

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women 60 Metre Run 30-34**

Name	Age	Team	Finals	Wind
Finals				
1	178	Ros, Montse	W34 Athletics Wo	8.96 -1.2
2	672	Westcott, Belinda	W32 Nepean Distr	9.11 -1.2

Women 100 Metre Run 30-34

Name	Age	Team	Finals	Wind
1	178	Ros, Montse	W34 Athletics Wo	14.32 0.8
2	672	Westcott, Belinda	W32 Nepean Distr	14.58 0.8

Women 200 Metre Run 30-34

Name	Age	Team	Finals	Wind
1	2760	Fletcher, Kimberle	W34 Maitland Sen	27.05 -1.9
2	672	Westcott, Belinda	W32 Nepean Distr	29.49 -1.9
3	4569	Diloi, Viola	W32 South Sydney	29.92 -1.9

Women 400 Metre Run 30-34

Name	Age	Team	Finals
1	2760	Fletcher, Kimberle	W34 Maitland Sen
2	672	Westcott, Belinda	W32 Nepean Distr
			59.91
			1:09.79

Women 800 Metre Run 30-34

Name	Age	Team	Finals
1	2760	Fletcher, Kimberle	W34 Maitland Sen
			2:18.11

Women 1500 Metre Run 30-34

Name	Age	Team	Finals
1	300	Foster, Melanie	W33 Illawarra Bl
2	4562	Macniven, Rona	W31 Athletics East
			4:46.15
			5:06.13

Women High Jump 30-34

Name	Age	Team	Finals
1	2760	Fletcher, Kimberle	W34 Maitland Sen
			1.55m
			1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.58
			P O O O O O O XO XXP

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....Women High Jump 30-34

2	178 Ros, Montse	W34 Athletics Wo							1.35m
	1.20	1.25	1.30	1.35	1.40				
	O	O	O	XO	P				

Women Pole Vault 30-34

Name	Age	Team						Finals
1	178 Ros, Montse	W34 Athletics Wo						2.90m
	2.50	2.60	2.70	2.80	2.90	3.00		
	O	O	P	O	O	X		

Women Long Jump 30-34

Name	Age	Team					Finals	Wind
1	2760 Fletcher, Kimberle	W34 Maitland Sen					4.96m	+0.0
	4.83m(1.2)	4.96m(+0.0)	4.82m(+0.0)	4.65m(+0.0)				
2	178 Ros, Montse	W34 Athletics Wo					4.38m	+0.0
	FOUL(2.2)	4.38m(+0.0)	4.26m(-0.8)	4.18m(1.5)	PASS		PASS	
3	672 Westcott, Belinda	W32 Nepean Distr					3.76m	0.2
	FOUL(1.8)	3.76m(0.2)	3.64m(-0.4)	PASS	PASS		PASS	

Women Triple Jump 30-34

Name	Age	Team					Finals	Wind
1	2760 Fletcher, Kimberle	W34 Maitland Sen					10.48m	NWI
	10.13m(NWI)	10.01m(NWI)	10.48m(NWI)	FOUL		9.92m(NWI)	9.96m(NWI)	
2	178 Ros, Montse	W34 Athletics Wo					9.41m	NWI
	9.27m(NWI)	9.22m(NWI)	FOUL	9.41m(NWI)	PASS		PASS	
3	672 Westcott, Belinda	W32 Nepean Distr					8.66m	NWI
	8.37m(NWI)	8.20m(NWI)	8.66m(NWI)	8.33m(NWI)	PASS		PASS	

Women Shot Put 4kg 30-34

Name	Age	Team				Finals
1	672 Westcott, Belinda	W32 Nepean Distr				6.53m
	PASS	6.34m	6.53m	6.30m		

Women Discus Throw 1kg 30-34

Name	Age	Team					Finals
1	672 Westcott, Belinda	W32 Nepean Distr					18.30m
	17.86m	16.11m	18.30m	16.81m	FOUL	PASS	

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Hammer Throw 4kg 30-34**

Name	Age Team	Finals
1 672 Westcott, Belinda	W32 Nepean Distr	17.27m
	17.27m 14.51m 12.00m 14.59m 15.53m 15.30m	

Women Weight Throw 9.080kg 30-34

Name	Age Team	Finals
1 672 Westcott, Belinda	W32 Nepean Distr	6.84m
	6.15m 6.84m PASS PASS PASS PASS	

Women 60 Metre Run 35-39

Name	Age Team	Finals	Wind
1 1976 Tucker, Allison	W38 Mingara Athl	8.84	-1.2
2 1808 Brady, Kay	W39 Campbelltown	9.45	-1.2
3 1704 Beddie, Vanessa	W36 Nepean Distr	12.98	-1.2

Women 100 Metre Run 35-39

Name	Age Team	Finals	Wind
1 1976 Tucker, Allison	W38 Mingara Athl	13.84	0.8
2 2075 Grozdanis, Tracey	W35 Macquarie Hu	14.01	0.8
3 735 Cull, Michelle	W39 Camden Athle	14.60	0.8
4 4275 Wynn, Selina	W37 Coffs Harbou	14.64	0.8
5 1808 Brady, Kay	W39 Campbelltown	15.47	0.8

Women 200 Metre Run 35-39

Name	Age Team	Finals	Wind
1 1976 Tucker, Allison	W38 Mingara Athl	28.56	-1.9
2 2075 Grozdanis, Tracey	W35 Macquarie Hu	29.49	-1.9
3 735 Cull, Michelle	W39 Camden Athle	29.97	-1.9
4 4275 Wynn, Selina	W37 Coffs Harbou	30.76	-1.9
5 1808 Brady, Kay	W39 Campbelltown	34.78	-1.9

Women 800 Metre Run 35-39

Name	Age Team	Finals
1 567 Stanley, Larissa	W38 Sydney Unive	2:22.05

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Women 1500 Metre Run 35-39

Name	Age Team	Finals
1 567 Stanley, Larissa	W38 Sydney Unive	5:15.67

Women 5000 Metre Run 35-39

Name	Age Team	Finals
1 8012 Tancred, Naomi	W39 Athletics East	20:17.57

Women High Jump 35-39

Name	Age Team	Finals
1 164 Heywood, Natalie	W38 Athletics Wo	1.20m
		1.10 1.15 1.20 1.25
		O O O XXX

Women Long Jump 35-39

Name	Age Team	Finals	Wind
1 2075 Grozdanis, Tracey	W35 Macquarie Hu	4.35m	1.7
		4.22m(0.8) FOUL(+0.0) 4.33m(+0.0) 4.07m(0.7) 4.23m(+0.0) 4.35m(1.7)	
2 1976 Tucker, Allison	W38 Mingara Athl	4.27m	+0.0
		4.01m(2.1) 4.12m(+0.0) 4.27m(+0.0) 3.72m(-0.4) 4.17m(0.2) 3.97m(0.7)	
3 4275 Wynn, Selina	W37 Coffs Harbou	4.16m	NWI
		3.73m(1.3) 3.91m(0.9) 3.65m(-1.3) 4.16m(-0.0) 4.06m(1.2) 3.82m(+0.0)	
4 164 Heywood, Natalie	W38 Athletics Wo	3.92m	+0.0
		3.76m(2.0) 3.66m(+0.0) 3.92m(+0.0) 3.79m(-0.7) PASS 3.77m(+0.0)	
5 1808 Brady, Kay	W39 Campbelltown	3.37m	-1.5
		2.98m(1.3) FOUL(+0.0) 3.22m(0.3) 3.29m(0.1) 3.37m(-1.5) 3.33m(+0.0)	
6 4352 Watson, Kellie	W39 Woolgoolga A	2.24m	1.7
		2.24m(1.7) 2.10m(+0.0) PASS PASS PASS PASS	

Women Triple Jump 35-39

Name	Age Team	Finals	Wind
1 1976 Tucker, Allison	W38 Mingara Athl	9.01m	NWI
		8.40m(NWI) 7.44m(NWI) 8.42m(NWI) 8.44m(NWI) 8.87m(NWI) 9.01m(NWI)	
2 164 Heywood, Natalie	W38 Athletics Wo	7.67m	NWI
		7.24m(NWI) 7.67m(NWI) PASS PASS PASS PASS	
3 4352 Watson, Kellie	W39 Woolgoolga A	5.97m	NWI
		5.63m(NWI) 5.97m(NWI) PASS PASS PASS PASS	

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Shot Put 4kg 35-39**

Name	Age Team	Finals
1 164 Heywood, Natalie	W38 Athletics Wo	7.89m
7.73m 7.89m 7.65m 7.81m FOUL 7.22m		
2 4352 Watson, Kellie	W39 Woolgoolga A	7.78m
7.78m 6.90m 7.04m 7.03m 7.21m 6.83m		
3 4275 Wynn, Selina	W37 Coffs Harbou	6.88m
6.76m 6.52m 6.88m		
4 1704 Beddie, Vanessa	W36 Nepean Distr	5.25m
4.96m 4.97m 5.06m 5.25m 4.85m 5.09m		

Women Discus Throw 1kg 35-39

Name	Age Team	Finals
1 4275 Wynn, Selina	W37 Coffs Harbou	23.05m
20.59m 18.81m 23.05m 21.62m 20.34m 18.70m		
2 164 Heywood, Natalie	W38 Athletics Wo	22.18m
FOUL 22.18m FOUL FOUL 19.42m FOUL		
3 1976 Tucker, Allison	W38 Mingara Athl	20.68m
FOUL 17.82m 20.68m 17.49m 19.65m 20.60m		
4 4352 Watson, Kellie	W39 Woolgoolga A	20.32m
19.72m 19.61m 18.84m 17.11m 20.30m 20.32m		
5 1704 Beddie, Vanessa	W36 Nepean Distr	14.44m
14.44m 12.57m 11.22m 10.49m FOUL 12.37m		

Women Hammer Throw 4kg 35-39

Name	Age Team	Finals
1 4352 Watson, Kellie	W39 Woolgoolga A	24.17m
16.12m 23.55m 22.51m 22.60m 24.17m 23.63m		
2 164 Heywood, Natalie	W38 Athletics Wo	19.63m
17.10m 17.91m FOUL 17.52m 19.63m 16.99m		
3 1674 Knowles, Renae	W38 Nsw Masters	19.59m
5.74m 16.08m 15.14m 15.17m 18.40m 19.59m		
4 1704 Beddie, Vanessa	W36 Nepean Distr	14.07m
13.40m 13.50m 14.07m 13.72m 13.60m 12.88m		

Women Javelin Throw 600g 35-39

Name	Age Team	Finals
1 164 Heywood, Natalie	W38 Athletics Wo	30.18m
27.83m FOUL 30.18m 29.42m 29.80m 29.78m		
2 1674 Knowles, Renae	W38 Nsw Masters	20.93m
15.81m 20.93m 20.59m 18.60m FOUL 19.16m		
3 4352 Watson, Kellie	W39 Woolgoolga A	18.44m
15.15m 17.77m 18.44m 16.02m 14.35m 16.97m		

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....Women Javelin Throw 600g 35-39

4	1704	Beddie, Vanessa	W36	Nepean Distr						12.01m
					11.94m	11.26m	10.90m	10.42m	11.46m	12.01m

Women Weight Throw 9.080kg 35-39

Name	Age	Team	Finals
1 4352 Watson, Kellie	W39	Woolgoolga A	8.88m
		FOUL FOUL 8.25m 8.88m 8.33m FOUL	
2 164 Heywood, Natalie	W38	Athletics Wo	7.03m
		5.15m 6.16m 6.56m FOUL 6.54m 7.03m	
3 1704 Beddie, Vanessa	W36	Nepean Distr	4.40m
		3.49m 3.94m 4.26m 2.92m 4.40m 3.11m	

Women 60 Metre Run 40-44

Name	Age	Team	Finals	Wind
1 1484 Hobson, Ranell	W40	Blue Mountai	8.51	-2.4
2 120 Connell, Cathy	W42	Athletics Wo	8.88	-2.4
3 3134 Ingram, Richelle	W43	Mingara Athl	9.05	-2.4
4 2695 Lambert, Lenore	W43	Sydney Pacif	9.17	-2.4

Women 100 Metre Run 40-44

Name	Age	Team	Finals	Wind
1 1484 Hobson, Ranell	W40	Blue Mountai	13.11	-0.3
2 120 Connell, Cathy	W42	Athletics Wo	13.59	-0.3
3 3134 Ingram, Richelle	W43	Mingara Athl	14.17	-0.3
4 2695 Lambert, Lenore	W43	Sydney Pacif	14.26	-0.3

Women 200 Metre Run 40-44

Name	Age	Team	Finals	Wind
1 2640 Delaney, Janelle	W43	Sydney Pacif	27.26	-1.9
2 120 Connell, Cathy	W42	Athletics Wo	27.89	-1.9
3 3077 Kelly, Nicky	W40	Mingara Athl	28.08	-1.9
4 3134 Ingram, Richelle	W43	Mingara Athl	28.72	-1.9
5 2695 Lambert, Lenore	W43	Sydney Pacif	28.78	-1.9

Women 400 Metre Run 40-44

Name	Age	Team	Finals
1 2640 Delaney, Janelle	W43	Sydney Pacif	1:01.14
2 3077 Kelly, Nicky	W40	Mingara Athl	1:01.94
3 1604 Crosson, Susan	W41	Blacktown Ci	1:05.21

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...Women 400 Metre Run 40-44

4	2695 Lambert, Lenore	W43 Sydney Pacif	1:05.96
5	1469 Carter, Janie	W43 Blue Mountai	1:09.12

Women 800 Metre Run 40-44

Name	Age Team	Finals
1 3077 Kelly, Nicky	W40 Mingara Athl	2:27.71
2 1047 Liston, Belinda	W42 Illawong and	2:42.69
3 1469 Carter, Janie	W43 Blue Mountai	2:45.68

Women 1500 Metre Run 40-44

Name	Age Team	Finals
1 3077 Kelly, Nicky	W40 Mingara Athl	5:16.10
2 1047 Liston, Belinda	W42 Illawong and	5:50.26

Women 5000 Metre Run 40-44

Name	Age Team	Finals
1 4763 Hannah, Sally	W40 Athletics East	20:12.49
2 2884 Sohun, Gillian	W42 Athletics East	20:20.93
3 418 Jerath, Naina	W43 Hills Distri	20:44.14
4 890 Suffolk, Cristine	W43 Nowra Athlet	21:09.38

Women 80 Short Hurdles 76.2cm 40-44

Name	Age Team	Finals	Wind
1 3134 Ingram, Richelle	W43 Mingara Athl	16.26	-1.3

Women 400 Long Hurdles 76.2cm 40-44

Name	Age Team	Finals
1 2414 Jones, Elizabeth	W43 Cherrybrook	1:22.97

Women High Jump 40-44

Name	Age Team	Finals
1 4581 Smith, Lynette	W42 Girraween At	1.61m
1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.58 1.61 1.64		
P P P P O O O O XO XXO XXX		
2 120 Connell, Cathy	W42 Athletics Wo	1.35m
1.20 1.25 1.30 1.35 1.40		
O P XO O XP		

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....Women High Jump 40-44

3	2414 Jones, Elizabeth	W43	Cherrybrook	1.35m
	1.20 1.25 1.30 1.35 1.40			
	O O O XXO XXX			

Women Pole Vault 40-44

Name	Age Team	Finals
1 401 Ellis, Selina	W44 Hills Distri	1.60m
	1.60 1.70 1.80 1.90	
	O P P X	

Women Long Jump 40-44

Name	Age Team	Finals	Wind
1 120 Connell, Cathy	W42 Athletics Wo	4.86m	+0.0
	4.68m(0.2) 4.86m(+0.0) 4.82m(1.3) 4.85m(+0.0)	PASS	PASS
2 2414 Jones, Elizabeth	W43 Cherrybrook	3.79m	+0.0
	3.77m(2.2) 3.79m(+0.0) PASS 3.72m(+0.0) PASS	PASS	PASS
3 3134 Ingram, Richelle	W43 Mingara Athl	3.60m	2.1
	3.60m(2.1) 2.43m(+0.0) PASS 3.55m(1.3) PASS	PASS	PASS
4 401 Ellis, Selina	W44 Hills Distri	2.78m	0.7
	FOUL(1.6) FOUL(+0.0) 2.78m(0.7)		

Women Triple Jump 40-44

Name	Age Team	Finals	Wind
1 120 Connell, Cathy	W42 Athletics Wo	9.94m	NWI
	9.70m(NWI) 9.94m(NWI) 9.77m(NWI) PASS PASS	PASS	
2 2414 Jones, Elizabeth	W43 Cherrybrook	8.13m	NWI
	8.04m(NWI) 8.13m(NWI) PASS 8.05m(NWI) PASS	PASS	
3 401 Ellis, Selina	W44 Hills Distri	6.58m	NWI
	6.58m(NWI) FOUL PASS		

