

## 2009/10 Women's Australian Rankings

From 29 September, 2009

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Denotes new performance

### 100m 12.54

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
1	11.39	1.8	Sally McLellan	QLD	1986	SOPAC	27 Feb 10
2	11.40	1.8	Melissa Breen	ACT	1990	SOPAC	27 Feb 10
3	11.49	1.3	Jacinta Boyd	QLD	1986	Perth	19 Feb 10
4	11.56	1.3	Laura Whaler	NSW	1987	Melbourne	4 Mar 10
5	11.59	1.9	Charlotte Van Veenendaal	NSW	1988	Brisbane	16 Jan 10
6	11.71	1.8	Jessica Knox	NSW	1978	SOPAC/Melbourne	27 Feb/4 Mar 10
7	11.74	1.8	Crystal Attenborough	NT	1983	SOPAC	27 Feb 10
8	11.81	-0.2	Caitlin Sargent	QLD	1992	Brisbane	22-25 Oct 09
9	11.84	1.4	Hayley Butler	NSW	1984	SOPAC	20 Feb 10
10	11.85	1.3	Larissa Pasternatsky	NSW	1991	SOPAC	12-14 Feb 10

#### Wind assisted

	11.22	3.1	Melissa Breen	ACT	1990	Canberra	18 Dec 09
	11.67	5.1	Lauren O'Sullivan	QLD	1992	Brisbane	22-25 Oct 09
	11.74	2.2	Alicia Wrench-Doody	SA	1986	Adelaide	20 Feb 10
	11.84	2.2	Bessie Hayes	WA	1989	Perth	8 Jan 10

### 200m 25.14

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
1	23.19	1.3	Sally McLellan	NSW	1988	SOPAC	27 Feb 10
2	23.36	1.3	Jody Henry	WA	1985	SOPAC	27 Feb 10
3	23.45	0.0	Laura Whaler	NSW	1987	SOPAC	27 Feb 10
4	23.61	1.3	Melissa Breen	ACT	1990	SOPAC	27 Feb 10
5	23.73	1.3	Hayley Butler	NSW	1984	SOPAC	27 Feb 10
6	23.93	0.8	Olivia Tauro	NSW	1990	SOPAC warm	12 Dec 09
=7	23.94	1.1	Charlotte Van Veenendaal	NSW	1988	SOPAC	14 Nov 09
=7	23.94	0.3	Ella Nelson	NSW	1994	SOPAC	12-14 Feb 10
9	24.01	0.3	Karlie Morton	NSW	1993	SOPAC	12-14 Feb 10
10	24.26	1.3	Caitlin Sargent	QLD	1992	SOPAC	27 Feb 10

#### Wind assisted

	23.67	4.1	Caitlin Sargent	QLD	1992	Brisbane	22-25 Oct 09
	23.69	2.2	Hayley Butler	NSW	1984	SOPAC	20 Feb 10
	23.70	2.2	Karlie Morton	NSW	1993	SOPAC	20 Feb 10
	23.85	2.5	Charlotte Van Veenendaal	NSW	1988	Brisbane	16 Jan 10
	24.11	2.5	Virginia Trad	QLD	1990	Brisbane	16 Jan 10
	24.17	2.6	Leanne Hodge	SA	1985	Adelaide	20 Feb 10
	24.23	2.6	Alicia Wrench-Doody	SA	1986	Adelaide	20 Feb 10

## 400m

56.64

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
=1	52.41		Tamsyn Lewis	VIC	1978	Canberra	30 Jan 10
=1	52.41		Jody Henry	WA	1985	Melbourne	4 Mar 10
3	52.81		Pirrenee Steinert	NSW	1985	Canberra	30 Jan 10
4	53.43		Caitlin Pincott	QLD	1982	Canberra	30 Jan 10
5	53.78		Lauren Boden	ACT	1988	Melbourne	4 Mar 10
6	54.15		Anneliese Rubie	NSW	1992	SOPAC	20 Feb 10
7	54.19		Danielle Taylor	TAS	1987	Canberra	30 Jan 10
8	54.20		Trisha Greaves	NSW	1980	Newcastle	6 Feb 10
9	54.39		Holly Noack	WA	1983	Perth	14 Feb 10
10	54.41		Renee Robson	NSW	1978	SOPAC	20 Feb 10

