

NSW Masters Championships - 4/03/2017 to 5/03/2017

Athletics NSW

SOPAC

Results

Women 60 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
Finals					
1 Reed, Yael	34	U.T.S. Norths	8.48	0.5	
2 Cleaver, Alana	30	Camden Athletics	8.97	0.5	
3 Doran, Sarah	34	Illawarra Blue Stars	9.01	0.5	
4 Morison, Liz	32	Unattached	9.57	0.5	
5 Holahan, Melissa	34	Wallsend RSL	10.01	0.5	
6 Baulman, Melissa	33	U.T.S. Norths	11.64	0.5	

Women 100 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Phillips, Natalie	31	Sydney University	13.38	-1.9	
2 Hiscox, Jitka	32	Sydney Pacific	13.44	-1.9	
3 Reed, Yael	34	U.T.S. Norths	13.54	-1.9	
4 Calabro, Greer	34	NSW Masters	13.58	-1.9	
5 Lobb, Liz	32	Athletics Wollongong	14.31	-1.9	14.305
6 Lovell, Jaime	32	U.T.S. Norths	14.31	-1.9	14.308
7 Doran, Sarah	34	Illawarra Blue Stars	14.68	-1.9	
8 Cleaver, Alana	30	Camden Athletics	14.76	-1.9	
9 Morison, Liz	32	Unattached	15.37	-1.9	
10 Holahan, Melissa	34	Wallsend RSL	16.35	-1.9	
11 Baulman, Melissa	33	U.T.S. Norths	18.80	-1.9	

Women 200 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Phillips, Natalie	31	Sydney University	26.60	-2.0	
2 Reed, Yael	34	U.T.S. Norths	27.96	-2.0	
3 Stevill, Elice	30	Illawong	29.31	-2.0	
4 Lovell, Jaime	32	U.T.S. Norths	30.07	-2.0	
5 Morison, Liz	32	Unattached	32.34	-2.0	
6 Doran, Sarah	34	Illawarra Blue Stars	34.54	-2.0	
7 Holahan, Melissa	34	Wallsend RSL	37.14	-2.0	
8 Baulman, Melissa	33	NSW Masters	40.37	-2.0	

Women 400 Metre 30-34

Name	Age	Team	Finals	Alternate
1 Reed, Yael	34	U.T.S. Norths	1:04.11	
2 Stevill, Elice	30	Illawong	1:05.55	
3 Lovell, Jaime	32	U.T.S. Norths	1:05.86	
4 Baulman, Melissa	33	U.T.S. Norths	1:34.94	
5 Holahan, Melissa	34	Wallsend RSL	1:40.20	

Women 800 Metre Run 30-34

Name	Age	Team	Finals	Alternate
1 Dege, Cassie	32	Kembla Joggers Inc.	2:32.3h	

2 Stevill, Elice	30 Illawong	2:39.36
3 Lovell, Jaime	32 U.T.S. Norths	2:41.23
4 Sims, Alison	34 Athletics ACT	2:50.57
5 Baulman, Melissa	33 U.T.S. Norths	3:32.39
6 Holahan, Melissa	34 Wallsend RSL	4:02.11
7 Dickson, Sharyn	32 Westfields	4:19.10

Women 1500 Metre Run 30-34

Name	Age Team	Finals	Alternate
1 Cooper, Noni	34 Sutherland	4:44.51	
2 Dege, Cassie	32 Kembla Joggers Inc.	5:01.09	
3 Vrachliotis, Heather	34 Sydney Pacific	5:02.71	
4 Lovell, Jaime	32 U.T.S. Norths	5:47.59	

Women 5000 Metre Run 30-34

Name	Age Team	Finals	Alternate
1 Kite, Jess	30 Athletics East	20:09.37	
2 Keehn, Bianca	34 Nepean District	23:43.12	

Women 400 Metre Hurdles 76.2cm 30-34

Name	Age Team	Finals	Alternate
1 Dege, Cassie	32 Kembla Joggers Inc.	1:29.81	

Women 2000 Metre Steeplechase 76.2cm 30-34

Name	Age Team	Finals	Alternate
1 Dege, Cassie	32 Kembla Joggers Inc.	8:01.42	
2 Nash, Penelope	32 Blue Mountains	9:38.15	
3 Holahan, Melissa	34 Wallsend RSL	14:13.69	

Women High Jump 30-34

Name	Age Team	Finals	Alternate
1 Hiscox, Jitka	32 Sydney Pacific	1.55m	
1.00 1.05 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 O P O O O XXO			
2 Holahan, Melissa	34 Wallsend RSL	1.20m	
1.00 1.05 1.10 1.15 1.20 1.25			
P P O O O PPP			
3 Dickson, Sharyn	32 Westfields	1.10m	
1.00 1.05 1.10 1.15			
O P O XXX			

Women Long Jump 30-34

Name	Age Team	Finals	Wind	Alternate
1 Hiscox, Jitka	32 Sydney Pacific	5.28m	-0.3	
5.15m(-2.1) 5.20m(-1.5) 5.21m(-0.9) FOUL 5.21m(-0.6) 5.28m(-0.3)				
2 Lobb, Liz	32 Athletics Wollongong	4.51m	-1.6	
4.44m(-1.8) 4.33m(-1.2) 4.51m(-1.6) 4.45m(-2.0) 4.38m(-1.0) PASS				
3 Lovell, Jaime	32 U.T.S. Norths	4.45m	-0.7	
3.89m(-1.1) 4.14m(-0.2) 4.45m(-0.7) 4.42m(-0.1) 4.30m(-1.8) PASS				
4 Holahan, Melissa	34 Wallsend RSL	3.55m	-0.6	
3.41m(-1.6) 3.55m(-0.6) 3.39m(-1.4) 3.46m(-1.4) 3.50m(-0.6) 3.50m(-1.9)				

5 Dickson, Sharyn 32 Westfields 3.22m -1.8
 3.06m(-1.5) 2.94m(-1.0) 3.04m(-1.8) 2.92m(-0.8) 3.22m(-1.8) 2.59m(-0.8)

Women Triple Jump 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Lovell, Jaime	32	U.T.S. Norths	9.51m	-0.3	
			8.66m(-0.5) 9.35m(0.2) 9.18m(0.8) 9.25m(-0.1) 9.37m(0.3) 9.51m(-0.3)		
2 Holahan, Melissa	34	Wallsend RSL	7.89m	+0.0	
			6.33m(-0.6) 7.88m(0.3) 7.74m(-0.8) 7.89m(+0.0) 7.65m(-0.5) PASS		

Women Shot Put 4kg 30-34

Name	Age	Team	Finals	Alternate
1 Hiscox, Jitka	32	Sydney Pacific	10.99m	
			10.45m 9.78m 10.37m FOUL FOUL 10.99m	
2 Holahan, Melissa	34	Wallsend RSL	10.25m	
			9.22m 9.12m 9.35m 9.42m 9.51m 10.25m	
3 Dickson, Sharyn	32	Westfields	9.35m	
			9.19m 9.30m 9.35m 9.26m 9.22m 9.15m	
4 Baulman, Melissa	33	U.T.S. Norths	7.03m	
			6.54m 6.77m 6.62m 6.70m 6.64m 7.03m	

Women Discus Throw 1kg 30-34

Name	Age	Team	Finals	Alternate
1 Dickson, Sharyn	32	Westfields	37.03m	
			24.84m 33.52m 33.68m 37.03m 36.70m 35.00m	
2 Holahan, Melissa	34	Wallsend RSL	26.43m	
			21.99m 19.97m 26.17m 25.96m FOUL 26.43m	
3 Baulman, Melissa	33	U.T.S. Norths	22.69m	
			FOUL 22.69m FOUL 21.03m 17.17m 21.41m	

Women Hammer Throw 4kg 30-34

Name	Age	Team	Finals	Alternate
1 Holahan, Melissa	34	Wallsend RSL	47.55m	
			41.02m 41.25m 42.30m 47.55m 45.31m 42.55m	
2 Dickson, Sharyn	32	Westfields	31.10m	
			FOUL 29.54m 30.52m 31.09m 30.79m 31.10m	
3 Baulman, Melissa	33	U.T.S. Norths	24.82m	
			PASS 17.96m 22.65m FOUL 24.82m 21.85m	

Women Javelin Throw 600g 30-34

Name	Age	Team	Finals	Alternate
1 Hiscox, Jitka	32	Sydney Pacific	34.20m	
			28.11m 30.63m 27.84m 29.86m 30.34m 34.20m	
2 Pilkington, Katie	33	NSW Masters	31.40m	
			28.15m 30.75m 31.40m 25.92m 26.17m 30.26m	
3 Dickson, Sharyn	32	Westfields	29.52m	
			25.75m 29.52m FOUL 27.08m 25.99m 27.73m	
4 Holahan, Melissa	34	Wallsend RSL	23.88m	
			21.66m FOUL 22.49m 23.88m 21.50m 23.74m	
5 Baulman, Melissa	33	U.T.S. Norths	18.01m	
			18.01m 17.09m 13.04m 14.14m 15.00m 17.81m	

Women Weight Throw 9.080kg 30-34

Name	Age	Team	Finals	Alternate
1 Holahan, Melissa	34	Wallsend RSL	14.06m	
13.75m FOUL 14.06m 13.52m 13.63m 13.88m				
2 Dickson, Sharyn	32	Westfields	10.93m	
10.90m 10.93m FOUL 10.47m 10.49m 9.60m				
3 Baulman, Melissa	33	U.T.S. Norths	6.39m	
FOUL 6.17m 5.63m FOUL 6.39m 5.95m				

Women 60 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Natasha	38	Illawong	8.10	1.0	
2 Bolakis, Alison	35	NSW Masters	8.42	1.0	
3 Westcott, Belinda	36	Nepean District	9.31	1.0	
4 Guevara, Sarah	38	Illawarra Blue Stars	9.41	1.0	
5 Potter, Tammy	37	NSW Masters	9.66	1.0	
6 Jordan, Amanda	35	Blacktown City	10.17	1.0	

Women 100 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Natasha	38	Illawong	12.98	-2.7	
2 Milne, Aanika	35	Mingara Athletics	13.09	-2.7	
3 Bolakis, Alison	35	NSW Masters	13.58	-2.7	
4 Warburton, Idette	39	Sydney Pacific	14.58	-2.7	
5 Potter, Tammy	37	NSW Masters	15.19	-2.7	
6 Westcott, Belinda	36	Nepean District	15.39	-2.7	
7 Guevara, Sarah	38	Illawarra Blue Stars	16.25	-2.7	
8 Jordan, Amanda	35	Blacktown City	16.56	-2.7	
9 Helm, Nina	36	Sydney Pacific	17.68	-2.7	

Women 200 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Milne, Aanika	35	Mingara Athletics	26.41	-2.3	
2 Hughes, Natasha	38	Illawong	26.71	-2.3	
3 Stuart, Fiona	36	Dubbo Athletics	28.67	-2.3	
4 Paisio, Cindy	38	Athletics East	31.28	-2.3	
5 Warburton, Idette	39	Sydney Pacific	31.46	-2.3	
6 Westcott, Belinda	36	Nepean District	31.62	-2.3	
7 Potter, Tammy	37	NSW Masters	32.63	-2.3	
8 Guevara, Sarah	38	Illawarra Blue Stars	33.84	-2.3	
9 Helm, Nina	36	Sydney Pacific	37.64	-2.3	

Women 400 Metre 35-39

Name	Age	Team	Finals	Alternate
1 Stuart, Fiona	36	Dubbo Athletics	1:05.78	
2 Paisio, Cindy	38	Athletics East	1:05.98	
3 Guevara, Sarah	38	Illawarra Blue Stars	1:14.84	

Women 800 Metre Run 35-39

Name	Age	Team	Finals	Alternate
1 Paisio, Cindy	38	Athletics East	2:28.8h	
2 Trimboli, Melanie - Anne	37	Mingara Athletics	2:55.34	

3 Heinecke, Kayleen	38 Campbelltown	3:03.91
4 Jordan, Amanda	35 Blacktown City	4:42.04

Women 1500 Metre Run 35-39

Name	Age Team	Finals	Alternate
1 Trimboli, Melanie - Anne	37 Mingara Athletics	6:04.23	
2 Heinecke, Kayleen	38 Campbelltown	6:31.07	

Women 5000 Metre Run 35-39

Name	Age Team	Finals	Alternate
1 Fitzgerald, Anna	39 Randwick Botany	18:03.72	

Women High Jump 35-39

Name	Age Team	Finals	Alternate
1 Kennedy, Leah	36 Nepean District	1.40m	
1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45			
O P O P O O XXO XXP			

Women Long Jump 35-39

Name	Age Team	Finals	Wind	Alternate
1 Milne, Aanika	35 Mingara Athletics	4.56m	-1.1	
4.49m(-1.0) 4.56m(-1.1) PASS PASS PASS		PASS		
2 Kennedy, Leah	36 Nepean District	4.03m	-1.3	
3.82m(-3.1) 3.86m(-1.4) 3.73m(-3.0) 3.84m(-1.0) 3.81m(-1.3)		4.03m(-1.3)		
3 Guevara, Sarah	38 Illawarra Blue Stars	3.71m	-0.4	
3.41m(-3.0) 3.71m(-0.4) 3.60m(-2.0) 3.65m(-2.7) 3.68m(-0.9)		3.53m(-1.4)		

Women Triple Jump 35-39

Name	Age Team	Finals	Wind	Alternate
1 Kennedy, Leah	36 Nepean District	7.40m	-0.4	
6.66m(1.1) 6.84m(-0.5) 7.34m(0.4) 6.99m(0.6) 7.08m(0.3)		7.40m(-0.4)		
2 Westcott, Belinda	36 Nepean District	7.34m	-0.6	
6.67m(-2.2) 6.98m(+0.0) 7.27m(0.5) 7.34m(-0.6) PASS		PASS		
3 Heinecke, Kayleen	38 Campbelltown	6.71m	0.1	
6.48m(-0.6) FOUL(-0.1) 6.71m(0.1) 6.52m(-0.2) PASS		PASS		

Women Shot Put 4kg 35-39

Name	Age Team	Finals	Alternate
1 Thomson, Audrey	37 Illawong	9.18m	
8.56m 9.05m 9.07m 8.61m 9.02m 9.18m			
2 Jordan, Amanda	35 Blacktown City	7.82m	
7.42m 7.44m 7.44m 7.34m 7.82m 7.80m			
3 Photi, Diana	36 NSW Masters	7.74m	
6.73m 6.96m 7.50m 7.74m FOUL 7.08m			
4 Barton, Trudie	38 Illawong	7.28m	
6.86m 7.00m 6.87m 6.85m 6.47m 7.28m			
5 Westcott, Belinda	36 Nepean District	6.62m	
6.30m 6.62m 6.22m 6.27m PASS 6.00m			

Women Discus Throw 1kg 35-39

Name	Age	Team	Finals	Alternate
1 Thomson, Audrey	37	Illawong	26.22m	
24.19m	FOUL	26.22m	24.07m	24.05m 23.95m
2 Photi, Diana	36	NSW Masters	23.74m	
23.74m	FOUL	18.08m	FOUL	21.16m 18.69m
3 Barton, Trudie	38	Illawong	21.15m	
17.97m	18.92m	21.15m	FOUL	19.12m FOUL
4 Westcott, Belinda	36	Nepean District	19.76m	
19.76m	17.23m	17.08m	16.49m	17.14m 16.83m
5 Jordan, Amanda	35	Blacktown City	16.34m	
15.52m	15.74m	FOUL	16.34m	14.70m 14.33m

Women Hammer Throw 4kg 35-39

Name	Age	Team	Finals	Alternate
1 Thomson, Audrey	37	Illawong	30.36m	
29.24m	FOUL	28.46m	29.45m	30.36m 27.37m
2 Barton, Trudie	38	Illawong	23.39m	
21.83m	22.22m	23.37m	23.39m	FOUL 22.95m
3 Photi, Diana	36	NSW Masters	19.20m	
19.20m	FOUL	FOUL	17.65m	13.02m 18.57m
4 Westcott, Belinda	36	Nepean District	16.20m	
14.61m	16.20m	15.27m	15.81m	14.88m PASS
5 Jordan, Amanda	35	Blacktown City	15.50m	
12.16m	12.43m	13.25m	FOUL	15.50m 15.12m

Women Javelin Throw 600g 35-39

Name	Age	Team	Finals	Alternate
1 Photi, Diana	36	NSW Masters	22.76m	
20.99m	22.76m	19.27m	18.25m	19.90m 21.77m
2 Barton, Trudie	38	Illawong	19.83m	
15.72m	18.49m	16.30m	16.21m	FOUL 19.83m
3 Kennedy, Leah	36	Nepean District	19.41m	
14.00m	19.41m	16.23m	15.99m	12.11m PASS
4 Westcott, Belinda	36	Nepean District	19.29m	
17.32m	15.40m	19.29m	16.90m	16.61m 17.06m
5 Thomson, Audrey	37	Illawong	16.25m	
13.21m	15.04m	15.10m	FOUL	15.60m 16.25m
6 Jordan, Amanda	35	Blacktown City	14.00m	
14.00m	13.85m	13.18m	FOUL	13.92m 13.86m

Women Weight Throw 9.080kg 35-39

Name	Age	Team	Finals	Alternate
1 Thomson, Audrey	37	Illawong	10.12m	
10.12m	9.85m	9.97m	9.98m	10.03m 9.56m
2 Barton, Trudie	38	Illawong	7.81m	
6.51m	FOUL	7.20m	6.55m	7.00m 7.81m
3 Jordan, Amanda	35	Blacktown City	7.62m	
7.25m	7.26m	6.59m	6.64m	6.73m 7.62m
4 Photi, Diana	36	NSW Masters	7.54m	
6.56m	7.05m	7.48m	7.54m	7.40m 6.84m
5 Westcott, Belinda	36	Nepean District	5.25m	
4.06m	3.87m	4.97m	FOUL	5.25m FOUL
6 Heinecke, Kayleen	38	Campbelltown	5.24m	
4.37m	4.89m	5.17m	4.88m	5.19m 5.24m