Women Shot Put 4kg 40-44

Name	Age Team	Finals
1 4581 Smith, Lynette	W42 Girraween At	10.06m
	10.06m 9.78m 9.92m 10.04m 9.53m 8.54m	
2 2640 Delaney, Janelle	W43 Sydney Pacif	9.67m
	9.59m 9.46m 9.10m 9.28m 8.07m 9.67m	
3 401 Ellis, Selina	W44 Hills Distri	6.32m
	6.17m 5.94m 6.32m 5.88m 5.63m 5.88m	

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Discus Throw 1kg 40-44**

Name	Age Team	Finals
1 4581 Smith, Lynette	W42 Girraween At	33.29m
	31.71m 29.12m 29.92m 29.04m 33.29m 27.94m	
2 1469 Carter, Janie	W43 Blue Mountai	28.72m
	26.76m 27.47m 25.39m 25.77m 28.72m FOUL	
3 120 Connell, Cathy	W42 Athletics Wo	23.87m
	22.39m 23.87m 22.48m FOUL 22.98m PASS	
4 401 Ellis, Selina	W44 Hills Distri	19.13m
	PASS 15.50m 14.85m 19.13m PASS PASS	

Women Hammer Throw 4kg 40-44

Name	Age Team	Finals
1 401 Ellis, Selina	W44 Hills Distri	17.07m
	17.07m 16.96m 16.49m 15.65m 15.69m PASS	

Women Javelin Throw 600g 40-44

Name	Age Team	Finals
1 4581 Smith, Lynette	W42 Girraween At	30.34m
	30.34m FOUL 28.96m 29.73m 29.12m 29.26m	
2 3134 Ingram, Richelle	W43 Mingara Athl	20.35m
	17.36m 17.25m 20.35m 18.92m 15.44m 16.43m	
3 401 Ellis, Selina	W44 Hills Distri	16.69m
	FOUL FOUL 11.63m 16.69m FOUL FOUL	

Women Weight Throw 9.080kg 40-44

Name	Age Team	Finals
1 401 Ellis, Selina	W44 Hills Distri	7.46m
	5.83m FOUL 6.56m 6.42m 7.13m 7.46m	

Women 5000 Metre Race Walk 40-44

Name	Age Team	Finals
1 1727 Brown, Kylie	W41 Nepean Distr	28:49.83

Women 60 Metre Run 45-49

Name	Age Team	Finals	Wind
1 346 Mogentale, Gianna	W49 Illawarra Bl	8.27	-4.4
2 1661 Strong, Kylie	W45 Nsw Masters	8.42	-4.4
3 2932 Bezuidenhout, Jaqu	W46 U.T.S. North	8.52	-4.4

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...Women 60 Metre Run 45-49

4	1973	Angell, Karen	W45	Mingara Athl	9.49	-4.4
5	2964	Naylon, Janet	W46	U.T.S. North	9.68	-4.4
6	1683	Townsend, Vicki	W48	Nsw Masters	9.70	-4.4
7	1669	Collett, Donna	W45	Nsw Masters	10.20	-4.4

Women 100 Metre Run 45-49

Name	Age	Team	Finals	Wind
1 346 Mogentale, Gianna	W49	Illawarra Bl	12.90	0.4
2 1661 Strong, Kylie	W45	Nsw Masters	12.93	0.4
3 2932 Bezuidenhout, Jaqu	W46	U.T.S. North	13.06	0.4
4 1683 Townsend, Vicki	W48	Nsw Masters	14.89	0.4
5 2964 Naylon, Janet	W46	U.T.S. North	15.10	0.4
6 2697 Wight, Philippa	W49	Sydney Pacif	15.40	0.4
7 1101 Blair, Nicole	W45	U.T.S. North	17.73	0.4

Women 200 Metre Run 45-49

Name	Age	Team	Finals	Wind
1 1661 Strong, Kylie	W45	Nsw Masters	26.49	-2.0
2 346 Mogentale, Gianna	W49	Illawarra Bl	26.80	-2.0
3 2932 Bezuidenhout, Jaqu	W46	U.T.S. North	27.45	-2.0
4 2265 Harrison, Lisa	W46	Hills Distri	28.71	-2.0
5 1683 Townsend, Vicki	W48	Nsw Masters	30.80	-2.0
6 2697 Wight, Philippa	W49	Sydney Pacif	31.67	-2.0

Women 400 Metre Run 45-49

Name	Age	Team	Finals
1 346 Mogentale, Gianna	W49	Illawarra Bl	1:02.95
2 2265 Harrison, Lisa	W46	Hills Distri	1:03.66
3 1973 Angell, Karen	W45	Mingara Athl	1:12.11
4 1683 Townsend, Vicki	W48	Nsw Masters	1:14.93

Women 800 Metre Run 45-49

Name	Age	Team	Finals
1 2265 Harrison, Lisa	W46	Hills Distri	2:28.85
2 2855 Smith, Robyn	W46	Girraween At	2:50.38
3 3088 Hunt, Sally	W49	Mingara Athl	3:00.36
-- 2637 Coombe, Amanda	W45	Sydney Pacif	DNF

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women 1500 Metre Run 45-49**

Name	Age Team	Finals
1 3238 Boyd, Jane	W49 Athletics East	5:23.77
2 3578 Weatherill, Linda	W49 Nowra Athlet	5:33.92
3 3088 Hunt, Sally	W49 Mingara Athl	5:48.65
4 2855 Smith, Robyn	W46 Girraween At	6:06.21

Women 5000 Metre Run 45-49

Name	Age Team	Finals
1 8011 Stanley, Karen	W48 St. George D	20:06.88
2 3088 Hunt, Sally	W49 Mingara Athl	22:14.31

Women 80 Short Hurdles 76.2cm 45-49

Name	Age Team	Finals	Wind
1 1683 Townsend, Vicki	W48 Nsw Masters	20.24	-1.3

Women 2000 Metre Steeplechase 76.2cm 45-49

Name	Age Team	Finals
1 2855 Smith, Robyn	W46 Girraween At	10:25.44

Women High Jump 45-49

Name	Age Team	Finals
1 1683 Townsend, Vicki	W48 Nsw Masters	1.30m
1.10 1.15 1.20 1.25 1.30 1.35		
P P O O O XXX		
2 2855 Smith, Robyn	W46 Girraween At	1.20m
1.10 1.15 1.20 1.25 1.30 1.35		
O O XXO X P P		

Women Long Jump 45-49

Name	Age Team	Finals	Wind
1 2932 Bezuidenhout, Jaqu	W46 U.T.S. North	4.12m	+0.0
3.97m(1.6) 3.95m(-1.4) 4.11m(0.6) 3.48m(0.1) 4.12m(+0.0) 3.66m(1.9)			
2 2964 Naylon, Janet	W46 U.T.S. North	4.02m	-1.6
3.95m(1.5) 3.92m(2.7) 3.82m(1.4) 3.81m(2.3) FOUL(1.5) 4.02m(-1.6)			
3 1101 Blair, Nicole	W45 U.T.S. North	2.94m	2.6
FOUL(2.0) FOUL(+0.0) 2.78m(2.2) 2.90m(2.1) 2.94m(2.6) FOUL(1.5)			

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Name	Age Team	Finals	Wind
1 2855 Smith, Robyn	W46 Girraween At	8.34m	NWI
8.21m(NWI) 8.25m(NWI) 8.34m(NWI) 7.91m(NWI) PASS		PASS	
2 1023 Whatley, Susan	W49 Illawong and	6.71m	NWI
6.54m(NWI) 6.35m(NWI) 6.71m(NWI) PASS PASS		PASS	

Women Shot Put 4kg 45-49

Name	Age Team	Finals
1 708 Watts, Gabriele	W47 Nepean Distr	10.74m
10.10m 9.68m 10.74m 10.64m 9.97m 10.54m		
2 1218 Layt, Caroline	W47 U.T.S. North	10.14m
9.79m 9.88m 9.79m 9.54m 9.47m 10.14m		
3 1152 Whitehead, Glenys	W48 U.T.S. North	8.92m
8.65m 8.60m 8.76m 8.80m 8.84m 8.92m		
4 1683 Townsend, Vicki	W48 Nsw Masters	8.75m
8.09m 8.23m 8.25m 8.35m 8.75m 8.24m		
5 2855 Smith, Robyn	W46 Girraween At	6.07m
6.07m 5.93m 5.78m PASS PASS PASS		
6 1101 Blair, Nicole	W45 U.T.S. North	5.31m
4.97m 5.16m 5.16m 5.31m 5.10m FOUL		

Women Discus Throw 1kg 45-49

Name	Age Team	Finals
1 708 Watts, Gabriele	W47 Nepean Distr	36.66m
33.55m 34.81m 36.66m 34.26m 34.07m 35.00m		
2 1218 Layt, Caroline	W47 U.T.S. North	29.03m
26.16m 29.03m 27.73m FOUL 27.65m 27.49m		
3 1683 Townsend, Vicki	W48 Nsw Masters	28.71m
28.13m FOUL 26.38m 24.62m 27.14m 28.71m		
4 1152 Whitehead, Glenys	W48 U.T.S. North	27.90m
26.22m 26.26m 26.64m 26.02m 26.45m 27.90m		
5 2855 Smith, Robyn	W46 Girraween At	21.60m
17.61m 20.21m 21.60m 19.71m 18.20m 19.15m		

Women Hammer Throw 4kg 45-49

Name	Age Team	Finals
1 708 Watts, Gabriele	W47 Nepean Distr	37.02m
33.01m 33.90m 34.40m 35.30m 37.02m 33.79m		
2 1152 Whitehead, Glenys	W48 U.T.S. North	34.49m
32.72m 32.79m 32.05m 33.71m 34.49m 34.06m		
3 1683 Townsend, Vicki	W48 Nsw Masters	20.50m
17.98m 16.16m 17.13m 19.35m 19.45m 20.50m		

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Javelin Throw 600g 45-49**

Name	Age Team	Finals
1 1152 Whitehead, Glenys	W48 U.T.S. North	22.97m
	22.93m 22.24m 22.75m 22.97m 22.72m 22.62m	
2 1023 Whatley, Susan	W49 Illawong and	16.87m
	16.04m 16.59m 16.87m 14.09m 14.22m 12.84m	
3 1101 Blair, Nicole	W45 U.T.S. North	14.79m
	11.78m 12.42m 11.82m 13.85m 14.79m FOUL	
4 1683 Townsend, Vicki	W48 Nsw Masters	14.26m
	FOUL 14.26m 9.90m 12.91m 12.03m FOUL	

Women Weight Throw 9.080kg 45-49

Name	Age Team	Finals
1 708 Watts, Gabriele	W47 Nepean Distr	12.94m
	12.30m 12.67m 12.64m FOUL 12.94m 12.53m	
2 1152 Whitehead, Glenys	W48 U.T.S. North	9.46m
	8.75m FOUL 9.25m 9.46m FOUL PASS	

Women 5000 Metre Race Walk 45-49

Name	Age Team	Finals
1 1089 Brown, Suzanne	W47 U.T.S. North	34:23.00

Women 60 Metre Run 50-54

Name	Age Team	Finals	Wind
1 930 Douglass, Lynda	W51 Nowra Athlet	9.11	NWI
2 2948 Schell, Jenny	W50 U.T.S. North	9.33	NWI
3 134 Shaw, Christine	W53 Athletics Wo	9.38	NWI
4 2452 Suttor, Robyn	W54 Mt Pritchard	9.61	NWI

Women 100 Metre Run 50-54

Name	Age Team	Finals	Wind
1 1962 Forster, Julie	W51 Randwick Bot	13.60	0.3
2 930 Douglass, Lynda	W51 Nowra Athlet	14.09	0.3
3 2948 Schell, Jenny	W50 U.T.S. North	14.32	0.3
4 2325 Stagles, Sally	W52 Cherrybrook	14.44	0.3
5 134 Shaw, Christine	W53 Athletics Wo	14.67	0.3
6 2452 Suttor, Robyn	W54 Mt Pritchard	14.94	0.3

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women 200 Metre Run 50-54**

Name	Age	Team	Finals	Wind
1 2948 Schell, Jenny	W50	U.T.S. North	29.08	1.2
2 930 Douglass, Lynda	W51	Nowra Athlet	29.43	1.2
3 134 Shaw, Christine	W53	Athletics Wo	30.34	1.2
4 2554 Gore, Suzanne	W50	Ryde Athleti	30.39	1.2
5 2452 Suttor, Robyn	W54	Mt Pritchard	31.08	1.2

Women 400 Metre Run 50-54

Name	Age	Team	Finals
1 2948 Schell, Jenny	W50	U.T.S. North	1:07.70
2 2554 Gore, Suzanne	W50	Ryde Athleti	1:09.50
3 930 Douglass, Lynda	W51	Nowra Athlet	1:13.00
4 2618 Walker, Margaret	W53	Epping Distr	1:21.30
5 3065 Peksis, Julie	W53	Mingara Athl	1:21.54

Women 800 Metre Run 50-54

Name	Age	Team	Finals
1 1665 Penn, Cris	W54	Nsw Masters	2:32.21
2 2554 Gore, Suzanne	W50	Ryde Athleti	2:33.52
3 1216 Drennan, Deborah	W54	U.T.S. North	2:44.24
4 309 Steele, Julie	W52	Illawarra Bl	2:58.71
5 3065 Peksis, Julie	W53	Mingara Athl	3:14.34

Women 1500 Metre Run 50-54

Name	Age	Team	Finals
1 2298 Carpini, Angela	W50	Hills Distri	5:26.33
2 1216 Drennan, Deborah	W54	U.T.S. North	5:45.68
3 309 Steele, Julie	W52	Illawarra Bl	6:13.00
4 3065 Peksis, Julie	W53	Mingara Athl	6:56.87

Women 5000 Metre Run 50-54

Name	Age	Team	Finals
1 1303 Basman, Robyn	W54	St. George D	18:56.31
2 2298 Carpini, Angela	W50	Hills Distri	19:37.67
3 1969 Beardslee, Margare	W54	Mingara Athl	21:55.18
4 393 Petley, Karen	W53	Hills Distri	22:27.00

NSW Masters Championships - 16/03/2013 to 17/03/2013

Athletics NSW

Sydney Olympic Park Athletic Centre

Results

Women 80 Short Hurdles 76.2cm 50-54

Name	Age Team	Finals	Wind
1 2325 Stagles, Sally	W52 Cherrybrook	13.23	-2.0
2 2618 Walker, Margaret	W53 Epping Distr	15.43	-2.0

Women 300 Long Hurdles 76.2cm 50-54

Name	Age Team	Finals
1 2618 Walker, Margaret	W53 Epping Distr	58.28

Women 2000 Metre Steeplechase 76.2cm 50-54

Name	Age Team	Finals
1 2149 Yarnell, Caroline	W52 Sydney Strid	9:01.90
2 309 Steele, Julie	W52 Illawarra Bl	9:39.53

Women High Jump 50-54

Name	Age Team	Finals
1 2325 Stagles, Sally	W52 Cherrybrook	1.30m
1.20 1.25 1.30 1.35		
P O O XXX		
2 134 Shaw, Christine	W53 Athletics Wo	1.30m
1.20 1.25 1.30 1.35		
O O XO XXX		

Women Long Jump 50-54

Name	Age Team	Finals	Wind
1 134 Shaw, Christine	W53 Athletics Wo	4.23m	0.7
3.94m(0.6) 4.21m(2.0) 4.23m(0.7) PASS	PASS	PASS	

Women Triple Jump 50-54

Name	Age Team	Finals	Wind
1 134 Shaw, Christine	W53 Athletics Wo	8.50m	NWI
8.00m(NWI) 8.30m(NWI) 8.19m(NWI) 8.50m(NWI) PASS	PASS	PASS	

Women Shot Put 3kg 50-54

Name	Age Team	Finals
1 2325 Stagles, Sally	W52 Cherrybrook	10.09m
9.46m 10.09m 9.40m 9.51m 9.95m 9.71m		

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Results

....Women Shot Put 3kg 50-54

2	134 Shaw, Christine	W53 Athletics Wo	9.41m
	9.33m 9.20m 9.41m 9.05m 8.94m 9.11m		
3	1620 Hord, Wendy	W52 Blacktown Ci	8.31m
	8.29m 8.06m 7.87m 8.28m 8.31m 7.55m		
4	2618 Walker, Margaret	W53 Epping Distr	8.13m
	6.63m 7.95m 7.65m 8.13m PASS PASS		
5	656 Tillman, Annette	W52 Nepean Distr	5.89m
	5.86m 5.72m 5.85m 5.89m 5.40m 5.26m		

Women Discus Throw 1kg 50-54

Name	Age Team	Finals
1 134 Shaw, Christine	W53 Athletics Wo	25.02m
	22.97m 23.47m 23.46m 25.02m 24.27m	
2 656 Tillman, Annette	W52 Nepean Distr	14.16m
	13.29m 13.09m 14.16m 12.33m 12.99m 12.64m	

