

2019 NSW Masters Championships – SOPAC – 8th-10th February

<u>WOMEN</u>			<u>MEN</u>		
<i>30 – 34 years</i>			<i>30 – 43 years</i>		
Liz Morison	100m	15.32	Ben Griffiths	100m	11.48
	60m	9.61		200m	23.08
<i>35 – 39 years</i>			<i>35 – 39 years</i>		
Heather Vrachliotis	1500m	5:12.15	Andrew Fuller	400m	54.50
<i>40 – 44 years</i>			<i>45 – 49 years</i>		
Louise Guilfoyle	400m	1:11.63	Graeme Barry	3k Steeple	14:26.13
<i>45 – 49 years</i>			<i>50-54 years</i>		
Kirsten Horley	800m	2:41.98	Ed White	400m	54.30
			Todd Delaney	400m	58.11
<i>50 – 54 years</i>			<i>55 – 59 years</i>		
Amanda Coombe	400m	1:14.19	Paul Bouveng	400m	64.59
				200m	28.11
<i>60 – 64 years</i>			Michael Lynch	400m	57.52
Karen Douglas	100m	17.17	Mick Daly	100m	12.70
	60m	10.89		60m	8.30
	200m	36.73		200m	27.02
			Herman Izzo	100m	12.76
			Dean Taylor	100m	13.69
				400m	1:01.47
				60m	8.85
				200m	27.48
			Jeffrey Wrightson	100m	13.97
				60m	9.07
				200m	29.28

<i>60 – 64 years</i>			
Richard Wood	100m	14.29	
	400m	2:01.44	
<i>65 – 69 years</i>			
John Morison	100m	15.27	
	400m	1:13.74	
	60m	9.55	
	200m	31.57	
Antony Morphis	Long Jump	3.78m	
	60m	8.87	
<i>70 – 74 years</i>			
John Searle	Long Jump	3.98m	
	High Jump	1.30m	
	Triple Jump	7.91m	
Peter Crombie	Shot Put	9.55m	
<i>80 – 84 years</i>			
Lloyd Gledhill	400m	1:27.66	
	60m	10.72	
	200m	37.37	