

Results Round Up - December 2017

2-12-17

Club Champs	SOPAC	
<u>200 - Male</u>		
Karel Kratochvil	28.94	+4.0

800 - Female

Veronica Chan	2.48.95	
Nicole Hutton	2.49.94	
Robyn Smith	2.54.63	

800 - Male

Ken Wilson	2.08.80	
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Long Jump - Female

Sara Dougan	5.53	+1.3
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3-12-17

Club Champs cont'd	SOPAC	
<u>400 - Male</u>		
Jim Hotait	60.56	PB
Jonathan Kellett	60.59	

1500 - Female

Sonia Mbekhta	5.02.43	
Robyn Smith	6.10.92	

1500 - Male

Koon Nink (Harry) Sin	5.07.38	PB
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2km Steeple - Female

Victoria Mitchell	6.27.11	O'35 Rec
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2-12-17

NSW Multi Event Champs - SOPAC

Jemima Key Doak		
100m Hurdles - 76.2cm	15.34	+1.5 PB & U18 Rec
High Jump	1.43	
Shot - 3kg	11.13	PB & U16/18 Rec
200	27.17	+2.0 PB

3-12-17

NSW Multi Event Champs - SOPAC

Jemima Key Doak		
Long Jump	5.01	+1.3
Javelin - 500g	32.06	
800	2.36.52	
Heptathlon	4334	Debut / U18 Rec

2-12-17

NSW Champs

	SOPAC	
<u>5km - Female</u>		
Naomi Tancred	19.51.62	PB
Jude Gregory	20.38.78	
Kylie-Anne Richards	20.47.37	Debut

5km - Male

Godwin Mugarula	15.58.61	PB
Qiu Sheng (Bosco) Huang	16.33.02	PB
Karl Baddeley	16.42.10	PB
Mark Gregory	17.00.03	O'45 Rec
Martin Cosby	19.22.29	

8-12-17

Aust All School Champs - Adelaide

<u>Long Jump - Female</u>		
Sara Dougan	5.71	+2.9 3rd

9-12-17

Aust All School Champs - Adelaide

<u>100 heat - Female</u>		
Maisie Stevens	11.99	-0.1 1st
<u>100 final - Female</u>		
Maisie Stevens	12.10	-1.0 3rd

3-12-17

Club Champs

	SOPAC	
<u>100 - Female</u>		
Maisie Stevens	12.07	+1.7
Nicole Berridge	12.22	+1.7
Annique Omodiagbe	12.97	-0.4

400 - Female

Sonia Mbekhta	61.53	
Stephanie Lewington	63.32	Debut
Annaleise Collier	64.06	Debut
Veronica Chan	70.59	PB

9-12-17

Allcomers

<u>60 - Male</u>		
Karel Kratochvil	8.71	+3.2
<u>100 - Male</u>		
Karel Kratochvil	14.00	+0.7

800 - Female

Robyn Smith	2.58.68	
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800 - Male

Antoine Burbaud	2.04.66	PB
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16-12-17

Treloar Shield	SOPAC		
<u>100 - Female</u>			
Nicole Berridge	12.33	-0.3	
Annique Omodiagbe	13.12	-2.1	
Rebecca Kirby	15.49	-0.6	Debut

200 - Female

Nicole Berridge	25.31	-0.2	PB
Rebecca Kirby	31.45	+0.6	Debut

200 - Male

Jonathan Kellett	26.46	+3.6	
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16-12-17

Treloar Shield	SIAC Warm Up Track		
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400 - Female

Veronica Chan	71.01		
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400 - Male

Jonathan Kellett	60.49		
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800 - Male

Ken Wilson	2.07.93		
Karl Baddeley	2.19.28		

1500 - Male

Godwin Mugarula	4.17.32		PB
Karl Baddeley	4.31.67		PB

5km - Male

James Costello	16.47.01		
Martin Cosby	19.20.98		
Karl Baddeley	19.21.09		

23-12-17

Allcomers	Bankstown		
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100 - Female

Nicole Berridge	12.16	+2.1	
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200 - Male

Jim Hotait	27.85	+0.0	
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800 - Female

Cecilia Malmberg	2.32.33		
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1500 - Female

Ruby Madden	5.02.14		
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Mile - Male

Martin Cosby	5.34.50		Debut & O'50 Rec
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2km Steeple - Female

Victoria Mitchell	6.28.51		
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23-12-17

Allcomers cont'd	Bankstown		
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Triple Jump - Female

Miah Madden	9.38	+1.9	Debut and U16, 18, 20 Rec
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High Jump - Female

Miah Madden	1.45		Debut
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23-12-17

Albie Thomas Mile	Bankstown		
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Godwin Mugarula	4.36.80		PB & O'30 Rec
Ken Wilson	4.45.22		Debut / O'50 Rec
James Costello	4.49.73		O'40 Rec