Women 5000 Metre Race Walk 35-39

Name	Age	Team	Finals	Alternate
1 Heinecke, Kayleen	38	Campbelltown	37:35.37	

Women 60 Metre 40-44

Name	Age	Team	Finals	Wind	Alternate
1 Perry, Monique	42	U.T.S. Norths	8.15	0.6	
2 Robinson, Nicole	41	Mingara Athletics	8.27	0.6	
3 Bohdan, Alice	44	U.T.S. Norths	8.85	0.6	
4 Brady, Kay	43	Campbelltown	9.42	0.6	
5 Beddie, Vanessa	40	Nepean District	13.77	0.6	

Women 100 Metre 40-44

Name	Age	Team	Finals	Wind	Alternate
1 Perry, Monique	42	U.T.S. Norths	13.14	-2.0	
2 Robinson, Nicole	41	Mingara Athletics	13.46	-2.0	
3 Quirk, Nicole	41	Blue Mountains	14.24	-2.0	
4 Bohdan, Alice	44	U.T.S. Norths	14.42	-2.0	
5 Brady, Kay	43	Campbelltown	15.59	-2.0	
6 Beddie, Vanessa	40	Nepean District	23.93	-2.0	

Women 200 Metre 40-44

Name	Age	Team	Finals	Wind	Alternate
1 Perry, Monique	42	U.T.S. Norths	27.53	-3.2	
2 Bohdan, Alice	44	U.T.S. Norths	30.20	-3.2	

Women 400 Metre 40-44

Name	Age	Team	Finals	Alternate
1 Briffa, Renee	42	Athletics East	1:01.61	
2 Camenzuli, Danielle	42	Illawong	1:07.14	

Women 800 Metre Run 40-44

Name	Age	Team	Finals	Alternate
1 Stanley, Larissa	42	Sydney University	2:27.1h	

Women 1500 Metre Run 40-44

Name	Age	Team	Finals	Alternate
1 Norton, Lindsay	44	Sydney Striders	5:40.08	

Women 5000 Metre Run 40-44

Name	Age	Team	Finals	Alternate
1 Norton, Lindsay	44	Sydney Striders	20:55.16	
2 Tancred, Naomi	42	Athletics East	21:07.95	

Women 80 Metre Hurdles 76.2cm 40-44

Name	Age	Team	Finals	Wind	Alternate
1 Robinson, Nicole	41	Mingara Athletics	13.88	-0.5	

2 Brady, Kay 43 Campbelltown 20.30 -0.5

Women 2000 Metre Steeplechase 76.2cm 40-44

Name	Age Team	Finals	Alternate
1 Fien, Mary	44 U.T.S. Norths	7:58.57	

Women Long Jump 40-44

Name	Age Team	Finals	Wind	Alternate
1 Bohdan, Alice	44 U.T.S. Norths	4.34m	-2.2	
4.34m(-2.2) 4.20m(-0.9) 4.22m(-1.9) 4.15m(-0.8)	PASS	PASS		

Women Triple Jump 40-44

Name	Age Team	Finals	Wind	Alternate
1 Bohdan, Alice	44 U.T.S. Norths	9.37m	0.2	
8.93m(-0.9) 9.15m(0.3) 9.37m(0.2) 8.24m(0.2) 9.37m(0.6)	FOUL(1.1)			

Women Shot Put 4kg 40-44

Name	Age Team	Finals	Alternate
1 Lerch, Julie	44 Wallsend RSL	8.66m	
8.66m 8.54m 8.02m 8.30m 7.92m 8.04m			
2 Bohdan, Alice	44 U.T.S. Norths	8.65m	
7.92m 8.06m 8.65m 7.92m 7.85m 8.10m			
3 Robinson, Nicole	41 Mingara Athletics	6.62m	
6.28m 6.52m 6.62m 6.15m 6.40m 5.77m			
4 Beddie, Vanessa	40 Nepean District	5.21m	
4.82m 4.58m 5.05m 5.00m 5.05m 5.21m			

Women Discus Throw 1kg 40-44

Name	Age Team	Finals	Alternate
1 Bohdan, Alice	44 U.T.S. Norths	23.07m	
19.03m 20.37m 22.61m 23.07m 20.80m 22.49m			
2 Lerch, Julie	44 Wallsend RSL	21.26m	
20.61m 5.08m 21.26m 19.51m FOUL 18.77m			
3 Beddie, Vanessa	40 Nepean District	13.21m	
12.23m 12.27m 12.53m 12.76m 13.21m 13.12m			

Women Hammer Throw 4kg 40-44

Name	Age Team	Finals	Alternate
1 Knowles, Renae	42 NSW Masters	24.35m	
22.53m FOUL 24.35m FOUL FOUL 22.39m			
2 Lerch, Julie	44 Wallsend RSL	23.59m	
20.17m 23.49m 23.59m 19.28m 21.88m 18.64m			
3 Beddie, Vanessa	40 Nepean District	14.03m	
13.65m 13.83m 14.03m 13.17m 11.39m 13.38m			

Women Javelin Throw 600g 40-44

Name	Age Team	Finals	Alternate
1 Bohdan, Alice	44 U.T.S. Norths	27.27m	
26.67m 26.91m 27.27m 24.50m 24.84m 24.32m			
2 Knowles, Renae	42 NSW Masters	21.06m	

	18.92m	19.14m	20.38m	20.22m	21.06m	19.10m	
3	Lerch, Julie			44	Wallsend RSL		20.21m
	12.63m	17.80m	15.63m	20.21m	20.02m	18.88m	
4	Beddie, Vanessa			40	Nepean District		11.46m
	11.46m	10.00m	8.96m	8.89m	FOUL	9.22m	

Women Weight Throw 9.080kg 40-44

Name	Age	Team	Finals	Alternate
1 Lerch, Julie	44	Wallsend RSL	9.45m	
	8.39m	8.66m	FOUL	FOUL
2 Knowles, Renae	42	NSW Masters	7.89m	
	FOUL	6.22m	FOUL	5.81m
3 Beddie, Vanessa	40	Nepean District	4.08m	
	3.13m	3.72m	4.08m	4.04m
			3.71m	4.08m

Women 5000 Metre Race Walk 40-44

Name	Age	Team	Finals	Alternate
1 Webb, Cheryl	40	Blacktown City	26:30.93	

Women 60 Metre 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Strong, Kylie	49	U.T.S. Norths	8.43	-0.1	
2 Lambert, Lenore	47	Sydney Pacific	8.49	-0.1	
3 Bishop, Jennifer	46	Cherrybrook	8.61	-0.1	
4 Ingram, Richelle	47	Mingara Athletics	8.95	-0.1	
5 Cimino, Maria	45	U.T.S. Norths	9.29	-0.1	
6 Myers, Cherie	49	Mingara Athletics	9.44	-0.1	
7 Smith, Heidi	48	Illawarra Blue Stars	10.39	-0.1	
8 Ellis, Selina	48	Hills District	10.44	-0.1	

Women 100 Metre 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Lambert, Lenore	47	Sydney Pacific	13.66	-2.8	
2 Deans, Sharon	47	Athletics East	13.90	-2.8	
3 Bishop, Jennifer	46	Cherrybrook	14.02	-2.8	
4 Ingram, Richelle	47	Mingara Athletics	14.63	-2.8	
5 Cimino, Maria	45	U.T.S. Norths	15.34	-2.8	
6 Carter, Janie	47	Blue Mountains	15.50	-2.8	
7 Myers, Cherie	49	Mingara Athletics	15.62	-2.8	

Women 200 Metre 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Lambert, Lenore	47	Sydney Pacific	27.22	-2.5	
1 Delaney, Janelle	47	Sydney Pacific	27.22	-2.5	
3 Dutton, Kayleen	47	Blue Mountains	28.85	-2.5	
4 Bishop, Jennifer	46	Cherrybrook	29.30	-2.5	
5 Ingram, Richelle	47	Mingara Athletics	31.37	-2.5	
6 Myers, Cherie	49	Mingara Athletics	33.54	-2.5	

Women 400 Metre 45-49

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1 Delaney, Janelle	47 Sydney Pacific	59.01
2 Dutton, Kayleen	47 Blue Mountains	1:03.06
3 Carter, Janie	47 Blue Mountains	1:11.49

Women 800 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Frykberg, Nicole	45 Sydney Striders	2:43.21	
2 Sohun, Gillian	46 Athletics East	3:00.11	
3 Coombe, Amanda	49 Sydney Pacific	3:05.26	
4 Ingram, Richelle	47 Mingara Athletics	3:48.73	
5 Smith, Heidi	48 Illawarra Blue Stars	4:27.62	

Women 1500 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Sohun, Gillian	46 Athletics East	5:53.63	

Women 5000 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Malmberg, Cecilia	46 Athletics East	19:26.85	
2 Arnott, Louise	49 Sydney Striders	20:23.73	
3 Jerath, Naina	47 Hills District	20:59.54	
4 Sohun, Gillian	46 Athletics East	21:24.17	
5 Wright, Jackie	49 Athletics East	22:55.52	

Women 80 Metre Hurdles 76.2cm 45-49

Name	Age Team	Finals	Wind	Alternate
1 Lambert, Lenore	47 Sydney Pacific	12.79	-0.5	
2 Bishop, Jennifer	46 Cherrybrook	24.41	-0.5	

Women High Jump 45-49

Name	Age Team	Finals	Alternate
1 Smith, Lynette	46 Girraween	1.40m	
1.35 1.40 1.45			
O O XXX			

Women Pole Vault 45-49

Name	Age Team	Finals	Alternate
1 Ellis, Selina	48 Hills District	1.90m	
1.80 1.90 2.00			
O O XXX			

Women Long Jump 45-49

Name	Age Team	Finals	Wind	Alternate
1 Bishop, Jennifer	46 Cherrybrook	4.65m	1.5	
4.44m(0.4) 4.65m(1.5) 4.36m(2.0) PASS PASS PASS				
2 Cimino, Maria	45 U.T.S. Norths	3.86m	1.2	
3.64m(3.5) 3.80m(2.5) 3.86m(1.2) 3.74m(0.5) 3.81m(1.1) 3.67m(+0.0)				
3 Ingram, Richelle	47 Mingara Athletics	3.46m	1.8	
3.23m(2.1) 3.09m(1.3) 3.25m(1.6) 3.46m(1.8) 3.43m(0.5) 3.41m(+0.0)				

4 Smith, Heidi 48 Illawarra Blue Stars 3.03m +0.0
 FOUL 2.39m(2.4) 2.87m(1.1) 2.98m(1.8) 3.03m(+0.0) 3.00m(1.1)

Women Triple Jump 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Bishop, Jennifer	46	Cherrybrook	9.09m	0.3	
8.71m(-0.1) 8.82m(-0.2) 9.09m(0.3) PASS PASS			PASS		
2 Cimino, Maria	45	U.T.S. Norths	8.18m	0.4	
7.99m(1.2) 8.18m(0.4) FOUL 8.07m(1.2) FOUL			8.06m(0.8)		
3 Ellis, Selina	48	Hills District	6.55m	0.4	
6.47m(-0.2) 6.55m(0.4) 6.25m(0.6) 6.46m(-0.1) FOUL			FOUL		

Women Shot Put 4kg 45-49

Name	Age	Team	Finals	Alternate
1 Delaney, Janelle	47	Sydney Pacific	9.22m	
8.62m 8.83m 9.22m 8.80m 8.42m 8.95m				
2 Bishop, Jennifer	46	Cherrybrook	9.03m	
8.92m 8.85m 8.67m 9.03m 8.80m 8.72m				
3 Smith, Lynette	46	Girraween	8.35m	
8.03m 8.28m 8.29m 8.35m 8.07m 8.05m				
4 Carter, Janie	47	Blue Mountains	7.75m	
7.67m 7.75m 7.38m 7.10m 7.43m 7.73m				
5 Cimino, Maria	45	U.T.S. Norths	7.74m	
7.69m 7.74m FOUL 7.24m 6.99m 7.35m				
6 Gardner, Rachel	45	Athletics Wollongong	6.79m	
6.02m 6.46m 6.36m 6.13m 6.79m 5.91m				
7 Coombe, Amanda	49	Sydney Pacific	6.65m	
6.49m 6.65m PASS PASS PASS PASS				
8 Ingram, Richelle	47	Mingara Athletics	5.89m	
5.89m PASS PASS PASS PASS PASS				
9 Smith, Heidi	48	Illawarra Blue Stars	5.83m	
5.83m PASS PASS PASS PASS PASS				

Women Discus Throw 1kg 45-49

Name	Age	Team	Finals	Alternate
1 Smith, Lynette	46	Girraween	30.10m	
22.88m 29.14m 24.31m 30.10m 29.07m 28.90m				
2 Bishop, Jennifer	46	Cherrybrook	28.62m	
28.41m 28.54m 25.39m 28.62m 25.04m 23.07m				
3 Carter, Janie	47	Blue Mountains	27.08m	
21.55m 23.86m FOUL 27.08m 25.73m 26.77m				
4 Ingram, Richelle	47	Mingara Athletics	20.78m	
17.38m 20.78m 17.72m 17.84m 20.26m 18.79m				
5 Cimino, Maria	45	U.T.S. Norths	19.90m	
19.90m FOUL 19.20m 18.99m FOUL FOUL				
6 Gardner, Rachel	45	Athletics Wollongong	18.90m	
18.63m 18.13m 17.67m 18.90m FOUL 16.91m				
7 Smith, Heidi	48	Illawarra Blue Stars	15.90m	
14.53m 15.90m 13.02m 15.25m 0.14m 12.06m				

Women Hammer Throw 4kg 45-49

Name	Age	Team	Finals	Alternate
1 Cimino, Maria	45	U.T.S. Norths	25.69m	
FOUL 24.05m 25.69m FOUL FOUL FOUL				
2 Bishop, Jennifer	46	Cherrybrook	21.43m	

	21.43m	FOUL	18.84m	PASS	PASS	PASS	
3	Gardner, Rachel			45	Athletics Wollongong		21.02m
	19.28m	19.30m	FOUL	17.98m	21.02m	FOUL	
4	Ellis, Selina			48	Hills District		16.10m
	FOUL	16.10m	PASS	PASS	PASS	PASS	
5	Smith, Heidi			48	Illawarra Blue Stars		15.58m
	FOUL	15.14m	14.53m	15.58m	14.38m	14.19m	
6	Ingram, Richelle			47	Mingara Athletics		13.85m
	12.95m	13.85m	13.25m	PASS	PASS	PASS	

Women Javelin Throw 600g 45-49

Name	Age	Team	Finals	Alternate
1 Smith, Lynette	46	Girraween	31.73m	
	31.33m	30.16m	29.06m	31.06m 31.70m 31.73m
2 Cimino, Maria	45	U.T.S. Norths	24.22m	
	23.09m	21.62m	24.22m	23.68m 22.77m 21.87m
3 Bishop, Jennifer	46	Cherrybrook	21.03m	
	18.55m	19.10m	21.03m	18.98m 18.19m 16.66m
4 Ingram, Richelle	47	Mingara Athletics	19.72m	
	19.29m	FOUL	15.86m	14.85m 19.72m 15.49m
5 Smith, Heidi	48	Illawarra Blue Stars	18.68m	
	18.19m	16.36m	16.25m	18.68m 15.74m 16.41m

Women Weight Throw 9.080kg 45-49

Name	Age	Team	Finals	Alternate
1 Cimino, Maria	45	U.T.S. Norths	10.62m	
	10.29m	10.62m	10.53m	9.96m 9.25m FOUL
2 Bishop, Jennifer	46	Cherrybrook	8.04m	
	FOUL	6.40m	8.04m	7.78m PASS PASS
3 Gardner, Rachel	45	Athletics Wollongong	7.02m	
	FOUL	6.69m	6.68m	6.59m 6.76m 7.02m
4 Ingram, Richelle	47	Mingara Athletics	6.10m	
	6.10m	5.57m	5.53m	6.09m 5.82m 5.89m
5 Smith, Heidi	48	Illawarra Blue Stars	5.97m	
	FOUL	5.11m	5.72m	5.97m 5.52m 5.73m

Women 5000 Metre Race Walk 45-49

Name	Age	Team	Finals	Alternate
1 Smith, Heidi	48	Illawarra Blue Stars	45:06.34	

Women 60 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Mogentale, Gianna	53	Illawarra Blue Stars	8.45	0.3	
2 Bezuidenhout, Jacqueline	50	U.T.S. Norths	8.53	0.3	
3 Douglass, Lynda	54	Illawarra Blue Stars	8.73	0.3	
4 Wight, Philippa	53	Sydney Pacific	9.07	0.3	
5 Carlin, April	50	Mingara Athletics	9.26	0.3	
6 Townsend, Vicki	52	Mingara Athletics	9.31	0.3	
7 Naylor, Janet	50	U.T.S. Norths	9.59	0.3	
8 Whatley, Susan	53	Illawong	10.21	0.3	
9 Flynn, Rina	54	Illawarra Blue Stars	10.38	0.3	
10 Kelaher, Bronwyn	51	U.T.S. Norths	10.45	0.3	

