

2019 NSW Open, U23 & Para Championships – SOPAC – 8-10 March 2019

<u>WOMEN</u>				<u>MEN</u>			
100m	Liz Scott	12.86	23 rd	100m	Sean Hayashi	11.21	24 th
	Melissa Fitzsimmons	12.69	25 th		Sean Oikawa	11.63	40 th
800m	Bethany Halmy	2:08.63	5 th	800m	Jack Wrightson	11.82	42 nd
					Sam Vaid	13.17	48 th
400m	Sophie Wickham	57.07	10 th	800m	Ben Muston	1:57.26	16 th
High Jump	Nicole Freestone	1.71m	4 th	Discus	Lachlan McEntyre	49.56m	1 st R
	Isabella Rudolph	1.60m	9 th	High Jump	Matthew Tilley	2.06m	2 nd
	Sydney Kania	1.55m	11 th		Triple Jump	Jack Wrightson	11.81m
Triple Jump	Sydney Kania	10.69m	13 th	Javelin	Cameron McEntyre	70.42m	2 nd R
	Alana Macrow-Cain	10.65m	14 th	400mH	Timothy Kendrick-Little	55.69 (H: 55.24)	7 th
Long Jump	Melissa Fitzsimmons	5.17m	10 th		Justin Brown	57.52	13 th
	Sydney Kania	4.99m	12 th	200m	Arran Thatcher	25.32	33 rd
100mH	Inge Bellemans	14.67	7 th				
	Liz Scott	15.24	8 th	PARA			
200m	Rosie Craker	24.89	12 th	200m	Jackson Love	33.70	7 th
	Inge Bellemans	25.80	16 th				
	Elysha Cramer	25.97	20 th				
	Liz Scott	26.13	21 st				