4:05.68 he will move into top-7.
5	Angus Hincksman T38	S	Philo Saunders	20	3:49.10 (24)	n/a	Bronze medallist 1500m 2023 & 2025 World Para Athletics Champs; 4th 1500m 2024 Paralympics	
6	Jack Atherton	S	Riley Cocks	24	3:47.61	3:52.11	2023 South Australian 800m State champion	
7	Zachary Barwell T20	N	Robbie Bolton	18		4:23.65		
8	Reece Langdon T38	A	Tim O'Shaughnessy	30	3:46.83	3:51.07	Bronze medallist 1500m Paralympics Silver medallist 1500m 2023 World Para Athletics Champs Australian T38 recordholder 3:46.83	
9	Michael Roeger T46	S	Philo Saunders	37	3:44.83 (23)	n/a	5-time Paralumpian and Paris 1500m silver medalist At 6 World Paras (11, 13, 15, 19, 23, 24) has won 7 medals (1G, 2S, 4B) Australian recordholder 3:45.63	Based in Canberra and works at the Sport Information Centre
10	Dylan Stenson	S	PACE		PACE	PACE		

18:36 MEN - 100m B Race

3	Luca Schmitt	S	Rick Treleaven	20	10.39 (26)	10.39	2nd 100m & 200m 2025 SA Champs	
5	Tommy Te Puni	NZL	Elena Brown	23	10.36	10.36	Semifinalist 200m 2025 World Uni Games Run a fast 20.35 200m this year	Former basketballer; His father, Roger Te Puni, competed in HJ at two Comm Games.
6	Jake Doran	Q	Paul Di Bella	24	10.15 (18)	n/a	2022 Australian 100m champion & AUS U20 record holder WJ18 semi, WC22 ht, CG22 semi; holds Aus U20 record;	Hotel Supervisor - Nelson Meers Hotel Group, lives Townsville
4	James Gebert	V	Tony Marsh	19	10.44 (26)	10.44/ 10.30w	Silver medallist U20 100m 2025 Victorian Championships	
7	Tomas Semmler	S	Nik Hagicostas	26	10.60 (26)	10.60	4th 2025 SA Championships	

18:44 WOMEN - 100m B Race

2	Sophie Cheshire	S		19	12.10	n/a		
3	Ella Clogg	S		18	12.46	n/a		
4	Hayley Fuss	S	Nik Hagicostas	16	12.07	12.20		
5	Amelia Burge	S		19	12.01	n/a		
6	Kayla Lemm	S	Dan Semmler	29	11.69 (25)	11.91	Silver medallist 100m/200m SA Championships	
7	Oseremhen Akhimienmhonan	S		17	12.10	n/a		
8	Mali Walters	S		15	12.36	n/a		
9	Lilliana Hoffman	S		14	12.27	n/a		

18:53 WOMEN - 1500m Lumus Imaging

RECORDS: MEET - Claudia Hollingsworth VIC 4:04.45 (2024); AUST - Jessica Hull NSW 3:50.83 (2024); AUST ALLCOMERS - Linden Hall VIC 3:59.67 (2021)

RECORDS: AUST U20 - Claudia Hollingsworth VIC 4:04.45 (2024)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 4:01.50 - 3:55.16 Jess Hull N, Claudia Hollingsworth V 3:58.09; World Indoors 4:06.00 - Claudia Hollingsworth V 3:58.09, Sarah Billings V 4:01.79, Jess Hull N 4:03.72; World U20 Champs 4:27.00: Emma Fryga Q, Maddison King V, Ally Brooks V, Violet Owen T, Imogen Baker V, Mia Jade Gray V, Fleur Cooper N, Ally Brooks

2026 PERTH TRACK CLASSIC: 1) Abbey Caldwell 4:02.82, 2) Nozomi Tanaka JPN 4:06.39, 3) Jaylah Hancock-Cameron 4:07.14, 4) Laura Nicholson IRL 4:07.52, 5) Emma Fryga 4:14.81

2025 AUSTRALIAN CHAMPS: 1) Jessica Hull 4:11.36, 2) Sarah Billings 4:11.51, 3) Georgia Griffith 4:12.09, 4) Linden Hall 4:13.73, 5) Jaylah Hancock-Cameron 4:14.37, 6) Klara Dess 4:16.07

2024 AUSTRALIAN CHAMPS: Jessica Hull 4:01.39, Georgia Griffith 4:03.68, Linden Hall 4:05.03, Sarah Billings 4:08.15, Jaylah Hancock-Cameron 4:13.88, Leah Simpson 4:20.39, Zoe Toland 4:20.59,

PACING PLAN: India Goodall, through 800m in 2:10

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Madison King	V	Tim O'Shaughnessy	18	4:21.58	4:21.58	Victorian 2025 U18 1500m champion	
2	Annabelle Colman T20	V	Anthony de Castella	20	4:31.54		4th place 1500m 2024 Paralympics	
3	Hannah Tourneur	S	Michael Nitschke	17	4:24.46	4:24.46	2023 Australian All Schools 1st U16 1500m & 3000m	
4	Airi Tajima	JPN		21	4:11.02		Bronze medallist 2025 Japanese National Championships	
5	Milla Roberts	Q	Jayden Russ	19	4:26.68	n/a	Past Australian and Oceania steeplechase champion clocked a breakthrough 9:09 3000m in Hobart.	#13 Australian U20 3000m all-time
6	Scarlett Robb	NZL	Graeme Holden	17	4:17.10 (26)	4:17.10	NZL U18 3000m champion; 48th U20 race World Cross Country	
7	Saki Katagihara	JPN	Hiroki Matsumura	24	4:11.62	n/a	Bronze medallist 2024 Japanese National Championships	
8	Amelia Sheridan	N	Gary Howard	14	4:22.70	n/a	2025 Australian All Schools U15 1500m champion	
9	Violet Owen	T	Susan Andrews	16	4:25.64	n/a	Medallist 800/1500m 2025 Australian U17 championships	
10	Klara Dess	A	Darren Gauson	25	4:07.05	4:12.89 ind	5th 1500m 2025 World University Games The medical student is fresh from 800m & 1500m indoors PB in America. 2024 NCAA XC 74th	Formerly at New Mexico Uni in 2023 & 2024, now at ANU in Canberra studying medicine. Won a National medal in the 400m hurdles as a junior.
11	Stephanie Kelly	A	Des Proctor	32	4:16.63	4:23.59	16th 2025 Australian XC	
12	Sarah Baker	V		19	4:27.72	4:23.81	Past Junior Australian & Oceania medallist	
13	Zoe Melhuish	A	Des Proctor	22	4:19.37	4:20.27	4th 2025 Australian Road Mile Championship	
14	India Goodall	S	PACE	16	PACE	PACE	Plan through 800m in 2:10	SA 2026 U18 800m & 1500m champion

19:03 MEN - 800m

RECORDS: MEET - William Chirchir KEN 1:45.15 (2000); AUST - Peter Bol WA 1:42.55 (2025); AUS AllComers - David Rudisha KEN 1:43.15 (2010)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 1:44.50 - Peter Bol W 1:43.89, Bob Abdelrahim Silvio V 1:44.27; World Indoors 1:45.90 - Peter Bol W, Bob Abdelrahim Silvio V, Luke Boyes N; World U20 Champs 1:50.00 - Daniel Williams N, Tate Van Camp Q, Tyler Gridley S, Will Katic V, Alexander Cameron-Smith V

2026 HOBART TRACK CLASSIC: 1) Peter Bol 1:47.07, 2) Bob Abdelrahim Silvio 1:48.12, 3) Junya Matsumoto JPN 1:48.36, 4) Mikuto Kaneko JPN 1:48.81, 5) Mason Cohen 1:49.20, 6) Alex Hanigan 1:49.36, 7) Tate Van Camp 1:49.54, 8) Nathan Cumberbatch TTO 1:49.77

2026 PERTH TRACK CLASSIC: 1) Peter Bol 1:43.89, 2) Bob Abdelrahim Silvio 1:44.27, 3) Tiarnan Crocken GBR 1:44.53, 4) Luke Boyes 1:45.16, 5) Nathan Cumberbatch TTO 1:45.64, 6) Mikuto Kaneko JPN 1:46.24, 7) Junya Matsumoto JPN 1:46.37, 8) Mason Cohen 1:47.17, 9) Daniel Williams 1:52.40

2025 ADELAIDE INVITATIONAL: Peter Bol 1:46.40, Daniel Williams 1:46.70, Jack Lunn 1:47.71, Jared Micallef (Mlt) 1:49.33, Luke Shaw 1:49.48, Mason Cohen 1:49.82, Obsa Youssouf 1:51.39,