## Mixed race

	53.95		Olivia Tauro	NSW	1990	Auckland, NZL	20 Feb 10
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## 800m

2:12.0

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	2:04.26		Holly Noack	WA	1983	Hobart	12 Feb 10
2	2:04.61		Kaila McKnight	VIC	1986	Hobart	12 Feb 10
3	2:04.64		Katherine Katsanevakis	VIC	1988	SOPAC	27 Feb 10
4	2:04.82		Sianne Toemoe	NSW	1989	SOPAC	27 Feb 10
5	2:05.31		Trychelle Kingdom	VIC	1990	Brisbane	6 Feb 10
6	2:05.51		Bridey Delaney	NSW	1989	Brisbane	6 Feb 10
7	2:05.66		Caitlin Pincott	QLD	1982	SOPAC	27 Feb 10
8	2:05.72	<i>i</i>	Zoe Buckman	ACT	1988	Seattle, ISA	6 Mar 10
9	2:05.74		Kelly Hetherington	VIC	1989	SOPAC	27 Feb 10
10	2:05.84		Madeleine Pape	VIC	1984	SOPAC	27 Feb 10

## Mixed race

	2:04.57		Sianne Toemoe	NSW	1989	SOPAC warm	28 Jan 10
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## 1500m

4:40.0

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	4:13.97		Kaila McKnight	VIC	1986	Newcastle	6 Feb 10
2	4:14.52		Bridey Delaney	NSW	1989	Melbourne	4 Mar 10
3	4:15.50		Eloise Wellings	NSW	1982	SOPAC	27 Feb 10
4	4:16.17		Lisa Corrigan	ACT	1984	Melbourne	4 Mar 10
5	4:20.66		Emma Rilen	NSW	1983	Gold Coast	29 Sep - 1 Oct 09
6	4:20.91		Erica Fountain	VIC	1982	Melbourne	4 Mar 10
7	4:23.89		Margie Athow	QLD	1984	SOPAC	27 Feb 10
8	4:24.21		Lara Nicod	NSW	1985	Melbourne	4 Mar 10
9	4:24.31		Lucy Kennedy	QLD	1988	Melbourne	4 Mar 10
10	4:24.50		Holly Noack	WA	1983	Canberra	30 Jan 10

## Mixed race

	4:21.8 h		Benita Willis	VIC	1979	Knox	28 Jan 10
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**3000m**

**9:55.0**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	9:13.89		Bridey Delaney	NSW	1989	SOPAC	14 Nov 09
2	9:16.50		Eloise Wellings	NSW	1982	SOPAC	14 Nov 09
3	9:22.21		Lara Tamsett	NSW	1988	SOPAC warm	23 Jan 10
4	9:27.75	<i>i</i>	Rebecca Lowe	NSW	1988	Fayetteville, USA	27 Feb 10
5	9:28.58		Emily Brichacek	ACT	1990	Auckland, NZL	20 Feb 10
6	9:28.87		Emma Rilen	NSW	1983	SOPAC warm	23 Jan 10
7	9:31.26		Demi Wood	SA	1992	Melbourne	10 Dec 09
8	9:35.95	<i>i</i>	Lauren McKillop	NSW	1990	South Bend, USA	7 Feb 10
9	9:38.43		Tara Palm	SA	1985	Adelaide	14 Jan 10
10	9:41.23		Sarah Klein	VIC	1985	Box Hill	23 Feb 10

**Mixed race**

	9:05.8 h		Kaila McKnight	VIC	1986	Nunawading	23 Jan 10
	9:18.51		Hanny Allston	TAS	1986	Launceston	23 Jan 10