Women Hammer Throw 3kg 50-54

Name	Age Team	Finals
1 1620 Hord, Wendy	W52 Blacktown Ci	28.46m
	FOUL 22.58m 28.46m FOUL 25.62m 22.32m	
2 656 Tillman, Annette	W52 Nepean Distr	17.11m
	16.11m 17.11m 16.67m 17.00m 16.62m 16.98m	

Women Javelin Throw 500g 50-54

Name	Age Team	Finals
1 134 Shaw, Christine	W53 Athletics Wo	26.74m
	25.63m 25.17m 26.29m 26.74m 26.53m 25.36m	
2 1620 Hord, Wendy	W52 Blacktown Ci	18.30m
	17.16m FOUL 13.44m 16.02m 16.43m 18.30m	
3 656 Tillman, Annette	W52 Nepean Distr	11.43m
	10.90m 11.43m 10.06m 10.53m 9.62m 10.01m	

Women Weight Throw 7.260kg 50-54

Name	Age Team	Finals
1 1620 Hord, Wendy	W52 Blacktown Ci	9.50m
	9.06m FOUL 7.58m FOUL 9.50m 9.17m	
2 656 Tillman, Annette	W52 Nepean Distr	5.96m
	5.96m 5.84m 5.90m 5.92m 5.72m 5.74m	

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women 60 Metre Run 55-59**

Name	Age Team	Finals	Wind
1 3651 Lowe, June	W58 Illawarra Bl	9.61	NWI
2 2824 Cubban, Ellena	W55 Epping Distr	9.90	NWI
3 1989 Fowler, Margaret	W59 Mingara Athl	10.99	NWI
4 3113 Williams, Margaret	W56 Mingara Athl	11.41	NWI

Women 100 Metre Run 55-59

Name	Age Team	Finals	Wind
1 3651 Lowe, June	W58 Illawarra Bl	15.25	0.7
2 2824 Cubban, Ellena	W55 Epping Distr	15.31	0.7
3 2694 McDowell, Linda	W55 Sydney Pacif	15.92	0.7
4 3231 Clark, Lynette	W59 Girraween At	17.29	0.7
5 1989 Fowler, Margaret	W59 Mingara Athl	18.02	0.7
6 3113 Williams, Margaret	W56 Mingara Athl	18.28	0.7

Women 200 Metre Run 55-59

Name	Age Team	Finals	Wind
1 2824 Cubban, Ellena	W55 Epping Distr	33.14	0.1
2 2694 McDowell, Linda	W55 Sydney Pacif	33.70	0.1
3 3231 Clark, Lynette	W59 Girraween At	39.09	0.1
4 3113 Williams, Margaret	W56 Mingara Athl	40.18	0.1

Women 400 Metre Run 55-59

Name	Age Team	Finals
1 2914 Thomas, Margaret	W56 U.T.S. North	1:24.76

Women 800 Metre Run 55-59

Name	Age Team	Finals
1 1686 Bunker, Erika	W56 Nsw Masters	2:49.95
2 2914 Thomas, Margaret	W56 U.T.S. North	3:21.70

Women 80 Short Hurdles 76.2cm 55-59

Name	Age Team	Finals	Wind
1 3651 Lowe, June	W58 Illawarra Bl	19.47	-2.0

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women High Jump 55-59**

Name	Age Team	Finals
1 1855 Macey, Kerrie	W58 Campbelltown	1.15m
1.00 1.05 1.10 1.15 1.20		
P P O XO XXX		
2 3651 Lowe, June	W58 Illawarra Bl	1.05m
1.00 1.05 1.10		
O O XXX		

Women Long Jump 55-59

Name	Age Team	Finals	Wind
1 3651 Lowe, June	W58 Illawarra Bl	3.59m	+0.0
3.59m(+0.0) 3.37m(2.7) 3.22m(1.2) PASS PASS PASS			
2 1855 Macey, Kerrie	W58 Campbelltown	3.49m	1.0
2.82m(-3.8) 3.32m(1.2) 3.49m(1.0) 3.19m(2.9) 3.41m(1.2) 3.35m(+0.0)			
3 2824 Cubban, Ellena	W55 Epping Distr	3.45m	0.1
3.09m(+0.0) 3.21m(1.7) 3.45m(0.1) PASS PASS 3.42m(2.5)			
4 3231 Clark, Lynette	W59 Girraween At	3.12m	0.9
2.84m(0.3) 2.88m(0.8) 2.77m(-0.2) 2.80m(-0.1) 3.12m(0.9) 2.75m(+0.0)			

Women Shot Put 3kg 55-59

Name	Age Team	Finals
1 3651 Lowe, June	W58 Illawarra Bl	9.18m
8.77m 9.18m 8.74m 8.71m 8.54m 8.88m		
2 2413 Taylor, Jill	W57 Cherrybrook	9.01m
8.69m 9.01m 8.19m 8.40m 7.93m 8.02m		
3 2824 Cubban, Ellena	W55 Epping Distr	8.59m
8.08m 8.28m 8.10m 8.59m 8.46m 7.74m		
4 1646 Jones, Kerrie	W59 Nsw Masters	6.86m
6.64m 6.86m 6.86m FOUL 6.61m 6.38m		

Women Discus Throw 1kg 55-59

Name	Age Team	Finals
1 2413 Taylor, Jill	W57 Cherrybrook	22.82m
20.18m 22.68m 22.75m 19.22m 20.18m 22.82m		
2 3651 Lowe, June	W58 Illawarra Bl	21.21m
PASS 19.46m 21.21m 19.71m 21.12m 20.29m		
3 2824 Cubban, Ellena	W55 Epping Distr	19.85m
PASS 16.90m 18.19m 18.96m FOUL 19.85m		
4 1646 Jones, Kerrie	W59 Nsw Masters	16.10m
FOUL 15.60m 16.10m FOUL FOUL 1.09m		

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Hammer Throw 3kg 55-59**

Name	Age Team	Finals
1 2413 Taylor, Jill	W57 Cherrybrook	34.81m
	FOUL FOUL 31.84m 31.74m 34.81m 31.18m	
2 3651 Lowe, June	W58 Illawarra Bl	34.65m
	34.37m 34.65m PASS 33.66m 29.77m 29.27m	
3 1646 Jones, Kerrie	W59 Nsw Masters	20.33m
	20.33m 19.30m 17.20m 16.82m 18.21m 18.95m	
4 2824 Cubban, Ellena	W55 Epping Distr	20.30m
	20.30m 19.90m 18.48m 16.01m 17.38m 17.14m	

Women Javelin Throw 500g 55-59

Name	Age Team	Finals
1 3651 Lowe, June	W58 Illawarra Bl	22.94m
	18.57m 13.34m 22.94m 19.76m 17.65m FOUL	
2 1855 Macey, Kerrie	W58 Campbelltown	22.23m
	20.24m 21.32m 19.43m 19.73m 22.23m 19.88m	
3 2824 Cubban, Ellena	W55 Epping Distr	18.44m
	16.68m 18.44m 16.98m 17.28m 18.09m 17.50m	
4 2413 Taylor, Jill	W57 Cherrybrook	15.06m
	13.86m 12.70m FOUL FOUL 15.06m 14.14m	
5 2914 Thomas, Margaret	W56 U.T.S. North	12.17m
	11.71m 12.17m 11.07m 12.11m 9.98m 11.34m	

Women Weight Throw 7.260kg 55-59

Name	Age Team	Finals
1 2413 Taylor, Jill	W57 Cherrybrook	11.50m
	11.50m FOUL FOUL 9.85m 9.83m 9.36m	
2 3651 Lowe, June	W58 Illawarra Bl	9.25m
	9.25m 9.06m 8.31m 8.78m FOUL 8.61m	
3 2824 Cubban, Ellena	W55 Epping Distr	8.57m
	8.34m 8.57m 7.53m FOUL 8.18m FOUL	

Women 5000 Metre Race Walk 55-59

Name	Age Team	Finals
1 1160 Lloyd, Nancy	W59 U.T.S. North	34:26.07

Women 60 Metre Run 60-64

Name	Age Team	Finals	Wind
1 2696 Smallwood, Louise	W63 Sydney Pacif	10.97	NWI
2 1110 Senior, Jillian	W61 U.T.S. North	11.49	NWI

NSW Masters Championships - 16/03/2013 to 17/03/2013

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Sydney Olympic Park Athletic Centre

Results

Women 100 Metre Run 60-64

Name	Age	Team	Finals	Wind
1 2696 Smallwood, Louise	W63	Sydney Pacif	17.22	0.7
2 1110 Senior, Jillian	W61	U.T.S. North	18.54	0.7

Women 200 Metre Run 60-64

Name	Age	Team	Finals	Wind
1 2691 Moorhouse, Paula	W64	Sydney Pacif	33.34	0.1
2 2696 Smallwood, Louise	W63	Sydney Pacif	36.72	0.1

Women 400 Metre Run 60-64

Name	Age	Team	Finals
1 2691 Moorhouse, Paula	W64	Sydney Pacif	1:16.09
2 2696 Smallwood, Louise	W63	Sydney Pacif	1:22.13

Women 800 Metre Run 60-64

Name	Age	Team	Finals
1 2691 Moorhouse, Paula	W64	Sydney Pacif	2:59.29

Women 1500 Metre Run 60-64

Name	Age	Team	Finals
1 2691 Moorhouse, Paula	W64	Sydney Pacif	6:31.45

Women Long Jump 60-64

Name	Age	Team	Finals	Wind
1 1110 Senior, Jillian	W61	U.T.S. North	2.98m	1.9
2.90m(-3.0) 2.98m(1.9) 2.53m(0.1) 2.52m(-0.6) FOUL(1.9) 2.72m(0.5)				

Women Triple Jump 60-64

Name	Age	Team	Finals	Wind
1 1110 Senior, Jillian	W61	U.T.S. North	6.81m	NWI
5.20m(NWI) 6.69m(NWI) 6.81m(NWI) PASS PASS PASS				

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Shot Put 3kg 60-64**

Name	Age	Team	Finals
1 1671 Clarke, Kate	W60	Nsw Masters	7.79m
			7.75m 7.58m 7.79m FOUL 7.71m 7.05m
2 1110 Senior, Jillian	W61	U.T.S. North	6.04m
			5.95m 5.50m 5.83m 5.91m 6.04m 5.91m
3 160 van Bockel, Adrian	W61	Athletics Wo	6.02m
			5.82m 5.93m 6.02m 5.80m 5.78m 5.95m
4 1077 Jones, Karen	W60	U.T.S. North	5.25m
			4.95m 5.18m 5.25m FOUL 4.79m FOUL

Women Discus Throw 1kg 60-64

Name	Age	Team	Finals
1 1671 Clarke, Kate	W60	Nsw Masters	21.07m
			18.95m 21.07m 19.93m 20.66m 19.64m FOUL
2 160 van Bockel, Adrian	W61	Athletics Wo	15.81m
			FOUL FOUL 14.93m 15.81m 15.05m 14.96m
3 1077 Jones, Karen	W60	U.T.S. North	13.76m
			FOUL 12.45m 13.46m 13.61m 13.76m 12.81m

Women Hammer Throw 3kg 60-64

Name	Age	Team	Finals
1 160 van Bockel, Adrian	W61	Athletics Wo	23.49m
			21.44m 21.13m 20.16m 20.10m 21.01m 23.49m
2 1671 Clarke, Kate	W60	Nsw Masters	22.93m
			21.82m 20.46m 21.40m 22.12m FOUL 22.93m
3 1110 Senior, Jillian	W61	U.T.S. North	21.44m
			18.44m 20.23m 19.35m 21.18m 20.18m 21.44m
4 1077 Jones, Karen	W60	U.T.S. North	18.79m
			16.47m 17.18m 18.67m 16.28m 18.79m 18.08m

Women Javelin Throw 400g 60-64

Name	Age	Team	Finals
1 1671 Clarke, Kate	W60	Nsw Masters	21.64m
			20.99m FOUL 20.74m 21.64m 20.19m 18.57m
2 160 van Bockel, Adrian	W61	Athletics Wo	13.57m
			13.47m 13.47m 13.36m 13.57m 12.88m 13.26m
3 1077 Jones, Karen	W60	U.T.S. North	11.48m
			9.05m FOUL 9.76m 6.88m 11.48m 10.55m

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women Weight Throw 5.450kg 60-64**

Name	Age	Team	Finals
1 1110 Senior, Jillian	W61	U.T.S. North	9.77m
			7.28m 8.40m 9.77m 9.03m 8.48m 8.60m
2 1671 Clarke, Kate	W60	Nsw Masters	9.65m
			9.04m 8.96m 9.30m 9.65m FOUL 9.17m
3 160 van Bockel, Adrian	W61	Athletics Wo	8.62m
			8.00m 8.41m 8.62m 8.06m 7.93m 7.63m
4 1077 Jones, Karen	W60	U.T.S. North	6.92m
			6.30m 6.92m 6.58m FOUL 6.53m 6.52m

Women 800 Metre Run 65-69

Name	Age	Team	Finals
1 1112 Eller, Lesley	W69	U.T.S. North	3:38.66
2 1243 Siepmann, Dorothy	W69	Bankstown Sp	4:11.83

Women 5000 Metre Run 65-69

Name	Age	Team	Finals
1 1243 Siepmann, Dorothy	W69	Bankstown Sp	30:35.25

Women Shot Put 3kg 65-69

Name	Age	Team	Finals
1 3656 Thomas, Mary	W68	Illawarra Bl	7.40m
			7.20m 7.11m 7.40m 7.38m 7.39m 7.39m

Women Discus Throw 1kg 65-69

Name	Age	Team	Finals
1 3656 Thomas, Mary	W68	Illawarra Bl	20.42m
			20.24m FOUL 20.42m FOUL 18.50m 18.96m

Women Javelin Throw 400g 65-69

Name	Age	Team	Finals
1 3656 Thomas, Mary	W68	Illawarra Bl	24.75m
			24.75m 22.44m 20.35m 21.30m 20.29m 20.81m

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Women 5000 Metre Race Walk 70-74**

Name	Age Team	Finals
1 1424 Purcell, Joan	W71 Asics Wests	35:24.97

Women 60 Metre Run 75-79

Name	Age Team	Finals	Wind
1 3133 Cook, Kathleen	W75 Mingara Athl	11.04	NWI

Women 100 Metre Run 75-79

Name	Age Team	Finals	Wind
1 3133 Cook, Kathleen	W75 Mingara Athl	17.49	0.7

Women 200 Metre Run 75-79

Name	Age Team	Finals	Wind
1 3133 Cook, Kathleen	W75 Mingara Athl	37.25	0.1

Men 60 Metre Run 30-34

Name	Age Team	Finals	Wind
1 3395 Dunne, Michael	M30 Mt Pritchard	7.11	-0.2
2 13 Eyears, Gregory	M31 Bankstown Sp	7.27	-0.2
3 4041 Stone, Jay	M33 Armidale Ath	7.36	-0.2
4 1494 Laws, Michael	M30 Blue Mountai	7.91	-0.2

Men 100 Metre Run 30-34

Name	Age Team	Finals	Wind
1 561 Kumar, Piyush	M32 Sydney Unive	10.76	0.8
2 3395 Dunne, Michael	M30 Mt Pritchard	11.01	0.8
3 1494 Laws, Michael	M30 Blue Mountai	12.15	0.8
4 3242 Kunwar, Sameer	M30 Mt Pritchard	12.20	0.8
5 4290 Laird, Mark	M25 Girraween At	15.11	0.8

Men 200 Metre Run 30-34

Name	Age Team	Finals	Wind
1 4041 Stone, Jay	M33 Armidale Ath	22.20	1.6
2 3395 Dunne, Michael	M30 Mt Pritchard	22.66	1.6
3 1494 Laws, Michael	M30 Blue Mountai	24.59	1.6
4 3242 Kunwar, Sameer	M30 Mt Pritchard	24.82	1.6

NSW Masters Championships - 16/03/2013 to 17/03/2013

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Results

Men 400 Metre Run 30-34

Name	Age Team	Finals
1 4041 Stone, Jay	M33 Armidale Ath	49.64
2 3344 Turner, Nick	M30 Campbelltown	53.44
3 1494 Laws, Michael	M30 Blue Mountai	57.66

Men 800 Metre Run 30-34

Name	Age Team	Finals
1 519 Polson, James	M30 Sydney Unive	2:13.13

Men 1500 Metre Run 30-34

Name	Age Team	Finals
1 5500 Dowling, Frazer	M33 U.T.S. North	4:08.91

Men 5000 Metre Run 30-34

Name	Age Team	Finals
1 5500 Dowling, Frazer	M33 U.T.S. North	16:42.47

Men 110 Short Hurdles 99.1cm 30-34

Name	Age Team	Finals	Wind
1 13 Eyears, Gregory	M31 Bankstown Sp	15.12	-4.2

Men 400 Long Hurdles 91.4cm 30-34

Name	Age Team	Finals
1 2642 Fuller, Nick	M31 Sydney Pacif	55.59

Men High Jump 30-34

Name	Age Team	Finals
1 1494 Laws, Michael	M30 Blue Mountai	1.55m
		1.40 1.45 1.50 1.55 1.60
		O O XO O XX