2025 AUSTRALIAN CHAMPS: 1) Peter Bol 1:43.79 AR, 2) Peyton Craig 1:44.07, 3) Luke Boyes 1:44.50, 4) Jack Lunn 1:45.88, 5) Jared Micallef MLT 1:46.08 NR, 6) Mason Cohen 1:46.40, 7) Jye Perrott 1:47.66, 8) Lachlan Raper 1:48.53, 9) Daniel Williams 1:50.33

2024 AUSTRALIAN CHAMPS: 1. Luke Boyes 1:44.73, Peter Bol 1:45.06, Peyton Craig 1:45.76, Jack Lunn 1:46.92, Lachlan Raper 1:47.53, Mason Cohen 1:47.58, Dylan Stenson 1:48.34

PACING PLAN: Gman Paye through 400m in 51.5

Lan	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Degras Amekata	S	Dylan Stenson	25	1:48.06	1:48.06	Silver medallist 2025 SA Championships	
2	Mason Cohen	N	Ben Liddy	29	1:46.40 (25)	1:47.17	2024 NSW champion	Lawyer
3	Noam Mamu	ISR	Justin Rinaldi	19	1:46.81	n/a	Semi-finalist 800m 2024 World U20 Champs 5-time Israel National champion & 800m record holder	
4	Jared Micallef	MLT	Jayden Russ	27	1:46.08 (25)	n/a	Malta representative 2025 World Championships In 2026 broke Malta 100m record (2:23.61) Holds Malta record for: 800m, 1000m, 1500m & 4x400m !	Queensland-based.
5	Luke Boyes	N	Ben St Lawrence	22	1:44.50 (25)	1:45.16	2024 Australian Champion in a championship record Competed 2025 World Championships, #9 AUS all-time	Student Law/Communications (Social & Political Science)
6	Lachlan Raper	N	Ben Liddy	26	1:46.45 (23)	1:48.79	World U20 Champs representative	Studied Psychology Sydney Uni
6	Alex Twartz	S		21	1:49.64	1:49.64	2026 SA State Champion	
7	James Preston	NZL	Evan Cooper	28	1:44.04 (24)	1:46.58	Paris Olympian, 5-time Kiwi 800m champion & National record holder. WC23 heats, W124 heats, OG24 heats	Works as an engineer.
8	Gman Paye	S	PACE	19	PACE	PACE	Through 400m in 51.5	400m PB 48.30
8	Daniel Williams	N	Andrew Rowlings	18	1:45.49 (25)	1:48.33	Australian representative 2024 World U20s and #2 Australian junior all-time; CYG23 1500m 4th, WJ24 1500m heat	Lives on the NSW north coast near Nambucca Heads.
9	Tyler Gridley	S	Bradley White	18	1:49.99	1:50.18	Finalist U20 1500m 2025 Australian Championships	

19:10 MEN - Pole Vault

RECORDS: MEET - Dmitri Markov BLR 5.96m (1997); **AUST** - Steven Hooker WA 6.06m (2009), **AUST ALLCOMERS** - Paul Burgess WA Perth 6.00m (2005)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 5.95m - Kurtis Marschall W 6.00m; **World Indoors 5.90m** - Kurtis Marschall W; **World U20 Champs 5.12m:** nil qual

2026 PERTH TRACK CLASSIC: 1) Kurtis Marschall 5.83, 2) Dalton Di Medio 5.53, 3) Jack Downey 5.43, 4) Tomoya Karasawa JPN 5.43, 5) Nick Southgate NZL 5.33, 6) Lachlan Burns 5.18, 6) Aiden Princena-White 5.18, 6) Charlie Myers GBR 5.18, 6) James Steyn NZL 5.18;

2025 PERTH TRACK CLASSIC: Charlie Myers (Gbr) 5.55m, Dalton Di Medio 5.45m, Masaki Ejima (Jpn) 5.45m, Shingo Sawa (Jpn) 5.35m, Nick Southgate (Nzl) 5.35m,..... Jordan Kildare 5.05m

2025 ADELAIDE INVITATIONAL: Dalton Di Medio 5.25m, Charlie Myers (Gbr) 5.15m, James Steyn (Nzl) 5.15m, Jack Downey 5.05m, Nick Southgate (Nzl) 5.05m, Jordan Kildare 4.90m

2025 AUST CHAMPIONSHIPS: 1.Kurtis Marschall 5.71, 2) Benjamin Conacher 5.51, 3) Charlie Myers GBR 5.51, 4) Dalton Di Medio 5.51, 5) Lachlan Burns 5.41, 6) Jack Downey 5.30, 7) Nick Southgate NZL 5.15, 8) Andre Di Medio 5.00

2024 AUST CHAMPIONSHIPS: 1.Kurtis Marschall 5.62m, 2. Nick Southgate (Nzl) & Dalton Di Medio 5.27m, 4. Jack Downey 5.12m, 5. Aiden Princena-White & Lachlan Burns 4.92m, 7. Samuel McDonald & Liam Georgilopoulos 4.92m (q 4.95m), 9. Triston Vincent 4.92m

STARTING HEIGHT AND PROGRESSION: 4.65, 4.85, 5.00, 5.15, 5.25, 5.35, 5.45

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Nick Southgate	NZL	James Fitzpatrick	31	5.47 (16)	5.35	6-time NZL National champion; NZL Indoor recordholder	Based in Perth
2	Jordan Kildare	S	Kym Simons	27	5.20	5.00	2025 SA State Champion	
3	Johnny Soares	V	Mark Stewart	19	5.11	5.11	4th 2025 Australian U20 Champs	
4	Jack Downey	W	James Fitzpatrick	24	5.50 (26)	5.50	2021 Australian champion (when aged 19) Broke 5-year-old PB last week in Perth vaulting 5.50m	
5	Lui Kitada	JPN	Gen Yanagihara	21	5.42 (24)	5.20ind	In 2025 won Japanese Indoor title (5.40) and Auckland meet (5.32)	
6	Aiden Princena-White	N	Zsuzsanna Olgyay-Szabo	21	5.53 (24)	5.30	6th 2025 World University Games 2024 Oceania Champs silver medal, #13 Aus all-time	Studying Bachelor of Cyber Security at UTS in Sydney
7	Dalton Di Medio	V	Mark Stewart	25	5.53	5.53	Oceania Champion 2022 & 2024 National medallist 2022, 2023 & 2024, Last summer set 4 PBs Set PB at Perth Track Classic, now #13 Australian all-time	Studied Sport and Exercise Science at La Trobe University 2019-22

19:12 MEN - 100m A Race

RECORDS: MEET - Lachlan Kennedy QLD 10.10w (2025); AUST - Patrick Johnson ACT 9.93 (2003); **AUST ALLCOMERS** - Maurice Greene USA 9.87 (2000)

RECORDS: AUST U20 - Gout Gout QLD 10.00 (2026)

QUALIFYING STANDARDS & QUALIFIERS: Commonwealth Games 10.00 - Gout Gout 10.00; World Indoors 60m 6.59 Edward Osei-Nketia 6.54, Maliky Kessie 6.56, Jai Gordon 6.59; World U20 Champs 10.50 - 10.00 Gout Gout Q, 10.39 Uwezo Lubenda Q, 10.44 Chase Grant N, 10.48 Hugh Kabengele V

2026 HOBART TRACK CLASSIC (-0.4): 1) Jacob Despard 10.46, 2) Rai Atago JPN 10.53, 3) James Gebert 10.56, 4) Jack Hale 10.58, 5) Jagga Pybus 10.67, 6) Sebastian Ghiso 11.00

2026 PERTH TRACK CLASSIC (1.9): 1) Joshua Azzopardi 10.09, 2) Connor Bond 10.18, 3) Chris Ius 10.18, 4) Benjamin Kelly 10.20, 5) Alexander Colgan 10.22, 6) Joseph Ayoade 10.27, 7) Jacob Despard 10.28, 8) Merone Wijesinghe SRI 10.31, 9) Pais Wisil PNG 10.37

2025 ADELAIDE INVITATIONAL: Race A (+5.3) Lachlan Kennedy 10.10, Jacob Despard 10.14, Calab Law 10.24, Chris Ius 10.25, Lin Yu-sian (Tpe) 10.35, Pais Wisil (Png) 10.47, Jagga Pybus 10.52, Craig Concesso 10.58; Race 2 (+2.3) Luca Schmitt 10.44, Joshua Love 10.54

2025 AUST CHAMPIONSHIPS: (1.5) Rohan Browning 10.01, 2) Lachlan Kennedy 10.01, 3) Joshua Azzopardi 10.17, 4) Calab Law 10.17, 5) Jacob Despard 10.19, 6) Jack Hale 10.23, 7) Joseph Ayoade 10.28, 8) Connor Bond 10.28, 9) Jake Doran 10.39