Women 100 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Bezuidenhout, Jacqueline	50	U.T.S. Norths	13.85	-2.7	
2 Mogentale, Gianna	53	Illawarra Blue Stars	13.92	-2.7	
3 Douglass, Lynda	54	Illawarra Blue Stars	14.47	-2.7	
4 Wight, Philippa	53	Sydney Pacific	14.75	-2.7	
5 Wearne, Sylvette	52	Mounties	14.78	-2.7	
6 Carlin, April	50	Mingara Athletics	15.08	-2.7	
7 Townsend, Vicki	52	Mingara Athletics	15.34	-2.7	
8 Naylon, Janet	50	U.T.S. Norths	15.77	-2.7	
9 Koribalski, Baerbel	52	Epping District	16.42	-2.7	
10 Flynn, Rina	54	Illawarra Blue Stars	17.14	-2.7	
11 Kelaher, Bronwyn	51	U.T.S. Norths	17.50	-2.7	

Women 200 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Bezuidenhout, Jacqueline	50	U.T.S. Norths	28.21	-2.0	
2 Mogentale, Gianna	53	Illawarra Blue Stars	28.44	-2.0	
3 Douglass, Lynda	54	Illawarra Blue Stars	29.79	-2.0	
4 Wearne, Sylvette	52	NSW Masters	30.18	-2.0	
5 Wight, Philippa	53	NSW Masters	30.50	-2.0	
6 Carlin, April	50	Mingara Athletics	31.01	-2.0	
7 Thomas, Stephanie	50	NSW Masters	33.62	-2.0	
8 Flynn, Rina	54	NSW Masters	37.02	-2.0	

Women 400 Metre 50-54

Name	Age	Team	Finals	Alternate
1 Mogentale, Gianna	53	Illawarra Blue Stars	1:05.03	
2 Wight, Philippa	53	Sydney Pacific	1:11.07	
3 Carlin, April	50	Mingara Athletics	1:13.48	
4 Flynn, Rina	54	Illawarra Blue Stars	1:22.05	

Women 800 Metre Run 50-54

Name	Age	Team	Finals	Alternate
1 Gore, Suzanne	54	Ryde Athletics	2:44.50	
2 Hunt, Sally	53	Mingara Athletics	2:53.84	
3 Flynn, Rina	54	Illawarra Blue Stars	3:20.83	

Women 1500 Metre Run 50-54

Name	Age	Team	Finals	Alternate
1 Hunt, Sally	53	Mingara Athletics	5:41.40	
2 Smith, Robyn	50	Athletics East	6:11.06	

Women 80 Metre Hurdles 76.2cm 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Townsend, Vicki	52	Mingara Athletics	14.66	0.4	
2 Wight, Philippa	53	Sydney Pacific	14.75	0.4	
3 Wearne, Sylvette	52	Mounties	16.82	0.4	

Women High Jump 50-54

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1 Townsend, Vicki	52 Mingara Athletics	1.25m
1.15 1.20 1.25 1.30		
O O XO XXX		
2 Koribalski, Baerbel	52 Epping District	1.20m
1.20 1.25		
XXO XXX		

Women Long Jump 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Townsend, Vicki	52	Mingara Athletics	3.67m	-1.3	
3.56m(-1.2) 3.66m(-1.3) 3.59m(-2.2) 3.63m(-1.2) 3.67m(-1.3) 3.58m(-1.6)					
2 Naylor, Janet	50	U.T.S. Norths	3.64m	-1.3	
3.36m(-1.8) 3.59m(0.1) FOUL(-0.9) FOUL(-2.9) 3.64m(-1.3) FOUL(-1.7)					
3 Koribalski, Baerbel	52	Epping District	3.56m	-1.8	
3.30m(-2.0) 3.30m(-0.9) 3.47m(-1.9) 3.56m(-1.8) 3.54m(0.2) 3.39m(-2.3)					
-- Bezuidenhout, Jacqueline	50	U.T.S. Norths	FOUL		
FOUL PASS PASS PASS PASS PASS					

Women Triple Jump 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Townsend, Vicki	52	Mingara Athletics	8.20m	0.5	
8.00m(-0.6) FOUL(-0.5) 7.48m(-0.1) 8.18m(-0.1) 8.20m(0.5) 7.48m(0.2)					
2 Whatley, Susan	53	Illawong	6.06m	0.4	
6.06m(0.4) FOUL FOUL PASS PASS PASS					

Women Shot Put 3kg 50-54

Name	Age	Team	Finals	Alternate
1 Townsend, Vicki	52	Mingara Athletics	8.97m	
8.87m 8.74m 8.33m 8.97m 8.68m FOUL				
2 Koribalski, Baerbel	52	Epping District	7.31m	
7.31m 6.96m 7.27m FOUL 6.67m 6.55m				
3 Engeler, Deborah	54	Illawong	7.14m	
6.98m 6.85m 7.14m 6.76m 5.98m 6.66m				
4 Wight, Philippa	53	Sydney Pacific	7.02m	
FOUL 7.02m 6.66m 6.76m FOUL 6.71m				
5 Flynn, Rina	54	Illawarra Blue Stars	6.90m	
6.74m 6.90m 6.77m 6.56m PASS PASS				
6 White, Alison	51	Westfields	6.78m	
6.77m 6.52m 6.78m 6.62m 6.50m 6.55m				
7 Hiscox, Donna	50	Athletics Wollongong	6.47m	
6.21m 5.93m 6.38m 6.11m 6.46m 6.47m				

Women Discus Throw 1kg 50-54

Name	Age	Team	Finals	Alternate
1 Townsend, Vicki	52	Mingara Athletics	28.96m	
25.51m 27.04m 27.17m 24.88m 28.96m 27.61m				
2 Engeler, Deborah	54	Illawong	25.52m	
21.49m 22.53m FOUL 20.55m 25.52m 22.70m				
3 Koribalski, Baerbel	52	Epping District	21.37m	
19.48m 21.37m 19.94m 18.58m 19.15m 17.00m				
4 White, Alison	51	Westfields	20.16m	
20.16m FOUL 17.11m 17.77m FOUL 18.14m				
5 Hiscox, Donna	50	Athletics Wollongong	19.20m	
18.15m 16.41m FOUL 17.94m 19.20m 15.21m				
6 Flynn, Rina	54	Illawarra Blue Stars	19.14m	

18.09m 18.80m 19.14m 18.65m 18.43m 19.12m

Women Hammer Throw 3kg 50-54

Name	Age	Team	Finals	Alternate
1 White, Alison	51	Westfields	25.00m	
23.67m 22.85m 24.58m		25.00m 21.97m FOUL		
2 Engeler, Deborah	54	Illawong	22.22m	
21.75m 22.09m 20.83m		20.92m FOUL 22.22m		

Women Javelin Throw 500g 50-54

Name	Age	Team	Finals	Alternate
1 Clark, Debbie	54	Nowra Athletics	21.58m	
21.27m 20.80m 20.78m		19.76m 21.58m 19.73m		
2 Koribalski, Baerbel	52	Epping District	21.14m	
21.14m FOUL 17.75m		FOUL 19.90m FOUL		
3 Bezuidenhout, Jacqueline	50	U.T.S. Norths	21.00m	
FOUL 18.09m 20.70m		20.40m 21.00m 19.93m		
4 Townsend, Vicki	52	Mingara Athletics	20.23m	
17.30m 20.23m 18.90m		17.77m 19.53m PASS		
5 White, Alison	51	Westfields	18.60m	
15.01m FOUL 15.32m		17.83m FOUL 18.60m		
6 Whatley, Susan	53	Illawong	17.03m	
15.07m 14.76m 16.70m		15.37m 17.03m 12.66m		
7 Engeler, Deborah	54	Illawong	14.65m	
14.65m 13.09m FOUL		12.79m 12.02m FOUL		

Women Weight Throw 7.260kg 50-54

Name	Age	Team	Finals	Alternate
1 Engeler, Deborah	54	Illawong	8.94m	
8.50m 8.94m 8.20m		8.38m 8.60m FOUL		
2 White, Alison	51	Westfields	7.87m	
FOUL 6.88m 7.50m		6.64m 7.87m FOUL		

Women 5000 Metre Race Walk 50-54

Name	Age	Team	Finals	Alternate
1 Weekes, Anne	54	Sutherland	30:38.19	

Women 60 Metre 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Suttor, Robyn	58	Mounties	9.33	1.4	
2 Shaw, Christine	57	Athletics Wollongong	9.41	1.4	
3 Whelan, Gabrielle	56	U.T.S. Norths	9.42	1.4	
4 Walker, Margaret	57	Epping District	9.69	1.4	
5 Cubban, Ellena	59	Epping District	10.37	1.4	
6 Douglas, Karen	59	Sydney Pacific	10.82	1.4	

Women 100 Metre 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Forster, Julie	55	Blue Mountains	14.27	-3.8	
2 Whelan, Gabrielle	56	U.T.S. Norths	15.52	-3.8	
3 Suttor, Robyn	58	Mounties	15.61	-3.8	

4 Shaw, Christine	57 Athletics Wollongong	16.19	-3.8
5 Cubban, Ellena	59 Epping District	16.77	-3.8
6 Peksis, Julie	57 Mingara Athletics	17.86	-3.8
7 Douglas, Karen	59 Sydney Pacific	17.90	-3.8

Women 200 Metre 55-59

Name	Age Team	Finals	Wind Alternate
1 Forster, Julie	55 Blue Mountains	29.59	-3.6
2 Whelan, Gabrielle	56 U.T.S. Norths	31.54	-3.6
3 Suttor, Robyn	58 Mounties	32.55	-3.6
4 Peksis, Julie	57 Mingara Athletics	35.80	-3.6
5 Cubban, Ellena	59 Epping District	36.48	-3.6
6 Douglas, Karen	59 Sydney Pacific	36.87	-3.6

Women 400 Metre 55-59

Name	Age Team	Finals	Alternate
1 Whelan, Gabrielle	56 U.T.S. Norths	1:11.35	
2 Suttor, Robyn	58 Mounties	1:15.76	
3 Peksis, Julie	57 Mingara Athletics	1:19.42	
4 Douglas, Karen	59 Sydney Pacific	1:26.30	

Women 800 Metre Run 55-59

Name	Age Team	Finals	Alternate
1 Basman, Robyn	58 Illawong	2:43.75	
2 Drennan, Deborah	58 U.T.S. Norths	2:51.48	
3 Yarnell, Caroline	56 Sydney Striders	2:55.24	
4 Peksis, Julie	57 Mingara Athletics	3:09.23	
5 Dulhunty, K.Marina	57 Hills District	3:34.83	

Women 1500 Metre Run 55-59

Name	Age Team	Finals	Alternate
1 Basman, Robyn	58 Illawong	5:32.32	
2 Drennan, Deborah	58 U.T.S. Norths	5:50.29	
3 Peksis, Julie	57 Mingara Athletics	6:36.44	

Women 5000 Metre Run 55-59

Name	Age Team	Finals	Alternate
1 Basman, Robyn	58 Illawong	20:36.60	
2 Stallard, Patricia	59 Wallsend RSL	30:32.44	

Women 80 Metre Hurdles 76.2cm 55-59

Name	Age Team	Finals	Wind Alternate
1 Suttor, Robyn	58 Mounties	14.62	0.4
2 Walker, Margaret	57 Epping District	15.49	0.4

Women 300 Metre Hurdles 76.2cm 55-59

Name	Age Team	Finals	Alternate
1 Suttor, Robyn	58 Mounties	58.09	

Women 2000 Metre Steeplechase 76.2cm 55-59

Name	Age	Team	Finals	Alternate
1 Yarnell, Caroline	56	Sydney Striders	9:18.57	

Women High Jump 55-59

Name	Age	Team	Finals	Alternate
1 Walker, Margaret	57	Epping District	1.25m	
1.20 1.25 1.30				
O XO XXX				
2 Shaw, Christine	57	Athletics Wollongong	1.15m	
1.10 1.15 1.20				
O O XXX				
3 Stallard, Patricia	59	Wallsend RSL	1.00m	
1.00 1.05				
XXO XPP				

Women Long Jump 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Shaw, Christine	57	Athletics Wollongong	3.97m	-0.9	
3.84m(-0.6) 3.52m(-2.8) 3.90m(-0.6) 3.97m(-0.9) 3.93m(-3.0) 3.79m(-3.7)					
2 Whelan, Gabrielle	56	U.T.S. Norths	3.81m	-0.8	
3.81m(-0.8) 3.57m(-0.9) PASS PASS 3.73m(-0.9) 3.66m(+0.0)					

Women Triple Jump 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Shaw, Christine	57	Athletics Wollongong	8.16m	1.1	
7.42m(-0.3) 7.89m(0.8) 7.31m(0.4) 7.91m(0.5) 8.06m(0.1) 8.16m(1.1)					

Women Shot Put 3kg 55-59

Name	Age	Team	Finals	Alternate
1 Shaw, Christine	57	Athletics Wollongong	9.08m	
8.21m 9.08m 8.87m 8.29m FOUL FOUL				
2 Cubban, Ellena	59	Epping District	8.53m	
7.05m 7.34m 8.14m 8.51m 8.53m 7.97m				

Women Discus Throw 1kg 55-59

Name	Age	Team	Finals	Alternate
1 Shaw, Christine	57	Athletics Wollongong	24.81m	
24.39m FOUL 24.04m 23.05m 24.81m 23.80m				
2 Cubban, Ellena	59	Epping District	21.76m	
21.76m 19.38m 20.64m 20.77m 18.96m FOUL				

Women Hammer Throw 3kg 55-59

Name	Age	Team	Finals	Alternate
1 Hord, Wendy	56	Blacktown City	33.16m	
27.99m 23.01m 29.64m 27.19m 33.16m 16.36m				
2 Cubban, Ellena	59	Epping District	23.18m	
22.43m 23.18m 21.82m FOUL 21.35m 20.30m				
3 Walker, Margaret	57	Epping District	20.72m	
PASS 20.72m PASS PASS PASS PASS				

Women Javelin Throw 500g 55-59

Name	Age	Team	Finals	Alternate
1 Shaw, Christine	57	Athletics Wollongong	28.80m	
24.12m 26.10m 24.19m 27.34m 28.80m 27.68m				
2 Walker, Margaret	57	Epping District	21.40m	
19.65m 18.89m 18.29m 20.50m 21.40m 20.72m				
3 Cubban, Ellena	59	Epping District	20.26m	
17.86m 18.64m 20.26m 20.03m FOUL 19.66m				
4 Hord, Wendy	56	Blacktown City	18.87m	
16.58m 18.20m 15.52m 16.95m 18.87m 18.75m				

Women Weight Throw 7.260kg 55-59

Name	Age	Team	Finals	Alternate
1 Hord, Wendy	56	Blacktown City	10.61m	
FOUL 10.61m FOUL 10.12m FOUL 8.92m				
2 Shaw, Christine	57	Athletics Wollongong	10.01m	
9.72m 9.39m 9.17m 9.63m 9.73m 10.01m				
3 Cubban, Ellena	59	Epping District	8.46m	
8.27m 7.26m FOUL 7.83m 8.46m 6.79m				
4 Walker, Margaret	57	Epping District	8.37m	
8.29m 8.37m PASS PASS PASS PASS				

Women 5000 Metre Race Walk 55-59

Name	Age	Team	Finals	Alternate
1 Stallard, Patricia	59	Wallsend RSL	44:41.00	

Women 60 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Celnikier, Diane	61	Hills District	10.35	-0.4	
2 Taylor, Jill	61	Cherrybrook	11.12	-0.4	

Women 100 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Celnikier, Diane	61	Hills District	16.99	-1.9	
2 Lloyd, Nancy	63	U.T.S. Norths	20.32	-1.9	

Women 200 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Celnikier, Diane	61	Hills District	36.59	-2.3	
2 Lloyd, Nancy	63	U.T.S. Norths	42.77	-2.3	

Women 400 Metre 60-64

Name	Age	Team	Finals	Alternate
1 Roediger, Rosemary	62	Hills District	1:20.17	
2 Celnikier, Diane	61	Hills District	1:25.02	

Women 800 Metre Run 60-64

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Thomas, Margaret	60	U.T.S. Norths	3:18.71
---	------------------	----	---------------	---------

Women 1500 Metre Run 60-64

Name	Age	Team	Finals	Alternate
1 Thomas, Margaret	60	U.T.S. Norths	6:45.26	

Women 5000 Metre Run 60-64

Name	Age	Team	Finals	Alternate
1 Roediger, Rosemary	62	Hills District	21:59.41	
-- Lloyd, Nancy	63	U.T.S. Norths	DNF	

Women Triple Jump 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Taylor, Jill	61	Cherrybrook	7.03m	-0.1	
6.50m(0.2) 7.03m(-0.1) 6.54m(0.2) FOUL(0.6) 6.66m(0.4) 6.49m(-1.4)					

Women Shot Put 3kg 60-64

Name	Age	Team	Finals	Alternate
1 Taylor, Jill	61	Cherrybrook	8.83m	
8.83m 6.92m 8.12m PASS PASS PASS				
2 Clarke, Kate	64	NSW Masters	7.48m	
6.94m 7.23m 6.73m 7.02m 7.48m 7.32m				
3 Jones, Kerrie	63	Nowra Athletics	6.89m	
6.29m 6.35m 6.01m 6.45m 6.46m 6.89m				

Women Discus Throw 1kg 60-64

Name	Age	Team	Finals	Alternate
1 Taylor, Jill	61	Cherrybrook	22.80m	
21.44m FOUL 21.46m 22.80m 22.54m 20.58m				
2 Clarke, Kate	64	NSW Masters	20.37m	
20.25m 19.91m 19.78m FOUL 19.19m 20.37m				
3 Jones, Kerrie	63	Nowra Athletics	15.81m	
13.60m 15.81m 15.18m 15.05m 15.19m 15.79m				