**5000m**

**17:10.0**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	15:27.75		Lara Tamsett	NSW	1988	Melbourne	4 Mar 10
2	15:35.37		Eloise Wellings	NSW	1982	Hobart	12 Feb 10
3	15:38.87		Nikki Chapple	VIC	1981	Melbourne	4 Mar 10
4	15:48.64		Benita Willis	VIC	1979	Hobart	12 Feb 10
5	15:59.15		Lisa Weightman	VIC	1979	Melbourne	26 Nov 09
6	15:59.36	<i>i</i>	Rebecca Lowe	NSW	1988	Melbourne	12 Feb 10
7	16:17.06		Emily Brichacek	ACT	1990	Melbourne	4 Mar 10
8	16:21.38		Jessica Trengrove	SA	1987	Melbourne	4 Mar 10
9	16:29.44		Hanny Allston	TAS	1986	SOPAC warm	28 Jan 10
10	16:32.55		Tara Palm	SA	1985	Melbourne	4 Mar 10

**Mixed race**

	16:23.56		Hanny Allston	TAS	1986	Hobart	14 Nov 09
	16:27.72		Tara Palm	SA	1985	Adelaide	25 Nov 09

**10000m**

**38:30.0**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	32:19.08		Eloise Wellings	NSW	1982	Melbourne	10 Dec 09
2	32:20.14		Lisa Weightman	VIC	1979	Melbourne	10 Dec 09
3	32:20.39		Lara Tamsett	NSW	1988	Melbourne	10 Dec 09
4	32:24.70		Rebecca Lowe	NSW	1988	Melbourne	10 Dec 09
5	32:29.92		Nikki Chapple	VIC	1981	Melbourne	10 Dec 09
6	33:16.16		Cassie Fien	VIC	1985	Melbourne	10 Dec 09
7	33:22.70		Melinda Vernon	NSW	1985	Melbourne	10 Dec 09
8	33:38.09		Jessica Trengrove	SA	1987	Melbourne	10 Dec 09
9	33:58.69		Benita Willis	VIC	1979	Melbourne	10 Dec 09
10	34:25.74		Hanny Allston	TAS	1986	Melbourne	10 Dec 09

**100m H 15.74**

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
1	13.60	1.2	Shannon McCann	WA	1988	SOPAC	27 Feb 10
2	13.82	-0.4	Virginia Trad	QLD	1990	Brisbane	6 Feb 10
3	13.98	-0.4	Rosie Lawson	QLD	1992	Brisbane	6 Feb 10
4	14.14	1.2	Michelle Jenneke	NSW	1993	SOPAC	27 Feb 10
=5	14.17	1.7	Rebecca Robinson	QLD	1987	Brisbane	23-24 Jan 10
=5	14.17	0.4	Tara Holt	NSW	1988	SOPAC	6-7 Mar 10
7	14.26	0.5	Veronica Torr	QLD	1987	Uni of Qld	29 Jan 10
8	14.50	1.1	Brianna Beahan	WA	1991	Perth	15 Jan 10
9	14.57	1.2	Lauren Foote	SA	1984	SOPAC	27 Feb 10
10	14.70	0.6	Madeleine Powell	NSW	1991	SOPAC	12-14 Feb 10

**Wind assisted**

14.55	2.5	Lauren Foote	SA	1984	Adelaide	6-7 Feb 10
14.41	2.3	Brianna Beahan	WA	1991	Perth	29 Jan 10

**Wind assisted, mixed race**

13.55	2.9	Shannon McCann	WA	1988	Perth	27 Nov 09
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**400m H 65.14**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	55.75		Lauren Boden	ACT	1988	SOPAC	27 Feb 10
2	56.73		Tamsyn Lewis	VIC	1978	SOPAC	27 Feb 10
3	59.31		Jessica Gulli	VIC	1988	SOPAC	27 Feb 10
4	59.59		Lyndsay Pekin	WA	1986	SOPAC	27 Feb 10
5	59.66		Chloe Jamieson	ACT	1994	Hobart	4-7 Dec 09
6	60.48		Shannon McCann	WA	1988	Perth	19 Feb 10
7	61.12		Lisa Celi	NSW	1993	Doha, QAT	9 Dec 09
8	62.25		Bianca Mignot	VIC	1990	Canberra	30 Jan 10
9	62.28		Morgan Mitchell	VIC	1993	Hobart	4-7 Dec 09
10	62.31		Kate Ryan	VIC	1993	Melbourne	27-28 Feb 10