2024 AUST CHAMPIONSHIPS: (1.2) Sebastian Sultana 10.27 (semi 10.17), Joshua Azzopardi 10.39, Jacob Despard 10.41, Rohan Browning 10.41, Connor Bond 10.50, Jai Gordon 10.50

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
2	Connor Bond	N	Mick Zisti	22	10.18	10.18	100m Finalist 2025 World Uni Games WUG25 7th 100m, 4th 4x100m	His father, Grahame Bond, was a 5-time Wallaby, while his uncle, Adam Ashley Cooper, recently retired after a 14 year and 121 test career for the Wallaby's.
3	Rai Atago	JPN	Susumu Takano	22	10.14 (2025)	10.53	Bronze medallist 60m Indoors 2025 Japan Championships	
4	Joshua Azzopardi	N	Rob Marks	26	10.09 (25)	10.09	100m Olympian and member of the Australian 4x100m record #6 AUS 100m all-time WJ18 100m & 4x100 heat, CG22 4x100 heat, WU23 100m semi; OG24 100m heat, 4x100m heat; Oceania 2024 100m 1st	Student Health Science in Exercise; Aus team Oztog World Cup U21 Has Maltese heritage.
5	Naoki Inoue	JPN	Kensuke Omae	22	10.12	n/a	4th 2025 Japanese Nationals; Competed 2023 World Uni Games	
6	Jacob Despard	T	Brett Robinson	29	10.15 (24)	10.28	Paris Olympian and member Australian 4x100m relay record at Paris Olympics. Won 2018 Stawell Gift Australian 4x100 relays: CG22, OG24, WC25	Last year changed to a new coach Brett Robinson; promising junior fast bowler, started his sprinting career as a way to improve his run-up speed
7	Chris Ius	N	Andrew Murphy	26	10.18	10.18	Semi-finalist 100/200m 2023 World Uni Games	Sydney Uni physio graduate
8	Ryota Suzuki	JPN	Tsubasa Tanaka	26	10.11 (25)	n/a	Clocked his 4 fastest times of his career in 2025. Competed in 4x100m at 2022 World Championships	
9	Joseph Ayoade	N	Greg Smith	21	10.23 (24)	10.27	2025 NSW 100m champion; 2025 WUG semi 100m, 4th 4x100	Studying a Bachelor of Commerce at Sydney Uni

19:19 WOMEN - 100m A Race

RECORDS: MEET - Gloria Kemasoude NGR 11.20w (2003); **AUST Open & U20** - Torrie Lewis Q 11.08 (2025); **AUST U18** - Leah O'Brien W 11.14 (2025):

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 11.07 - nil qual; **60m World Indoors 7.20** - Olivia Dodds 7.17, Torrie Lewis 7.19; **World U20 Champs 11.78:** Maya Taber N, Emilia Reed W, Zara Hagan Q, Grace Crowe V, Amaya Mearns Q, Rhema Adelaja N, Thewbelle Philp Q.

2026 HOBART TRACK CLASSIC: (0.7): 1) Mia Gross 11.64, 2) Olivia Inkster 11.67, 3) Amaya Mearns 11.70, 4) Jayla Olm 11.75, 5) Chelsea Scolyer 11.87, 6) Bree Rizzo 11.88

2026 PERTH TRACK CLASSIC: (2.2): 1) Zoe Hobbs NZL 11.07w, 2) Ebony Lane 11.16w, 3) Charlotte Ehioghuae 11.22w, 4) Chloe Mannix-Power 11.26w, 5) Olivia Dodds 11.33w, 6) Olivia Hastings 11.38w, 7) Thewbelle Philp 11.39w, 8) Monique Hanlon 11.43w, 9) Jade Johnston-Mitrevska 11.53w

2025 ADELAIDE INVITATIONAL: (Race A (+1.8) Bree (Masters) Rizzo 11.30, Kristie Edwards 11.43, Georgia Harris 11.64, Thewbelle Philp 11.60, Olivia Inkster 11.69, Amaya Mearns 11.71, Kayla

2025 AUST CHAMPIONSHIPS: (0.9) 1) Torrie Lewis 11.24, 2) Leah O'Brien 11.24, 3) Bree Rizzo 11.25, 4) Chloe Mannix-Power 11.33, 5) Mia Gross 11.35, 6) Georgia Harris 11.41, 7) Ebony Lane 11.47, 8) Sam Geddes 11.48, 9) Olivia Inkster 11.53;

2024 AUST CHAMPIONSHIPS: (w (-0.6) Naa Anang 11.34, Ella Connolly 11.37, Ebony Lane 11.41, Aleksandra Stoilova 11.43, Bree Masters 11.52, Kristie Edwards 11.58, Georgia Harris 11.70,

	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
2	Olivia Hastings	S	Dan Semmler	22	11.47 (25)	11.53	2025 SA 100m Champion Run two wind assisted 11.38s in 2026.	
3	Monique Hanlon	Q	Luke Donatini	21	11.49 (26)	11.49	Winner 200m at Perth and Hobart Track Classics Finalist 200m 2025 Australian Championships	Great Grandfather Ned Hanlon was former Queensland Premier; Studying Medical Imaging (Honours) at QUT; Struggled with recurring back & foot stress injuries since she was 14 and missed out on junior international teams.
4	Karimah Davis	USA		27	11.27 (25)	n/a	Past NCAA finalist and relay gold medallist	
5	Zara Hagan	Q	Chris Dale	18	11.16 (26)	11.16	#3 Australian U20 all-time (equal #6 open) 2024 Australian All Schools 1st 100m 2023 Commonwealth Youth Games 100/200m (a DQ & semi)	200m PB 23.18 - #9 Australian U20 all-time. An indigenous athlete of Quandamooka and Kullili desent.
6	Georgia Harris	Q	Paul Pearce	21	11.38 (25)	n/a	2025 World University Games 100m champion Australian representative 2022 World U20 Champs WJ22 200m heat, 4x100 6th; 2025 WUG 1st 100m & 4x100m	Her win in the 100m at 2025 World unis was just the second for AUS behind Shirley Strickland in 1955 - 70 years ago. Student Bachelor of Business at Griffith Uni.
7	Ebony Lane	V	Chris Dale	27	11.30 (24)	11.16w & 11.18w	Paris Olympian Ran on two Australia 4x100m record teams. #19 AUS All-time World Champs representative relay; WC23 4x100 relay	Personal Trainer
8	Chloe Mannix-Power	Q	Brett Robinson	25	11.33 (25)	11.61/ 11.37w	2024 Stawell Gift champion and 3-time Australian Beach sprint champion	In 2016 at Aust U17 200m champs, placed 5th behind Ella Connolly and Kristie Edwards. Returned to track in 2025.
9	Emilia Reed	W	Aaron Bresland	15	11.45 (25)	11.48	Australian U16 100m record holder 2025 Australian U16 & U20 200m champion	
10	Olivia Inkster	N	Katie Edwards	21	11.51 (25)	11.66	2-time World U20 Championships representative WJ22 200m semi, 4x100m 6th; WJ24 relay final; WUG25 gold 4x100m relay, semi 100m	Studying Education at UTS in Sydney

19:21 WOMEN - Discus Throw

RECORDS: MEET - Dani Samuels NSW 65.20m (2015); **AUST** - Dani Stevens NSW 69.64m (2017)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 62.00 - nil qual; World U20 Champs 49.00: Lauren Kelly W, Chelsy Wayne N, Jessica Johnston N

2026 PERTH TRACK CLASSIC: 1) Taryn Gollshewsky 55.95, 2) Ashlyn Blackstock 53.69, 3) Anika Gosling 52.10, 4) Kajsa Shield 51.32, 5) Chelsy Wayne 50.73, 6) Akane Kawaguchi JPN 48.43

2025 PERTH TRACK CLASSIC: Taryn Gollshewsky 58.31m, Nanaka Kori (Jpn) 56.39m, Xykavene Beale 52.32m, Jessica Johnston 50.26m, Anika Gosling 49.56m, Lauren Kelly 46.02m

2025 ADELAIDE INVITATIONAL: Taryn Gollshewsky 54.99m, Xylavene Beale 52.31m, Jessica Johnston 51.34m, Chelsy Wayne 50.82m, Kajsa Shield 50.58m, Anika Gosling 50.32m

2025 AUST CHAMPIONSHIPS: 1) Taryn Gollshewsky 55.41, 2) Xylavene Beale 51.78, 3) Chelsy Wayne 51.33, 4) Anika Gosling 50.03, 5) Ashlyn Blackstock 49.53, 6) Sina Wildraut 49.27, 7) Kajsa Shield 48.53, 8) Jessica Siviour 46.49, 9) Jessica Johnston 45.08