Women Hammer Throw 3kg 60-64

Name	Age	Team	Finals	Alternate
1 Taylor, Jill	61	Cherrybrook	33.93m	
31.77m 33.93m FOUL FOUL 32.33m 30.48m				
2 Clarke, Kate	64	NSW Masters	23.39m	
22.43m 22.40m 22.04m 22.23m 23.39m 22.46m				
3 Jones, Kerrie	63	Nowra Athletics	20.60m	
20.33m 20.16m 19.89m 20.04m 20.60m 19.98m				

Women Javelin Throw 500g 60-64

Name	Age	Team	Finals	Alternate
1 Clarke, Kate	64	NSW Masters	17.67m	
15.94m 17.58m 16.77m 17.67m 17.31m 15.40m				
2 Jones, Kerrie	63	Nowra Athletics	14.76m	
11.82m 11.72m 13.17m 14.76m 13.71m 14.32m				

3 Taylor, Jill 61 Cherrybrook 14.60m
 12.72m 14.60m 12.95m 14.33m FOUL 13.80m

Women Weight Throw 5.450kg 60-64

Name	Age	Team	Finals	Alternate
1 Taylor, Jill	61	Cherrybrook	12.81m	
		12.01m 12.33m 12.21m 12.43m 12.37m 12.81m		
2 Jones, Kerrie	63	Nowra Athletics	8.84m	
		8.38m 8.05m 8.22m 8.72m 8.50m 8.84m		

Women 60 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Senior, Jillian	65	U.T.S. Norths	12.28	-0.4	
2 Brown, Judy	67	NSW Masters	14.86	-0.4	

Women 100 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Brown, Judy	67	NSW Masters	24.32	-1.9	

Women 200 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Moorhouse, Paula	68	Sydney Pacific	36.15	-2.3	
2 Brown, Judy	67	NSW Masters	55.87	-2.3	

Women 400 Metre 65-69

Name	Age	Team	Finals	Alternate
1 Moorhouse, Paula	68	Sydney Pacific	1:19.05	

Women 800 Metre Run 65-69

Name	Age	Team	Finals	Alternate
1 Moorhouse, Paula	68	Sydney Pacific	3:08.23	
2 Perry, Rosalind	65	Athletics Wollongong	4:10.21	

Women 1500 Metre Run 65-69

Name	Age	Team	Finals	Alternate
1 Moorhouse, Paula	68	Sydney Pacific	6:25.15	

Women 2000 Metre Steeplechase 76.2cm 65-69

Name	Age	Team	Finals	Alternate
1 Perry, Rosalind	65	Athletics Wollongong	12:14.21	

Women Shot Put 3kg 65-69

Name	Age	Team	Finals	Alternate
1 Van Bockel, Adriana	65	Athletics Wollongong	6.22m	
		5.83m 5.48m 6.22m 5.66m 5.90m 5.86m		
2 Perry, Rosalind	65	Athletics Wollongong	6.03m	

5.99m	5.65m	5.78m	5.21m	6.03m	5.23m	
3 Brown, Judy			67 NSW Masters			4.89m
4.71m	4.89m	4.85m	4.71m	4.62m	4.89m	

Women Discus Throw 1kg 65-69

Name	Age	Team	Finals	Alternate
1 Van Bockel, Adriana	65	Athletics Wollongong	16.66m	
15.79m	16.66m	16.41m	FOUL	16.34m 16.31m
2 Brown, Judy	67	NSW Masters	11.13m	
FOUL	11.13m	FOUL	FOUL	FOUL 9.01m

Women Hammer Throw 3kg 65-69

Name	Age	Team	Finals	Alternate
1 Van Bockel, Adriana	65	Athletics Wollongong	20.47m	
19.02m	19.24m	20.47m	FOUL	18.10m 20.05m
2 Senior, Jillian	65	U.T.S. Norths	20.31m	
19.22m	20.31m	19.12m	20.30m	19.41m 19.37m
3 Brown, Judy	67	NSW Masters	12.50m	
12.26m	11.82m	11.94m	12.27m	12.50m 11.69m

Women Javelin Throw 500g 65-69

Name	Age	Team	Finals	Alternate
1 Van Bockel, Adriana	65	Athletics Wollongong	13.02m	
12.81m	12.82m	13.02m	12.62m	12.85m 11.64m
2 Senior, Jillian	65	U.T.S. Norths	11.47m	
10.99m	10.57m	10.18m	10.69m	10.71m 11.47m
3 Brown, Judy	67	NSW Masters	10.99m	
10.99m	10.35m	10.82m	9.61m	10.42m 9.76m

Women Weight Throw 5.450kg 65-69

Name	Age	Team	Finals	Alternate
1 Senior, Jillian	65	U.T.S. Norths	9.04m	
7.38m	8.51m	8.31m	9.04m	8.90m 9.01m
2 Van Bockel, Adriana	65	Athletics Wollongong	9.01m	
7.33m	8.67m	7.61m	8.76m	9.01m 8.65m
3 Brown, Judy	67	NSW Masters	5.41m	
5.00m	4.77m	5.18m	5.41m	5.13m 5.16m

Women 5000 Metre Race Walk 65-69

Name	Age	Team	Finals	Alternate
1 Brown, Judy	67	NSW Masters	45:57.40	

Women Shot Put 3kg 70-74

Name	Age	Team	Finals	Alternate
1 Thomas, Mary	72	Illawarra Blue Stars	7.63m	
7.06m	7.46m	7.63m	7.62m	7.45m 7.52m

Women Discus Throw 1kg 70-74

Name	Age	Team	Finals	Alternate
1 Thomas, Mary	72	Illawarra Blue Stars	21.71m	

19.79m 21.16m 21.71m 21.15m 20.79m 21.54m

Women Hammer Throw 3kg 70-74

Name	Age	Team	Finals	Alternate
1 Thomas, Mary	72	Illawarra Blue Stars	25.16m	
		25.16m FOUL 23.94m 23.37m 21.56m 22.81m		

Women Javelin Throw 500g 70-74

Name	Age	Team	Finals	Alternate
1 Thomas, Mary	72	Illawarra Blue Stars	19.96m	
		19.96m 18.03m 18.30m 19.59m 19.76m 19.07m		

Women Weight Throw 5.450kg 70-74

Name	Age	Team	Finals	Alternate
1 Thomas, Mary	72	Illawarra Blue Stars	9.66m	
		9.59m 9.66m 8.86m 9.37m FOUL FOUL		

Women 5000 Metre Race Walk 75-79

Name	Age	Team	Finals	Alternate
1 Purcell, Joan	75	Nepean District	38:16.22	
2 Kenyon, Judith	76	NSW Masters	40:47.66	

Men 60 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Splidas, Billy	32	Mounties	7.26	-0.6	
2 Laws, Michael	34	Blue Mountains	7.72	-0.6	
3 Wearne, Shaun	32	Mounties	7.77	-0.6	
4 Cooper, Ruwan	34	Armidale	8.31	-0.6	

Men 100 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Splidas, Billy	32	Mounties	11.51	-0.1	
2 Wearne, Bradley	30	Mounties	12.13	-0.1	
3 Laws, Michael	34	Blue Mountains	12.24	-0.1	
4 Turner, Nick	34	Campbelltown	12.31	-0.1	
5 Wearne, Shaun	32	Mounties	12.35	-0.1	
6 Cooper, Ruwan	34	Armidale	12.97	-0.1	

Men 200 Metre 30-34

Name	Age	Team	Finals	Wind	Alternate
1 Splidas, Billy	32	Mounties	23.49	-1.4	
2 Laws, Michael	34	Blue Mountains	24.92	-1.4	
3 Kidd, Andrew	33	NSW Masters	26.50	-1.4	
-- Tesla, Isaac	34	NSW Masters	DNF	-1.4	

Men 400 Metre 30-34

Name	Age	Team	Finals	Alternate
1 Haggie, Rich	30	Sydney University	49.44	

2 Laws, Michael	34 Blue Mountains	55.49
3 Mugarula, Godwin	31 Athletics East	56.56
4 Kidd, Andrew	33 NSW Masters	56.62
5 Kellett, Jonathan	32 Athletics East	59.99

Men 800 Metre Run 30-34

Name	Age Team	Finals	Alternate
1 Gurr, James	33 Sutherland	1:53.19	
2 Mugarula, Godwin	31 Athletics East	2:07.76	
3 Bravo, Alex	33 NSW Masters	2:37.49	

Men 1500 Metre Run 30-34

Name	Age Team	Finals	Alternate
1 Mugarula, Godwin	31 Athletics East	4:20.65	

Men High Jump 30-34

Name	Age Team	Finals	Alternate
1 Raymond, Sam	31 NSW Masters	1.75m	
1.30 1.35 1.40 1.45 1.50	1.55 1.60 1.65 1.70 1.72 1.75 1.77		
O O O O O	O O O O XO O XO XXX		
2 Laws, Michael	34 Blue Mountains	1.60m	
1.40 1.45 1.50 1.55 1.60 1.65			
O P O O O XXX			
3 Cooper, Ruwan	34 Armidale	1.45m	
1.25 1.30 1.35 1.40 1.45 1.50			
O O O O O XXX			

Men Long Jump 30-34

Name	Age Team	Finals	Wind	Alternate
1 Laws, Michael	34 Blue Mountains	5.65m	2.2	
5.65m(2.2) 5.61m(1.5) FOUL	PASS PASS	5.00m(0.2)		
2 Raymond, Sam	31 NSW Masters	5.34m	2.9	
5.30m(2.4) 5.20m(1.0) 5.14m(3.3) 5.34m(2.9) 5.33m(1.0) FOUL				
3 Cooper, Ruwan	34 Armidale	4.74m	1.7	
4.58m(3.6) 4.65m(1.6) 4.55m(2.1) 4.43m(1.4) 4.74m(1.7) 4.62m(0.7)				
4 Malik, Amardeep	32 Asics Wests	3.92m	+0.0	
3.61m(2.3) 3.92m(+0.0) 3.75m(2.1) PASS PASS	PASS	PASS		

Men Triple Jump 30-34

Name	Age Team	Finals	Wind	Alternate
1 Laws, Michael	34 Blue Mountains	11.96m	0.3	
10.36m(0.8) 10.88m(-1.0) 11.22m(-1.5) FOUL		11.96m(0.3) 11.94m(-0.2)		
2 Cooper, Ruwan	34 Armidale	10.07m	-1.4	
9.83m(0.6) 9.47m(-1.3) 9.74m(1.0) 10.02m(-0.7) 10.03m(0.3) 10.07m(-1.4)				

Men Shot Put 7.26kg 30-34

Name	Age Team	Finals	Alternate
1 Malik, Amardeep	32 Asics Wests	9.38m	
9.17m PASS 9.09m 9.38m 9.29m 8.98m			
2 Laws, Michael	34 Blue Mountains	8.91m	
8.37m 7.64m FOUL 6.96m 8.91m 8.75m			

Men Discus Throw 2kg 30-34

Name	Age	Team	Finals	Alternate
1 Laws, Michael	34	Blue Mountains	32.74m	
32.74m 31.45m 28.87m FOUL 31.05m FOUL				
2 Malik, Amardeep	32	Asics Wests	23.91m	
23.52m PASS 23.69m 23.91m PASS PASS				

Men Hammer Throw 7.26kg 30-34

Name	Age	Team	Finals	Alternate
1 Laws, Michael	34	Blue Mountains	33.67m	
31.84m FOUL 31.22m 29.69m FOUL 33.67m				
2 Malik, Amardeep	32	Asics Wests	24.98m	
18.94m FOUL 23.11m 24.98m				

Men Javelin Throw 800g 30-34

Name	Age	Team	Finals	Alternate
1 Malik, Amardeep	32	Asics Wests	36.98m	
36.98m 36.16m PASS 32.06m FOUL 34.95m				
2 Laws, Michael	34	Blue Mountains	25.25m	
21.47m 22.77m 25.25m PASS PASS PASS				

Men Weight Throw 15.880kg 30-34

Name	Age	Team	Finals	Alternate
1 Laws, Michael	34	Blue Mountains	11.89m	
11.28m 11.44m FOUL 11.65m 11.89m FOUL				
2 Malik, Amardeep	32	Asics Wests	6.82m	
FOUL 6.82m 6.77m PASS PASS PASS				

Men 60 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Dowling, Ryan	37	U.T.S. Norths	7.76	-0.6	
2 Bruce, Gregory	39	Campbelltown	7.99	-0.6	
3 King, Timothy	37	Coffs Harbour	9.14	-0.6	

Men 100 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Kumar, Piyush	36	NSW Masters	11.72	-0.8	
2 Dowling, Ryan	37	U.T.S. Norths	12.34	-0.8	
3 Bruce, Gregory	39	Campbelltown	12.64	-0.8	
4 Lowe, Christopher	38	Newcastle Runners	13.19	-0.8	
5 King, Timothy	37	Coffs Harbour	16.35	-0.8	

Men 200 Metre 35-39

Name	Age	Team	Finals	Wind	Alternate
1 Stone, Jay	37	Armidale	23.20	-1.4	
2 Dowling, Ryan	37	U.T.S. Norths	25.03	-1.4	
3 Bruce, Gregory	39	Campbelltown	26.19	-1.4	
4 Lowe, Christopher	38	Newcastle Runners	26.23	-1.4	

Men 800 Metre Run 35-39

Name	Age Team	Finals	Alternate
1 Halls, Brett	39 Sydney University	1:58.79	

Men 110 Metre Hurdles 99.1cm 35-39

Name	Age Team	Finals	Wind	Alternate
1 Barry, Graeme	37 Sydney Pacific	16.43	0.2	

Men 400 Metre Hurdles 91.4cm 35-39

Name	Age Team	Finals	Alternate
1 Guthrie, Stuart	39 Sydney Pacific	1:00.41	

Men High Jump 35-39

Name	Age Team	Finals	Alternate
1 King, Timothy	37 Coffs Harbour	1.45m	
1.35 1.40 1.45 1.50			
O O O XXX			
2 Connors, William	39 Mingara Athletics	1.30m	
1.30 1.35 1.40 1.45			
XO P P P			

Men Long Jump 35-39

Name	Age Team	Finals	Wind	Alternate
1 Johnson, Matt	37 NSW Masters	5.10m	3.4	
4.93m(1.5) 5.10m(3.4) 4.99m(2.0) 5.06m(0.5) FOUL		PASS		
2 King, Timothy	37 Coffs Harbour	4.40m	1.6	
4.40m(1.6) 4.14m(1.3) PASS PASS PASS		PASS		
3 Connors, William	39 Mingara Athletics	4.08m	3.9	
3.90m(0.8) 4.08m(3.9) PASS PASS PASS		PASS		
4 Kirievsky, Anatoly	38 Asics Wests	3.55m	1.2	
3.19m(1.9) 3.28m(0.5) 3.55m(1.2) PASS PASS		PASS		
5 Jones, Warren	36 U.T.S. Norths	3.25m	1.5	
2.93m(1.0) 3.25m(1.5) PASS PASS PASS		PASS		

Men Triple Jump 35-39

Name	Age Team	Finals	Wind	Alternate
1 Guthrie, Stuart	39 Sydney Pacific	11.76m	-0.2	
11.65m(-0.5) 11.76m(-0.2) PASS PASS PASS		PASS		
2 King, Timothy	37 Coffs Harbour	9.02m	-0.5	
9.02m(-0.5) PASS PASS PASS PASS		PASS		
3 Connors, William	39 Mingara Athletics	8.73m	-0.9	
8.31m(-1.2) 8.72m(-1.1) 8.73m(-0.9) PASS PASS		PASS		

Men Shot Put 7.26kg 35-39

Name	Age Team	Finals	Alternate
1 Dowling, Ryan	37 U.T.S. Norths	10.50m	
10.19m 10.27m FOUL 10.50m FOUL 10.08m			
2 Connors, William	39 Mingara Athletics	8.68m	
8.68m 8.19m PASS PASS 8.25m PASS			

3	Jones, Warren	36	U.T.S. Norths	8.58m
	8.22m 8.29m 7.84m FOUL 8.27m 8.58m			
4	King, Timothy	37	Coffs Harbour	7.97m
	7.87m FOUL 7.88m 7.97m 7.71m PASS			

Men Discus Throw 2kg 35-39

Name	Age	Team	Finals	Alternate
1 Dowling, Ryan	37	U.T.S. Norths	30.05m	
	24.75m FOUL FOUL FOUL	28.86m 30.05m		
2 King, Timothy	37	Coffs Harbour	29.96m	
	28.64m FOUL 25.92m 29.96m FOUL FOUL			
3 Kirievsky, Anatoly	38	Asics Wests	29.71m	
	FOUL 25.41m 28.39m 29.71m 29.54m 26.16m			
4 Jones, Warren	36	U.T.S. Norths	25.26m	
	FOUL 24.53m 24.01m 24.77m 25.26m 23.60m			
5 Connors, William	39	Mingara Athletics	23.69m	
	23.69m 23.56m FOUL FOUL FOUL FOUL			

Men Hammer Throw 7.26kg 35-39

Name	Age	Team	Finals	Alternate
1 Jones, Warren	36	U.T.S. Norths	32.94m	
	32.72m 32.87m 32.94m 31.61m 32.81m 32.23m			
2 Kirievsky, Anatoly	38	Asics Wests	32.84m	
	28.79m 32.84m FOUL 31.60m 31.46m 31.95m			
3 Connors, William	39	Mingara Athletics	28.44m	
	FOUL 28.09m 27.34m 28.44m 26.29m 27.87m			
4 Dowling, Ryan	37	U.T.S. Norths	26.35m	
	26.28m 26.35m FOUL FOUL FOUL 22.82m			