Men Long Jump 30-34

Name	Age Team	Finals	Wind
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....Men Long Jump 30-34

1	1494 Laws, Michael	M30	Blue Mountai	5.91m	0.8
				5.43m(0.4)	5.91m(0.8)
				5.54m(-1.6)	5.38m(0.4)
				5.50m(-0.3)	5.53m(-1.8)
2	1668 Kirievsky, Anatoly	M34	Ryde Athleti	3.51m	-2.5
	PASS	PASS		3.31m(1.1)	3.50m(0.4)
				3.51m(-2.5)	PASS

Men Triple Jump 30-34

Name	Age	Team	Finals	Wind
1 1494 Laws, Michael	M30	Blue Mountai	10.64m	NWI
10.01m(NWI)	PASS	PASS	10.64m(NWI)	PASS

Men Shot Put 7.26kg 30-34

Name	Age	Team	Finals
1 1076 Jones, Warren	M33	U.T.S. North	10.04m
			9.50m 9.76m 9.26m 9.93m 10.04m 9.82m
2 1668 Kirievsky, Anatoly	M34	Ryde Athleti	9.67m
			8.87m 9.67m 7.94m 9.40m 9.66m 9.54m
3 1494 Laws, Michael	M30	Blue Mountai	8.71m
			8.71m 8.01m 8.60m 7.70m 7.89m 8.61m

Men Discus Throw 2kg 30-34

Name	Age	Team	Finals
1 1668 Kirievsky, Anatoly	M34	Ryde Athleti	30.20m
			28.09m 27.68m 30.20m 29.67m 29.54m 29.95m
2 1076 Jones, Warren	M33	U.T.S. North	29.10m
			24.39m 24.62m 28.06m 26.70m 27.46m 29.10m
3 1494 Laws, Michael	M30	Blue Mountai	28.64m
			FOUL 26.26m FOUL FOUL FOUL 28.64m
4 13 Eyears, Gregory	M31	Bankstown Sp	26.41m
			FOUL 25.14m FOUL PASS 26.41m 25.89m

Men Hammer Throw 7.26kg 30-34

Name	Age	Team	Finals
1 1076 Jones, Warren	M33	U.T.S. North	37.49m
			36.16m 33.60m 36.92m 35.04m 36.95m 37.49m
2 1668 Kirievsky, Anatoly	M34	Ryde Athleti	27.41m
			27.22m 26.66m 27.41m FOUL FOUL FOUL
3 1494 Laws, Michael	M30	Blue Mountai	25.47m
			24.94m FOUL 20.12m 25.47m 23.06m FOUL

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Men Javelin Throw 800g 30-34

Name	Age Team	Finals
1 1668 Kirievsky, Anatoly	M34 Ryde Athleti	32.54m
	32.54m FOUL 31.75m PASS PASS PASS	
2 1076 Jones, Warren	M33 U.T.S. North	29.19m
	26.66m 29.19m 26.86m 28.86m 27.92m 28.24m	

Men Weight Throw 15.880kg 30-34

Name	Age Team	Finals
1 1076 Jones, Warren	M33 U.T.S. North	11.02m
	10.25m 11.02m 10.54m 9.66m FOUL 9.79m	
2 1494 Laws, Michael	M30 Blue Mountai	10.38m
	9.52m 9.52m 10.38m 9.68m 9.87m 10.26m	
3 1668 Kirievsky, Anatoly	M34 Ryde Athleti	10.33m
	10.11m 10.24m 9.87m 9.87m 10.13m 10.33m	

Men 60 Metre Run 35-39

Name	Age Team	Finals	Wind
1 3244 Makakaufaki, Paul	M36 Mt Pritchard	7.83	-2.7
2 3396 Martin, Christophe	M38 Mt Pritchard	8.05	-2.7
3 1815 Bruce, Gregory	M35 Campbelltown	8.12	-2.7
4 1883 Turner, Dean	M36 Campbelltown	8.18	-2.7
5 2412 Murray, Caerl	M37 Cherrybrook	8.19	-2.7
6 1039 Muscat, Jamie	M36 Illawong and	8.70	-2.7

Men 100 Metre Run 35-39

Name	Age Team	Finals	Wind
1 2653 Odede, Samuel	M39 Sydney Pacif	10.86	1.6
2 3193 McMahon, Ashley	M37 U.T.S. North	10.90	1.6
3 8019 Cox, Spencer	M35 Interstate	11.35	1.6
4 3244 Makakaufaki, Paul	M36 Mt Pritchard	11.52	1.6
5 8020 McGrory, Peter	M36 Nsw Masters	11.81	1.6
6 1815 Bruce, Gregory	M35 Campbelltown	12.14	1.6
7 3396 Martin, Christophe	M38 Mt Pritchard	12.17	1.6
8 1883 Turner, Dean	M36 Campbelltown	12.22	1.6
9 2412 Murray, Caerl	M37 Cherrybrook	12.66	1.6
10 1039 Muscat, Jamie	M36 Illawong and	12.89	1.6

Men 200 Metre Run 35-39

Name	Age Team	Finals	Wind
1 2653 Odede, Samuel	M39 Sydney Pacif	22.82	1.6

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****....Men 200 Metre Run 35-39**

2	3099	Papalexion, Nichol	M38	Mingara Athl	25.18	1.6
3	1648	Sprange, Dan	M38	Nsw Masters	26.19	1.6
4	2412	Murray, Caerl	M37	Cherrybrook	26.65	1.6

Men 400 Metre Run 35-39

Name	Age	Team	Finals
1 3099 Papalexion, Nichol	M38	Mingara Athl	55.16
2 208 Veerhuis, Peter	M37	Athletics Wo	55.81

Men 800 Metre Run 35-39

Name	Age	Team	Finals
1 599 Halls, Brett	M35	Sydney Unive	1:53.77
2 1373 Doggett, Michael	M39	Asics Wests	2:00.15
3 605 Heil, Andrew	M36	Sydney Unive	2:01.83
4 437 Archer, Stephen	M35	Hills Distri	2:01.93

Men 1500 Metre Run 35-39

Name	Age	Team	Finals
1 1373 Doggett, Michael	M39	Asics Wests	4:09.43
2 437 Archer, Stephen	M35	Hills Distri	4:28.22
3 1447 White, Simon	M37	Asics Wests	4:34.95
4 980 Zubko, Vladimir	M38	Illawong and	4:36.93
5 690 Keane, Justin	M39	Nepean Distr	4:37.56
6 295 Gibbs, Malcolm	M36	Illawarra Bl	4:58.70
7 3136 Meyer, Damien	M36	Mingara Athl	10:07.55

Men 5000 Metre Run 35-39

Name	Age	Team	Finals
1 3491 Palethorpe, James	M37	Epping Distr	17:32.37
2 3136 Meyer, Damien	M36	Mingara Athl	19:08.99

Men 3000 Metre Steeplechase 91.4cm 35-39

Name	Age	Team	Finals
1 1447 White, Simon	M37	Asics Wests	11:35.20
2 3136 Meyer, Damien	M36	Mingara Athl	12:49.50

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men High Jump 35-39**

Name	Age	Team	Finals
1 3718 Sarah, Cain	M38	Balmain Athl	1.75m
1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.75 1.80			
P P P P P O P O O XXO PPP			
2 1039 Muscat, Jamie	M36	Illawong and	1.45m
1.25 1.30 1.35 1.40 1.45 1.50			
O O O O XXO XXX			

Men Long Jump 35-39

Name	Age	Team	Finals	Wind
1 8020 McGrory, Peter	M36	Nsw Masters	6.07m	0.8
FOUL(-0.8) 6.07m(0.8) 5.66m(0.5) PASS				
2 3718 Sarah, Cain	M38	Balmain Athl	6.01m	1.4
5.39m(0.5) 6.01m(1.4) 5.77m(1.5) 5.68m(-1.1) 5.79m(0.8) 5.92m(1.1)				
3 1883 Turner, Dean	M36	Campbelltown	5.52m	2.3
5.03m(2.3) 5.10m(-0.7) 5.52m(2.3) 5.34m(0.6) 5.22m(-1.5) 5.29m(1.2)				
4 1648 Sprange, Dan	M38	Nsw Masters	4.73m	0.8
4.01m(0.1) 4.58m(0.4) FOUL(0.6) 4.61m(+0.0) 4.73m(0.8) FOUL(+0.0)				
5 1039 Muscat, Jamie	M36	Illawong and	4.34m	-2.5
PASS PASS PASS 3.40m(-2.5) 3.97m(0.4) 4.34m(-2.5)				

Men Triple Jump 35-39

Name	Age	Team	Finals	Wind
1 3718 Sarah, Cain	M38	Balmain Athl	12.56m	NWI
11.27m(NWI) 12.30m(NWI) 12.56m(NWI) FOUL PASS 12.44m(NWI)				
2 2098 Kellett, David	M39	Macquarie Hu	11.72m	NWI
11.03m(NWI) FOUL 11.34m(NWI) FOUL 11.72m(NWI) FOUL				
3 1039 Muscat, Jamie	M36	Illawong and	8.75m	NWI
7.82m(NWI) 8.75m(NWI) 8.69m(NWI) 7.37m(NWI) PASS PASS				
4 4353 Watson, Rodney	M39	Woolgoolga A	8.40m	NWI
7.17m(NWI) 8.01m(NWI) 8.07m(NWI) 8.36m(NWI) 8.33m(NWI) 8.40m(NWI)				

Men Shot Put 7.26kg 35-39

Name	Age	Team	Finals
1 1039 Muscat, Jamie	M36	Illawong and	13.04m
11.62m 11.93m 12.20m 12.42m 13.04m 12.72m			
2 3193 McMahon, Ashley	M37	U.T.S. North	10.91m
10.53m 10.91m 10.45m 9.86m 10.86m 8.69m			
3 4353 Watson, Rodney	M39	Woolgoolga A	10.21m
10.21m 10.03m 9.56m 9.45m 9.75m 9.73m			

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men Discus Throw 2kg 35-39**

Name	Age Team	Finals
1 1039 Muscat, Jamie	M36 Illawong and	41.42m
	37.88m 39.02m 36.55m 38.95m 41.42m 35.59m	
2 3193 McMahon, Ashley	M37 U.T.S. North	37.18m
	37.18m 33.74m 32.82m 30.70m 35.22m 36.86m	
3 4353 Watson, Rodney	M39 Woolgoolga A	27.22m
	26.00m 23.70m 23.66m 24.59m 23.90m 27.22m	

Men Hammer Throw 7.26kg 35-39

Name	Age Team	Finals
1 4628 Meiring, Ricard	M38 Independent	58.31m
	53.58m 57.65m 56.93m FOUL 58.31m FOUL	
2 1039 Muscat, Jamie	M36 Illawong and	38.23m
	34.66m 35.03m 35.47m 35.91m 38.23m FOUL	
3 4353 Watson, Rodney	M39 Woolgoolga A	32.44m
	30.59m 32.44m 31.59m 31.89m 30.86m FOUL	

Men Javelin Throw 800g 35-39

Name	Age Team	Finals
1 4353 Watson, Rodney	M39 Woolgoolga A	40.52m
	40.52m 34.88m 31.16m 33.50m 33.62m FOUL	
2 1039 Muscat, Jamie	M36 Illawong and	34.81m
	27.00m 32.40m 34.81m 33.35m FOUL 33.48m	

Men Weight Throw 15.880kg 35-39

Name	Age Team	Finals
1 4628 Meiring, Ricard	M38 Independent	18.56m
	FOUL 17.35m 17.07m 17.37m 17.45m 18.56m	
2 1039 Muscat, Jamie	M36 Illawong and	12.11m
	12.09m 12.11m 11.63m FOUL FOUL FOUL	
3 4353 Watson, Rodney	M39 Woolgoolga A	10.49m
	10.24m 10.49m 9.59m 10.22m FOUL FOUL	

Men 60 Metre Run 40-44

Name	Age Team	Finals	Wind
1 3245 Smith, Gregory	M41 Mt Pritchard	7.29	-1.7
2 4959 Lincoln, Jason	M42 South Sydney	7.56	-1.7
3 2692 Wardecki, Krzyszto	M44 Sydney Pacif	7.72	-1.7
4 1659 Skala, David	M43 Nsw Masters	8.06	-1.7
5 1681 Stinson, Paul	M41 Nsw Masters	8.09	-1.7

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....Men 60 Metre Run 40-44

6	3067	Papalexion, George	M44	Mingara Athl	8.36	-1.7
7	714	Speed, Brian	M44	Camden Athle	8.42	-1.7
8	4342	Davie, EJ	M42	Sydney Strid	10.44	-1.7

Men 100 Metre Run 40-44

Name	Age	Team	Finals	Wind
1 3245 Smith, Gregory	M41	Mt Pritchard	10.99	3.6
2 4959 Lincoln, Jason	M42	South Sydney	11.54	3.6
3 2692 Wardecki, Krzyszto	M44	Sydney Pacif	11.75	3.6
4 1659 Skala, David	M43	Nsw Masters	12.27	3.6
5 1647 Cassin, Andrew	M41	Nsw Masters	12.29	3.6
6 1681 Stinson, Paul	M41	Nsw Masters	12.58	3.6
7 3067 Papalexion, George	M44	Mingara Athl	12.78	3.6
8 680 Ferguson, Craig	M44	Nepean Distr	12.79	3.6
9 4342 Davie, EJ	M42	Sydney Strid	15.75	3.6

Men 200 Metre Run 40-44

Name	Age	Team	Finals	Wind
1 3245 Smith, Gregory	M41	Mt Pritchard	22.89	0.8
2 2692 Wardecki, Krzyszto	M44	Sydney Pacif	24.36	0.8
3 1659 Skala, David	M43	Nsw Masters	25.88	0.8
4 680 Ferguson, Craig	M44	Nepean Distr	26.33	0.8
5 3067 Papalexion, George	M44	Mingara Athl	26.76	0.8
6 4342 Davie, EJ	M42	Sydney Strid	32.89	0.8

Men 400 Metre Run 40-44

Name	Age	Team	Finals
1 2692 Wardecki, Krzyszto	M44	Sydney Pacif	55.79
2 2263 Everett, Michael	M41	Hills Distri	55.92
3 4430 Pickering, Michael	M42	Newcastle Ve	56.94
4 3083 Kelaher, Paul	M44	Mingara Athl	59.74
5 4342 Davie, EJ	M42	Sydney Strid	1:12.50

Men 800 Metre Run 40-44

Name	Age	Team	Finals
1 4430 Pickering, Michael	M42	Newcastle Ve	2:07.41
2 1569 Martinoski, Done	M42	Kembla Joggers Inc.	2:11.55
3 3083 Kelaher, Paul	M44	Mingara Athl	2:16.35
4 4342 Davie, EJ	M42	Sydney Strid	2:44.73

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 1500 Metre Run 40-44**

Name	Age	Team	Finals
1 4430 Pickering, Michael	M42	Newcastle Ve	4:21.32
2 1569 Martinoski, Done	M42	Kembla Joggers Inc.	4:37.92
3 8028 Dunn, Robert	M44	Camden Athle	4:57.94
4 4342 Davie, EJ	M42	Sydney Strid	5:35.97

Men 5000 Metre Run 40-44

Name	Age	Team	Finals
1 3736 McIntosh, Jason	M43	Sydney Strid	17:23.43
2 3970 Pohl, Colin	M41	Randwick Bot	18:42.77
3 3802 Kistle, David	M43	St. George D	20:19.97
4 4342 Davie, EJ	M42	Sydney Strid	21:18.08

Men 110 Short Hurdles 99.1cm 40-44

Name	Age	Team	Finals	Wind
1 3206 Murphy, David	M44	Balmain Athl	19.48	-2.4
2 714 Speed, Brian	M44	Camden Athle	20.88	-2.4
3 2263 Everett, Michael	M41	Hills Distri	21.68	-2.4
4 1659 Skala, David	M43	Nsw Masters	21.69	-2.4

Men 400 Long Hurdles 91.4cm 40-44

Name	Age	Team	Finals
1 2263 Everett, Michael	M41	Hills Distri	1:05.29
2 3206 Murphy, David	M44	Balmain Athl	1:08.28

Men 3000 Metre Steeplechase 91.4cm 40-44

Name	Age	Team	Finals
1 299 Hynoski, Geoff	M44	Illawarra Bl	12:57.59
2 4342 Davie, EJ	M42	Sydney Strid	14:18.07
3 8018 Melton-Agbohlah, K	M43	Nsw Masters	17:47.49

Men High Jump 40-44

Name	Age	Team	Finals
1 2263 Everett, Michael	M41	Hills Distri	1.60m
1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
P P O O O O O PPP			