2024 AUST CHAMPIONSHIPS: 1. Taryn Gollshewsky 59.53m, 2. Charlize Goody 52.30m, 3. Xylavene Beale 52.19m, 4. Kajsa Shield 51.88m, 5. Chelsy Wayne 50.34m, 6. Ashlyn Blackstock 48.75m, 7. Jessica Johnston 47.76m, 8 Anika Gosling 47.40m

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Lauren Kelly	W	Dale Stevenson	18	52.92 (2025)	48.62	Australian U18 All Schools Shot and Discus champion	
2	Jessica Johnston	N	Sharyn Dickson	18	52.99 (25)	50.06	Oceania U18 & Australian All Schools U18 champion; ADE 3rd	
3	Anika Gosling	W	Paul Wilson	26	52.75 (25)	52.10	Bronze medalist 2024 Oceania Championships 4th 2025 Australian Championships	
4	Nanaka Kori	JPN	Gen Yanagihara	28	60.72m	n/a	10-time Japanese National Champion and Discus record holder Competed for Japan at 2025 & 2019 World Champs.	
5	Chelsy Wayne	N	Rowan Vergano	18	52.25 (25)	51.07	Australian representative 2024 World U20 Championships & Aus U20 champion 2023 Commonwealth Youth Games discus silver medal	Lives in Wollongong
6	Ashlyn Blackstock	N	Denis Knowles	21	56.38 (26)	56.38	2025 Oceania Cup champion Set 3 PBs this summer (2026) for a 4 metre improvement. Improved from #29 to #17 Australian All-time this summer.	Started training with Denis Knowles in 2022, after her coach died.
7	Taryn Gollshewsky	Q	Les Kuorikoski	32	62.36 (24)	57.46	Paris Olympian and 3-time CG Representative 2-time World Championships competitor CG: 2014 9th, 2018 5th, 2014 4th; WUG17 3rd, WC17 qual, WC23 qual, OG24 qual, WC25 qual; 5-time Australian champ	Broke her leg playing soccer in 2021 but returned to win 2022 National Title; Works as a teachers aide; Coach was a decathlete 1995 AUS champ; Has thrown over 57m for the last 13 years.
8	Nora Monie	CMR	Matthew Horneman	28	60.09m	n/a	3-time Cameron National champion and recordholder 2024 All Africa Games medallist; African Champs 2022 2nd discus; Competed 2023 & 2025 World Champs.	Former USA, now represents Cameroon; Studied Exploratory Studies at Uni of Houston 2015-20; in 2021 raised her National record on four occasions.

19:27 MEN - 3000m Steeplechase

RECORDS: MEET - Ben Buckingham V 8:25.80 (2023); AUST - Ed Trippas NSW 8:13.15 (2025); **AUST ALLCOMERS** - Brahim Boulami MAR 8:16.14 (2001)

QUALIFYING STANDARDS: Commonwealth Games 8:18.00 - nil qualifiers; 3000m Steeplechase 9:00.00 - nil quals

2025 ADELAIDE INVITATIONAL: 1. Edward Trippas 8:49.56, Liam Cashin 8:51.55, Jack Bruce 8:59.25, Aidan Velten 9:01.71, Riley Konecny 9:26.59, Liam Hinchcliffe 9:32.77, Will Atkinson 9:44.27

2025 AUST CHAMPIONSHIPS: 1) Matthew Clarke 8:34.75, 2) Ben Buckingham 8:35.04, 3) Edward Trippas 8:36.67, 4) Mick Stanovsek 8:37.34, 5) Jack Bruce 8:55.18, 6) Liam Cashin 8:55.85, 7) Toby Tasker NZL 8:57.64, 8) Yeshnil Karan FIJ 9:02.08, 9) Liam Hinchcliffe 9:05.44, 10) Adam Bruntsch 9:10.89, 11) Tom Millard 9:16.33, 12) Gedefaye Ashenif 9:20.16.

2024 AUST CHAMPIONSHIPS: 1. Matthew Clarke 8:41.49, 2. Ben Buckingham 8:43.15, 3. Liam Cashin 8:44.23, 4. Ben Drew 9:01.71, 5. Luke Graves 9:03.82, 6. Adam Bruntsch 9:12.20, 7. Aquila Turalom (Png) 9:36.27, 8. Nikil Redipali 9:46.66, 9. Jack Hunter 9:53.76, Joe Burgess & Ed Trippas dnf

PACING PLAN: Joe McGee - through TBC

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Hamish Longworth	N	Ben Liddy	23	9:15.78 (24)	nil	Silver medalists 2024 NSW Championships 11th 2024 Australian XC	
2	Liam Hinchcliffe	N	Andae Kalemusic	22	9:04.37	9:04.37	2025 NSW Champion	Set 3 PBs from 3 races in 2026 - 1500m, 5000m, steeple
3	Liam Cashin	V	Peter Burke	28	8:30.19 (24)	n/a	8th place getter 2023 World Uni Games 2023 & 2024 Victorian champion, 2022 Oceania Champion 6th 2025 Australian Champs, 6th 2025 Australian XC	Brother of Olympian Amy Cashin. Has a Master of Teaching & a double degree in Sport Science and Psychology from Victoria University.
4	Jonathan Neethling	V	Charlotte Wilson	17	9:24.45	9:24.45	2025 Australian U18 2000m Steeplechase champion	In 2026 set PBs in 800, mile, 3k, 5k, & steeple
5	Riley Konecny	S	Lachlan Scott	23	9:18.02	n/a	2025 SA 3000m Steeplechase Champion	
6	Ben Buckingham	V	Craig Mottram	34	8:15.25	n/a	Dual Olympian & #2 Australian all-time OG21 heat, CG22 5th; WC22 heat, OG24 heat Broke the 32-year-old Australian record in Belgium in August 2025, but finished second to Ed Trippas.	Grew up on a 600-acre cattle farm, near Myrtleford; Lawyer. Despite running 8:15 last year, still didn't receive a rolldown for the 2025 World Championships.
7	Yutaro Niinae	JPN	Teruhiko Nakano	25	8:19.54	n/a	Silver medallist 2025 Japanese National Champs	
8	Toby Tasker	NZL	Angie Petty	21	8:57.64	9:05.34	2024 NZL National Champion; set his PB at 2025 Australian Championships	
9	Daichi Shibata	JPN	Masakazu Fujiwara	21	8:24.68	n/a	Silver medallist 2024 Japanese National Champs Competed at 2023 World Cross Country (U20 event)	
10	William Lewis	V	Steve Fabris	25	debut	debut	11th place World Uni XC 2024	
11	Tetsu Sasaki	JPN	Katsuhiko Hanada	19	8:29.05	n/a	7th 2025 World University Games Finalist 3000m steeplechase 2024 World Juniors	
12	Joe Burgess	N	Shaun Creighton	29	8:49.43 (21)	n/a	2024 NSW Champion	Has a Bachelor of Commerce and Master of Commerce (Finance/Economics) from Sydney Uni; works in HR at a Asset Management fund.
13	Ed Trippas	N	Craig Mottram	27	8:13.15	n/a	Australian 3000m Steeplechase record holder In August 2025, broke Shaun Creighton's 32-year-old Aus rec. Tokyo Olympian; OG21 heat; 2-time NCAA finalist.	Studied Economics at Princeton University Formerly from Sydney, now with On Running. Didn't qual for Paris Olympics, injured at Nationals and didn't qual.
14	Jarrold Ferguson	V	Stuart Canavan	17	debut at 3k		2025 Australian All Schools U18 2k steeplechase champion	
15	Joe McGee	S	PACE	18	PACE	PACE	plan TBC	

19:34 MEN - Triple Jump

RECORDS: MEET - Andrew Murphy NSW 17.18 (1997), AUST - Ken Lorroway ACT 17.46 (1982)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 16.90m - qualifiers nil; World Indoors 16.90m - qual nil; World U20 Championships 15.45m - Daniel Okerenyang N

2026 HOBART TRACK CLASSIC: 1) Shemaiah James 16.16, 2) Awan Akuen 16.06, 3) Daniel Okerenyang 15.86, 4) Liam Glew 15.71, 5) Frank Brisevac 14.77

2025 MAURIE PLANT MEET: 1) Connor Murphy 16.23, 2) Shem James 16.04, 3) Tetteh Anang 15.68, 4) Yuki Yamashita JPN 15.67, 5) Liam Glew 15.59, 6) Awan Akuen 15.50, 7) Aiden Hinson 15.29, 8) Alex Epitropakis 15.28, 9) Daniel Okerenyang 15.06, 10) Julian Konle 14.73

2025 SYDNEY TRACK CLASSIC: 1) Connor Murphy 16.64, 2) Julian Konle 16.20, 3) Liam Glew 15.87, 4) Aiden Hinson 15.73, 5) Daniel Okerenyang 15.67, 6) Shem James 15.63, 7) Lian