**3000m St 12:10.0**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	10:54.83		Tara Palm	SA	1985	Adelaide	6-7 Feb 10
2	11:05.76		Sophie Barker	VIC	1986	Gold Coast	29 Sep - 1 Oct 09
3	11:10.30		Lara Nicod	NSW	1985	SOPAC warm	30 Jan 10
4	11:12.78		Charlotte Wilson	NSW	1992	SOPAC warm	30 Jan 10
5	11:33.23		Natalie Dudkowski	QLD	1992	SOPAC	13-14 Feb 10
6	11:40.50		Hannah Castle	WA	1992	Perth	13 Nov 09
7	12:01.20		Lisa Davis	SA	1989	Adelaide	27 Jan 10
8							
9							
10							

**Mixed race**

11:20.3 h		Susannah Stockwell	WA	1995	Perth	29 Jan 10
11:24.6 h		Charlotte Lane	WA	???	Perth	29 Jan 10
11:46.1 h		Stephanie Kondogonis	VIC	1991	Essendon	29 Oct 09
11:49.7 h		Sarah Heard	VIC	1983	Box Hill	17 Oct 09
12:01.1 h		Loren Hadwiger	WA	1991	Perth	29 Jan 10

**Long Jump 5.85m**

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
1	6.47m	1.5	Jacinta Boyd	QLD	1986	Perth	19 Feb 10
2	6.40m	1.5	Kerrie Perkins	ACT	1979	Canberra	13 Nov 09
3	6.39m	1.7	Jessica Penney	ACT	1987	SOPAC	27 Feb 10
4	6.24m	1.0	Brooke Stratton	VIC	1993	Melbourne	26-28 Feb 10
5	6.07m	0.3	Tara Whitehead	QLD	1992	SOPAC	27 Feb 10
6	5.97m	1.4	Corinna Minko	VIC	1989	Ringwood	14 Nov 09
=7	5.94m	0.5	Kertisha Thompson	QLD	1992	Brisbane	28 Nov 09
=7	5.94m	0.7	Talissa Scott	NSW	1993	Brisbane	6 Feb 10
9	5.89m	1.0	Mel Street	TAS	1985	Hobart	7 Nov 09
=10	5.87m	0.8	Ellia Green	VIC	1993	Melbourne	26-28 Feb 10
=10	5.87m	1.9	Lauren Foote	SA	1984	Canberra	30 Jan 10

**No wind index**

5.97m	nwi	Talissa Scott	NSW	1993	Wollongong	16 Jan 10
5.91m	nwi	Jeanette Reyes	VIC	1979	Frankston	23 Jan 10

**Wind assisted**

6.46m	4.9	Jacinta Boyd	QLD	1986	Canberra	30 Jan 10
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**Triple Jump 11.60m**

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
1	13.30m	0.0	Linda Allen	VIC	1987	SOPAC	27 Feb 10
=2	13.07m	2.0	Jeanette Reyes	VIC	1979	SOPAC	27 Feb 10
=2	13.07m	0.4	Lisa Morrison	NSW	1981	SOPAC	27 Feb 10
4	13.03m	1.3	Meggan O'Riley	VIC	1989	SOPAC	27 Feb 10
5	12.77m	0.3	Emma Knight	VIC	1985	Box Hill	2 Mar 10
6	12.52m	0.7	Brooke Stratton	VIC	1993	Melbourne	6-8 Nov 09
7	12.46m	0.2	Carmen Finch	TAS	1978	Hobart	12 Feb 10
8	12.40m	1.2	Clare Maloney	NSW	1990	SOPAC	5-8 Nov 09
=9	12.39m	0.7	Kertisha Thompson	QLD	1992	Hobart	4-7 Dec 09
=9	12.39m	2.0	Michelle Apostolou	SA	1979	Adelaide	20 Feb 10