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....Men High Jump 40-44

2	3206	Murphy, David	M44	Balmain Athl	1.55m			
	1.30	1.35	1.40	1.45	1.50	1.55	1.60	
	O	P	O	O	XO	O	XXX	
3	714	Speed, Brian	M44	Camden Athle	1.50m			
	1.30	1.35	1.40	1.45	1.50	1.55	1.60	
	P	O	O	O	XO	XPP	XX	

Men Pole Vault 40-44

Name	Age	Team	Finals
1 3717 Watson, Andrew	M44	Balmain Athl	2.80m
1.60 1.70 1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90			
P P P P P P O P P O P O O X			
2 3206 Murphy, David	M44	Balmain Athl	2.40m
1.60 1.70 1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50			
O P P O P P O P O X			

Men Long Jump 40-44

Name	Age	Team	Finals	Wind
1 1647 Cassin, Andrew	M41	Nsw Masters	5.37m	0.9
5.37m(0.9) x				
2 8018 Melton-Agbohlah, K	M43	Nsw Masters	3.88m	NWI
PASS(1.5) 3.23m(2.6) 3.88m(NWI)				
3 4342 Davie, EJ	M42	Sydney Strid	2.74m	NWI
2.67m(0.5) 2.65m(0.6) 2.74m(NWI)				

Men Triple Jump 40-44

Name	Age	Team	Finals	Wind
1 2263 Everett, Michael	M41	Hills Distri	9.72m	NWI
9.72m(NWI) PASS PASS PASS PASS PASS				
2 3206 Murphy, David	M44	Balmain Athl	9.70m	NWI
9.55m(NWI) 9.70m(NWI) PASS PASS PASS PASS				
3 4342 Davie, EJ	M42	Sydney Strid	6.27m	NWI
5.42m(NWI) 6.27m(NWI) 5.65m(NWI) PASS PASS PASS				

Men Shot Put 7.26kg 40-44

Name	Age	Team	Finals
1 3717 Watson, Andrew	M44	Balmain Athl	11.92m
11.72m FOUL 11.75m 11.92m 11.47m 11.08m			
2 1975 Sutton, Stuart	M44	Mingara Athl	10.54m
10.01m FOUL 9.45m 10.54m 10.35m 9.48m			

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....Men Shot Put 7.26kg 40-44

3	722 Campbell, Peter	M40	Camden Athle	9.68m
	9.09m 8.72m 9.45m 8.73m 9.13m 9.68m			
4	729 Lindsay, Simon	M42	Camden Athle	8.90m
	8.34m 8.60m 8.87m 8.90m 8.83m FOUL			
5	3206 Murphy, David	M44	Balmain Athl	8.24m
	7.43m 8.24m FOUL 8.14m FOUL 8.03m			
6	4342 Davie, EJ	M42	Sydney Strid	5.29m
	4.88m 5.11m 5.29m PASS PASS PASS			

Men Discus Throw 2kg 40-44

Name	Age	Team	Finals
1 722 Campbell, Peter	M40	Camden Athle	36.35m
			36.35m 34.44m 33.31m 34.36m 31.77m 35.52m
2 3526 Newey, Grant	M44	Asics Wests	36.08m
			FOUL FOUL 31.82m 36.08m FOUL FOUL
3 3717 Watson, Andrew	M44	Balmain Athl	36.05m
			FOUL 35.07m FOUL FOUL 36.05m FOUL
4 1975 Sutton, Stuart	M44	Mingara Athl	32.36m
			30.37m 32.36m 32.23m 30.65m 31.49m 29.75m
5 3206 Murphy, David	M44	Balmain Athl	25.10m
			24.66m 22.55m 8.26m 25.10m FOUL 24.94m
6 729 Lindsay, Simon	M42	Camden Athle	22.75m
			21.31m 21.70m FOUL 22.16m 22.75m 22.29m
7 4342 Davie, EJ	M42	Sydney Strid	13.95m
			12.25m 12.68m 13.95m 12.72m 13.90m 13.43m

Men Hammer Throw 7.26kg 40-44

Name	Age	Team	Finals
1 3717 Watson, Andrew	M44	Balmain Athl	20.41m
			20.41m 18.85m 17.84m 17.99m 20.24m 20.25m
2 3206 Murphy, David	M44	Balmain Athl	18.92m
			16.28m 16.50m 18.04m 17.45m 17.13m 18.92m
3 8018 Melton-Agbohlah, K	M43	Nsw Masters	18.04m
			18.04m FOUL 17.14m FOUL 15.93m 16.58m
4 3067 Papalexion, George	M44	Mingara Athl	13.30m
			13.22m FOUL 13.30m PASS PASS PASS

Men Javelin Throw 800g 40-44

Name	Age	Team	Finals
1 3526 Newey, Grant	M44	Asics Wests	46.65m
			46.65m 42.27m FOUL 42.73m 39.33m 42.61m
2 3717 Watson, Andrew	M44	Balmain Athl	38.09m
			36.15m 38.09m 32.28m 34.91m FOUL 37.70m

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3	3206	Murphy, David	M44	Balmain Athl						37.90m
					37.22m	36.13m	37.40m	35.22m	35.24m	37.90m
4	3067	Papalexion, George	M44	Mingara Athl						34.13m
					33.20m	32.26m	34.13m	20.31m	28.32m	30.67m
5	8018	Melton-Agbohlah, K	M43	Nsw Masters						33.22m
					31.26m	32.21m	25.81m	27.74m	28.07m	33.22m
6	4342	Davie, EJ	M42	Sydney Strid						14.36m
					PASS	14.36m	FOUL	PASS	FOUL	FOUL

Men Weight Throw 15.880kg 40-44

Name	Age	Team	Finals
1 3717 Watson, Andrew	M44	Balmain Athl	9.11m
			9.11m 8.38m FOUL 8.13m 8.13m 8.46m
2 3206 Murphy, David	M44	Balmain Athl	7.42m
			6.95m 7.42m 6.36m 6.36m 7.01m FOUL
3 3067 Papalexion, George	M44	Mingara Athl	6.63m
			FOUL 6.14m 6.53m 6.63m FOUL FOUL
4 8018 Melton-Agbohlah, K	M43	Nsw Masters	6.40m
			4.36m 4.26m 6.40m FOUL 6.15m 6.33m
5 4342 Davie, EJ	M42	Sydney Strid	4.62m
			4.62m 4.20m PASS PASS PASS PASS

Men 60 Metre Run 45-49

Name	Age	Team	Finals	Wind
1 3932 Gedz, Michael	M47	Sydney Pacif	7.65	-0.5
2 8021 Van der Jagt, Edwa	M46	Nsw Masters	7.84	-0.5
3 3086 Reid, Brett	M49	Mingara Athl	7.96	-0.5
4 1672 Kotis, Con	M47	Nsw Masters	8.30	-0.5
5 1098 Parsonage, Adam	M46	U.T.S. North	8.32	-0.5
6 3129 Marshall, Gary	M46	Mingara Athl	8.34	-0.5
7 825 McDonald, Neil	M45	Parramatta C	8.63	-0.5

Men 100 Metre Run 45-49

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 3932 Gedz, Michael	M47	Sydney Pacif	11.96q	1.7	2
2 8017 McCarthy, John	M46	Mingara Athl	12.04q	1.7	2
3 3086 Reid, Brett	M49	Mingara Athl	12.18q	1.7	2
4 1470 Carter, Geoff	M46	Blue Mountai	12.21q	1.7	2
5 4753 France, Anthony	M45	Wallsend Rsl	12.22q	1.0	1
6 3409 Brack, Christopher	M47	Sydney Pacif	12.31q	1.0	1
7 1650 Provenzano, Alan	M49	Nsw Masters	12.54q	1.0	1
8 1672 Kotis, Con	M47	Nsw Masters	12.59q	1.0	1

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....Men 100 Metre Run 45-49

9	3724	Kohlrusch, Andrew	M47	Balmain Athl	12.76q	1.0	1
10	1098	Parsonage, Adam	M46	U.T.S. North	12.83	1.0	1
11	825	McDonald, Neil	M45	Parramatta C	13.20	1.7	2
12	4045	Kelly, John	M46	Epping Distr	13.47	1.0	1
13	8016	Vella, Anthony	M46	Nsw Masters	14.15	1.7	2

Men 100 Metre Run 45-49

Name	Age	Team	Finals	Wind
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Finals

1	3932	Gedz, Michael	M47	Sydney Pacif	11.87	1.3
2	3409	Brack, Christopher	M47	Sydney Pacif	12.02	1.3
3	8017	McCarthy, John	M46	Mingara Athl	12.08	1.3
4	4753	France, Anthony	M45	Wallsend Rsl	12.21	1.3
5	3086	Reid, Brett	M49	Mingara Athl	12.27	1.3
6	1650	Provenzano, Alan	M49	Nsw Masters	12.55	1.3
7	1672	Kotis, Con	M47	Nsw Masters	12.63	1.3
8	1470	Carter, Geoff	M46	Blue Mountai	12.87	1.3

Men 200 Metre Run 45-49

Name	Age	Team	Prelims	Wind	H#
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Preliminaries

1	4753	France, Anthony	M45	Wallsend Rsl	25.47q	-1.5	2
2	289	James, Darrin	M47	Illawarra Bl	25.50q	-1.5	2
3	8017	McCarthy, John	M46	Mingara Athl	26.08q	-1.5	2
4	3086	Reid, Brett	M49	Mingara Athl	26.12q	-2.1	1
5	3409	Brack, Christopher	M47	Sydney Pacif	26.31q	-2.1	1
6	3424	Lynch, Michael	M45	Sydney Pacif	26.37q	-1.5	2
7	1098	Parsonage, Adam	M46	U.T.S. North	26.67q	-2.1	1
8	825	McDonald, Neil	M45	Parramatta C	26.85q	-2.1	1
8	1650	Provenzano, Alan	M49	Nsw Masters	26.85q	-1.5	2
10	657	Mather, Greg	M47	Nepean Distr	28.94	-1.5	2

Men 200 Metre Run 45-49

Name	Age	Team	Finals	Wind
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Finals

1	3409	Brack, Christopher	M47	Sydney Pacif	24.42	0.9
2	3086	Reid, Brett	M49	Mingara Athl	24.76	0.9
3	4753	France, Anthony	M45	Wallsend Rsl	24.86	0.9
4	8017	McCarthy, John	M46	Mingara Athl	24.94	0.9
5	3424	Lynch, Michael	M45	Sydney Pacif	24.96	0.9
6	289	James, Darrin	M47	Illawarra Bl	25.56	0.9
7	1650	Provenzano, Alan	M49	Nsw Masters	26.11	0.9
8	1098	Parsonage, Adam	M46	U.T.S. North	26.15	0.9

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....Men 200 Metre Run 45-49

9	825	McDonald, Neil	M45	Parramatta C	26.68	0.9
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Men 400 Metre Run 45-49

Name	Age	Team	Finals
1 3424 Lynch, Michael	M45	Sydney Pacif	53.65
2 3409 Brack, Christopher	M47	Sydney Pacif	53.84
3 289 James, Darrin	M47	Illawarra Bl	57.25
4 1098 Parsonage, Adam	M46	U.T.S. North	58.76
5 1220 Culhane, Jim	M46	U.T.S. North	1:01.07
6 8016 Vella, Anthony	M46	Nsw Masters	1:07.18

Men 800 Metre Run 45-49

Name	Age	Team	Finals
1 3424 Lynch, Michael	M45	Sydney Pacif	2:00.25
2 289 James, Darrin	M47	Illawarra Bl	2:10.22
3 3038 Trainor, Paul	M48	Sydney Strid	2:20.02
4 1105 West, Andy	M45	U.T.S. North	2:29.60
5 1172 Ingram, Nicholas	M46	U.T.S. North	2:37.47

Men 1500 Metre Run 45-49

Name	Age	Team	Finals
1 3038 Trainor, Paul	M48	Sydney Strid	4:57.72
2 1105 West, Andy	M45	U.T.S. North	5:13.13
3 433 Womsley, Garry	M49	Hills Distri	5:31.15
4 1172 Ingram, Nicholas	M46	U.T.S. North	5:51.42
5 332 Gibbins, Jodie	M46	Illawarra Bl	7:22.20

Men 5000 Metre Run 45-49

Name	Age	Team	Finals
1 1105 West, Andy	M45	U.T.S. North	22:09.07
2 1389 Mason, Robert	M47	Asics Wests	26:54.28
3 332 Gibbins, Jodie	M46	Illawarra Bl	29:20.98

Men 110 Short Hurdles 99.1cm 45-49

Name	Age	Team	Finals	Wind
1 3724 Kohlrusch, Andrew	M47	Balmain Athl	20.72	-4.2
2 433 Womsley, Garry	M49	Hills Distri	34.31	-4.2

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Men 400 Long Hurdles 91.4cm 45-49

Name	Age	Team	Finals
1 3724 Kohlrusch, Andrew	M47	Balmain Athl	1:10.12
2 1389 Mason, Robert	M47	Asics Wests	1:31.72

Men 3000 Metre Steeplechase 91.4cm 45-49

Name	Age	Team	Finals
1 433 Womsley, Garry	M49	Hills Distri	12:57.51
2 1105 West, Andy	M45	U.T.S. North	14:48.14
3 1389 Mason, Robert	M47	Asics Wests	16:30.76
4 332 Gibbins, Jodie	M46	Illawarra Bl	19:18.61

Men High Jump 45-49

Name	Age	Team	Finals
1 1814 Bacon, Rick	M47	Campbelltown	1.60m
1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
P P P P P O O O O O XO XXX			
2 1920 Blair, Michael	M45	Randwick Bot	1.55m
1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
P P P P P P O XO O O XXX			
3 1389 Mason, Robert	M47	Asics Wests	1.10m
1.10 1.15 1.20 1.25			
O P P P			

Men Pole Vault 45-49

Name	Age	Team	Finals
1 3724 Kohlrusch, Andrew	M47	Balmain Athl	2.90m
2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00			
O P P O P O P O P			

Men Long Jump 45-49

Name	Age	Team	Finals	Wind
1 8021 Van der Jagt, Edwa	M46	Nsw Masters	5.93m	NWI
5.76m(+0.0) 5.77m(0.8) 5.76m(0.7) 5.62m(+0.0) 5.83m(1.7) 5.93m(NWI)				
2 4753 France, Anthony	M45	Wallsend Rsl	5.86m	1.7
5.69m(-1.4) FOUL(1.3) 5.77m(1.6) FOUL(2.0) PASS			5.86m(1.7)	
3 1650 Provenzano, Alan	M49	Nsw Masters	5.07m	2.2
4.97m(1.8) 5.05m(+0.0) 4.73m(1.2) 4.76m(1.2) 5.07m(2.2) FOUL(0.9)			5.07m	
4 1098 Parsonage, Adam	M46	U.T.S. North	4.65m	1.1
4.19m(0.8) 4.51m(+0.0) 4.65m(1.1) 4.31m(+0.0) 4.55m(1.8) 4.64m(0.8)			4.65m	

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Men Triple Jump 45-49

Name	Age Team	Finals	Wind
1 1098 Parsonage, Adam	M46 U.T.S. North	10.24m	NWI
9.95m(NWI) 9.82m(NWI) 9.78m(NWI) 10.24m(NWI)	PASS	PASS	
2 1389 Mason, Robert	M47 Asics Wests	6.78m	NWI
6.16m(NWI) 6.78m(NWI) 6.62m(NWI)	PASS PASS	PASS	

Men Shot Put 7.26kg 45-49

Name	Age Team	Finals
1 3724 Kohlrusch, Andrew	M47 Balmain Athl	10.92m
10.20m 10.92m FOUL 10.48m FOUL 10.36m		
2 1875 Fassolis, Jim	M47 Campbelltown	10.16m
FOUL 10.05m 9.72m 9.99m 10.16m 9.90m		

Men Discus Throw 2kg 45-49

Name	Age Team	Finals
1 3724 Kohlrusch, Andrew	M47 Balmain Athl	30.09m
27.95m 27.30m FOUL FOUL 30.09m 29.77m		
2 1875 Fassolis, Jim	M47 Campbelltown	28.74m
26.20m 28.74m FOUL 26.77m FOUL 28.60m		
3 332 Gibbins, Jodie	M46 Illawarra Bl	22.13m
FOUL 21.34m 22.13m 17.50m FOUL FOUL		

Men Hammer Throw 7.26kg 45-49

Name	Age Team	Finals
1 2858 Stenning, Matthew	M46 Girraween At	34.02m
34.02m 27.14m 32.87m FOUL 32.45m 27.80m		
2 1875 Fassolis, Jim	M47 Campbelltown	30.91m
FOUL FOUL FOUL 30.91m FOUL FOUL		
3 332 Gibbins, Jodie	M46 Illawarra Bl	21.52m
21.52m 18.74m 19.63m FOUL FOUL FOUL		

Men Javelin Throw 800g 45-49

Name	Age Team	Finals
1 4753 France, Anthony	M45 Wallsend Rsl	50.64m
48.51m 50.64m PASS PASS PASS PASS		
2 3724 Kohlrusch, Andrew	M47 Balmain Athl	43.16m
34.84m 38.08m 43.16m PASS 41.84m PASS		
3 4144 Pittman, Martin	M49 U.T.S. North	40.79m
39.90m 38.93m 40.79m 38.33m 39.47m 38.97m		