2025 AUST CHAMPIONSHIPS: 1) Connor Murphy 16.63w, 2) Liam Glew 16.13, 3) Shem James 16.11, 4) Aiden Hinson 16.05, 5) Tetteh Anang 15.97, 6) Julian Konle 15.90w, 7) Awan Akuen 15.17, 8)

2024 AUST CHAMPIONSHIPS: 1. Connor Murphy 16.41m(-0.4), Aiden Hinson 16.36m(-0.3), Shem James 16.08m(-0.4), Tetteh Anang 16.05m(-0.9), Julian Konle 15.49m(-0.3), Liam Glew 15.25m(-

2023 AUST CHAMPIONSHIPS: 1. Aiden Hinson VIC 16.61m(+0.6); 2. Connor Murphy NSW 16.61m(0.0); 3. Julian Konle QLD 16.50m(+0.5); 4. Andre Anura MAS 16.10m(-1.0); 5. Ebuka Okpala NZL

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Lian Anagnostopoulos	N	Leo Dulay	18	15.50 (24)	15.19	2024 Australian All Schools U18 champion Bronze medallist 2025 Australian U20 Championships	NSW U18 record holder
2	Awan Akuen	S	Awan Akuen	19	16.12 (26)	16.12	SA 2025 Champion	
3	Liam Glew	V	Alwyn Jones	22	16.13 (25)	15.80	Australian representative 2025 World University Games. Silver medal 2025 Australian Championships 2025 Victorian champion	
4	Angus Wood	V	Alwyn Jones	25	15.56	15.56	Set his PB this year	
5	Shem James	Q	Bronwyn Thompson	28	16.42 (18)	16.16	Finalist 2019 World Uni Games, bronze 2025 Aust Champs Winner 2026 Hobart Track Classic TJ WJ16, WUG19; has PBs HJ 2.16m and LJ 7.88m	2021 Australian champion; Has represented Australia in TJ, LJ & HJ.
6	Connor Murphy	N	Andrew Murphy	24	16.82 (24)	16.30	Olympic finalist and 2025 World Uni Games Champion 2023 World Uni Games 4th, 2024 & 2025 Australian champion	Studying Biomedical Engineering and Neuroscience at Sydney University.

19:39 MEN - 1500m **Pet Let Holiday Homes**

RECORDS: MEET - Cameron Myers ACT 3:34.55 (2024), **AUS ALLCOMERS:** 3:31.25 Hicham El Guerrouj (MAR) 2001; **AUS RECORD:** 3:29.41 Olli Hoare NSW 2023

RECORDS: AUST U20 3:29.80 Cameron Myers ACT (2025); **AUST U18** 3:33.26 Cameron Myers ACT (2023)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games **3:33.00/3:50** - Jude Thomas; **World Indoors 3:36.00** - Jack Anstey, Adam Spencer; **World U20 Championships 3:47.50** - Charles Barrett V, Lucas Chis V, Alexander Cameron-Smith V, Joshua Unthank V, Jackson Unthank V, Avery McDermid V

2026 HOBART TRACK CLASSIC: 1) Peyton Craig 3:44.57, 2) Luke Shaw 3:45.31, 3) Thomas Moorcroft 3:45.38, 4) Connor Whiteley 3:46.01, 5) Riley Bryce 3:46.05, 6) Wolfgang Cotra-Nemesi 3:47.35, 7) Ed Beischer 3:47.46, 8) Joshua Unthank 3:47.64, 9) Archie Ridgway 3:47.92, 10) Jackson Unthank 3:48.49, 11) Adam Pyke 3:49.65

2025 MAURIE PLANT MEET: 1) Cameron Myers 3:34.98, 2) Adam Spencer 3:35.52, 3) Jude Thomas 3:36.48, 3) Olli Hoare 3:36.48, 5) Samuel Tanner NZL 3:36.67, 6) Peter Bol 3:37.29, 7) Sam Ruthe NZL 3:40.12 NU18R, 8) Jack Anstey 3:40.38, 9) Callum Davies 3:40.75, 10) Matthew Ramsden 3:42.19, 11) William Lewis 3:43.16, 12) Lucas Chis 3:43.70, 13) Ryoji Tatezawa JPN 3:48.24

2025 PERTH TRACK CLASSIC: Callum Davies 3:40.77, Ryoji Tatezawa (Jpn) 3:40.87, Peyton Craig 3:41.13, Adam Goddard 3:41.18, Max Shervington 3:41.52, Thomas Moorcroft 3:43.32, Zach Facioni

2025 AUST CHAMPIONSHIPS: 1) Cameron Myers 3:34.39, 2) Adam Spencer 3:34.57, 3) Olli Hoare 3:34.61, 4) Jude Thomas 3:35.55, 5) James Hansen 3:36.84, 6) Jack Anstey 3:37.44, 7) Callum Davies

2024 AUST CHAMPIONSHIPS: Adam Spencer 3:37.68, Ollie Hoare 3:37.83, Jesse Hunt 3:37.88, Stewart McSweyn 3:38.66, Cameron Myers 3:38.74, Jack Anstey 3:38.94, Callum Davies 3:39.56, Luke

PACING PLAN: Thomas Kemp - through 800m in 1:56

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Bio
1	Jonathon Harris	S	Matthew Clarke	20	3:41.24	3:41.24	Finalist 5000m 2025 World University Games; 2nd 2025 Zatopek 3000m	gold 2024 Zatopek U20 de Castella 3000m
2	Kenta Sekiguchi	JPN	Akira Nakano	24	n/a	n/a	March 2025 10,000m PB 28:07.46, 20th Hobart TC 3k 8:02	February 26th ran Marugame Half Marathon PB 61:07
3	Adam Goddard	S	Riley Cocks	22	3:38.45	n/a	Finalist 1500m 2025 World University Games On Roads in 2025: 1st Burnie 10k, 1st Melb Marathon 10k.	3rd 3000m Hobart Track Classic 7:49 - 9 seconds PB
4	Tomonori Yamaguchi	JPN	Kaysuhiko Hanada	22	3:38.16	n/a	65th 2024 World Cross Country 2024 Japanese XC champion	4th 3000m Hobart Track Classic 7:50
5	Jackson Sharp	N	Jack Mullaney	25	3:36.82	n/a	2023 NCAA 5000m bronze medallist	Has run 7:41 indoor 3000m in US in 2026
6	Max Shervington	W	Matt Ramsden	22	3:38.88	n/a	Competed in the 1500m 2025 World University Games, 1500m PB 3:38.88; 8th 1500m Australian Championships 1st 5000m 2026 Perth Track Classic; 17th Hobart 3000m	
7	Lucas Chis	V	Ben St Lawrence	17	3:41.68	3:41.68	Australian U18 5000m recordholder (14:06.76) 2025 Australian U18 1500m champion at the All Schools & Junior Champs; 8th Hobart 3000m	Played elit soccer to age 12 then quite. 2 years of no sport, then in 2023 (aged 14) started formal training. Bought spikes 'on the way' to his first race.
8	Jesse Hunt	W	Craig Mottram	27	3:33.64	n/a	NCAA 2021 1500m Semi; #11 Aus all-time at 1500m 2024 Australian mile champion. His 1500m PB now faster than his coach. Two weeks ago in Hobart, ran his first race in 12 months (13th 3000m 7:58)	Melbourne based 'On' athlete. Uni of North Carolina - a degree in Economics, Statistics and Business Admin, then a Master in Accounting, Financial Analysis & Reporting, Kenan-Flagler Business School
9	Ryoji Tatezawa	JPN	Masato Yokota	28	3:36.68	n/a	3-time National 1500m champion; Represented JPN at World Uni Games, World Road Champs, World XC	

19:39 MEN - 1500m Pet Let Holiday Homes Continued.....							
10	Alexander Cameron-Smith	V		18	3:41.71	n/a	2025 Zatopek 'de Castella' U20 3000m champion
11	Luke Shaw	V	Steve Fabris	24	3:40.84	3:42.02	2024 National Championships finalist
12	Charles Barrett	V	Charlotte Wilson	18	3:41.65	3:41.65	This year set World U20 quals in 1500m (3:41.65) and 5000m (13:53.15). Today chasing a 3k qualifier of 8:04.00. 2025 Australia U20 5000m champion
13	Connor Whiteley	N	Dick Telford	26	3:36.19	3:46.01	2023 NSW 1500m champion
14	Toby Gillen	Q	Craig Mottram	24	3:40.90	n/a	3-time finalist NCAA 5000m Championships (2023-2025) Studied Business Administration at Uni of Mississippi (Ole Miss)
15	Alexander Stitt	Q	Craig Mottram	24	3:35.71	n/a	3-time NCAA 1500m semifinalist (2023-2025) 1st 2025 Zatopek 3000m; 2025/26 Australian mile champion Studied at US college Oklahoma State. In 2019 he was the Australia U20 1500m champion.
16	Thomas Kemp	S	PACE	18	PACE	PACE	Through 800m in 1:56 800m PB 1:50.71

