

**2017 NSW Club Championships – SOPAC 2 & 3/12/17**

<b><u>WOMEN</u></b>			<b><u>MEN</u></b>		
<b>100m</b> U18	Elysha Cramer	12.52	<b>100m</b> 30+	Himanshu Vaid	14.43
<b>100m</b>	Rosie Craker	12.42	<b>100m</b> 50+	Herman Izzo	12.41
<b>100m</b> 40+	Lenore Lambert	13.49	<b>100m</b> 50+	Mick Daly	13.11
<b>200m</b>	Danica Sardelich	24.85	<b>200m</b>	Ben Treeby	21.60
<b>200m</b>	Meg McCloud	25.66	<b>200m</b> 50+	Herman Izzo	26.09
<b>200m</b> 40+	Lenore Lambert	27.02	<b>200m</b> 50+	Dean Taylor	26.38
<b>200m</b> 60+	Paula Moorhouse	35.81	<b>200m</b> 50+	Mick Daly	27.51
<b>400m</b> U18	Helena De Gruchy	59.37	<b>400m</b> 50+	Dean Taylor	61.30
<b>400m</b>	Danica Sardelich	56.74	<b>High Jump</b>	Matthew Tilley	1.95m
<b>400m</b>	Rosie Craker	57.18	<b>Long Jump</b>	Jacob Winston	6.52m
<b>400m</b> 60+	Paula Moorhouse	83.79	<b>Javelin</b> 800g U20	Cameron McEntyre	65.96m
<b>High Jump</b>	Sydney Kania	1.65m	<b>Discus</b> 2kg	Lachlan McEntyre	46.25m