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....Men Javelin Throw 800g 45-49

4	1650 Provenzano, Alan	M49 Nsw Masters							39.93m
			34.45m	34.16m	38.74m	34.75m	39.00m	39.93m	
5	183 Ravenscroft, Andre	M47 Athletics Wo							39.74m
			39.68m	39.74m	FOUL	FOUL	FOUL	FOUL	
6	332 Gibbins, Jodie	M46 Illawarra Bl							29.62m
			FOUL	27.41m	29.62m	PASS	PASS	PASS	

Men Weight Throw 15.880kg 45-49

Name	Age Team	Finals
1 2858 Stenning, Matthew	M46 Girraween At	10.27m
	FOUL 10.27m 10.16m 8.88m 9.08m 9.88m	
2 1875 Fassolis, Jim	M47 Campbelltown	8.94m
	FOUL FOUL 8.94m 8.86m FOUL 8.73m	
3 332 Gibbins, Jodie	M46 Illawarra Bl	6.50m
	FOUL FOUL 6.50m FOUL FOUL FOUL	

Men 60 Metre Run 50-54

Name	Age Team	Finals	Wind
1 833 Hughes, Darren	M50 Parramatta C	7.84	-3.5
2 350 Shepherd, Peter	M53 Illawarra Bl	8.22	-3.5
3 1667 Murray, Peter	M52 Nsw Masters	8.28	-3.5
4 3101 Daly, Mick	M51 Mingara Athl	8.33	-3.5
5 2138 James, Craig	M51 Sutherland D	8.48	-3.5
6 1210 Crimi, Anthony	M51 U.T.S. North	8.49	-3.5
7 1971 Carr, Paul	M54 Mingara Athl	8.51	-3.5
8 2830 Giesler, Rob	M53 Girraween At	8.85	-3.5
9 1377 Walsh, Mark	M52 Asics Wests	9.27	-3.5

Men 100 Metre Run 50-54

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 833 Hughes, Darren	M50 Parramatta C	12.24q	0.7	1
2 1581 Frater, Ian	M52 Blacktown Ci	12.51q	0.7	1
3 3413 Isackson, Dave	M51 Sydney Pacif	12.66q	-0.1	2
4 350 Shepherd, Peter	M53 Illawarra Bl	12.69q	0.7	1
5 3101 Daly, Mick	M51 Mingara Athl	12.81q	0.7	1
6 2701 Izzo, Herman	M52 Sydney Pacif	12.85q	0.7	1
7 1210 Crimi, Anthony	M51 U.T.S. North	12.92q	-0.1	2
8 1667 Murray, Peter	M52 Nsw Masters	13.01q	-0.1	2
9 2138 James, Craig	M51 Sutherland D	13.22q	-0.1	2
10 1971 Carr, Paul	M54 Mingara Athl	13.28	-0.1	2
11 1660 Holmes, Neil	M51 Nsw Masters	13.29	-0.1	2
12 3140 Jackson, Graham	M50 Mingara Athl	13.39	0.7	1

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....Men 100 Metre Run 50-54

13	2830	Giesler, Rob	M53	Girraween At	13.61	-0.1	2
14	2371	McArthur, Don	M51	Cherrybrook	13.94	-0.1	2
15	1377	Walsh, Mark	M52	Asics Wests	14.61	0.7	1

Men 100 Metre Run 50-54

=====							
	Name	Age	Team		Finals	Wind	
=====							
Finals							
1	833	Hughes, Darren	M50	Parramatta C	11.72	0.9	
2	3413	Isackson, Dave	M51	Sydney Pacif	12.05	0.9	
3	1581	Frater, Ian	M52	Blacktown Ci	12.18	0.9	
4	350	Shepherd, Peter	M53	Illawarra Bl	12.37	0.9	
5	1667	Murray, Peter	M52	Nsw Masters	12.55	0.9	
6	2701	Izzo, Herman	M52	Sydney Pacif	12.58	0.9	
7	3101	Daly, Mick	M51	Mingara Athl	12.62	0.9	
8	1210	Crimi, Anthony	M51	U.T.S. North	12.65	0.9	
9	2138	James, Craig	M51	Sutherland D	12.95	0.9	

Men 200 Metre Run 50-54

=====							
	Name	Age	Team		Prelims	Wind	H#
=====							
Preliminaries							
1	833	Hughes, Darren	M50	Parramatta C	26.10q	-1.8	1
2	350	Shepherd, Peter	M53	Illawarra Bl	26.25q	-2.6	2
3	3413	Isackson, Dave	M51	Sydney Pacif	26.28q	-1.8	1
4	1210	Crimi, Anthony	M51	U.T.S. North	26.34q	-1.8	1
5	1516	Devery, Todd	M52	Blue Mountai	26.63q	-2.6	2
6	2701	Izzo, Herman	M52	Sydney Pacif	26.67q	-1.8	1
7	3101	Daly, Mick	M51	Mingara Athl	26.91q	-2.6	2
8	1971	Carr, Paul	M54	Mingara Athl	27.08q	-2.6	2
9	3140	Jackson, Graham	M50	Mingara Athl	27.50q	-1.8	1
10	1660	Holmes, Neil	M51	Nsw Masters	27.66	-1.8	1

Men 200 Metre Run 50-54

=====							
	Name	Age	Team		Finals	Wind	
=====							
Finals							
1	833	Hughes, Darren	M50	Parramatta C	23.66	0.9	
2	3413	Isackson, Dave	M51	Sydney Pacif	24.14	0.9	
3	1516	Devery, Todd	M52	Blue Mountai	25.21	0.9	
4	350	Shepherd, Peter	M53	Illawarra Bl	25.78	0.9	
5	1210	Crimi, Anthony	M51	U.T.S. North	26.05	0.9	
6	2701	Izzo, Herman	M52	Sydney Pacif	26.09	0.9	
7	3101	Daly, Mick	M51	Mingara Athl	26.60	0.9	
8	1971	Carr, Paul	M54	Mingara Athl	26.90	0.9	
9	3140	Jackson, Graham	M50	Mingara Athl	27.68	0.9	

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Name	Age	Team	Finals
1 833 Hughes, Darren	M50	Parramatta C	54.66
2 1516 Devery, Todd	M52	Blue Mountai	55.79
3 292 Baker, James	M51	Illawarra Bl	59.02
4 1972 Bournnell, David	M51	Mingara Athl	1:02.56
5 1971 Carr, Paul	M54	Mingara Athl	1:03.31
6 3304 Gallagher, Anthony	M50	Sutherland D	1:03.89
7 2830 Giesler, Rob	M53	Girraween At	1:07.94
8 1497 Perrett, David	M54	Nsw Masters	1:12.89

Men 800 Metre Run 50-54

Name	Age	Team	Finals
1 1516 Devery, Todd	M52	Blue Mountai	2:13.63
2 292 Baker, James	M51	Illawarra Bl	2:14.32
3 1215 Sharpe, Bradley	M52	U.T.S. North	2:16.74
4 2305 Mayo, Barry	M53	Hills Distri	2:19.13
5 4760 Seviior, John	M51	Athletics East	2:20.80
6 8023 Omura, Toyokazu	M52	Mingara Athl	2:25.09
7 3304 Gallagher, Anthony	M50	Sutherland D	2:27.21
8 8024 Houghton, David	M52	Nsw Masters	2:31.85
9 1088 Novicic, Zoran	M52	U.T.S. North	2:37.45
10 3318 Sheringham, Paul	M50	Sutherland D	2:38.62
11 999 Thompson, John	M50	Illawong and	2:43.32

Men 1500 Metre Run 50-54

Name	Age	Team	Finals
1 2305 Mayo, Barry	M53	Hills Distri	4:47.50
2 1215 Sharpe, Bradley	M52	U.T.S. North	4:54.08
3 428 Byrne, Peter	M53	Hills Distri	5:00.17
4 8023 Omura, Toyokazu	M52	Mingara Athl	5:09.35
5 3318 Sheringham, Paul	M50	Sutherland D	5:12.86
6 8024 Houghton, David	M52	Nsw Masters	5:15.20
7 999 Thompson, John	M50	Illawong and	5:31.14

Men 5000 Metre Run 50-54

Name	Age	Team	Finals
1 4620 Maher, Chris	M51	Sydney Strid	17:43.75
2 428 Byrne, Peter	M53	Hills Distri	18:33.56
3 402 Rose, Ian	M54	Hills Distri	19:22.84
4 3318 Sheringham, Paul	M50	Sutherland D	19:36.80

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Men 100 Short Hurdles 91.4cm 50-54

Name	Age Team	Finals	Wind
1 1971 Carr, Paul	M54 Mingara Athl	18.87	-1.2
2 404 Jankowski, George	M50 Hills Distri	21.60	-1.2
3 1088 Novicic, Zoran	M52 U.T.S. North	22.82	-1.2

Men 400 Long Hurdles 84.0cm 50-54

Name	Age Team	Finals
1 1971 Carr, Paul	M54 Mingara Athl	1:10.24
2 404 Jankowski, George	M50 Hills Distri	1:33.50

Men 3000 Metre Steeplechase 91.4cm 50-54

Name	Age Team	Finals
1 3566 Pomplun, Bill	M53 Nowra Athlet	18:51.62

Men High Jump 50-54

Name	Age Team	Finals
1 1255 Shelever, Volodymy	M51 Bankstown Sp	1.65m
		1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.61 1.65 1.76
		P P P P P P P P P O O XXX
2 1667 Murray, Peter	M52 Nsw Masters	1.40m
		1.20 1.25 1.30 1.35 1.40 1.45
		P P O O O XXX
-- 1088 Novicic, Zoran	M52 U.T.S. North	NH
		1.20
		XXX

Men Pole Vault 50-54

Name	Age Team	Finals
1 1150 McGrath, Tim	M50 U.T.S. North	3.40m
		2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50
		P P P P P O O P O P O P O P
2 404 Jankowski, George	M50 Hills Distri	2.60m
		2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00
		O P O P O P P P X

Men Long Jump 50-54

Name	Age Team	Finals	Wind
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....Men Long Jump 50-54

1	1581 Frater, Ian	M52 Blacktown Ci	5.11m	-0.3
	4.85m(0.8) 5.11m(-0.3) FOUL(0.9) PASS	PASS	PASS	
2	8015 Butler-White, Simo	M53 Ryde Athleti	4.79m	1.0
	4.55m(1.7) 4.74m(1.9) 4.79m(1.0) FOUL(0.1) 3.48m(0.4)			
3	1667 Murray, Peter	M52 Nsw Masters	4.71m	3.2
	4.40m(1.6) 4.71m(3.2) PASS	PASS	PASS	
3	1150 McGrath, Tim	M50 U.T.S. North	4.71m	-0.8
	4.67m(0.5) 4.71m(-0.8) 4.71m(2.3) 4.60m(+0.0) PASS	PASS		
5	1088 Novicic, Zoran	M52 U.T.S. North	4.50m	1.4
	FOUL(3.5) 4.32m(1.2) 4.50m(1.4) 4.34m(1.5) 4.49m(0.8) 4.18m(1.2)			
6	2830 Giesler, Rob	M53 Girraween At	4.30m	+0.0
	4.16m(1.4) 4.13m(3.0) 4.28m(0.9) 4.30m(+0.0) 4.12m(0.3) 3.83m(0.5)			
7	404 Jankowski, George	M50 Hills Distri	3.73m	+0.0
	2.68m(1.9) FOUL(1.6) 3.67m(+0.0) 3.73m(+0.0) PASS	PASS		

Men Triple Jump 50-54

Name	Age Team	Finals	Wind
1 1150 McGrath, Tim	M50 U.T.S. North	9.55m	NWI
	9.25m(NWI) 9.55m(NWI) PASS	PASS	9.20m(NWI) 9.40m(NWI)
2 2830 Giesler, Rob	M53 Girraween At	9.11m	NWI
	9.11m(NWI) 9.07m(NWI) 9.02m(NWI) 8.49m(NWI) FOUL		8.79m(NWI)
3 1088 Novicic, Zoran	M52 U.T.S. North	9.01m	NWI
	9.01m(NWI) 8.31m(NWI) 8.03m(NWI) 8.83m(NWI) FOUL		PASS
4 717 Campbell, Norman	M54 Camden Athle	8.77m	NWI
	8.62m(NWI) 8.10m(NWI) 8.65m(NWI) 8.77m(NWI) 8.56m(NWI) PASS		
5 404 Jankowski, George	M50 Hills Distri	7.73m	NWI
	7.57m(NWI) FOUL	7.73m(NWI) PASS	PASS

Men Shot Put 6kg 50-54

Name	Age Team	Finals
1 1150 McGrath, Tim	M50 U.T.S. North	10.73m
	10.73m 10.59m 10.70m 10.17m 9.92m FOUL	
2 1667 Murray, Peter	M52 Nsw Masters	10.29m
	10.04m 9.36m 10.29m 9.93m 10.25m FOUL	
3 3566 Pomplun, Bill	M53 Nowra Athlet	8.68m
	8.02m 8.42m 8.45m 7.78m 8.44m 8.68m	

Men Discus Throw 1.5kg 50-54

Name	Age Team	Finals
1 1150 McGrath, Tim	M50 U.T.S. North	30.71m
	FOUL 30.27m FOUL 30.71m FOUL 29.97m	
2 1667 Murray, Peter	M52 Nsw Masters	28.22m
	24.81m 25.53m 27.94m 28.22m 26.53m FOUL	

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...Men Discus Throw 1.5kg 50-54

3	1088 Novicic, Zoran	M52 U.T.S. North	25.31m
	FOUL FOUL 25.31m 18.20m FOUL 24.77m		
4	404 Jankowski, George	M50 Hills Distri	20.28m
	17.61m 20.28m PASS PASS PASS PASS		

Men Hammer Throw 6kg 50-54

Name	Age Team	Finals
1 8015 Butler-White, Simo	M53 Ryde Athleti	29.51m
	FOUL 27.11m 28.92m 29.51m 28.05m 29.51m	
2 1150 McGrath, Tim	M50 U.T.S. North	22.49m
	20.34m 20.90m FOUL 22.49m 21.33m FOUL	
3 404 Jankowski, George	M50 Hills Distri	18.68m
	16.40m 18.27m 18.68m 18.37m PASS PASS	

Men Javelin Throw 700g 50-54

Name	Age Team	Finals
1 800 Fisher, Kevin	M54 Parramatta C	38.31m
	36.21m FOUL 35.04m 38.31m FOUL FOUL	
2 1150 McGrath, Tim	M50 U.T.S. North	36.46m
	FOUL PASS FOUL FOUL 36.46m 33.78m	
3 1667 Murray, Peter	M52 Nsw Masters	36.26m
	35.77m 32.22m 32.85m 36.26m FOUL 35.80m	
4 8015 Butler-White, Simo	M53 Ryde Athleti	33.96m
	28.83m 33.96m FOUL FOUL 32.91m FOUL	
5 404 Jankowski, George	M50 Hills Distri	26.05m
	22.76m 26.05m 24.60m	
6 1088 Novicic, Zoran	M52 U.T.S. North	26.02m
	20.07m 19.89m 25.14m FOUL 26.02m 25.27m	
7 2371 McArthur, Don	M51 Cherrybrook	22.59m
	FOUL FOUL FOUL 22.59m FOUL FOUL	

Men Weight Throw 11.340kg 50-54

Name	Age Team	Finals
1 8015 Butler-White, Simo	M53 Ryde Athleti	11.04m
	10.86m 10.95m 10.91m 11.04m FOUL FOUL	
2 1150 McGrath, Tim	M50 U.T.S. North	9.19m
	FOUL 7.35m FOUL 9.10m 9.19m FOUL	

Men 5000 Metre Race Walk 50-54

Name	Age Team	Finals
1 3566 Pomplun, Bill	M53 Nowra Athlet	41:30.76

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 60 Metre Run 55-59**

Name	Age	Team	Finals	Wind
1 1728 Porter, Ken	M59	Nepean Distr	8.33	-1.9
2 2930 Smith, David	M57	U.T.S. North	8.49	-1.9
2 1823 Percival, Drew	M58	Campbelltown	8.49	-1.9
4 3346 Hepburn, Greg	M58	Campbelltown	8.69	-1.9
5 2645 Marriott, Wayne	M58	Sydney Pacif	9.01	-1.9
6 3114 Williams, Peter	M57	Mingara Athl	9.18	-1.9
7 4413 Sagar, Jeff	M58	U.T.S. North	9.38	-1.9