19:49 MEN 400m Hurdles

RECORDS: MEET - Simon Hollingsworth TAS 49.29 (1996); **AUST** - 48.28 Rohan Robinson (1996); **AUS ALLCOMERS** - 47.50 Angelo Taylor (2000)

QUALIFYING STANDARDS: Commonwealth Games **48.50** - qualifiers nil; **World U20 Championships 53.00** - Ethan Williams N, Billy Blair N

2026 HOBART TRACK CLASSIC: 1) Matthew Hunt 50.64, 2) Conor Fry 51.29, 3) Ashley Moloney 52.70, 4) Matt Crowe 52.83, 5) James Harden 53.22, 6) Harvey Murrant 54.23, 7) Bryce Collins

2025 SYDNEY TRACK CLASSIC: 1) Thomas Hunt 49.88, 2) Josh Hook 50.34, 3) Sojiro Moritaka JPN 50.55, 4) Conor Fry 50.58, 5) Kyle Bennett 51.43, 6) Rohan Laurendet 51.48, 7) Blake Dobay 51.78, 8) Angus Proudfoot 51.98

2025 AUSTRALIAN CHAMPS: 1) Thomas Hunt 50.05, 2) Kyle Bennett 50.70, 3) Josh Hook 50.93, 4) Rohan Laurendet 51.39, 5) Fraser Symons 51.47, 6) Angus Proudfoot 52.07, 7) Dominic Panozzo 52.22, 8) Blake Dobay 52.24, Conor Fry DQ

2024 AUSTRALIAN CHAMPS: Chieh Chen (Tpe) 50.66 (2h1 51.56), Thomas Hunt 50.81, Conor Fry 51.39, Angus Proudfoot 51.43 (1h2 51.40), Joshua Hook 51.52, Mark Fokas 51.73 (1h3 51.58), Matthew Crowe 51.88, Rohan Laurendet 52.36, (3h1 51.56), Jack McFadden 54.71 (3h3 52.56)

2023 AUSTRALIAN CHAMPS: 1. Christopher Douglas VIC 50.15; 2. Conor Fry VIC 50.83; 3. Jun Jie Calvin Quek SGP 51.34; 4. Kyle Bennett QLD 51.38; 5. Bryce Collins NSW 51.74; 6. Matt Crowe NSW 52.43; 7. Josh Hook WA 53.97; -. Fraser Symons QLD DNS.

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
2	Matt Crowe	N	Ben Liddy	28	51.88 (23)	52.12	Bronze medallist 2022 Nationals	
3	Ashley Moloney	Q	Andrew Iselin	25	52.70	52.70	Tokyo Olympic Games decathlon bronze medallist Australian record holder decathlon & heptathlon (indoors). 2024 OG dnf (adductor injury), from Paris until 2026 (16 months) just 1 race in 2025. 2026 season: 8 sprint races & two 400 hurdles 57, 52.70	First Australian title in U16s was in high jump; Hobbies - audiophile, 4-wheel-driving and video games.
4	Kyle Bennett	Q	Sharon & Chris Dale	22	50.70	51.53	Competed World U20 Championships 400m hurdles Silver medallist 2025 Australian Championships	Won an Australian U18 comedy festival
5	Syota Fuchigami	JPN	Kensuk Omae	20	48.78	n/a	Finalist 400m hurdles 2025 World University Games	Former Japanese U20 record holder
6	Shunta Inoue	JPN	Shinji Takahira	23	48.46	n/a	Competed 2025 World Championships	
7	Matthew Hunt	N	Ben Liddy	19	49.95 (26)	49.95	Australian U20 400m hurdles champion & competitor at the 2024 World U20 Championships #20 Australian all-time Second fastest in his family, brother Tom has run 49.88.	PBs from 3 stunning races in 2026; 400m a 3 seconds PB of 46.27. At 400 hurd 49.95, 1 sec PB. 20th AUS to break 50 seconds. Reason for significant progress, only 7 races in last 18 months due to injury.
8	Yamato Sakai	JPN	Kensuk Omae	21	49.75	n/a	Past medallist Japanese U20 Championships	
9	Conor Fry	V	Daniel Bailey	28	50.17 (23)	51.29	2022 Australian champion 2024 2nd Oceania Championships; #24 Australian all-time	

19:59 WOMEN - 800m **Polytan**

RECORDS: MEET - Abbey Caldwell VIC 2:00.81 (2024); **AUST** - Jessica Hull N 1:57.15 (2025); **AUST Allcomers** -Maria Mutola MOZ 1:56.15 (2000)

QUALIFYING STANDARD: Commonwealth Games 1:58.50 - Abbey Caldwell V 1:58.44, Jessica Hull N 1:57.15; **World Indoors 2:00.90** - Hayley Kitching N, Abbey Caldwell V; **World U20 Championships** 2:09.00 - Emma Fryga Q, Ivy Boothroyd N, Mia Bridgland N, Violet Owen T, Rose Acklin Q, Lucy Delbridge V, Sierra Williams Q, Ashley Fehiberg T, Declyn Tanner V, Pippa Schwarz N, Honour Tobin V, Matilda Emanuel N.

2026 HOBART TRACK CLASSIC: 1) Jaylah Hancock-Cameron 2:02.22, 2) Ivy Boothroyd 2:03.15, 3) Tess Kirsopp-Cole 2:03.63, 4) Emma Fryga 2:03.64, 5) Nozomi Tanaka JPN 2:05.64

2025 MAURIE PLANT MEET: 1) Tess Kirsopp-Cole 2:02.91, 2) Carley Thomas 2:03.14, 3) Emma Fryga 2:04.26, 4) Sophia Hanlon 2:04.85, 5) Matilda Ryan 2:06.12, 6) Nadia Power IRL 2:06.58

2025 SYDNEY TRACK CLASSIC: 1) Claudia Hollingsworth 1:59.30, 2) Jaylah Hancock-Cameron 2:01.22, 3) Tess Kirsopp-Cole 2:01.95, 4) Rin Kubo JPN 2:03.64, 5) Sophia Hanlon 2:03.89, 6) Boh Ritchie

2025 ADELAIDE INVITATIONAL: Abbey Caldwell 2:01.84, Sarah Billings 2:03.09, Bendere Oboya 2:03.11, Georgia Griffith 2:03.39, Tess Kirsopp-Cole 2:03.72, Carley Thomas 2:03.78, Ellie Sanford

2025 AUSTRALIAN CHAMPS: 1) Abbey Caldwell 2:00.51, 2) Claudia Hollingsworth 2:00.90, 3) Tess Kirsopp-Cole 2:02.26, 4) Carley Thomas 2:02.65, 5) Ellie Sanford 2:03.17, 6) Rebekah Newton 2:03.59, 7) Ivy Boothroyd 2:03.64, 8) Leah Simpson 2:04.85,

2024 AUSTRALIAN CHAMPS: 1. Claudia Hollingsworth 1:58.40, Abbey Caldwell 1:59.01, Bendere Oboya 1:59.33, Catriona Bisset 1:59.87, Hayley Kitching 2:00.70, Imogen Barrett 2:03.33, Leah

PACING PLAN: Iluka-Rose Taylor - plan TBC

Lan	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Victoria Cholsh	S	Simon Moran	21	2:07.17	2:08.98		
2	Ruby Madden	N	Gary Howard	21	2:07.55	2:07.55	Finalist 1500m 2025 Australian Championships	
3	Jessica McManus	S	Dylan Stenson	20	2:09.04	2:09.04		
4	Emma Fryga	Q	Brad Schofield	17	2:03.32 (25)	2:03.64	In 2024 won four Australian U16 800/1500m titles Ran a 4 seconds 1500m to place 5th at the Perth Track Classic.	
5	Ivy Boothroyd	N	Ned Brophy-Williams	19	2:03.15	2:03.15	Bronze medallist U20 800m 2024 Australian Championships	
6	Abbey Caldwell	V	Gavin Burren	24	1:57.70 (25)	2:00.79	Olympic semi-finalist and Commonwealth Games/World XC medallist; 4 from 4 Global outdoor semis. CG22 3rd; WXC23 4x2km 3rd; WC23 800m & 1500m semi; OG24 800m semi; WI25 800m heat, WC25 800m semi	Studying Health Sciences part time at Deakin University Has 10 sub-1:59 times; Australia all-time #3 800m & #5 1500m
7	Jaylah Hancock-Cameron	N	Andae Kalemusic	23	2:01.22	2:02.22	Australia mile (road and track) champion 2018 Youth Olympic Games; Won 2024 Zatopek 1500m	From Broulee on the NSW South Coast.
8	Alma Robb	N	Ben St Lawrence	23	2:05.81	2:08.72	Silver medallist 2025 Australian University Games	
8	Iluka-Rose Taylor	S	PACE	16	PACE	PACE	plan TBC	PB 55.35
9	Carley Thomas	N	Craig Mottram	25	1:59.95 (23)	n/a	Silver medallist World U20 Champs WJ18 2nd, WC19 heat;	Studied Pre Science, Biology at Uni of Washington

