

2019 NSW Country Track & Field Championships - 24/01/2019 to 27/01/2019

Hunter Sports Centre

Performance List - Sunday Track

Event 469 Women 1500 Metre Run U12 (4)

Sunday 27/01/2019 - 10:00 AM

	Name	Age	Team	Seed Time
1	Bettison, Bronte	11	Armidale	
2	Callaghan, Keira	10	Wyong Athletics Centre Inc	
3	Platt, Madeline	11	Ademstown New Lambton	
4	Stone, Ameilie	11	Armidale	

Event 470 Women 1500 Metre Run U13 (7)

Sunday 27/01/2019 - 10:00 AM

	Name	Age	Team	Seed Time
1	Bailey, Angelique	12	Southlakes	
2	Craig, Rebecca	12	Macquarie Hunter Athletics	
3	Doran, Phoebe	12	Ademstown New Lambton	
4	Jessup, Paige	12	Orange Little Athletics Club	
5	Mustapic, Alisha	12	Nowra Athletics Club	
6	pitcher, Sienna	12	Orange Little Athletics Club	
7	Ryan, Phebie	12	Dubbo Athletics Club Inc.	

Event 471 Men 1500 Metre Run U12 (8)

Sunday 27/01/2019 - 10:08 AM

	Name	Age	Team	Seed Time
1	Bell, Matthew	11	Orange Little Athletics Club	
2	Caswell, Tynan	10	Nowra Athletics Club	
3	Godfrey, Coen	11	Mingara	
4	Henry, Lincoln	11	Coffs Harbour Track & Field	
5	Kemp, Blake	11	Athletics Nsw	
6	Metcalf, Ashley	11	Orange Little Athletics Club	
7	Norris, Bryson	9	Mingara	
8	Ward, Nate	11	Athletics Nsw	

Event 472 Men 1500 Metre Run U13 (6)

Sunday 27/01/2019 - 10:08 AM

	Name	Age	Team	Seed Time
1	Caswell, Reilly	12	Nowra Athletics Club	
2	Charlton, Peter	12	Eastlakes	
3	Dyball, Toby	12	Nowra Athletics Club	
4	Govender, Samuel	12	Macquarie Hunter Athletics	
5	Granato, Mason	12	Eastlakes	
6	Spamer, Brodie	12	Macquarie Hunter Athletics	

Event 473 Women 1500 Metre Run U14 (5)

Sunday 27/01/2019 - 10:16 AM

	Name	Age	Team	Seed Time
1	Jarvis, Hannah	13	Macquarie Hunter Athletics	
2	Papalexion, Marianne	13	Mingara	
3	Pinches, Aiva	13	Ademstown New Lambton	
4	Priest, Charlotte	13	Orange Little Athletics Club	
5	Salvador, Molly	13	Athletics Nsw	

Event 474 Women 1500 Metre Run U15 (3)

Sunday 27/01/2019 - 10:16 AM

	Name	Age	Team	Seed Time
1	Hillhouse, Chelsea	14	Southlakes	

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Event 474 ... (Women 1500 Metre Run U15 (3))

	Name	Age	Team	Seed Time
2	Norris, Stella	14	Mingara	
3	Young, Amanda	14	Kotara South Amateur Athletics	

Event 475 Men 1500 Metre Run U14 (5)

Sunday 27/01/2019 - 10:24 AM

	Name	Age	Team	Seed Time
1	Gould, Riley	13	Tumut and District Little Athl	
2	Platt, Grady	13	Ademstown New Lambton	
3	White, Keenan	13	Athletics Nsw	
4	Zakis, Will	13	Athletics Nsw	
5	Zakis, William	13	Blue Mountains Athletics	

Event 476 Men 1500 Metre Run U15 (7)

Sunday 27/01/2019 - 10:24 AM

	Name	Age	Team	Seed Time
1	Abbot, Finnegan	14	Macquarie Hunter Athletics	
2	Bettison, Caleb	14	Armidale	
3	Leseberg, Ernest	14	Mingara	
4	Pattison, Jordan	14	Armidale	
5	Spamer, Liam	14	Macquarie Hunter Athletics	
6	Upsall, Kyan	14	Coffs Harbour Track & Field	
7	Williams, Vincent	14	Mingara	

Event 477 Women 1500 Metre Run U16 (4)

Sunday 27/01/2019 - 10:32 AM

	Name	Age	Team	Seed Time
1	Bailey, Imogen	15	Southlakes	
2	Barnett, Eleanor	15	Macquarie Hunter Athletics	
3	Dyball, Ella	15	Nowra Athletics Club	
4	Pernecker, Ashley	15	Mingara	

Event 478 Women 1500 Metre Run U17 (2)

Sunday 27/01/2019 - 10:32 AM

	Name	Age	Team	Seed Time
1	Pickering, Sarah	16	Orange Little Athletics Club	
2	Summerill, Victoria	16	Athletics Wollongong	

Event 479 Women 1500 Metre Run U18 (5)

Sunday 27/01/2019 - 10:32 AM

	Name	Age	Team	Seed Time
1	Cassidy, Grace	17	Armidale	
2	Daniel, Chloe	17	Wyong Athletics Centre Inc	
3	Irwin, Elley	17	Macquarie Hunter Athletics	
4	McPhillips, Ruby	16	Kembla Joggers Inc.	
5	Spamer, Damika	17	Macquarie Hunter Athletics	