Men Javelin Throw 800g 35-39

Name	Age	Team	Finals	Alternate
1 Connors, William	39	Mingara Athletics	33.89m	
	33.81m 33.89m FOUL 30.37m PASS 32.78m			
2 King, Timothy	37	Coffs Harbour	31.71m	
	31.71m 28.29m 29.59m 28.56m FOUL PASS			
3 Kirievsky, Anatoly	38	Asics Wests	29.80m	
	28.80m 28.01m 28.69m 29.45m 29.25m 29.80m			
4 Jones, Warren	36	U.T.S. Norths	23.36m	
	22.50m 23.07m 23.36m PASS 23.17m PASS			

Men Weight Throw 15.880kg 35-39

Name	Age	Team	Finals	Alternate
1 Dowling, Ryan	37	U.T.S. Norths	11.08m	
	10.12m 10.20m 10.10m PASS FOUL 11.08m			
2 Connors, William	39	Mingara Athletics	10.21m	
	8.80m 9.49m 9.75m 10.21m FOUL FOUL			
3 Kirievsky, Anatoly	38	Asics Wests	9.87m	
	8.59m 9.11m FOUL 8.50m 9.70m 9.87m			
4 Jones, Warren	36	U.T.S. Norths	9.03m	
	9.03m FOUL 8.73m PASS FOUL PASS			

Men 60 Metre 40-44

Name	Age	Team	Finals	Wind	Alternate
------	-----	------	--------	------	-----------

1 McMahon, Ashley	41 U.T.S. Norths	7.48	-0.8
2 Rushton, Rod	44 Mounties	7.78	-0.8
3 Rose, Scott	44 NSW Masters	7.90	-0.8
4 Ashcroft, Luke	43 NSW Masters	8.13	-0.8
5 Cheney, Jason	42 Mingara Athletics	8.25	-0.8
6 Corvalan, Claudio	43 Girraween	8.43	-0.8
7 Murray, Caerl	41 U.T.S. Norths	9.97	-0.8

Men 100 Metre 40-44

Name	Age Team	Finals	Wind Alternate
1 McMahon, Ashley	41 U.T.S. Norths	11.60	-1.1
2 Rushton, Rod	44 Mounties	12.33	-1.1
3 Rose, Scott	44 NSW Masters	12.72	-1.1
4 Cheney, Jason	42 Mingara Athletics	12.98	-1.1
5 Murray, Caerl	41 U.T.S. Norths	13.02	-1.1
6 Austin, Trent	43 NSW Masters	13.13	-1.1
7 Richards, Clayton	40 Tamworth Athletics	13.23	-1.1
8 Wehrhahn, Michael	42 Cherrybrook	13.29	-1.1
9 Corvalan, Claudio	43 Girraween	13.54	-1.1
10 Ashcroft, Luke	43 NSW Masters	14.61	-1.1

Men 200 Metre 40-44

Name	Age Team	Finals	Wind Alternate
1 McMahon, Ashley	41 U.T.S. Norths	23.33	-1.8
2 Rushton, Rod	44 Mounties	25.19	-1.8
3 Cheney, Jason	42 Mingara Athletics	26.46	-1.8
4 Richards, Clayton	40 Tamworth Athletics	27.10	-1.8
5 Bettison, Adam	40 Armidale	27.25	-1.8
6 Ashcroft, Luke	43 NSW Masters	27.41	-1.8
7 Murray, Caerl	41 U.T.S. Norths	27.51	-1.8
8 Corvalan, Claudio	43 Girraween	28.04	-1.8

Men 400 Metre 40-44

Name	Age Team	Finals	Alternate
1 McMahon, Ashley	41 U.T.S. Norths	50.53	
2 Demasi, Lawrence	44 Camden Athletics	58.63	
3 Richards, Clayton	40 Tamworth Athletics	59.97	
4 Shute, Nathan	44 U.T.S. Norths	1:00.33	
5 Bettison, Adam	40 Armidale	1:01.87	
6 Hotait, Jim	44 Athletics East	1:02.88	
7 Murray, Caerl	41 U.T.S. Norths	1:03.69	
8 Grogan, Michael	42 Girraween	1:12.35	

Men 800 Metre Run 40-44

Name	Age Team	Finals	Alternate
1 White, Simon	41 NSW Masters	2:06.98	2:06.975
2 Fuller, Ben	40 Kotara South	2:06.98	2:06.977
3 Bird, Trent	43 Asics Wests	2:08.40	
4 Doggett, Michael	43 Asics Wests	2:14.67	
5 Demasi, Lawrence	44 Camden Athletics	2:22.17	
6 Grogan, Michael	42 Girraween	2:54.19	

Men 1500 Metre Run 40-44

Name	Age Team	Finals	Alternate
------	----------	--------	-----------

1 Fuller, Ben	40 Kotara South	4:24.35
2 Doggett, Michael	43 Asics Wests	4:38.77
3 Shute, Nathan	44 U.T.S. Norths	4:56.34

Men 5000 Metre Run 40-44

Name	Age Team	Finals	Alternate
1 Heyden, Andrew	42 Rejoov Runners	16:28.13	
2 Smee, Andrew	42 Kotara South	19:32.98	
3 Meyer, Damien	40 Mingara Athletics	20:00.64	

Men 400 Metre Hurdles 91.4cm 40-44

Name	Age Team	Finals	Alternate
1 Demasi, Lawrence	44 Camden Athletics	1:06.64	

Men 3000 Metre Steeplechase 91.4cm 40-44

Name	Age Team	Finals	Alternate
1 Meyer, Damien	40 Mingara Athletics	13:14.04	

Men High Jump 40-44

Name	Age Team	Finals	Alternate
1 Richards, Clayton	40 Tamworth Athletics	1.60m	
1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
O O O O O XXO XO XXX			

Men Long Jump 40-44

Name	Age Team	Finals	Wind	Alternate
1 Demasi, Lawrence	44 Camden Athletics	5.41m	1.0	
5.41m(1.0) 5.30m(+0.0) PASS PASS 5.08m(0.5) FOUL				
2 Cheney, Jason	42 Mingara Athletics	4.99m	1.8	
4.96m(2.7) FOUL(1.1) 4.91m(3.0) FOUL(1.3) 4.99m(1.8) FOUL(1.8)				
3 Turner, Dean	40 Campbelltown	4.96m	+0.0	
4.59m(+0.0) 4.74m(1.6) 4.79m(1.4) 4.92m(1.6) 4.95m(2.1) 4.96m(+0.0)				
4 Ashcroft, Luke	43 NSW Masters	4.64m	1.1	
4.04m(1.4) 4.28m(1.2) 4.32m(2.1) 4.50m(1.9) 4.64m(1.1) PASS				
5 Grogan, Michael	42 Girraween	3.45m	0.9	
3.20m(0.8) 3.21m(2.3) PASS PASS 3.15m(1.3) 3.45m(0.9)				

Men Triple Jump 40-44

Name	Age Team	Finals	Wind	Alternate
1 Kellett, David	43 NSW Masters	10.97m	-1.3	
10.97m(-1.3) FOUL(-0.4) 10.52m(0.5) 10.89m(-0.2) 10.52m(-1.2) 10.13m(-1.1)				
2 Demasi, Lawrence	44 Camden Athletics	10.37m	-0.4	
9.92m(0.6) 10.21m(-1.1) 10.37m(-0.4) FOUL PASS PASS				
3 Turner, Dean	40 Campbelltown	9.87m	1.5	
FOUL 9.45m(-1.2) FOUL FOUL 9.87m(1.5) 9.79m(-0.4)				
4 Cheney, Jason	42 Mingara Athletics	9.73m	-1.1	
9.71m(-0.4) 9.66m(-0.1) FOUL 9.38m(1.1) 9.73m(-1.1) 8.60m(-0.9)				

Men Shot Put 7.26kg 40-44

Name	Age	Team	Finals	Alternate
1 Watson, Rodney	43	NSW Masters	11.22m	
11.22m 10.76m 10.74m 10.70m 11.07m 11.17m				
2 Corvalan, Claudio	43	Girraween	8.99m	
8.80m 8.61m 8.99m FOUL 8.52m 8.51m				
3 Richards, Clayton	40	Tamworth Athletics	8.82m	
8.63m 8.57m 8.73m 8.36m 8.43m 8.82m				
4 Grogan, Michael	42	Girraween	7.62m	
7.39m 7.43m 7.62m 7.49m 7.60m 7.23m				

Men Discus Throw 2kg 40-44

Name	Age	Team	Finals	Alternate
1 Watson, Rodney	43	NSW Masters	31.01m	
26.01m FOUL 26.16m 28.58m FOUL 31.01m				
2 Richards, Clayton	40	Tamworth Athletics	28.49m	
27.74m 28.37m 26.35m 28.49m 27.43m FOUL				
3 Cheney, Jason	42	Mingara Athletics	26.79m	
24.94m 25.08m 24.21m 25.24m 25.04m 26.79m				

Men Hammer Throw 7.26kg 40-44

Name	Age	Team	Finals	Alternate
1 Watson, Rodney	43	NSW Masters	34.67m	
31.14m 29.72m 31.30m 33.64m 32.25m 34.67m				

Men Javelin Throw 800g 40-44

Name	Age	Team	Finals	Alternate
1 Watson, Rodney	43	NSW Masters	34.27m	
34.27m 33.25m 30.33m PASS FOUL PASS				
2 Richards, Clayton	40	Tamworth Athletics	31.05m	
27.81m FOUL 29.45m 31.05m 29.31m FOUL				
3 Grogan, Michael	42	Girraween	24.47m	
23.46m 24.47m 24.17m 22.48m 22.59m 18.18m				

Men Weight Throw 15.880kg 40-44

Name	Age	Team	Finals	Alternate
1 Watson, Rodney	43	NSW Masters	10.90m	
8.73m 9.70m 9.42m 10.30m 10.21m 10.90m				

Men 60 Metre 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Smith, Greg	45	Campbelltown	7.60	-1.3	
2 Stinson, Paul	45	U.T.S. Norths	7.72	-1.3	
3 Cassin, Andrew	45	NSW Masters	7.73	-1.3	
4 Speed, Brian	48	Camden Athletics	8.69	-1.3	
5 Davie, EJ	46	Sydney Striders	10.26	-1.3	

Men 100 Metre 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Smith, Greg	45	Campbelltown	12.02	-1.1	
2 Cassin, Andrew	45	NSW Masters	12.22	-1.1	

3 Stinson, Paul	45 U.T.S. Norths	12.27	-1.1
4 Bishop, Michael	45 Sydney Pacific	12.57	-1.1
5 Rothwell, Kimber	49 Sydney Pacific	12.85	-1.1
6 Davie, EJ	46 Sydney Striders	15.97	-1.1

Men 200 Metre 45-49

Name	Age Team	Finals	Wind Alternate
1 Cassin, Andrew	45 NSW Masters	24.63	-1.8
2 Smith, Greg	45 Campbelltown	24.68	-1.8
3 Stinson, Paul	45 U.T.S. Norths	25.40	-1.8
4 Bishop, Michael	45 Sydney Pacific	25.91	-1.8
5 Rothwell, Kimber	49 Sydney Pacific	26.90	-1.8
6 Davie, EJ	46 Sydney Striders	31.89	-1.8

Men 400 Metre 45-49

Name	Age Team	Finals	Alternate
1 Cassin, Andrew	45 NSW Masters	1:00.47	
2 Williams, Andrew	45 U.T.S. Norths	1:00.62	
3 Carr, Dominic	46 NSW Masters	1:02.21	
4 West, Andy	49 U.T.S. Norths	1:07.75	
5 Davie, EJ	46 Sydney Striders	1:20.73	

Men 800 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Williams, Andrew	45 U.T.S. Norths	2:31.27	
2 Howlett, Anthony	49 Campbelltown	2:42.59	
3 Davie, EJ	46 Sydney Striders	2:57.48	

Men 1500 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Williams, Andrew	45 U.T.S. Norths	4:50.92	
2 Olbrich, Thomas	47 Hills District	4:51.42	
3 Kistle, David	47 St. George	5:53.33	
4 Davie, EJ	46 Sydney Striders	6:05.03	

Men 5000 Metre Run 45-49

Name	Age Team	Finals	Alternate
1 Purcell, Darren	46 Blue Mountains	16:21.55	
2 Keane, Jason	47 Hills District	16:47.82	
3 Scholle, Lindsay	49 Asics Wests	18:39.64	
4 Olbrich, Thomas	47 Hills District	18:46.06	
5 Dunn, Robert	47 Camden Athletics	21:35.68	
6 Kistle, David	47 St. George	21:58.97	
7 Davie, EJ	46 Sydney Striders	22:30.33	

Men 110 Metre Hurdles 99.1cm 45-49

Name	Age Team	Finals	Wind Alternate
1 Speed, Brian	48 Camden Athletics	21.49	0.2
2 Carr, Dominic	46 NSW Masters	23.48	0.2
3 Howlett, Anthony	49 Campbelltown	28.01	0.2

Men 400 Metre Hurdles 91.4cm 45-49

Name	Age	Team	Finals	Alternate
1 Carr, Dominic	46	NSW Masters	1:13.93	
2 Howlett, Anthony	49	Campbelltown	1:16.24	
3 Speed, Brian	48	Camden Athletics	1:25.71	

Men 3000 Metre Steeplechase 91.4cm 45-49

Name	Age	Team	Finals	Alternate
1 Scholle, Lindsay	49	Asics Wests	12:40.58	
2 Carr, Dominic	46	NSW Masters	14:26.77	
3 Davie, EJ	46	Sydney Striders	15:30.85	

Men High Jump 45-49

Name	Age	Team	Finals	Alternate
1 Cassin, Andrew	45	NSW Masters	1.50m	
1.30 1.35 1.40 1.45 1.50				
O O O O O				
2 Speed, Brian	48	Camden Athletics	1.45m	
1.30 1.35 1.40 1.45 1.50				
O O O XXO XXX				
3 Howlett, Anthony	49	Campbelltown	1.40m	
1.30 1.35 1.40 1.45				
O O O XXX				
4 Carr, Dominic	46	NSW Masters	1.30m	
1.30 1.35				
XO XXX				
-- Davie, EJ	46	Sydney Striders	NH	
1.10				
XXX				

Men Pole Vault 45-49

Name	Age	Team	Finals	Alternate
1 Watson, Andrew	48	Balmain	2.50m	
1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70				
P P O P P P P XO P P				
-- Speed, Brian	48	Camden Athletics	NH	
1.80				
XXX				

Men Long Jump 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Cassin, Andrew	45	NSW Masters	5.78m	-1.5	
5.46m(-1.5) 5.56m(-0.5) 0.55m(-1.0) 5.78m(-1.5) FOUL(-2.7) 5.63m(-1.4)					
2 Howlett, Anthony	49	Campbelltown	4.64m	-0.8	
FOUL(-0.9) 4.52m(-0.5) 4.31m(-1.1) 4.64m(-0.8) 4.49m(-1.1) 4.31m(-1.2)					
3 Carr, Dominic	46	NSW Masters	4.53m	-0.4	
4.53m(-0.4) 4.36m(0.1) 4.50m(+0.0) 4.49m(1.1) 4.29m(-0.7) 4.43m(-2.5)					
4 Speed, Brian	48	Camden Athletics	4.11m	-1.1	
3.85m(-0.2) 4.11m(-1.1) 0.15m(-1.8) 3.96m(-1.0) PASS PASS					
5 Davie, EJ	46	Sydney Striders	2.31m	-1.3	
2.31m(-1.3) PASS PASS PASS PASS PASS					

Men Triple Jump 45-49

Name	Age	Team	Finals	Wind	Alternate
1 Cassin, Andrew	45	NSW Masters	10.69m	-0.6	
10.55m(-0.4) 10.69m(-0.6)	FOUL	PASS	PASS	PASS	
2 Carr, Dominic	46	NSW Masters	10.27m	0.5	
10.27m(0.5) 10.14m(-0.3) 10.20m(0.2) 9.86m(0.3)	FOUL(-0.1)	PASS			
3 Howlett, Anthony	49	Campbelltown	9.62m	0.8	
8.78m(-0.7) 9.11m(-1.3) 9.62m(0.8) 9.28m(0.1)	PASS	PASS			
4 Davie, EJ	46	Sydney Striders	5.11m	-1.0	
5.11m(-1.0) PASS	PASS	PASS	PASS		

Men Shot Put 7.26kg 45-49

Name	Age	Team	Finals	Alternate
1 Watson, Andrew	48	Balmain	11.28m	
10.48m 10.85m FOUL 10.85m 11.28m 11.02m				
2 Sutton, Stuart	47	Mingara Athletics	10.06m	
9.60m 10.06m 9.44m 9.82m 9.71m 9.58m				
3 Jeffery, James	45	Asics Wests	8.56m	
7.56m 7.75m 7.76m 7.36m 8.30m 8.56m				
4 Howlett, Anthony	49	Campbelltown	8.56m	
7.73m 8.56m 8.15m 8.24m 8.27m 8.22m				
5 Speed, Brian	48	Camden Athletics	7.71m	
7.09m 7.51m 7.71m PASS PASS PASS				
6 Davie, EJ	46	Sydney Striders	5.05m	
5.05m PASS PASS PASS PASS PASS				

Men Discus Throw 2kg 45-49

Name	Age	Team	Finals	Alternate
1 Sutton, Stuart	47	Mingara Athletics	32.72m	
32.16m 31.78m FOUL 32.61m 32.08m 32.72m				
2 Watson, Andrew	48	Balmain	32.45m	
32.23m 32.45m 30.81m 31.76m 29.88m 31.96m				
3 Howlett, Anthony	49	Campbelltown	24.53m	
22.67m 22.80m FOUL 23.64m 24.53m 24.46m				
4 Davie, EJ	46	Sydney Striders	12.59m	
12.29m 12.49m 12.59m PASS PASS PASS				