20:08 MEN - 400m

RECORDS: MEET Thomas Jordier FRA 45.52 (2024); **AUST** - Darren Clark NSW 44.38 (1988); **AUST ALLCOMERS** - Michael Johnson 43.84 (2000)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games **44.85** - 44.54 Reece Holder Q, Aiden Murphy S; **World Indoors 45.80** - Cooper Sherman, Aidan Murphy, Tom Reynolds; **World U20 Champs 47.40** - Gout Gout Q, Seth Kennedy Q, Chase Grant N, 47.33 Adam Beiers Q, Archie O'Rourke V

2026 PERTH TRACK CLASSIC: 1) Cooper Sherman 44.85, 2) Thomas Reynolds 45.51, 3) Kenki Imaizumi JPN 45.98, 4) Gustav Lundholm Nielsen DEN 46.09, 5) Matthew Hunt 46.27, 6) Ryo Yoshikawa JPN 46.64, 7) Seth Kennedy 46.73

2025 PERTH TRACK CLASSIC: Cooper Sherman 45.31, Fuga Sato (Jpn) 45.56, Terrell Thorne 45.90, Danie Blest 47.23, Timothy Sanki 47.59

2025 AUSTRALIAN CHAMPS: 1) Cooper Sherman 45.26, 2) Terrell Thorne 45.54, 3) Luke Van Ratingen 45.64, 4) Thomas Reynolds 46.13, 5) Augustine Nketia Jr 46.29, 6) Daniel Blest 46.81

2024 AUSTRALIAN CHAMPS: Cooper Sherman 45.89, Luke van Ratingen 46.31, Alex Beck 46.64, Harrison Hunt 46.75, Thomas Reynolds 46.77, Daniel Best 47.06, Nicholas Donaldson 47.16, Ian

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
2	Caleb Kilpatrick	V		18	47.49	n/a	Bronze medallist 4x400m relay 2024 World U20 Champs	
3	Chase Grant	N	Melissa Smith	19	46.73	46.73	Silver medallist U20 400m 2025 Australian Championships Set PBs in 2026: 100m 10.44, 200m 21.16, 400 46.73	
4	Zane Branco	N	Andrew Murphy	26	46.57	46.61	Long Jump finalist 2023 World University Games WJ18 200m 5th; WU23 LJ 8th; has 10.33/20.68 speed.	Studied Social Science, Economics and Environmental Sustainability at Griffith Uni. Moved to Sydney in 2024.
5	Josh Fabiani	Q	Alex Beck	21	46.48	47.40	Finalist 2025 Australian Championships	
6	Lex Revell-Lewis	NZL	Nuree Greenhalgh	22	45.88	46.64	3-time National champion and Kiwi 400m recordholder NZL Rep WJ22 400m heat & WUG25 400m semi	At 2025 MPM, broke the 26-year-old NZL National record; Has 20.49 200m speed
7	Luke van Ratingen	N	Ben Liddy	24	45.57 (24)	45.64	Silver medallist World relays Mixed 4x400m Australian record holder mixed 4x400m relay 2023 Australian & 2024 Oceania 400m champion	Studying Arts in International Studies, International Management at Uni of Technology Sydney First individual 400m since Nationals last April.
8	Kyle Gale	BAR		24	45.40	48.16	Semifinalist 400m 2022 Commonwealth Games	
9	Luke Simpson	S	Paul Young	20	48.06	n/a	Past SA U20 400m champion	20th birthday today (March 14)

20:14 WOMEN - 400m Beyond Bank

RECORDS: MEET - Ana Guevara MEX 50.84 (2000); **AUST** - Cathy Freeman VIC 48.63 (1996); **AUST U20** - Cathy Freeman VIC 51.14 (1992);

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 50.75 - nil qual; World Indoors 51.75 - Jemma Pollard 51.73; World U20 Champs 55.20: Xanthee Watts Q, Naomi Krajancic N, Mariam Kamara N, 54.86 Maiya Hewitt N, Alice Hill N, Rose Acklin Q, Samara Bond N, Shari Hurdman N

2026 PERTH TRACK CLASSIC: 1) Jemma Pollard 51.73, 2) Ellie Beer 52.29, 3) Alexia Loizou 52.64, 4) Carla Bull 52.83, 5) Amelia Rowe 52.89, 6) Angel Turner 55.28

2025 PERTH TRACK CLASSIC: Ellie Beer 52.78, Amelia Rowe 53.06, Bella Pasquali 53.36, Charlotte McAuliffe 53.53, Jemma Pollard 53.85, Laura McShane 53.88, Alanah Yukich 54.21, Arie Flores

2025 AUSTRALIAN CHAMPS: 1) Ellie Beer 51.42, 2) Bella Pasquali 51.84, 3) Amelia Rowe 52.49, 4) Carla Bull 52.90, 5) Jasmin Guthrie 53.32, 6) Laura McShane 53.40, 7) Jemma Pollard 53.74,

2024 AUSTRALIAN CHAMPS: Ellie Beer 51.59, Mikaela Selaidinakos 53.33, Rebecca Bennett 53.60, Alanah Yukich 53.88, Alexia Loizou 54.10, Laura McShane 54.11, Jemma Pollard 54.31, Angeline

Lan	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Ellie Whittingham	S	Peter Burdett	22	54.82 (26)	54.82	Silver medallists 2025 SA Championships	
2	Sarah Carli	N	Abbie Taddeo	31	52.90 (22)	n/a	Olympian & 3-time World Champs 400 H semi-finalist #3 Australian all-time 400H; Fastest Aussie in the last 19 years (since 2007); WC Semis 2019/2022/2025	Financial Advisor; In a gym accident in Feb 2021 suffered a traumatic carotid artery dissection.
3	Amelia Rowe	W	Brian Pozzi	19	52.49 (25)	52.89	Silver medallist 4x400m World U20 Championships WJ24 400m semi, 4x400 silver; 2024 Australian U20 champion	#13 Australian U20 all-time
4	Carla Bull	Q	Brett Robinson	23	52.29 (25)	52.83	Represented Australia on 2 relays at 2025 World Championships Semi-finalist 200m 2023 World University Games	Physiotherapy student at Griffith University Owner Strength & Fitness Studio 2022 Stawell Gift winner
5	Bendere Oboya	V	Craig Mottram	25	51.21 (19)	n/a	Tokyo Olympian Run just five 400s in the last four years CG18 400 heat; WC19 400m semi, OG20 400 heat, 4x400 heat; Australian 600m record holder.	In 2016/17 she improved in the 400m from 75 to 52.69 seconds. After Tokyo Olympics moved from 400m to 800m. Arrived in Australia in 2003 from Ethiopia aged three with her family including five siblings.
6	Jemma Pollard	N	Tim Eschebach	20	51.73 (26)	51.73	Anchored the Australian team to bronze at the World indoors 2026 Australian national leader with Perth TC win Silver medallist 4x400m relay 2024 World U20 Championships WJ24 400m semi, 4x400 silver; W125 4x400 bronze, WC25 ht	Studying Graphic Design & working with Simon Curwood Jewellers in Newcastle.
7	Ellie Beer	Q	Brett Robinson	23	51.30 (25)	52.29	Dual Olympian & World Indoor 4x400m bronze medallist OG20 400m heat, OG24 400m heat, W125 4x400 bronze 3-time Australian champ; AUS all-time #12 400m	Studying Sports Development at Griffith Uni.
8	Arie Aoki	JPN	Mitsuo Otuuka	21	51.71 (25)	n/a	Bronze medallist 2025 Japanese championships	
9	Xanthee Watts	Q	Clinton Watts	16	54.43 (25)	55.47	2025 Australian All Schools U17 400m champion	

20:24 MEN - 200m Golden North

RECORDS: MEET Aiden Murphy SA 20.66 (2022); **AUST ALLCOMERS** - Frankie Fredericks NAM 19.92 (1999); **AUST Open & U20** - Gout Gout QLD 20.02 (2025)

QUALIFYING STANDARD & QUALIFIERS: Commonwealth Games 20.16 - nil qualifiers; **World U20 Champs 21.25** - Seth Kennedy Q, Zavier Peacock N, Jonathan Kasiano Q, Dylan Hall N, Chase Grant N, Joshua Smith N