**Wind assisted**

13.22m	2.1	Meggan O'Riley	VIC	1989	SOPAC	27 Feb 10
13.31m	2.9	Linda Allen	VIC	1987	SOPAC	27 Feb 10
12.44m	2.4	Tracey Barnett	QLD	1988	Gold Coast	29 Sep - 1 Oct 09

**No wind index**

12.39m	nwi	Petrina Price	NSW	1984	Wollongong	16-17 Jan 10
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**High Jump 1.73m**

	PERF	WIND	ATHLETE	STATE	YOB	VENUE	DATE
=1	1.90m		Petrina Price	NSW	1984	Hobart/SOPAC	12 Feb/27 Feb 10
=1	1.90m		Ellen Pettitt	WA	1986	Perth	14 Feb 10
=3	1.86m		Amy Pejkoivic	NSW	1993	SOPAC	5-8 Nov 09
=3	1.86m		Zoe Timmers	WA	1989	SOPAC	27 Feb 10
=3	1.86m		Trudy Thompson	NSW	1989	SOPAC	27 Feb 10
6	1.85m		Lauren Foote	SA	1984	Blacktown	9 Jan 10
7	1.82m		Catherine Drummond	QLD	1987	SOPAC	27 Feb 10
=8	1.80m		Kaitlin Morgan	TAS	1995	Hobart	7 Nov 09/4-7 Dec 09
=8	1.80m		Claire Mallett	NSW	1984	SOPAC warm	19 Dec 09
10	1.77m		Denise Snyder	VIC	1992	Melbourne	20 Oct 09

**Pole Vault 3.70m**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
=1	4.30m		Liz Parnov	WA	1994	Perth/SOPAC	19/27 Feb 10
=1	4.30m		Amanda Bisk	WA	1986	SOPAC/Perth	27 Feb/5 Mar 10
3	4.20m		Alana Boyd	WA	1984	Perth	5 Mar 10
5	4.00m		Charmaine Lucock	QLD	1987	Perth	19 Feb 10
5	3.95m	<i>i</i>	Rachel Birtles	WA	1990	Ames, USA	11-13 Feb 10
=6	3.90m		Paris McCathrion	VIC	1995	Melbourne Uni/Melbourne	11/27-28 Feb 10
=6	3.90m		Amanda Bartrim	NSW	1991	SOPAC	20 Feb 10
=6	3.90m		Vicky Parnov	WA	1990	SOPAC/Perth	27 Feb/5 Mar 10
9	3.81m		Rebecca Merchant	VIC	1993	Box Hill	19 Dec 09
=10	3.80m		Ellen Pearce	WA	1992	Perth	5 Mar 10
=10	3.80m		Zsuzanna Olgay-Szabo	NSW/HUN	1973	SOPAC	11 - 18 Oct 09
=10	3.80m		Jeanie Paton	QLD	1983	Gold Coast	21-22 Nov 09
=10	3.80m		Melanie Adams	VIC	1988	Box Hill	5 Dec 09

**Shot Put 12.50m**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	15.99m		Joanne Mirtschin	ACT	1980	SOPAC	27 Feb 10
2	15.19m		Maragaret Satupai	VIC/SOM	1992	Melbourne	4 Mar 10
3	14.93m		Kim Mulhall	VIC	1991	Melbourne	4 Mar 10
4	13.87m		Prabhjot Rai	VIC	1993	Melbourne	26-28 Feb 10
5	13.76m		Danielle Byrnes	VIC	1992	Doha, QAT	9 Dec 09
6	13.39m		Lomana Fagatuai	NSW	1990	SOPAC warm	19 Dec 09
7	13.37m		Taylah Sengul	NSW	1995	Hobart	4-7 Dec 09
8	13.27m		Lara Nielsen	QLD	1992	Brisbane	22-25 Oct 09
9	13.08m		Filoi Aokuso	NSW	1995	SOPAC	5-8 Nov 09
10	12.95m		Jessica Kaufman	VIC	1992	Hobart	4-7 Dec 09