Men 100 Metre Run 55-59

Name	Age	Team	Finals	Wind
1 1728 Porter, Ken	M59	Nepean Distr	12.73	2.1
2 3346 Hepburn, Greg	M58	Campbelltown	13.00	2.1
3 1823 Percival, Drew	M58	Campbelltown	13.09	2.1
4 2930 Smith, David	M57	U.T.S. North	13.21	2.1
5 2645 Marriott, Wayne	M58	Sydney Pacif	13.65	2.1
6 2815 Mitchell, David	M57	Wallsend Rsl	13.83	2.1
7 3114 Williams, Peter	M57	Mingara Athl	13.84	2.1

Men 200 Metre Run 55-59

Name	Age	Team	Finals	Wind
1 1728 Porter, Ken	M59	Nepean Distr	26.53	-0.7
2 3346 Hepburn, Greg	M58	Campbelltown	26.77	-0.7
3 1823 Percival, Drew	M58	Campbelltown	27.37	-0.7
4 3114 Williams, Peter	M57	Mingara Athl	28.65	-0.7
5 2645 Marriott, Wayne	M58	Sydney Pacif	28.71	-0.7
6 2815 Mitchell, David	M57	Wallsend Rsl	28.89	-0.7

Men 400 Metre Run 55-59

Name	Age	Team	Finals
1 3114 Williams, Peter	M57	Mingara Athl	1:04.98
2 411 Terranova, Nicolas	M55	Hills Distri	1:05.81
3 2815 Mitchell, David	M57	Wallsend Rsl	1:06.68
4 2645 Marriott, Wayne	M58	Sydney Pacif	1:07.02

Men 800 Metre Run 55-59

Name	Age	Team	Finals
1 411 Terranova, Nicolas	M55	Hills Distri	2:22.06
2 2965 Paterson, Stuart	M56	U.T.S. North	2:29.62
3 420 Beirne, Greg	M56	Hills Distri	2:45.08

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 1500 Metre Run 55-59**

Name	Age	Team	Finals
1 411 Terranova, Nicolas	M55	Hills Distri	4:59.04
2 3874 Conyers, Mark	M57	Koorringal -W	5:08.55
3 2965 Paterson, Stuart	M56	U.T.S. North	5:12.16
4 420 Beirne, Greg	M56	Hills Distri	5:30.06

Men 5000 Metre Run 55-59

Name	Age	Team	Finals
1 3874 Conyers, Mark	M57	Koorringal -W	20:03.20
2 420 Beirne, Greg	M56	Hills Distri	20:29.61
3 664 Osborne, Robert	M57	Nepean Distr	21:41.91

Men 100 Short Hurdles 91.4cm 55-59

Name	Age	Team	Finals	Wind
1 2645 Marriott, Wayne	M58	Sydney Pacif	20.66	-1.2

Men 400 Long Hurdles 84.0cm 55-59

Name	Age	Team	Finals
1 4410 Dwyer, Brendan	M55	Nsw Masters	1:10.58
2 411 Terranova, Nicolas	M55	Hills Distri	1:14.94
3 3114 Williams, Peter	M57	Mingara Athl	1:16.42
4 2645 Marriott, Wayne	M58	Sydney Pacif	1:21.94

Men 3000 Metre Steeplechase 91.4cm 55-59

Name	Age	Team	Finals
1 411 Terranova, Nicolas	M55	Hills Distri	14:15.87
2 4286 Gonye, Leslie	M55	University o	19:28.21

Men High Jump 55-59

Name	Age	Team	Finals
1 2556 Hanbury-Brown, Rob	M56	Ryde Athleti	1.40m
1.20 1.25 1.30 1.35 1.40 1.45			
O P P P XXO XXX			

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Men Pole Vault 55-59

Name	Age	Team	Finals
1 1824 Chapman, Frank	M57	Campbelltown	3.00m
	2.60	2.70	2.80
	2.90	3.00	3.10
	3.20	3.30	
	O	P	P
	P	P	X

Men Long Jump 55-59

Name	Age	Team	Finals	Wind
1 2815 Mitchell, David	M57	Wallsend Rsl	4.58m	0.8
	4.01m(1.7)	FOUL(1.7)	4.33m(2.0)	4.58m(0.8)
	FOUL(-0.3)	4.07m(+0.0)		
2 2645 Marriott, Wayne	M58	Sydney Pacif	4.43m	0.6
	4.43m(0.6)	FOUL(+0.0)	4.29m(-2.1)	PASS
	4.38m(+0.0)	FOUL(0.6)		

Men Triple Jump 55-59

Name	Age	Team	Finals	Wind
1 2815 Mitchell, David	M57	Wallsend Rsl	9.85m	NWI
	9.76m(NWI)	9.45m(NWI)	9.85m(NWI)	PASS
	PASS	PASS	PASS	
2 2645 Marriott, Wayne	M58	Sydney Pacif	7.87m	NWI
	7.87m(NWI)	PASS	PASS	PASS
	PASS	PASS	PASS	PASS

Men Shot Put 6kg 55-59

Name	Age	Team	Finals
1 1663 Martin, Wayne	M58	Nsw Masters	11.55m
	11.38m	11.33m	11.55m
	11.17m	11.22m	11.51m
2 1670 Murray, Gavin	M58	Nsw Masters	11.03m
	11.03m	10.47m	11.00m
	11.00m	FOUL	10.87m
3 2556 Hanbury-Brown, Rob	M56	Ryde Athleti	11.00m
	10.63m	PASS	11.00m
	10.78m	10.76m	10.60m
4 2555 Joni, Lajos	M57	Ryde Athleti	10.64m
	9.94m	10.17m	10.64m
	10.05m	10.00m	9.77m
5 8027 Crumpton, Geoff	M58	Australian C	9.68m
	9.22m	9.12m	9.14m
	9.68m	9.61m	9.67m
6 2227 Denning, Steven	M58	Hills Distri	9.49m
	9.20m	8.90m	FOUL
	9.46m	8.58m	9.49m
7 3105 Horsnell, Matthew	M55	Mingara Athl	8.86m
	8.35m	8.50m	FOUL
	8.55m	8.86m	8.68m
8 3114 Williams, Peter	M57	Mingara Athl	8.84m
	8.79m	8.53m	8.74m
	8.51m	8.67m	8.84m

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men Discus Throw 1.5kg 55-59**

Name	Age Team	Finals
1 1663 Martin, Wayne	M58 Nsw Masters	42.44m
40.13m 42.44m 38.51m 37.32m	PASS PASS	
2 2558 Klimiuk, Voitek	M56 Ryde Athleti	37.11m
33.23m FOUL 35.59m 33.49m 37.11m 35.04m		
3 1670 Murray, Gavin	M58 Nsw Masters	36.93m
36.93m 35.73m FOUL 33.89m 34.17m 36.06m		
4 2557 Atkinson-Howatt, A	M56 Ryde Athleti	36.17m
35.36m 31.42m 36.17m 33.92m 34.36m 33.18m		
5 2556 Hanbury-Brown, Rob	M56 Ryde Athleti	36.02m
33.33m FOUL 36.02m 32.94m FOUL FOUL		
6 3105 Horsnell, Matthew	M55 Mingara Athl	34.02m
32.05m 31.99m 31.89m 34.02m 30.53m 33.85m		
7 2555 Joni, Lajos	M57 Ryde Athleti	32.72m
26.65m 27.86m 32.72m 29.62m FOUL 32.05m		
8 8027 Crumpton, Geoff	M58 Australian C	31.49m
28.84m FOUL 27.60m 29.10m 29.70m 31.49m		
9 2227 Denning, Steven	M58 Hills Distri	24.48m
FOUL 24.43m 24.48m		
10 3114 Williams, Peter	M57 Mingara Athl	23.48m
22.74m 21.80m 23.48m		

Men Hammer Throw 6kg 55-59

Name	Age Team	Finals
1 2555 Joni, Lajos	M57 Ryde Athleti	37.51m
FOUL FOUL 29.36m FOUL 37.51m 36.56m		
2 1670 Murray, Gavin	M58 Nsw Masters	37.15m
34.30m 34.75m 37.15m 34.93m 35.88m 34.76m		
3 2556 Hanbury-Brown, Rob	M56 Ryde Athleti	35.46m
33.95m 33.11m FOUL 34.88m 35.46m FOUL		
4 3105 Horsnell, Matthew	M55 Mingara Athl	26.69m
24.67m 26.10m 26.09m 26.54m 26.69m FOUL		
5 3207 Guthrie, Ian	M58 Balmain Athl	26.39m
FOUL FOUL FOUL 21.62m FOUL 26.39m		
6 2227 Denning, Steven	M58 Hills Distri	22.33m
FOUL 20.70m 22.33m 18.47m FOUL 19.80m		

Men Javelin Throw 700g 55-59

Name	Age Team	Finals
1 2558 Klimiuk, Voitek	M56 Ryde Athleti	43.11m
41.27m FOUL 43.11m FOUL PASS PASS		
2 2557 Atkinson-Howatt, A	M56 Ryde Athleti	42.79m
41.05m 41.22m 42.38m 40.41m 42.79m FOUL		

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****....Men Javelin Throw 700g 55-59**

3	2556 Hanbury-Brown, Rob	M56 Ryde Athleti	37.93m
		35.30m FOUL FOUL 36.89m 37.39m 37.93m	
4	3105 Horsnell, Matthew	M55 Mingara Athl	35.13m
		35.13m 34.64m 33.65m 32.81m FOUL 33.26m	
5	2227 Denning, Steven	M58 Hills Distri	28.24m
		FOUL 28.24m FOUL FOUL FOUL 27.76m	

Men Weight Throw 11.340kg 55-59

Name	Age Team	Finals
1 2555 Joni, Lajos	M57 Ryde Athleti	14.53m
		12.77m FOUL 14.53m FOUL FOUL 13.64m
2 2556 Hanbury-Brown, Rob	M56 Ryde Athleti	14.07m
		FOUL 12.60m 13.26m 13.28m 14.07m 13.95m
3 1670 Murray, Gavin	M58 Nsw Masters	12.84m
		FOUL FOUL 12.01m 11.43m 11.23m 12.84m
4 3207 Guthrie, Ian	M58 Balmain Athl	11.55m
		10.59m 10.57m 9.31m 10.42m 11.55m 11.40m
5 3105 Horsnell, Matthew	M55 Mingara Athl	9.73m
		9.18m FOUL FOUL 9.73m 9.50m FOUL

Men 5000 Metre Race Walk 55-59

Name	Age Team	Finals
1 664 Osborne, Robert	M57 Nepean Distr	29:22.71
2 4632 Bennett, Rodney	M58 Sydney Strid	33:38.72

Men 60 Metre Run 60-64

Name	Age Team	Finals	Wind
1 3640 Van Stappen, John	M62 Illawarra Bl	8.52	-2.0
2 3407 Lynch, Martin	M61 Sydney Pacif	8.54	-2.0
3 1482 Martyn, Robert	M63 Blue Mountai	9.11	-2.0

Men 100 Metre Run 60-64

Name	Age Team	Finals	Wind
1 3640 Van Stappen, John	M62 Illawarra Bl	13.34	1.5
2 3407 Lynch, Martin	M61 Sydney Pacif	13.70	1.5
3 1482 Martyn, Robert	M63 Blue Mountai	14.17	1.5

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 200 Metre Run 60-64**

Name	Age	Team	Finals	Wind
1 3640 Van Stappen, John	M62	Illawarra Bl	27.41	0.5
2 1482 Martyn, Robert	M63	Blue Mountai	30.05	0.5

Men 400 Metre Run 60-64

Name	Age	Team	Finals
1 2826 Hayward, Stuart	M63	Toukley Athl	1:02.76

Men 800 Metre Run 60-64

Name	Age	Team	Finals
1 2826 Hayward, Stuart	M63	Toukley Athl	2:22.79
2 422 Wylie, Dennis	M60	Hills Distri	2:28.19

Men 1500 Metre Run 60-64

Name	Age	Team	Finals
1 422 Wylie, Dennis	M60	Hills Distri	4:57.70

Men 5000 Metre Run 60-64

Name	Age	Team	Finals
1 4284 Schwebel, Ron	M61	Sydney Strid	19:55.16
2 8014 Krajewski, Witold	M63	Kembla Joggers Inc.	20:51.50

Men 300 Long Hurdles 76.0cm 60-64

Name	Age	Team	Finals
1 291 Lamb, John	M63	Illawarra Bl	49.30

Men 2000 Metre Steeplechase 76.2cm 60-64

Name	Age	Team	Finals
1 422 Wylie, Dennis	M60	Hills Distri	7:55.79
2 4284 Schwebel, Ron	M61	Sydney Strid	8:14.55

Men High Jump 60-64

Name	Age	Team	Finals
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....Men High Jump 60-64

1	1135 Tompkins, Clay	M60 U.T.S. North	1.55m
	1.40 1.45 1.50 1.55 1.61		
	O O O O XXX		

Men Pole Vault 60-64

Name	Age Team	Finals
1 1275 Carrero, Phillip	M61 Bankstown Sp	2.90m
	2.70 2.80 2.90 3.00	
	O P O X	

Men Long Jump 60-64

Name	Age Team	Finals	Wind
1 1135 Tompkins, Clay	M60 U.T.S. North	5.03m	+0.0
	4.93m(1.4) 4.65m(-0.9) 4.90m(+0.0) 4.85m(1.4) 4.88m(+0.0) 5.03m(+0.0)		
2 1482 Martyn, Robert	M63 Blue Mountai	3.97m	+0.0
	FOUL(1.6) 3.92m(-0.8) 3.97m(+0.0) FOUL(1.0) FOUL(1.4) 3.85m(+0.0)		
3 1102 Swiney, Bill	M63 U.T.S. North	2.57m	1.2
	2.57m(1.2) x		

Men Triple Jump 60-64

Name	Age Team	Finals	Wind
1 1135 Tompkins, Clay	M60 U.T.S. North	11.40m	NWI
	11.40m(NWI) PASS PASS PASS PASS PASS		
2 1482 Martyn, Robert	M63 Blue Mountai	9.05m	NWI
	FOUL 8.41m(NWI) 8.94m(NWI) 9.05m(NWI) FOUL FOUL		

Men Shot Put 5kg 60-64

Name	Age Team	Finals
1 952 Hinton, Neil	M60 Wyong Athlet	9.13m
	9.13m 8.76m FOUL 9.13m 8.71m FOUL	
2 155 Ross, Dave	M62 Athletics Wo	8.68m
	7.97m 8.68m 8.08m 8.61m 8.13m 8.32m	
3 1687 West, John	M62 Nsw Masters	7.65m
	7.65m 6.60m 4.99m 7.46m 7.38m 7.51m	

Men Discus Throw 1kg 60-64

Name	Age Team	Finals
1 155 Ross, Dave	M62 Athletics Wo	32.44m
	31.29m 32.44m 30.22m 30.92m 31.06m 29.85m	

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...Men Discus Throw 1kg 60-64

2	1687 West, John	M62 Nsw Masters					25.73m
			23.43m	21.03m	23.85m	25.32m	23.37m

Men Hammer Throw 5kg 60-64

Name	Age	Team					Finals
1	155 Ross, Dave	M62 Athletics Wo					29.84m
			26.10m	27.90m	25.42m	29.84m	27.36m
2	1102 Swiney, Bill	M63 U.T.S. North					17.11m
			17.11m	x			
3	1687 West, John	M62 Nsw Masters					14.77m
			14.77m	12.38m	11.85m	13.31m	13.96m

Men Javelin Throw 600g 60-64

Name	Age	Team					Finals
1	1687 West, John	M62 Nsw Masters					26.88m
			25.67m	25.15m	FOUL	26.88m	25.00m
2	1102 Swiney, Bill	M63 U.T.S. North					20.49m
			20.49m	FOUL	PASS	PASS	PASS

Men Weight Throw 9.080kg 60-64

Name	Age	Team					Finals
1	155 Ross, Dave	M62 Athletics Wo					11.41m
			FOUL	11.41m	10.61m	11.29m	11.25m
2	1102 Swiney, Bill	M63 U.T.S. North					7.85m
			7.85m	PASS	PASS	PASS	PASS
3	1687 West, John	M62 Nsw Masters					7.15m
			7.04m	5.67m	7.06m	5.45m	7.12m

Men 5000 Metre Race Walk 60-64

Name	Age	Team					Finals
1	1687 West, John	M62 Nsw Masters					40:45.22

Men 60 Metre Run 65-69

Name	Age	Team	Finals	Wind
1	1643 Edwards, George	M68 Nsw Masters	9.56	-2.0
2	2144 Bradley, David	M65 Sutherland D	10.68	-2.0
3	2854 Singh, Raminder	M66 Girraween At	11.96	-2.0

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 100 Metre Run 65-69**

Name	Age Team	Finals	Wind
1 1643 Edwards, George	M68 Nsw Masters	14.93	1.5
2 2144 Bradley, David	M65 Sutherland D	16.84	1.5

Men 200 Metre Run 65-69

Name	Age Team	Finals	Wind
1 1163 Colburn, Hugh	M66 U.T.S. North	30.90	0.5
2 1643 Edwards, George	M68 Nsw Masters	31.13	0.5
3 2621 Allomes, Graham	M69 Sydney Pacif	36.70	0.5

