

Club Championships - SOPAC – 14 Dec 2019

<u>Women U17</u> 2nd Overall			<u>Women Open</u>		
800m	Indi Watson	2:40.50	800m	Bethany Halmy	2:13.82
	Lydia Watson	2:52.09		Jacinta Metcalf	2:34.02
100m	Elysha Cramer	12.68	100m	Elizabeth Scott	13.25
	Aleisha Jeremy	13.11		Stephanie Alberts	14.75
2x2x400m Relay		5:27.33	2x2x400m Relay		4:42.73
200m	Jasmin Hill	29.47	200m	Elysha Cramer	26.04
	Sophie Ross	DQ		Elizabeth Scott	26.83
3000m	Indi Watson	12:25.60	3000m	Heather Vrachliotis	11:29.40
Sprint Medley Relay		2:33.26	Sprint Medley Relay		2:29.35
Long Jump	Aleisha Jeremy	4.59m	Discus	Elizabeth Scott	21.68m
Shot Put	Jasmin Hill	7.43m	High Jump	Nicole Freestone	1.65m
Discus	Sophie Ross	12.67m	Long Jump	Stephanie Alberts	4.08m
High Jump	Aleisha Jeremy	1.35m	Shot Put	Heather Vrachliotis	6.79m

<u>Men Open</u>					
800m	Ben Muston	1:58.06	Sprint Medley Relay		2:05.84
	Michael Lynch	2:24.65	Discus	Lachlan McEntyre	40.84m
100m	Liam Webb	11.29	High Jump	Matthew Tilley	2.10m
	Max Ward	12.02	Shot Put	Lachlan McEntyre	11.56m
2x2x400m Relay		4:06.52	Long Jump	Ryan Marshall	6.63m
200m	Liam Webb	22.47			
	Max Ward	24.32			
3000m	Mathew Di-Ilenno	10:19.69			