Men Hammer Throw 7.26kg 45-49

Name	Age	Team	Finals	Alternate
1 Sutton, Stuart	47	Mingara Athletics	29.68m	
26.40m FOUL 27.30m 29.68m 29.37m FOUL				
2 Howlett, Anthony	49	Campbelltown	22.48m	
21.79m FOUL 22.48m 22.02m FOUL 22.48m				
3 Speed, Brian	48	Camden Athletics	18.37m	
15.99m FOUL 18.37m FOUL 16.52m 9.99m				
4 Davie, EJ	46	Sydney Striders	7.48m	
7.48m x				

Men Javelin Throw 800g 45-49

Name	Age	Team	Finals	Alternate
1 Bignall, David	48	Toukley Athletic	39.03m	
35.58m 34.36m 36.36m 37.26m 39.03m 37.25m				
2 Watson, Andrew	48	Balmain	38.65m	
PASS 36.35m 35.48m 37.56m 38.65m 36.85m				

3	Speed, Brian	48	Camden Athletics	37.66m
	30.22m 30.99m 33.33m 34.99m 37.66m 33.94m			
4	Howlett, Anthony	49	Campbelltown	37.40m
	31.37m 34.25m 31.69m 35.72m 36.87m 37.40m			
5	Geddes, Mark	47	Illawong	36.99m
	34.54m 33.80m 36.99m FOUL 36.88m FOUL			
6	Scholle, Lindsay	49	Asics Wests	27.54m
	25.06m 27.07m 26.86m 27.54m 25.32m FOUL			
7	Carr, Dominic	46	NSW Masters	26.91m
	25.35m 26.86m 26.56m 26.91m PASS PASS			
8	Jeffery, James	45	Asics Wests	22.12m
	21.25m 21.84m 22.08m 22.12m 21.58m 21.80m			
9	Davie, EJ	46	Sydney Striders	9.58m
	9.58m PASS PASS PASS PASS PASS			

Men Weight Throw 15.880kg 45-49

Name	Age	Team	Finals	Alternate
1 Sutton, Stuart	47	Mingara Athletics	9.40m	
	9.30m 8.96m 9.13m 9.40m 8.63m 9.18m			
2 Howlett, Anthony	49	Campbelltown	8.57m	
	FOUL 6.19m 6.98m 8.57m 7.70m 7.73m			
3 Davie, EJ	46	Sydney Striders	4.41m	
	4.41m PASS PASS PASS PASS PASS			

Men 5000 Metre Race Walk 45-49

Name	Age	Team	Finals	Alternate
1 Kistle, David	47	St. George	41:17.62	

Men 60 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Darren	54	Mounties	7.68	1.1	
2 Provenzano, Alan	53	Wallsend RSL	8.03	1.1	
3 Downing, Laurie	53	NSW Masters	8.10	1.1	
4 Reid, Brett	53	Mingara Athletics	8.11	1.1	
5 McGrath, Tim	54	U.T.S. Norths	8.43	1.1	
6 Okusitino, Ofa	54	Unattached	8.69	1.1	
7 Jankowski, George	54	Hills District	8.77	1.1	
8 Hewitt, Simon	52	U.T.S. Norths	9.04	1.1	
9 Kotis, Con	51	The Scots College	9.78	1.1	

Men 100 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Darren	54	Mounties	12.27	-1.3	
2 Reid, Brett	53	Mingara Athletics	13.12	-1.3	
3 Downing, Laurie	53	NSW Masters	13.15	-1.3	
4 Provenzano, Alan	53	Wallsend RSL	13.17	-1.3	
5 Kotis, Con	51	The Scots College	13.86	-1.3	
6 Okusitino, Ofa	54	Blacktown City	13.96	-1.3	
7 Hewitt, Simon	52	U.T.S. Norths	14.90	-1.3	

Men 200 Metre 50-54

Name	Age	Team	Prelims	Wind	H#	Alternate
------	-----	------	---------	------	----	-----------

Preliminaries

1	Hughes, Darren	54	Mounties	26.56q	-1.3	2
2	Downing, Laurie	53	NSW Masters	27.62q	-2.7	1
3	Culhane, Jim	50	U.T.S. Norths	28.29q	-1.3	2
4	Taylor, Dean	53	Sydney Pacific	28.45q	-2.7	1
5	Munro, James	53	Scone Athletics	28.80q	-1.3	2
6	Reid, Brett	53	Mingara Athletics	28.97q	-2.7	1
7	Wrightson, Jeffrey	54	Sydney Pacific	29.18q	-2.7	1
8	Parsonage, Adam	50	U.T.S. Norths	29.28q	-1.3	2
9	Jankowski, George	54	Hills District	29.74q	-2.7	1
10	Hewitt, Simon	52	U.T.S. Norths	30.83	-1.3	2

Men 200 Metre 50-54

Name	Age	Team	Finals	Wind	Alternate
------	-----	------	--------	------	-----------

Finals

1	Hughes, Darren	54	Mounties	25.18	-3.4
2	Taylor, Dean	53	Sydney Pacific	27.68	-3.4
3	Reid, Brett	53	Mingara Athletics	27.79	-3.4
4	Downing, Laurie	53	NSW Masters	28.18	-3.4
5	Culhane, Jim	50	U.T.S. Norths	28.37	-3.4
6	Munro, James	53	Scone Athletics	28.61	-3.4
7	Parsonage, Adam	50	U.T.S. Norths	29.36	-3.4
8	Wrightson, Jeffrey	54	Sydney Pacific	29.59	-3.4

Men 400 Metre 50-54

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Hughes, Darren	54	Mounties	55.25
2	Carter, Geoff	50	Blue Mountains	55.92
3	Culhane, Jim	50	U.T.S. Norths	1:00.78
4	Moore, Barry	54	NSW Masters	1:00.80
5	Kidd, Peter	54	Athletics Wollongong	1:06.15

Men 800 Metre Run 50-54

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Wilson, Kenneth	50	Athletics East	2:14.35
2	Sewell, Peter	53	Hooked on Running	2:19.93
3	Moore, Barry	54	NSW Masters	2:21.34
4	Chamberlain, Kevin	54	U.T.S. Norths	2:21.87
5	Guest, Antony	51	U.T.S. Norths	2:30.26
6	Culhane, Jim	50	U.T.S. Norths	2:30.75
--	Hampton, Gary	50	NSW Masters	DNF

Men 1500 Metre Run 50-54

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Wilson, Kenneth	50	Athletics East	4:35.76
2	Chamberlain, Kevin	54	U.T.S. Norths	4:56.31

Men 5000 Metre Run 50-54

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Sarkies, Richard	51	Hooked on Running	17:47.73
2	Kidd, Peter	54	Athletics Wollongong	21:28.53
3	Sheringham, Paul	54	Sutherland	22:49.80

Men 100 Metre Hurdles 91.4cm 50-54

Name	Age	Team	Finals	Wind	Alternate
Finals					
1 Kohlrusch, Andrew	52	Balmain	16.39	0.2	
2 McGrath, Tim	55	U.T.S. Norths	18.25	0.2	
3 Provenzano, Alan	54	Wallsend RSL	20.25	0.2	
4 Kidd, Peter	55	Athletics Wollongong	20.60	0.2	
5 Taylor, Dean	54	Sydney Pacific	28.60	0.2	
-- Jankowski, George	55	Hills District	DNF	0.2	

Men 400 Metre Hurdles 84.0cm 50-54

Name	Age	Team	Finals	Alternate
1 Taylor, Dean	53	Sydney Pacific	1:09.88	
2 Kidd, Peter	54	Athletics Wollongong	1:19.75	
3 Mason, Robert	51	Asics Wests	1:31.70	

Men 3000 Metre Steeplechase 91.4cm 50-54

Name	Age	Team	Finals	Alternate
1 Mason, Robert	51	Asics Wests	16:11.79	

Men High Jump 50-54

Name	Age	Team	Finals	Alternate
1 Downing, Laurie	53	NSW Masters	1.55m	
1.00 1.05 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 P P P P O P XXO XXX				
2 Provenzano, Alan	53	Wallsend RSL	1.40m	
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45				
P P P P O P O O O XXP				
3 Kidd, Peter	54	Athletics Wollongong	1.30m	
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35				
P P P P O O O XXX				
4 Jankowski, George	54	Hills District	1.20m	
1.00 1.05 1.10 1.15 1.20 1.25				
O XXO P O XO XXX				

Men Pole Vault 50-54

Name	Age	Team	Finals	Alternate
1 McGrath, Tim	54	U.T.S. Norths	2.90m	
2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00				
P P P P P P O O O O XXX				
2 Jankowski, George	54	Hills District	2.80m	
2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90				
O P P P P O XXO O XXO XXX				

Men Long Jump 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Van Der Jagt, Edward	50	NSW Masters	5.42m	-0.9	
5.26m(-0.2) 5.28m(-2.0) 5.42m(-0.9) 5.26m(-0.8) 5.39m(-1.8) 5.26m(-1.9)					
2 Downing, Laurie	53	NSW Masters	4.85m	-1.7	
FOUL FOUL FOUL FOUL 4.85m(-1.7) FOUL					
3 Provenzano, Alan	53	Wallsend RSL	4.84m	-1.4	

4.77m(-1.0) 4.41m(-1.1) 4.84m(-1.4) 4.49m(-1.7) 4.64m(-1.5) 4.84m(-1.3)
 4 McGrath, Tim 54 U.T.S. Norths 4.67m -1.8
 FOUL 4.52m(-1.4) 4.45m(-0.6) FOUL FOUL 4.67m(-1.8)

Men Triple Jump 50-54

Name	Age	Team	Finals	Wind	Alternate
1 Provenzano, Alan	53	Wallsend RSL	9.19m	0.8	
8.51m(0.1) 8.86m(2.4) 8.54m(2.4) 9.19m(0.8)		PASS	PASS		
2 Kidd, Peter	54	Athletics Wollongong	8.74m	0.6	
8.11m(2.0) 8.46m(1.8) 8.74m(0.6) 8.58m(3.6)		PASS	PASS		
3 Jankowski, George	54	Hills District	6.02m	1.2	
6.02m(1.2) PASS PASS PASS PASS			PASS		

Men Shot Put 6kg 50-54

Name	Age	Team	Finals	Alternate
1 Liggins, Stephen	51	Blue Mountains	12.01m	
12.01m 10.77m 11.93m 11.54m 10.92m 11.89m				
2 Kohlrusch, Andrew	51	Balmain	11.76m	
10.85m 11.31m FOUL 11.51m 11.76m 11.59m				
3 Fassolis, Jim	51	Campbelltown	11.58m	
11.58m 11.55m 10.86m 10.77m 10.54m 10.39m				
4 McGrath, Tim	54	U.T.S. Norths	10.75m	
10.75m 10.24m 10.31m 10.41m 10.05m 10.10m				
5 Hampton, Gary	50	NSW Masters	8.02m	
7.60m 7.69m 7.43m 7.91m 7.90m 8.02m				
6 Jankowski, George	54	Hills District	6.76m	
6.76m 6.40m PASS PASS 6.62m 6.61m				

Men Discus Throw 1.5kg 50-54

Name	Age	Team	Finals	Alternate
1 Harland, Martin	53	Athletics Wollongong	48.32m	
46.58m FOUL 47.13m 48.32m 44.73m FOUL				
2 Liggins, Stephen	51	Blue Mountains	39.36m	
36.83m 38.17m 38.74m 36.96m 35.35m 39.36m				
3 Kohlrusch, Andrew	51	Balmain	34.32m	
FOUL 31.30m FOUL FOUL 34.32m FOUL				
4 McGrath, Tim	54	U.T.S. Norths	33.41m	
30.41m 31.69m 29.08m 32.48m 33.41m FOUL				
5 Fassolis, Jim	51	Campbelltown	33.19m	
30.35m FOUL 29.21m 33.19m FOUL 31.97m				
6 Hampton, Gary	50	NSW Masters	24.04m	
22.51m 22.51m 24.04m 21.18m 22.58m 22.95m				
7 Jankowski, George	54	Hills District	20.38m	
FOUL 16.72m 20.38m FOUL 18.90m FOUL				

Men Hammer Throw 6kg 50-54

Name	Age	Team	Finals	Alternate
1 Fassolis, Jim	51	Campbelltown	41.88m	
38.20m FOUL 40.67m FOUL 41.88m FOUL				
2 Stenning, Matthew	50	Asics Wests	38.93m	
37.19m 37.82m 37.07m 38.93m 37.67m 35.68m				
3 Whitbread, Darren	51	Nepean District	27.91m	
26.96m FOUL 25.00m 27.91m 26.13m FOUL				
4 Liggins, Stephen	51	Blue Mountains	27.36m	
24.40m FOUL 27.36m PASS PASS PASS				

5 Jankowski, George	54 Hills District	24.96m
24.16m 24.85m 24.96m 22.61m 24.94m 24.44m		

Men Javelin Throw 700g 50-54

Name	Age Team	Finals	Alternate
1 Kohlrusch, Andrew	51 Balmain	43.24m	
40.42m 40.69m 39.56m 43.24m 41.30m 40.84m			
2 Provenzano, Alan	53 Wallsend RSL	38.16m	
35.91m 37.67m 38.16m 36.19m 34.37m 35.57m			
3 McGrath, Tim	54 U.T.S. Norths	31.77m	
31.04m 31.73m 31.77m 28.83m 30.69m 29.41m			
4 Hampton, Gary	50 NSW Masters	27.08m	
25.21m 26.33m 25.84m FOUL 24.42m 27.08m			

Men Weight Throw 11.340kg 50-54

Name	Age Team	Finals	Alternate
1 Fassolis, Jim	51 Campbelltown	14.74m	
FOUL 14.74m 13.54m 13.59m 14.00m FOUL			
2 Stenning, Matthew	50 Asics Wests	13.61m	
12.28m 12.30m 13.61m 13.39m 12.97m 13.31m			
3 Liggins, Stephen	51 Blue Mountains	13.49m	
10.81m 12.11m FOUL 12.02m 12.84m 13.49m			
4 Whitbread, Darren	51 Nepean District	9.35m	
8.53m 9.35m FOUL 8.15m FOUL 8.24m			
5 Kidd, Peter	54 Athletics Wollongong	9.25m	
9.25m 8.01m 8.16m FOUL PASS PASS			
6 Mason, Robert	51 Asics Wests	5.93m	
5.93m PASS PASS PASS PASS PASS			

Men 5000 Metre Race Walk 50-54

Name	Age Team	Finals	Alternate
1 Mather, Greg	51 Nepean District	38:02.90	

Men 60 Metre 55-59

Name	Age Team	Finals	Wind	Alternate
1 Izzo, Herman	56 Sydney Pacific	7.92	0.2	
2 Daly, Mick	55 Illawarra Blue Stars	8.19	0.2	
3 Ross, Ronald	58 U.T.S. Norths	8.66	0.2	
4 Giesler, Rob	57 Girraween	8.78	0.2	
5 James, Craig	55 Sutherland	8.96	0.2	
6 Luck, David	57 Illawong	9.17	0.2	
7 Novicic, Zoran	56 U.T.S. Norths	9.52	0.2	
8 O'Donnell, Anthony	58 Blue Mountains	9.56	0.2	

Men 100 Metre 55-59

Name	Age Team	Finals	Wind	Alternate
1 Izzo, Herman	56 Sydney Pacific	13.10	-3.6	
2 Young, Trevor	58 U.T.S. Norths	13.21	-3.6	
3 Daly, Mick	55 Illawarra Blue Stars	13.36	-3.6	
4 Ross, Ronald	58 U.T.S. Norths	14.30	-3.6	
5 Giesler, Rob	57 Girraween	14.43	-3.6	
6 James, Craig	55 Sutherland	15.03	-3.6	
7 Luck, David	57 Illawong	15.42	-3.6	

Men 200 Metre 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Izzo, Herman	56	Sydney Pacific	26.05	-1.8	
2 Devery, Todd	56	Blue Mountains	26.92	-1.8	
3 Daly, Mick	55	Illawarra Blue Stars	27.86	-1.8	
4 Giesler, Rob	57	Girraween	29.38	-1.8	
5 James, Craig	55	Sutherland	29.42	-1.8	
6 Luck, David	57	Illawong	31.01	-1.8	

Men 400 Metre 55-59

Name	Age	Team	Finals	Alternate
1 Devery, Todd	56	Blue Mountains	59.30	
2 Daly, Mick	55	Illawarra Blue Stars	1:07.17	
3 James, Craig	55	Sutherland	1:07.27	
4 Giesler, Rob	57	Girraween	1:11.27	

Men 800 Metre Run 55-59

Name	Age	Team	Finals	Alternate
1 Sharpe, Brad	56	U.T.S. Norths	2:27.59	
2 Byrne, Peter	57	Hills District	2:37.90	
3 Rose, Ian David	58	Hills District	2:47.63	
4 Terranova, Nicolas	59	Hills District	2:52.86	
5 James, Craig	55	Sutherland	2:58.55	
6 Novicic, Zoran	56	U.T.S. Norths	2:59.65	

Men 1500 Metre Run 55-59

Name	Age	Team	Finals	Alternate
1 Maher, Chris	55	Sydney Striders	4:44.25	
2 Carvalho, Jose	58	St. George	4:57.50	
3 Sharpe, Brad	56	U.T.S. Norths	4:57.70	
4 Terranova, Nicolas	59	Hills District	5:07.01	
5 Byrne, Peter	57	Hills District	5:14.35	
6 Rose, Ian David	58	Hills District	5:28.75	