Men 400 Metre Run 65-69

Name	Age Team	Finals
1 4341 Connolley, Robert	M65 Sydney Strid	1:11.16

Men 800 Metre Run 65-69

Name	Age Team	Finals
1 392 Mathewson, Donald	M68 Hills Distri	2:27.43
2 8025 Auster, Martin	M67 Nsw Masters	2:42.01
3 4341 Connolley, Robert	M65 Sydney Strid	2:42.89
4 2621 Allomes, Graham	M69 Sydney Pacif	3:24.21

Men 1500 Metre Run 65-69

Name	Age Team	Finals
1 4341 Connolley, Robert	M65 Sydney Strid	5:35.39
2 2231 Wright, Noel	M66 Hills Distri	5:42.28
3 8025 Auster, Martin	M67 Nsw Masters	5:47.77
4 403 Napper, Stephen	M66 Hills Distri	6:23.18
5 3143 Stubbs, Kenneth	M68 Mingara Athl	7:15.31

Men 5000 Metre Run 65-69

Name	Age Team	Finals
1 392 Mathewson, Donald	M68 Hills Distri	18:37.05
2 1168 Scorzelli, Frank	M66 St. George D	20:31.19
3 4341 Connolley, Robert	M65 Sydney Strid	21:18.06
4 403 Napper, Stephen	M66 Hills Distri	23:39.62
5 3143 Stubbs, Kenneth	M68 Mingara Athl	26:58.86

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Men High Jump 65-69

Name	Age Team	Finals
1 2655 Searle, John	M65 Sydney Pacif	1.50m
0.85 0.90 0.95 1.00 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55		
P P P P P P P P P P O O XO XXO XXX		
2 2854 Singh, Raminder	M66 Girraween At	0.95m
0.85 0.90 0.95 1.00		
O XXO O XXX		

Men Pole Vault 65-69

Name	Age Team	Finals
1 2258 Barber, Tom	M65 Hills Distri	2.20m
2.20 2.30 2.40		
O P X		

Men Long Jump 65-69

Name	Age Team	Finals	Wind
1 2655 Searle, John	M65 Sydney Pacif	4.84m	1.4
4.84m(1.4) FOUL(-1.3) 4.67m(1.0) 4.27m(1.6) 4.53m(+0.0) 4.79m(+0.0)			
2 2258 Barber, Tom	M65 Hills Distri	3.15m	1.0
3.04m(+0.0) 3.15m(1.0)			
3 2854 Singh, Raminder	M66 Girraween At	2.40m	+0.0
2.21m(-0.1) 2.29m(1.4) 2.40m(+0.0)			

Men Triple Jump 65-69

Name	Age Team	Finals	Wind
1 2854 Singh, Raminder	M66 Girraween At	6.03m	NWI
4.60m(NWI) 5.63m(NWI) FOUL 5.76m(NWI) 6.03m(NWI) 5.79m(NWI)			

Men Shot Put 5kg 65-69

Name	Age Team	Finals
1 2854 Singh, Raminder	M66 Girraween At	7.38m
7.02m 7.30m 6.99m 6.94m 7.25m 7.38m		

Men Discus Throw 1kg 65-69

Name	Age Team	Finals
1 2258 Barber, Tom	M65 Hills Distri	26.17m
24.01m 25.03m FOUL 25.40m 26.17m 23.66m		

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...Men Discus Throw 1kg 65-69

2	2854 Singh, Raminder	M66 Girraween At	24.93m
	24.55m 22.37m 21.76m 24.93m 21.96m FOUL		

Men Hammer Throw 5kg 65-69

Name	Age Team	Finals
1 2812 Stammers, James	M65 Brunswick By	23.50m
	23.50m FOUL FOUL 21.01m 22.12m FOUL	
2 2854 Singh, Raminder	M66 Girraween At	20.33m
	19.09m 18.70m 20.13m 20.13m 20.32m 20.33m	
3 2258 Barber, Tom	M65 Hills Distri	20.06m
	18.35m 19.44m 19.69m FOUL 20.06m FOUL	
4 2621 Allomes, Graham	M69 Sydney Pacif	19.25m
	18.64m 19.21m 18.70m FOUL 19.25m 17.88m	

Men Javelin Throw 600g 65-69

Name	Age Team	Finals
1 2854 Singh, Raminder	M66 Girraween At	20.82m
	18.79m 20.82m FOUL 19.44m 9.69m 18.96m	
2 2621 Allomes, Graham	M69 Sydney Pacif	19.43m
	15.61m 17.93m 19.36m 16.59m 19.43m 18.78m	

Men Weight Throw 9.080kg 65-69

Name	Age Team	Finals
1 2812 Stammers, James	M65 Brunswick By	9.86m
	9.86m FOUL 8.20m 9.80m FOUL PASS	
2 2854 Singh, Raminder	M66 Girraween At	8.34m
	8.11m 7.97m 8.32m 8.03m 8.34m 7.92m	

Men 5000 Metre Race Walk 65-69

Name	Age Team	Finals
1 1096 Connors, Robert	M65 U.T.S. North	35:02.30
2 504 Hyde, Brendon	M68 Sydney Unive	37:44.84

Men 60 Metre Run 70-74

Name	Age Team	Finals	Wind
1 3213 McIntyre, Neville	M70 Athletics Gl	8.62	-2.9
2 4659 Green, Bruce	M70 Nsw Masters	9.17	-2.9
3 1882 Gay, Albert	M71 Campbelltown	9.41	-2.9
4 1931 Ryan, Graham	M70 Randwick Bot	10.05	-2.9

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 100 Metre Run 70-74**

Name	Age	Team	Finals	Wind
1 3213 McIntyre, Neville	M70	Athletics Gl	13.69	2.0
2 4659 Green, Bruce	M70	Nsw Masters	14.33	2.0
3 1882 Gay, Albert	M71	Campbelltown	14.97	2.0
4 1931 Ryan, Graham	M70	Randwick Bot	15.80	2.0

Men 200 Metre Run 70-74

Name	Age	Team	Finals	Wind
1 3213 McIntyre, Neville	M70	Athletics Gl	28.77	-1.7
2 4659 Green, Bruce	M70	Nsw Masters	30.98	-1.7
3 1931 Ryan, Graham	M70	Randwick Bot	32.86	-1.7

Men 400 Metre Run 70-74

Name	Age	Team	Finals
1 3213 McIntyre, Neville	M70	Athletics Gl	1:07.39
2 2248 Warmoll, Bob	M70	Hills Distri	1:17.57
3 1931 Ryan, Graham	M70	Randwick Bot	1:23.08
4 727 Carroll, David	M74	Camden Athle	1:36.76

Men 800 Metre Run 70-74

Name	Age	Team	Finals
1 2248 Warmoll, Bob	M70	Hills Distri	2:56.01
2 2552 Wills, Ron	M73	Ryde Athleti	2:56.71
3 1474 Spinney, John	M73	Blue Mountai	3:18.54
4 1286 Gravitis, Vilis	M70	St. George D	4:21.83

Men 1500 Metre Run 70-74

Name	Age	Team	Finals
1 1233 Elms, Elwyn	M70	Bankstown Sp	6:28.06
2 2552 Wills, Ron	M73	Ryde Athleti	6:38.67
3 1277 Re, Tony	M74	Armidale Ath	7:41.39

Men 5000 Metre Run 70-74

Name	Age	Team	Finals
1 1233 Elms, Elwyn	M70	Bankstown Sp	24:04.09
2 1474 Spinney, John	M73	Blue Mountai	24:41.29
3 3697 Ulloa, Abdon	M74	Bankstown Sp	26:34.42
4 1277 Re, Tony	M74	Armidale Ath	27:49.48

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Men 80 Short Hurdles 76.2cm 70-74

Name	Age Team	Finals	Wind
1 1882 Gay, Albert	M71 Campbelltown	16.25	-2.0

Men 300 Long Hurdles 68.6cm 70-74

Name	Age Team	Finals
1 1931 Ryan, Graham	M70 Randwick Bot	1:00.88

Men High Jump 70-74

Name	Age Team	Finals
1 1882 Gay, Albert	M71 Campbelltown	1.15m
		1.00 1.05 1.10 1.15 1.20
		O O O O XPP

Men Pole Vault 70-74

Name	Age Team	Finals
1 1882 Gay, Albert	M71 Campbelltown	2.50m
		2.20 2.30 2.40 2.50 2.60
		O P O O X

Men Long Jump 70-74

Name	Age Team	Finals	Wind
1 1882 Gay, Albert	M71 Campbelltown	4.05m	+0.0
		3.96m(2.5) 4.05m(+0.0) 3.98m(+0.0) 3.83m(1.5) 4.00m(1.7) 3.92m(+0.0)	
2 1111 Bastas, Nicholas	M74 U.T.S. North	3.66m	0.9
		3.56m(1.6) 3.27m(-1.3) 3.56m(+0.0) 3.66m(0.9) 3.61m(0.8) 3.38m(+0.0)	
3 1931 Ryan, Graham	M70 Randwick Bot	3.56m	+0.0
		3.02m(2.7) 2.99m(0.8) 3.08m(+0.0) 3.56m(+0.0) 3.40m(0.9) 3.37m(1.4)	

Men Triple Jump 70-74

Name	Age Team	Finals	Wind
1 1111 Bastas, Nicholas	M74 U.T.S. North	8.03m	NWI
		7.23m(NWI) 7.78m(NWI) 7.78m(NWI) 8.01m(NWI) 8.03m(NWI) 7.86m(NWI)	
2 1931 Ryan, Graham	M70 Randwick Bot	7.86m	NWI
		7.13m(NWI) 7.35m(NWI) 7.86m(NWI) FOUL 6.59m(NWI) FOUL	

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men Shot Put 4kg 70-74**

Name	Age Team	Finals
1 8029 Christopher, Leo	M70 Nsw Masters	13.54m
		12.28m 12.91m 13.22m 12.37m 13.40m 13.54m
2 3274 Sowerby, Brett	M73 Blue Mountai	9.28m
		9.03m 9.28m FOUL 8.74m FOUL 8.99m
3 181 Bragg, Ronald	M73 Athletics Wo	8.12m
		7.95m 8.04m 7.87m 7.99m 7.97m 8.12m

Men Discus Throw 1kg 70-74

Name	Age Team	Finals
1 8029 Christopher, Leo	M70 Nsw Masters	39.73m
		30.94m 30.19m 36.11m FOUL 34.99m 39.73m
2 3274 Sowerby, Brett	M73 Blue Mountai	31.42m
		27.37m 30.19m FOUL FOUL 31.42m 29.93m
3 1882 Gay, Albert	M71 Campbelltown	22.62m
		22.62m 22.22m FOUL 18.06m 22.28m 22.38m
4 181 Bragg, Ronald	M73 Athletics Wo	22.28m
		21.13m 19.20m 19.93m FOUL 22.24m 22.28m

Men Hammer Throw 4kg 70-74

Name	Age Team	Finals
1 3274 Sowerby, Brett	M73 Blue Mountai	27.11m
		26.25m 27.11m FOUL FOUL FOUL 25.30m
2 181 Bragg, Ronald	M73 Athletics Wo	24.05m
		18.62m 24.05m FOUL FOUL FOUL 21.31m
3 2236 Wiggins, Bruce	M71 Nsw Masters	19.24m
		19.24m FOUL FOUL FOUL FOUL 17.49m

Men Javelin Throw 500g 70-74

Name	Age Team	Finals
1 181 Bragg, Ronald	M73 Athletics Wo	31.84m
		29.42m 29.92m 29.04m 29.40m 31.02m 31.84m
2 1882 Gay, Albert	M71 Campbelltown	30.59m
		29.30m 29.13m 29.40m 28.17m 30.26m 30.59m
3 2236 Wiggins, Bruce	M71 Nsw Masters	16.55m
		15.22m 14.34m 14.02m 15.88m 16.55m FOUL

Men Weight Throw 7.260kg 70-74

Name	Age Team	Finals
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Results

....Men Weight Throw 7.260kg 70-74

1	3274 Sowerby, Brett	M73 Blue Mountai	12.26m
	FOUL FOUL 11.15m	FOUL 12.26m 10.78m	
2	181 Bragg, Ronald	M73 Athletics Wo	9.95m
	9.95m 9.83m 9.80m	9.52m 9.18m FOUL	
3	2236 Wiggins, Bruce	M71 Nsw Masters	9.00m
	9.00m 8.82m FOUL	FOUL 8.96m 7.95m	

Men 5000 Metre Race Walk 70-74

Name	Age Team	Finals
1 8026 Biggs, Kevin	M74 Nsw Masters	37:05.59

Men 60 Metre Run 75-79

Name	Age Team	Finals	Wind
1 1664 David, Morris	M76 Nsw Masters	11.14	-5.8

Men 100 Metre Run 75-79

Name	Age Team	Finals	Wind
1 1664 David, Morris	M76 Nsw Masters	16.74	2.0

Men 200 Metre Run 75-79

Name	Age Team	Finals	Wind
1 1664 David, Morris	M76 Nsw Masters	38.62	-1.7

Men 5000 Metre Run 75-79

Name	Age Team	Finals
1 2857 Butler, joseph	M76 Girraween At	32:21.59

Men High Jump 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	1.25m
	1.05 1.10 1.10 1.15 1.20 1.25 1.30	
	O O O O O O XXX	

Men Long Jump 75-79

Name	Age Team	Finals	Wind
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NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****....Men Long Jump 75-79**

1	1664 David, Morris	M76 Nsw Masters	3.11m	+0.0
	3.08m(1.7)	3.11m(+0.0)		

Men Triple Jump 75-79

Name	Age Team	Finals	Wind
1 1664 David, Morris	M76 Nsw Masters	6.39m	NWI
6.39m(NWI)	PASS PASS PASS PASS	PASS	

Men Shot Put 4kg 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	9.95m
FOUL 9.86m 9.49m 9.95m 6.57m 9.70m		

Men Discus Throw 1kg 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	28.92m
28.92m 27.00m 27.03m 27.90m 25.50m FOUL		

Men Hammer Throw 4kg 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	35.32m
30.93m 32.60m FOUL FOUL 33.90m 35.32m		

Men Javelin Throw 500g 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	31.93m
31.93m 31.64m 30.67m 28.71m 30.05m FOUL		

Men Weight Throw 7.260kg 75-79

Name	Age Team	Finals
1 180 Simcock, Ron	M77 Athletics Wo	14.37m
14.37m 14.08m 13.36m 13.90m 13.34m FOUL		

Men 5000 Metre Race Walk 75-79

Name	Age Team	Finals
1 2937 Seymon, Jim	M75 U.T.S. North	33:41.05

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men 60 Metre Run 80+**

Name	Age Team	Finals	Wind
1 1653 Hughes, Richard	M81 Nsw Masters	10.42	-5.8
2 4408 Higgs, Desmond	M85 Nsw Masters	13.70	-5.8

Men 100 Metre Run 80+

Name	Age Team	Finals	Wind
1 1653 Hughes, Richard	M81 Nsw Masters	15.62	2.0

Men 200 Metre Run 80+

Name	Age Team	Finals	Wind
1 1653 Hughes, Richard	M81 Nsw Masters	33.93	-1.7

Men 400 Metre Run 80+

Name	Age Team	Finals
1 1653 Hughes, Richard	M81 Nsw Masters	1:20.19

Men 800 Metre Run 80+

Name	Age Team	Finals
1 1653 Hughes, Richard	M81 Nsw Masters	3:31.71

Men Discus Throw 1kg 80+

Name	Age Team	Finals
1 8200 Sturzaker, John	M80 Sydney Pacif	23.33m
		23.33m 21.80m 22.02m 22.40m FOUL 22.00m
2 8022 Bennett, Roy	M81 Nsw Masters	17.76m
		17.76m 17.74m 16.73m 16.60m 16.71m FOUL

Men Hammer Throw 3kg 80+

Name	Age Team	Finals
1 8200 Sturzaker, John	M80 Sydney Pacif	22.96m
		21.76m 20.37m 22.96m 22.35m 20.97m 21.78m
2 1927 Torok, Francis	M85 Randwick Bot	19.62m
		19.61m 17.35m 19.62m PASS PASS 18.93m

NSW Masters Championships - 16/03/2013 to 17/03/2013**Athletics NSW****Sydney Olympic Park Athletic Centre****Results****Men Javelin Throw 400g 80+**

Name	Age	Team	Finals
1 8200 Sturzaker, John	M80	Sydney Pacif	22.95m
		18.33m 15.94m FOUL FOUL 20.26m 22.95m	
2 8022 Bennett, Roy	M81	Nsw Masters	18.72m
		16.08m 18.72m 17.03m 17.56m 16.85m 15.04m	

Men Weight Throw 5.450kg 80+

Name	Age	Team	Finals
1 8200 Sturzaker, John	M80	Sydney Pacif	11.22m
		10.44m 11.14m 9.97m 11.22m FOUL FOUL	