2026 HOBART TRACK CLASSIC: (0.6): 1) Lachlan Kennedy 20.43, 2) Calab Law 20.70, 3) Michael Hanna 21.42, 4) Jagga Pybus 21.64

2026 PERTH TRACK CLASSIC: (1.0): 1) Chris Ius 20.55, 2) Zavier Peacock 20.89, 3) Jake Hayter 21.00, 4) Luca Schmitt 21.06, 5) Christopher Geordas 21.22

2025 ADELAIDE INVITATIONAL: (-3.3) Calab Law 21.05, Lachlan Kennedy 21.19, Jacob Despard 21.49, Chris Ius 21.77, Aidan Murphy 21.80, Tommy Te Puni (Nzl) 21.85, Chris Geordas 21.98

2025 AUSTRALIAN CHAMPS: (2.2) Gout Gout 19.84w, 2) Aidan Murphy 20.40w, 3) Chris Ius 20.76w, 4) Christopher Geordas 21.02w, 5) Ryan Tarrant 21.09w, 6) Godfrey Okereyang 21.21w

2024 AUSTRALIAN CHAMPS: (-1.0) 1. Calab Law 20.54, 2. Theodor Young (RSA) 20.88, 3. Aidan Murphy 20.94, 4. Jackson Rowe 20.95, 5. Jacob Despard 20.96, 6. Matthew Friar 21.07, 7. Chris Ius

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
2	Jake Hayter	N	Greg Smith	20	20.94 (26)	20.94	Set 100m and 200m PBs this year	
3	Luca Schmitt	S	Rick Treleaven	20	21.01	21.06	2nd 100m & 200m 2025 SA Champs	
4	Chris Ius	N	Andrew Murphy	26	20.55	20.55	Semi-finalist 100/200m 2023 World Uni Games	Sydney Uni physio graduate
5	Tommy Te Puni	NZL	Elena Brown	23	20.35	20.35	Semifinalist 200m 2025 World Uni Games Run a fast 20.35 200m this year	Former basketballer; His father, Roger Te Puni, competed in HJ at two Comm Games.
6	Reece Holder	Q	Chris Dale	23	20.48 (25)	n/a	Semi-finalist Paris Olympics & 2025 World Champs 400m & #2 AUS 400m all-time; First race of the season. Ran his 200m PB in his last 200m race.	A good junior at mid-46, started to improve in early 2023. Construction Cadet at McNab. Student at QLD University of Technology.
7	Aidan Murphy	S	Nik Hagicostas	22	20.41 (22)	20.67	2022 AUST open 200m champion & AUST U20 200m record holder; Run two 400m PBs this year, now at 44.81 #7 All-time WC22 200m heat, WJ22 200m semi; WC23 200m heat	Mother Tania Van Heer Commonwealth Games gold medallist; Studying Civil Engineering.
8	Jacory Patterson	USA		26	20.14	n/a	Bronze medallist 400m 2025 World indoors, finalist 400m 2025 World outdoors 400m PB 43.85, ran three sub-44.00 times in 2025	Studied at Virginia Tech and University of Florida
9	Hamish Lindstrom	N	Brian Wright	23	20.85	20.85	This summer set PBs at 100m, 200m and 400m	

20:33 WOMEN 5000m

RECORDS: MEET - Izzy Batt-Doyle SA 15:13.35 (2025); AUST - Rose Davies NSW 14:41.65 (2024)

QUALIFYING STANDARDS: Commonwealth Games 14:55.00 - nil qual; World U20 Championships 16:25.00 - Imogen Baker V, Eliza Lawton N, Addison Houslip Q, Libby Mantay Q

2026 HOBART TRACK CLASSIC 3000M (AUS Champs): 1) Claudia Hollingsworth 8:37.42, 2) Abbey Caldwell 8:39.06, 3) Georgia Griffith 8:40.71, 4) Rose Davies 8:41.61, 5) Maudie Skyring 8:45.00, 6) Nozomi Tanaka JPN 8:49.77, 7) Cara Feain-Ryan 8:56.02, 8) Laura Nicholson IRL 8:59.74, 9) Klara Dess 9:00.74, 10) Zoe Melhuish 9:01.26, 11) Ruby Smee 9:07.48

2025 MAURIE PLANT MEET 5000M: 1) Rose Davies 14:57.54, Isobel Batt-Doyle 14:59.18, Aynadis Mebratu (Eth) 15:04.84, Holly Campbell 15:10.11, Genevieve Gregson 15:22.08, Jenny Blundell 15:24.27, Maudie Skyring 15:25.24, Leanne Pompeani 15:28.14, Jodie McCann (Irl) 15:35.04, Sarah Billings 15:41.41, Stella Radford 15:41.88, Natalie Rule 15:42.60, Cara Feain-Ryan 15:44.69

2025 SYDNEY TRACK CLASSIC 3000M: 1) Georgia Griffith 8:54.02, 2) Maudie Skyring 8:59.90, 3) Sarah Billings 9:02.19, 4) Holly Campbell 9:05.84, 5) Cara Feain-Ryan 9:08.15, 6) Zoe Melhuish

2025 PERTH TRACK CLASSIC 5000M: 1) Natalie Rule 15:21.94, Amy Robinson 15:22.34, Georgia Hansen 15:23.13, Holly Campbell 15:30.33, Taylor Werner (Usa) 15:31.13, Leanne Pompeani

2024 SYDNEY TRACK CLASSIC 3000M: 1) Jessica Hull 8:37.18, 2) Georgia Griffith 8:37.85, 3) Rose Davies 8:39.81, 4) Linden Hall 8:40.59, 5) Maudie Skyring 8:42.96, 6) Jenny Blundell 8:43.59, 7)

2024 AUSTRALIAN CHAMPS (5000M): 1. Rose Davies 15:21.62, Lauren Ryan 15:24.95, Maudie Skyring 15:25.58, Izzy Batt-Doyle 15:26.72, Jenny Blundell 15:31.22, Leanne Pompeani 15:32.72, Natalie Rule 15:33.95, Genevieve Gregson 15:40.85, Amy Bunnage 15:49.17, Holly Campbell 15:57.25, Zoe Buckman 15:58.59, Jodie McCann (Irl) 16:04.59, Eloise Wellings 16:10.71

PACING 15:25; 200m 37, 600m 1:51, 1000m 3:05, 1400m 4:19, 1800m 5:33, 2200m 6:47, 2600m 8:01, 3000m 9:15, 3400m 10:29, 3800m 11:43, 4200m 12:57, 4600m 14:11, 5000m 15:25

Lar	Name		Coach	Age	PB	SB	Athletics Performances	Biographical information
1	Tiana Cetta	S	Riley Cocks	21	16:34.53	n/a	2025 SA 5000m champion	
2	Ruby Smee	T	Susan Andrews	25	15:36.04 ind 15:52.86 out	n/a	2nd 2024 Australian XC Set 3000m PB at 2026 Hobart Track Classic	
3	Kate Holland-Smith	S	Riley Cocks	27	16:44.52	16:50.88	6th Zatopek 10,000m in 2025	
4	Sinead Noonan	W	Raf Baugh	34	16:28.31	n/a	45th 2023 World Half Marathon Championships	
5	Isabella Valinoti	Q	Ben Norton/Lizel Mo	17	n/a	n/a	19th U20 event 2026 World Cross Country Bronze medallists U18 3000m 2025 Australian Championships	Debut on the track over 5000m
6	Libby Mantay	Q	Sharon Iselin	17	16:22.97	16:31.44	41st U20 event 2026 World Cross Country 4th U20 5000m 2025 Australian Champs	
7	Izzy Thornton-Bott	N	Ned Brophy-Williams	28	15:38.32	n/a	28th birthday TODAY (14 March) 2nd 1500m 2023 NCAA 2025 NSW 5000m champion	Studied Science (Anthropology) at Uni of Oregon and Human Behaviour at Oxford University.
8	Saskia Lloyd	V	Riley Cocks	24	16:37.81 (25)	17:15.05	6th 2025 Australian XC Championships Competed in the 10,000m at the World University Games	Bachelor of Design at Uni of Melbourne; Post Baccalaureate Study at Uni of Washington
9	Olivia O'Kelly	N	Gary Howard	18	16:30.28	16:30.28	7th U20 5000m Australian Championships	PB 5 seconds outside World U20 Champs qual standard.
10	Klara Dess	A	PACE	25	PACE	PACE	5th 1500m 2025 World University Games The medical student is fresh from 800m & 1500m indoors PB in America. 2024 NCAA XC 74th	Formerly at New Mexico Uni in 2023 & 2024, now at ANU in Canberra studying medicine. Won a National medal in the 400m hurdles as a junior.