Men 5000 Metre Run 55-59

Name	Age	Team	Finals	Alternate
1 Riches, David	59	Bankstown Sports	17:31.98	
2 Maher, Chris	55	Sydney Striders	17:48.52	
3 Spehr, Peter	55	Randwick Botany	19:14.74	
4 Terranova, Nicolas	59	Hills District	19:30.50	
5 Rose, Ian David	58	Hills District	20:19.81	

Men 100 Metre Hurdles 91.4cm 55-59

Name	Age	Team	Finals	Wind	Alternate
1 Novicic, Zoran	56	U.T.S. Norths	24.66	0.2	

Men 400 Metre Hurdles 84.0cm 55-59

Name	Age	Team	Finals	Alternate
1 Terranova, Nicolas	59	Hills District	1:24.08	

Men 3000 Metre Steeplechase 91.4cm 55-59

Name	Age Team	Finals	Alternate
1 Gonye, Leslie	59 Uni of NSW	17:40.41	
2 Pomplun, William	57 Nowra Athletics	18:50.73	

Men High Jump 55-59

Name	Age Team	Finals	Alternate
1 Giesler, Rob	57 Girraween	1.25m	
1.20 1.25 1.30			
XO O XXX			
2 Novicic, Zoran	56 U.T.S. Norths	1.25m	
1.20 1.25 1.30			
XXO XO XXX			

Men Pole Vault 55-59

Name	Age Team	Finals	Alternate
1 Tyler, William	57 Athletics Wollongong	2.90m	
2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00			
O P P P P O P XO O XO XXX			

Men Long Jump 55-59

Name	Age Team	Finals	Wind	Alternate
1 Novicic, Zoran	56 U.T.S. Norths	4.13m	0.5	
4.13m(0.5) 3.97m(-0.2) 3.94m(-1.2) 3.85m(-0.7) 3.86m(-3.0) 4.00m(-0.7)				
2 Giesler, Rob	57 Girraween	4.03m	-0.3	
3.81m(-1.3) 4.03m(-0.3) 3.86m(-0.9) 3.67m(-1.0) 3.61m(-0.1) 4.02m(-1.4)				
3 O'Donnell, Anthony	58 Blue Mountains	3.88m	-0.2	
3.72m(-2.5) 3.88m(-0.2) 3.81m(-2.9) 3.62m(-1.1) 3.46m(-0.7) 3.44m(-1.3)				

Men Triple Jump 55-59

Name	Age Team	Finals	Wind	Alternate
1 Novicic, Zoran	56 U.T.S. Norths	9.17m	+0.0	
8.27m(1.5) 9.11m(1.5) 8.86m(0.2) 9.17m(+0.0) 9.00m(3.5) PASS				
2 O'Donnell, Anthony	58 Blue Mountains	8.71m	1.9	
8.06m(0.8) 8.53m(2.9) 8.71m(1.9) 8.36m(1.1) 8.04m(1.1) 7.88m(1.4)				
3 Giesler, Rob	57 Girraween	8.63m	3.7	
8.33m(1.2) 8.50m(2.2) 8.63m(3.7) 8.59m(-0.3) 8.63m(3.8) FOUL				

Men Shot Put 6kg 55-59

Name	Age Team	Finals	Alternate
1 Clark, Robert	55 Cherrybrook	9.33m	
9.33m 8.84m FOUL 9.27m 8.83m 8.32m			
2 Pomplun, William	57 Nowra Athletics	8.52m	
2.92m 8.52m 7.82m 8.29m 8.20m 7.70m			
3 Daly, Mick	55 Illawarra Blue Stars	7.79m	
7.40m 7.54m 7.79m 7.42m 7.26m 7.39m			
4 Novicic, Zoran	56 U.T.S. Norths	7.32m	
6.82m 7.32m PASS PASS PASS 6.44m			

Men Discus Throw 1.5kg 55-59

Name	Age	Team	Finals	Alternate
1 Clark, Robert	55	Cherrybrook	27.91m	
FOUL FOUL 27.91m	26.38m	23.50m	FOUL	
2 Novicic, Zoran	56	U.T.S. Norths	26.66m	
24.10m FOUL 26.66m	26.19m	19.20m	FOUL	
3 Giesler, Rob	57	Girraween	18.81m	
16.31m 18.81m	PASS	PASS	PASS	PASS

Men Hammer Throw 6kg 55-59

Name	Age	Team	Finals	Alternate
1 Clark, Robert	55	Cherrybrook	35.08m	
34.50m FOUL 34.57m	35.08m	FOUL	32.11m	
2 O'Donnell, Anthony	58	Blue Mountains	21.19m	
20.27m 19.12m 21.19m	PASS	PASS	PASS	

Men Javelin Throw 700g 55-59

Name	Age	Team	Finals	Alternate
1 Fisher, Kevin	58	Parramatta City	35.85m	
35.45m 33.16m 35.85m	33.53m	34.76m	35.46m	
2 Herger, Georg	55	Illawong	34.69m	
33.14m 33.39m 30.82m	32.45m	34.69m	34.01m	
3 Clark, Robert	55	Cherrybrook	27.21m	
25.94m 27.21m 24.93m	23.87m	26.28m	27.06m	
4 Novicic, Zoran	56	U.T.S. Norths	26.69m	
25.47m 26.41m 24.25m	25.37m	26.69m	25.77m	

Men Weight Throw 11.340kg 55-59

Name	Age	Team	Finals	Alternate
1 Clark, Robert	55	Cherrybrook	13.47m	
13.47m 13.21m FOUL	13.21m	FOUL	FOUL	

Men 5000 Metre Race Walk 55-59

Name	Age	Team	Finals	Alternate
1 Pomplun, William	57	Nowra Athletics	40:15.62	

Men 60 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Shearsby, David	60	U.T.S. Norths	8.25	0.1	
2 Hepburn, Greg	62	Campbelltown	8.41	0.1	
3 Smith, David	61	Mingara Athletics	8.43	0.1	
4 Percival, Drew	62	Campbelltown	8.55	0.1	
5 Kratochvil, Karel	60	Athletics East	8.80	0.1	
6 Mitchell, David	61	Wallsend RSL	9.39	0.1	

Men 100 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Shearsby, David	60	U.T.S. Norths	13.35	-1.1	
2 Hepburn, Greg	62	Campbelltown	13.57	-1.1	
3 Smith, David	61	Mingara Athletics	13.68	-1.1	
4 Percival, Drew	62	Campbelltown	13.83	-1.1	

5	Kratochvil, Karel	60	Athletics East	13.96	-1.1
6	Marriott, Wayne	62	Sydney Pacific	14.35	-1.1
7	Ramondetta, Victor	62	U.T.S. Norths	14.39	-1.1
8	Mitchell, David	61	Wallsend RSL	14.47	-1.1
9	Wood, Richard	60	Sydney Pacific	14.71	-1.1

Men 200 Metre 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Shearsby, David	60	U.T.S. Norths	27.71	-2.6	
2 Hepburn, Greg	62	Campbelltown	27.99	-2.6	
3 Kratochvil, Karel	60	Athletics East	29.44	-2.6	
4 Ramondetta, Victor	62	U.T.S. Norths	29.86	-2.6	
5 Marriott, Wayne	62	Sydney Pacific	29.90	-2.6	
6 Percival, Drew	62	Campbelltown	29.96	-2.6	
7 Wood, Richard	60	Sydney Pacific	30.74	-2.6	
8 Mitchell, David	61	Wallsend RSL	30.90	-2.6	

Men 400 Metre 60-64

Name	Age	Team	Finals	Alternate
1 Marriott, Wayne	62	Sydney Pacific	1:09.99	
2 Wood, Richard	60	Sydney Pacific	1:10.08	

Men 800 Metre Run 60-64

Name	Age	Team	Finals	Alternate
1 Conyers, Mark	61	Koorringal-Wagga	2:36.27	

Men 1500 Metre Run 60-64

Name	Age	Team	Finals	Alternate
1 Pappas, Steve	60	Bankstown Sports	5:06.73	
2 Wylie, Dennis	64	Hills District	5:09.81	
3 Conyers, Mark	61	Koorringal-Wagga	5:18.47	
4 Paterson, Stuart	60	U.T.S. Norths	6:33.57	

Men 5000 Metre Run 60-64

Name	Age	Team	Finals	Alternate
1 Pappas, Steve	60	Bankstown Sports	19:45.84	
2 Bennett, Rodney	62	Sydney Striders	26:24.54	

Men 100 Metre Hurdles 84.0cm 60-64

Name	Age	Team	Finals	Wind	Alternate
1 Marriott, Wayne	62	Sydney Pacific	19.80	+0.0	

Men 300 Metre Hurdles 76.0cm 60-64

Name	Age	Team	Finals	Alternate
1 Marriott, Wayne	62	Sydney Pacific	54.46	
2 Mitchell, David	61	Wallsend RSL	57.86	

Men 2000 Metre Steeplechase 76.2cm 60-64

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1 Mcewan, David	61 Hills District	7:51.77
2 Wylie, Dennis	64 Hills District	8:12.86

Men High Jump 60-64

Name	Age Team	Finals	Alternate
1 Kennedy, David	64 Woolgoolga	1.40m	
1.20 1.25 1.30 1.35 1.40 1.45			
0 0 0 0 0 XXX			

Men Pole Vault 60-64

Name	Age Team	Finals	Alternate
-- Chapman, Frank	61 Athletics ACT	NH	
2.50			
XXX			

Men Long Jump 60-64

Name	Age Team	Finals	Wind	Alternate
1 Kennedy, David	64 Woolgoolga	4.73m	-1.2	
4.04m(-1.0) 4.66m(1.1) 4.73m(-1.2) 4.65m(-1.6) 4.72m(-1.2) 4.66m(-0.0)				
2 Mitchell, David	61 Wallsend RSL	4.19m	-1.3	
3.85m(-5.0) 3.76m(-1.2) 3.98m(-2.1) 3.84m(-1.3) 4.04m(-0.7) 4.19m(-1.3)				
3 Marriott, Wayne	62 Sydney Pacific	4.10m	-0.2	
3.76m(-1.0) 3.75m(-1.3) 4.10m(-0.2) PASS PASS PASS				
4 Crumpton, Geoff	62 Mingara Athletics	2.43m	-1.9	
2.43m(-1.9) 2.39m(-1.2) 2.30m(-1.1) FOUL FOUL 2.25m(-2.4)				

Men Triple Jump 60-64

Name	Age Team	Finals	Wind	Alternate
1 Mitchell, David	61 Wallsend RSL	9.57m	1.2	
9.35m(-0.7) 9.52m(1.0) 8.57m(2.0) 9.57m(1.2) 9.04m(1.2) PASS				
2 Kennedy, David	64 Woolgoolga	9.32m	0.3	
9.20m(1.8) 9.28m(2.2) FOUL 9.32m(0.3) FOUL FOUL				

Men Shot Put 5kg 60-64

Name	Age Team	Finals	Alternate
1 Murray, Gavin	62 NSW Masters	12.11m	
11.90m 12.11m 11.53m 11.97m 11.95m 11.79m			
2 Hanbury-Brown, Robert	60 Ryde Athletics	10.82m	
10.41m 10.54m 10.82m 10.32m 10.46m 10.66m			
3 Joni, Lajos	61 Ryde Athletics	10.80m	
9.75m 9.77m 10.04m 10.80m 10.74m 10.24m			
4 Crumpton, Geoff	62 Mingara Athletics	9.54m	
9.42m 8.80m 8.71m 9.10m 9.31m 9.54m			
5 McGrath, Wayne	60 Asics Wests	9.03m	
8.88m 9.03m FOUL 8.36m FOUL 8.94m			

Men Discus Throw 1kg 60-64

Name	Age Team	Finals	Alternate
1 Murray, Gavin	62 NSW Masters	46.21m	
40.58m FOUL 46.21m FOUL 44.29m 44.16m			

2	Hanbury-Brown, Robert	60	Ryde Athletics	38.49m
	36.87m 35.44m 37.99m 36.61m 37.74m 38.49m			
3	Joni, Lajos	61	Ryde Athletics	34.84m
	FOUL 33.20m 32.35m 32.57m 34.84m 32.59m			
4	Crumpton, Geoff	62	Mingara Athletics	30.05m
	FOUL FOUL 25.97m FOUL 27.50m 30.05m			
5	McGrath, Wayne	60	Asics Wests	28.60m
	23.07m 27.92m 28.60m 26.79m FOUL FOUL			

Men Hammer Throw 5kg 60-64

Name	Age	Team	Finals	Alternate
1 Murray, Gavin	62	NSW Masters	41.72m	
	36.82m 40.43m 41.72m 40.67m 39.92m PASS			
2 Joni, Lajos	61	Ryde Athletics	37.84m	
	33.78m FOUL 32.04m 34.52m 36.18m 37.84m			
3 Crumpton, Geoff	62	Mingara Athletics	29.27m	
	24.57m 26.95m 27.59m 29.27m 29.05m FOUL			
4 Chapman, Frank	61	Athletics ACT	27.53m	
	25.63m FOUL FOUL FOUL 27.53m FOUL			
5 McGrath, Wayne	60	Asics Wests	26.50m	
	25.50m 25.29m 26.50m 24.97m FOUL 24.74m			

Men Javelin Throw 600g 60-64

Name	Age	Team	Finals	Alternate
1 Atkinson-Howatt, Andrew	60	Ryde Athletics	36.99m	
	35.75m 36.99m 36.66m 36.52m 35.35m 34.74m			
2 Kennedy, David	64	Woolgoolga	36.68m	
	30.60m 34.21m 32.96m 32.54m 35.77m 36.68m			
3 Hanbury-Brown, Robert	60	Ryde Athletics	35.36m	
	30.26m FOUL 32.13m 33.89m 35.36m FOUL			
4 Denning, Steven	62	Hills District	31.51m	
	29.42m 31.51m 30.76m 30.60m 28.42m PASS			
5 McGrath, Wayne	60	Asics Wests	29.22m	
	24.52m 24.62m FOUL 26.83m 29.22m FOUL			

Men Weight Throw 9.080kg 60-64

Name	Age	Team	Finals	Alternate
1 Murray, Gavin	62	NSW Masters	15.77m	
	14.23m 15.77m 14.73m 14.67m 15.34m 14.31m			
2 Joni, Lajos	61	Ryde Athletics	14.89m	
	FOUL 13.49m 13.94m FOUL FOUL 14.89m			
3 Hanbury-Brown, Robert	60	Ryde Athletics	13.64m	
	13.62m FOUL FOUL 13.61m FOUL 13.64m			
4 McGrath, Wayne	60	Asics Wests	9.39m	
	FOUL 8.90m 9.39m FOUL PASS PASS			

Men 60 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Carey, Alan	66	Blacktown City	8.77	-1.2	
2 Burge, Conrad	66	Sydney Pacific	9.12	-1.2	
3 Lynch, Martin	65	Sydney Pacific	9.27	-1.2	
4 Martyn, Bob	67	Unattached	9.48	-1.2	

Men 100 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Lamb, John	67	Illawarra Blue Stars	14.07	-3.1	
2 Carey, Alan	66	Blacktown City	14.44	-3.1	
3 Morison, John	67	Sydney Pacific	15.42	-3.1	
4 Martyn, Bob	67	Unattached	15.70	-3.1	

Men 200 Metre 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Lamb, John	67	Illawarra Blue Stars	28.54	-0.6	
2 Carey, Alan	66	Blacktown City	29.13	-0.6	
3 Morison, John	67	Sydney Pacific	31.68	-0.6	

Men 400 Metre 65-69

Name	Age	Team	Finals	Alternate
1 Carey, Alan	66	Blacktown City	1:06.49	
-- Morison, John	67	Sydney Pacific	DNF	

Men 800 Metre Run 65-69

Name	Age	Team	Finals	Alternate
1 Lamb, John	67	Illawarra Blue Stars	2:57.27	
2 Gordon, John	69	NSW Masters	3:03.05	
3 Williams, Dennis	68	NSW Masters	3:16.20	

Men 1500 Metre Run 65-69

Name	Age	Team	Finals	Alternate
1 Walton, John	69	Bankstown Sports	6:05.81	
2 Williams, Dennis	68	Hills District	6:23.68	

Men 5000 Metre Run 65-69

Name	Age	Team	Finals	Alternate
1 Cassettari, Peter	68	Bankstown Sports	20:29.26	
2 Buttigieg, Joseph	68	Hills District	21:11.55	
3 Williams, Dennis	68	Hills District	23:57.10	

Men 100 Metre Hurdles 84.0cm 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Burge, Conrad	66	Sydney Pacific	20.65	+0.0	

Men 300 Metre Hurdles 76.0cm 65-69

Name	Age	Team	Finals	Alternate
1 Lamb, John	67	Illawarra Blue Stars	52.37	
2 Gordon, John	69	NSW Masters	1:00.66	

Men High Jump 65-69

Name	Age	Team	Finals	Alternate
1 Searle, John	69	Sydney Pacific	1.40m	
1.15 1.20 1.25 1.30 1.35 1.40 1.45				

	P	P	XO	O	XO	XO	XXX		
2	Gordon, John					69	NSW Masters	1.30m	
	1.15	1.20	1.25	1.30	1.35				
	P	XO	O	XO	XXX				
3	Martyn, Bob					67	Unattached	1.20m	
	1.15	1.20	1.25						
	XO	O	XXX						

Men Pole Vault 65-69

Name	Age	Team	Finals	Alternate
-- Carrero, Phillip	65	Bankstown Sports	NH	
2.40				
XXX				

Men Long Jump 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Searle, John	69	Sydney Pacific	4.57m	1.7	
4.38m(0.5)	4.22m(2.4)	4.32m(1.6)	4.10m(1.1)	4.57m(1.7)	4.25m(1.5)
2 Martyn, Bob	67	Unattached	4.23m	3.1	
3.67m(0.4)	3.77m(1.0)	3.90m(2.5)	FOUL(1.0)	4.23m(3.1)	3.96m(1.9)

