

Allcomers – SOPAC – 23 March 2019

<u>WOMEN</u>			<u>MEN</u>		
100mH	Liz Scott	15.09 R	100m	Sean Hayashi	11.37
100m	Melissa Fitzsimmons	12.76		Herman Izzo	13.05
	Elysha Cramer	12.79		Sam Vaid	13.72
	Liz Scott	12.97	400m	Ben Muston	51.67
	Sydney Kania	13.82		Todd Delaney	56.77
	Isabel Harris	14.46	200m	Herman Izzo	26.29
400m	Bethany Halmy	54.85 R	Triple Jump	Ryan Marshall	14.88m
	Rowena Craker	56.08			
	Sophie Wickham	58.33			
	Ava Charles-Walker	1:03.99			
200m	Rowena Craker	24.86			
	Liz Scott	26.07			
Javelin	Isabel Harris	28.02m			
Triple Jump	Melissa Fitzsimmons	10.82m			
	Sydney Kania	10.68m			