**Discus 45.00m**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	65.84m		Dani Samuels	NSW	1988	SOPAC	27 Feb 10
2	54.50m		Kim Mulhall	VIC	1991	Ringwood	20 Dec 09
=3	54.45m		Gabrielle Neighbour	VIC	1983	Knox	28 Jan 10
=3	54.45m		Calista Lyon	VIC	1986	SOPAC	27 Feb 10
5	50.62m		Christie Chamberlain	NSW	1991	SOPAC	6-7 Mar 10
6	50.44m		Margaret Satupai	VIC/SOM	1992	Melbourne	4 Mar 10
7	48.81m		Alifatou Djibril	SA/TOG	1980	Adelaide	5 Dec 09
8	48.44m		Catherine Tattersall	QLD	1989	Brisbane	6 Feb 10
9	48.24m		Taryn Gollshewsky	QLD	1993	SOPAC	27 Feb 10
10	47.91m		Prabhjot Rai	NSW	1993	Geelong	14 Feb 10

**Javelin 42.00m**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	58.22m		Kim Mickle	WA	1984	Melbourne	4 Mar 10
2	56.34m		Kathryn Mitchell	VIC	1982	Melbourne	4 Mar 10
3	55.60m		Laura Cornford	NSW	1988	SOPAC warm/Hobart	30 Jan/12 Feb 10
4	50.90m		Annabel Davies	NSW	1989	Brisbane	6 Feb 10
5	48.50m		Sonia Weatherley	QLD	1988	Brisbane	6 Feb 10
6	48.00m		Jessica Head	QLD	1991	Gold Coast	6 Nov 09
7	47.76m		Kelsey-Lee Roberts	ACT	1991	Brisbane	13-14 Feb 10
8	47.41m		Wasie Toolis	QLD	1994	Hobart	4-7 Dec 09
9	46.73m		Karen Clarke	NSW	1990	Illawong	5 Feb 10
10	46.59m		Samantha Fenwick	WA	1992	Hobart	4-7 Dec 09

**Hammer 42.00m**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	64.10m		Karyne Di Marco	NSW	1978	Greystanes	21 Feb 10
2	63.63m		Gabrielle Neighbour	VIC	1983	Hobart	12 Feb 10
3	62.38m		Breanne Clement	NSW	1982	Greystanes	17 Jan 10
4	62.10m		Bronwyn Eagles	NSW	1980	Greystanes	17 Jan 10
5	56.43m		Byrony Glass	WA	1977	Perth	14 Feb 10
6	54.62m		Lara Nielsen	QLD	1992	Hobart	4-7 Dec 09
7	52.92m		Danielle McConnell	TAS	1994	Hobart	4-7 Dec 09
8	52.21m		Ashleigh Mumberson	NSW	1990	SOPAC	14 Nov 09
9	51.59m		Natalie Debeljuh	VIC	1988	Geelong	16 Jan 10
10	48.71m		Kelly Humphries	QLD	1980	Townsville	2-4 Oct 09

**Heptathlon 4000 points**

	PERF		ATHLETE	STATE	YOB	VENUE	DATE
1	5590 pt		Lauren Foote	SA	1984	Blacktown	9-10 Jan 10
2	5234 pt		Rebecca Robinson	QLD	1987	Hobart	13-14 Feb 10
3	5026 pt		Shayleigh Gould	QLD	1990	Hobart	13-14 Feb 10
4	4843 pt		Larna Dieckman	QLD	1988	Hobart	13-14 Feb 10
5	4726 pt		Ashleigh Hamilton	VIC	1990	Melbourne	27-28 Feb 10
6	4645 pt		Shannon McCann	WA	1988	Perth	7-8 Nov 09
7	4526 pt		Sarah Wood	QLD	1990	Hobart	13-14 Feb 10
8	4488 pt		Jessica Fisher	NSW	1983	Blacktown	9-10 Jan 10
9	4485 pt		Jessica Robinson	QLD	1989	Brisbane	23-24 Jan 10
10	4310 pt		Joanne Waring	NSW	1989	Gold Coast	29 Sep - 1 Oct 09