Men Triple Jump 65-69

Name	Age	Team	Finals	Wind	Alternate
1 Martyn, Bob	67	Unattached	8.37m	0.4	
8.06m(0.6)	8.37m(0.4)	8.15m(0.7)	7.22m(2.0)	7.50m(1.9)	FOUL(1.3)

Men Shot Put 5kg 65-69

Name	Age	Team	Finals	Alternate
1 Crompton, Glenn	65	NSW Masters	10.68m	
10.68m	10.30m	FOUL	9.72m	9.94m
9.74m				
2 Ross, Dave	66	Athletics Wollongong	7.89m	
7.89m	7.66m	6.99m	FOUL	7.84m
7.23m				
3 Scott, Russell	69	Athletics Glen Innes	7.84m	
7.84m	7.76m	7.29m	7.63m	7.44m
FOUL				
4 West, John	66	NSW Masters	6.60m	
5.96m	6.44m	6.44m	6.60m	6.20m
6.36m				

Men Discus Throw 1kg 65-69

Name	Age	Team	Finals	Alternate
1 Ross, Dave	66	Athletics Wollongong	27.18m	
26.90m	26.24m	27.18m	20.66m	26.82m
26.25m				
2 Scott, Russell	69	Athletics Glen Innes	27.04m	
22.40m	25.89m	25.85m	23.29m	27.04m
25.90m				
3 Williams, Dennis	68	Hills District	23.62m	
20.55m	23.62m	FOUL	FOUL	14.13m
FOUL				
4 West, John	66	NSW Masters	23.52m	
19.49m	21.82m	20.19m	23.52m	21.86m
18.77m				

Men Hammer Throw 5kg 65-69

Name	Age	Team	Finals	Alternate
1 Ward, Richard	68	Blue Mountains	29.35m	

	27.46m	26.81m	23.54m	27.66m	29.35m	22.29m	
2	Ross, Dave			66 Athletics Wollongong			28.60m
	28.24m	28.60m	FOUL	27.35m	28.54m	27.68m	
3	Scott, Russell			69 Athletics Glen Innes			23.07m
	21.13m	FOUL	21.48m	FOUL	23.07m	FOUL	
4	West, John			66 NSW Masters			17.26m
	13.98m	13.97m	15.90m	16.22m	16.50m	17.26m	

Men Javelin Throw 600g 65-69

Name	Age	Team	Finals	Alternate
1 West, John	66	NSW Masters	24.50m	
	24.27m	24.08m	24.44m	20.56m
	24.47m	24.50m		
2 Scott, Russell	69	Athletics Glen Innes	24.35m	
	24.01m	22.92m	23.26m	23.07m
	24.35m	23.67m		
3 Ross, Dave	66	Athletics Wollongong	21.20m	
	17.52m	17.91m	21.03m	20.70m
	19.64m	21.20m		

Men Weight Throw 9.080kg 65-69

Name	Age	Team	Finals	Alternate
1 Ross, Dave	66	Athletics Wollongong	10.83m	
	10.83m	10.40m	10.70m	10.57m
	FOUL	10.83m		
2 Scott, Russell	69	Athletics Glen Innes	10.28m	
	10.28m	FOUL	FOUL	8.67m
	FOUL	8.24m		
3 West, John	66	NSW Masters	7.51m	
	6.38m	6.94m	6.17m	7.08m
	6.93m	7.51m		

Men 5000 Metre Race Walk 65-69

Name	Age	Team	Finals	Alternate
1 West, John	66	NSW Masters	35:39.77	
2 Connors, Robert	69	U.T.S. Norths	42:11.16	

Men 60 Metre 70-74

Name	Age	Team	Finals	Wind	Alternate
1 Crombie, Peter	72	Sydney Pacific	8.71	-1.2	
2 Wall, John	70	Mingara Athletics	8.75	-1.2	
3 Singh, Raminder	70	Girraween	12.05	-1.2	

Men 100 Metre 70-74

Name	Age	Team	Finals	Wind	Alternate
1 Crombie, Peter	72	Sydney Pacific	13.90	-2.5	
2 Wall, John	70	Mingara Athletics	14.26	-2.5	
3 Ryan, Graham	74	Randwick Botany	16.43	-2.5	
4 Donnelley, David	73	U.T.S. Norths	17.11	-2.5	
5 Randle, John	71	U.T.S. Norths	19.54	-2.5	
6 Singh, Raminder	70	Girraween	20.36	-2.5	

Men 200 Metre 70-74

Name	Age	Team	Finals	Wind	Alternate
1 Crombie, Peter	72	Sydney Pacific	28.75	-1.6	
2 Wall, John	70	Mingara Athletics	29.16	-1.6	
3 Donnelley, David	73	U.T.S. Norths	35.22	-1.6	

4 Allomes, Graham 73 Sydney Pacific 43.39 -1.6

Men 400 Metre 70-74

Name	Age Team	Finals	Alternate
1 Crombie, Peter	72 Sydney Pacific	1:05.23	
2 Warmoll, Bob	74 Hills District	1:39.26	

Men 800 Metre Run 70-74

Name	Age Team	Finals	Alternate
1 Wright, Noel	70 Hills District	3:03.60	
2 Warmoll, Bob	74 Hills District	3:31.95	
3 Allomes, Graham	73 Sydney Pacific	3:53.22	

Men 1500 Metre Run 70-74

Name	Age Team	Finals	Alternate
1 Warmoll, Bob	74 Hills District	8:01.81	

Men 5000 Metre Run 70-74

Name	Age Team	Finals	Alternate
1 Scorzelli, Frank	70 St. George	21:18.79	
2 Allomes, Graham	73 Sydney Pacific	29:18.11	

Men High Jump 70-74

Name	Age Team	Finals	Alternate
1 Singh, Raminder	70 Girraween	0.85m	
0.85			
0			

Men Long Jump 70-74

Name	Age Team	Finals	Wind	Alternate
1 Ryan, Graham	74 Randwick Botany	2.88m	2.6	
2.88m(2.6) FOUL(2.2) PASS	PASS	PASS		
2 Singh, Raminder	70 Girraween	2.47m	1.0	
2.19m(1.5) 2.47m(1.0) FOUL(1.7) 2.29m(1.3) 2.28m(0.5) FOUL(2.4)				

Men Triple Jump 70-74

Name	Age Team	Finals	Wind	Alternate
1 Singh, Raminder	70 Girraween	5.57m	-0.1	
5.53m(3.5) 5.57m(-0.1) 5.52m(0.2) PASS	PASS	PASS		

Men Shot Put 4kg 70-74

Name	Age Team	Finals	Alternate
1 Archer, Robert	70 U.T.S. Norths	9.95m	
9.27m 9.47m 9.84m 9.95m FOUL 9.15m			
2 Singh, Raminder	70 Girraween	7.92m	
7.31m 7.65m 7.47m 7.73m 7.69m 7.92m			

Men Discus Throw 1kg 70-74

Name	Age	Team	Finals	Alternate
1 Archer, Robert	70	U.T.S. Norths	31.49m	
31.49m 30.25m FOUL FOUL FOUL 29.33m				
2 Singh, Raminder	70	Girraween	24.79m	
21.58m 23.17m 20.43m 23.07m 24.79m 23.92m				

Men Hammer Throw 4kg 70-74

Name	Age	Team	Finals	Alternate
1 Singh, Raminder	70	Girraween	23.85m	
21.86m 22.99m 25.22m 23.59m 23.85m 23.73m				
2 Allomes, Graham	73	Sydney Pacific	20.29m	
16.92m 18.27m 19.61m 20.29m 19.13m 17.89m				

Men Javelin Throw 500g 70-74

Name	Age	Team	Finals	Alternate
1 Appleton, John	74	NSW Masters	29.17m	
22.77m 26.94m 27.06m 28.80m FOUL 29.17m				
2 Singh, Raminder	70	Girraween	21.22m	
17.38m 20.83m 20.10m 20.78m 21.22m 20.99m				
3 Allomes, Graham	73	Sydney Pacific	18.29m	
16.22m 16.17m 14.42m 15.16m 18.29m 17.93m				

Men Weight Throw 7.260kg 70-74

Name	Age	Team	Finals	Alternate
1 Singh, Raminder	70	Girraween	9.11m	
8.54m 8.72m 9.01m 9.11m 8.87m 8.98m				

Men 5000 Metre Race Walk 70-74

Name	Age	Team	Finals	Alternate
1 White, Baden	72	NSW Masters	39:41.14	

Men 79&U 60 Metre 75-79

Name	Age	Team	Finals	Wind	Alternate
1 Bastas, Nicholas	78	U.T.S. Norths	9.74	-0.3	
2 Donohoe, Noel	76	NSW Masters	14.44	-0.3	

Men 79&U 100 Metre 75-79

Name	Age	Team	Finals	Wind	Alternate
1 Bastas, Nicholas	78	U.T.S. Norths	16.46	-0.9	
2 Donohoe, Noel	76	NSW Masters	21.02	-0.9	

Men 79&U 200 Metre 75-79

Name	Age	Team	Finals	Wind	Alternate
1 Bastas, Nicholas	78	U.T.S. Norths	35.47	-1.1	
2 Donohoe, Noel	76	NSW Masters	47.29	-1.1	

Men 79&U 400 Metre 75-79

Name	Age Team	Finals	Alternate
1 Wills, Ron	77 Ryde Athletics	1:35.23	
2 Rix, Brian	75 NSW Masters	1:43.49	

Men 79&U 800 Metre Run 75-79

Name	Age Team	Finals	Alternate
1 Rix, Brian	75 NSW Masters	3:29.41	
2 Spinney, John	77 Blue Mountains	3:37.40	
3 Perry, Ronald	77 Athletics Wollongong	3:50.06	

Men 79&U 1500 Metre Run 75-79

Name	Age Team	Finals	Alternate
1 Spinney, John	77 Blue Mountains	7:00.33	
2 Rix, Brian	75 NSW Masters	7:29.41	

Men 5000 Metre Run 75-79

Name	Age Team	Finals	Alternate
1 Spinney, John	77 Blue Mountains	25:54.16	
2 Rix, Brian	75 NSW Masters	27:08.05	

Men 2000 Metre Steeplechase 76.2cm 75-79

Name	Age Team	Finals	Alternate
1 Rix, Brian	75 NSW Masters	11:03.61	
2 Perry, Ronald	77 Athletics Wollongong	12:54.81	

Men High Jump 75-79

Name	Age Team	Finals	Alternate
1 Bastas, Nicholas	78 U.T.S. Norths	1.05m	
0.85 0.90 0.95 1.00 1.05			
O O P O O			
2 Donohoe, Noel	76 NSW Masters	1.00m	
0.85 0.90 0.95 1.00 1.05			
O P P XXO XXX			

Men Long Jump 75-79

Name	Age Team	Finals	Wind	Alternate
1 Bastas, Nicholas	78 U.T.S. Norths	3.64m	2.4	
3.64m(2.4) 3.51m(+0.0) 3.36m(1.2) PASS PASS		PASS		
2 Donohoe, Noel	76 NSW Masters	2.38m	2.3	
FOUL(0.2) 2.20m(1.0) 2.38m(2.3) PASS PASS		PASS		
3 Rix, Brian	75 NSW Masters	2.03m	2.8	
FOUL FOUL FOUL FOUL FOUL		2.03m(2.8)		

Men Triple Jump 75-79

Name	Age Team	Finals	Wind	Alternate
1 Bastas, Nicholas	78 U.T.S. Norths	8.24m	1.2	
7.59m(1.8) 7.76m(1.0) 7.95m(0.5) 7.93m(+0.0) 8.24m(1.2) PASS				
2 Donohoe, Noel	76 NSW Masters	5.15m	-0.2	

FOUL 5.15m(-0.2) PASS PASS PASS PASS

Men Shot Put 4kg 75-79

Name	Age	Team	Finals	Alternate
1 Sowerby, Brett	77	Blue Mountains	8.51m	
FOUL 8.51m 8.45m 8.20m 8.27m 8.00m				
2 Donohoe, Noel	76	NSW Masters	7.35m	
6.17m 6.95m 6.63m 7.14m 7.08m 7.35m				
3 Rix, Brian	75	NSW Masters	6.60m	
6.39m 6.16m FOUL 6.60m 6.42m 6.20m				

Men Discus Throw 1kg 75-79

Name	Age	Team	Finals	Alternate
1 Sowerby, Brett	77	Blue Mountains	32.11m	
28.44m 30.68m 29.42m 32.11m 29.89m 30.95m				
2 Rix, Brian	75	NSW Masters	20.58m	
PASS PASS PASS PASS 20.58m FOUL				
3 Donohoe, Noel	76	NSW Masters	20.22m	
12.69m 19.07m 18.87m 19.38m 17.36m 20.22m				

Men Hammer Throw 4kg 75-79

Name	Age	Team	Finals	Alternate
1 Sowerby, Brett	77	Blue Mountains	24.24m	
24.24m 23.49m 24.23m 23.93m 23.71m 23.10m				
2 Donohoe, Noel	76	NSW Masters	20.47m	
18.69m 20.47m FOUL 19.12m 16.85m 18.81m				
3 Rix, Brian	75	NSW Masters	18.45m	
18.45m 18.00m FOUL 16.94m 16.09m 14.23m				

Men Javelin Throw 500g 75-79

Name	Age	Team	Finals	Alternate
1 Bastas, Nicholas	78	U.T.S. Norths	22.05m	
20.89m 22.05m PASS PASS PASS PASS				
2 Rix, Brian	75	NSW Masters	19.33m	
16.36m 16.01m 16.12m 19.31m FOUL 19.33m				
3 Donohoe, Noel	76	NSW Masters	14.26m	
10.83m 13.61m 12.14m 14.26m 13.93m PASS				

Men Weight Throw 7.260kg 75-79

Name	Age	Team	Finals	Alternate
1 Sowerby, Brett	77	Blue Mountains	9.56m	
7.90m FOUL FOUL 9.54m FOUL 9.56m				
2 Donohoe, Noel	76	NSW Masters	9.52m	
9.20m 9.11m 9.03m 8.80m 9.00m 9.52m				
3 Rix, Brian	75	NSW Masters	7.18m	
FOUL FOUL 6.33m 7.18m FOUL 6.07m				

Men 5000 Metre Race Walk 75-79

Name	Age	Team	Finals	Alternate
1 Seymon, Jim	79	U.T.S. Norths	34:24.78	
2 Biggs, Kevin	78	NSW Masters	41:39.35	

Men 60 Metre 80+

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Richard	84	U.T.S. Norths	10.47	-0.3	
2 Johnson, Michael	81	U.T.S. Norths	11.32	-0.3	
3 Morris, David	80	NSW Masters	11.38	-0.3	

Men 100 Metre 80+

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Richard	84	U.T.S. Norths	17.59	-0.9	
2 Morris, David	80	NSW Masters	18.59	-0.9	
3 Brook, Maxwell	80	Sydney Pacific	18.92	-0.9	
4 Johnson, Michael	81	U.T.S. Norths	19.04	-0.9	

Men 200 Metre 80+

Name	Age	Team	Finals	Wind	Alternate
1 Hughes, Richard	84	U.T.S. Norths	36.84	-1.1	
2 Johnson, Michael	81	U.T.S. Norths	39.52	-1.1	
3 Brook, Maxwell	80	Sydney Pacific	40.80	-1.1	

Men 400 Metre 80+

Name	Age	Team	Finals	Alternate
1 Hughes, Richard	84	U.T.S. Norths	1:29.13	
2 Brook, Maxwell	80	Sydney Pacific	1:31.41	
3 Johnson, Michael	81	U.T.S. Norths	1:39.17	

Men 800 Metre Run 80+

Name	Age	Team	Finals	Alternate
1 Brook, Maxwell	80	Sydney Pacific	3:39.45	
2 Hughes, Richard	84	U.T.S. Norths	4:05.42	

Men 1500 Metre Run 80+

Name	Age	Team	Finals	Alternate
1 Brook, Maxwell	80	Sydney Pacific	7:28.24	

Men Long Jump 80+

Name	Age	Team	Finals	Wind	Alternate
1 Morris, David	80	NSW Masters	2.26m	+0.0	
FOUL(1.4) 2.26m(+0.0)	FOUL(1.1)	PASS	PASS		

Men Triple Jump 80+

Name	Age	Team	Finals	Wind	Alternate
1 Morris, David	80	NSW Masters	5.79m	2.4	
5.79m(2.4) FOUL	PASS	PASS	PASS		

Men Shot Put 3kg 80+

Name	Age	Team	Finals	Alternate
------	-----	------	--------	-----------

1	Johnson, Michael	81	U.T.S. Norths	7.73m
	7.29m 7.38m 7.70m 7.62m 7.73m 7.27m			
2	Hughes, Richard	84	U.T.S. Norths	6.38m
	FOUL FOUL 6.29m 6.18m FOUL 6.38m			

Men Discus Throw 1kg 80+

Name	Age	Team	Finals	Alternate
1 Johnson, Michael	81	U.T.S. Norths	22.61m	
	22.61m 20.76m 21.67m	PASS PASS PASS		

Men Hammer Throw 3kg 80+

Name	Age	Team	Finals	Alternate
1 Hughes, Richard	84	U.T.S. Norths	19.41m	
	FOUL FOUL FOUL FOUL 19.41m 19.01m			

Men Javelin Throw 400g 80+

Name	Age	Team	Finals	Alternate
1 Hughes, Richard	84	U.T.S. Norths	13.55m	
	FOUL FOUL 13.55m	PASS PASS PASS		