Event 480 Men 1500 Metre Run U16 (6)

Sunday 27/01/2019 - 10:40 AM

	Name	Age	Team	Seed Time
1	Craig, Alvin	15	Macquarie Hunter Athletics	
2	Hungerford, Liam	15	Macquarie Hunter Athletics	
3	Johnson, Lucas	15	Nowra Athletics Club	
4	Liddell, Samuel	15	Mingara	

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Event 480 ... (Men 1500 Metre Run U16 (6))

	Name	Age	Team	Seed Time
5	Reungkitchaya, Caleb	15	Athletics Nsw	
6	Scott, Gabe	15	Mingara	

Event 481 Men 1500 Metre Run U17 (7)

Sunday 27/01/2019 - 10:40 AM

	Name	Age	Team	Seed Time
1	Doran, Benjamin	16	Ademstown New Lambton	
2	Fletcher, Thomas	16	Athletics Nsw	
3	March, Tom	16	Macquarie Hunter Athletics	
4	Mills, Jack	16	Athletics Nsw	
5	Nicholls, Lachlan	16	Athletics Nsw	
6	Rae, Sean	16	Mingara	
7	Townsend, Lachlan	16	Athletics Nsw	

Event 482 Men 1500 Metre Run U18 (3)

Sunday 27/01/2019 - 10:40 AM

	Name	Age	Team	Seed Time
1	Barrett, Cooper	17	Nowra Athletics Club	
2	Dooley, Harrison	17	Maitland Senior and Little Ath	
3	McNeil, Nicholas	17	Macquarie Hunter Athletics	

Event 483 Women 1500 Metre Run U20 (5)

Sunday 27/01/2019 - 10:48 AM

	Name	Age	Team	Seed Time
1	Bell, Kaitlin	18	Glenbrook Athletics Centre	
2	Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	
3	Jones, Isabella	18	Mingara	
4	Moxham, Taliah	18	Athletics Wollongong	
5	Noble, Jessica	18	Macquarie Hunter Athletics	

Event 484 Women 1500 Metre Run Open (3)

Sunday 27/01/2019 - 10:48 AM

	Name	Age	Team	Seed Time
1	Brady, Tia	27	Macquarie Hunter Athletics	
2	Dos Santos, Rebecca	29	Illawarra Blue Stars Athletic	
3	Hogg, Jessica	22	Illawarra Blue Stars Athletic	

Event 485 Women 1500 Metre Run 30-39 (6)

Sunday 27/01/2019 - 10:48 AM

	Name	Age	Team	Seed Time
1	Austin, Katie	31	Armidale	
2	McKendrick, Dani	35	Mingara	
3	Miller-Pickering, Nikki	37	Armidale	
4	Moxham, Teresha	38	Athletics Wollongong	
5	Simpson, Elizabeth	35	Orange Little Athletics Club	
6	Williamson, Nicole	37	Orange Runners Club	

Event 486 Men 1500 Metre Run U20 (5)

Sunday 27/01/2019 - 10:56 AM

	Name	Age	Team	Seed Time
1	Heywood, Jordan	18	Athletics Wollongong	
2	Kaparakis, Charlie	19	Mingara	
3	Madden, Jakob	18	Mingara	

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Event 486 ... (Men 1500 Metre Run U20 (5))

	Name	Age	Team	Seed Time
4	Martin, Zac	18	Mingara	
5	Mihellis, Terry	19	Mingara	

Event 487 Men 1500 Metre Run 30-39 (4)

Sunday 27/01/2019 - 10:56 AM

	Name	Age	Team	Seed Time
1	Godfrey, Scott	38	Mingara	
2	Henry, Brad	40	Coffs Harbour Track & Field	
3	McKendrick, Ryan	39	Mingara	
4	Rudman, Tyrone	33	Orange Runners Club	

Event 488 Men 1500 Metre Run Open (12)

Sunday 27/01/2019 - 11:04 AM

	Name	Age	Team	Seed Time
1	Clark, Ryan	25	Orange Runners Club	
2	Geddes, Stuart	19	Armidale	
3	Land, Andrew	26	Mingara	
4	Langdon, Ed	27	Newcastle Runners Incorporated	
5	Lott, Stephen	21	Newcastle Flyers Runners Club	
6	Martin, Timothy	21	Athletics Wollongong	
7	Maxwell, Jesse	20	Newcastle Flyers Runners Club	
8	McPhillips, Finlay	19	Kembla Joggers Inc.	
9	Miller-Williams, Lochlan	21	Cessnock	
10	Musgrove, Cameron	21	Nowra Athletics Club	
11	Pinkerton, Kyle	26	Newcastle Flyers Runners Club	
12	Williamson, Mitchell	33	Orange Runners Club	

Event 490 Women 1500 Metre Run 40-49 (4)

Sunday 27/01/2019 - 11:12 AM

	Name	Age	Team	Seed Time
1	Carter, Janie	50	Coastal Track & Trail Runners	
2	Dellow, Anna	43	Armidale	
3	Kelly, Nicky	47	Mingara	
4	Williamson, Carrie	40	Orange Runners Club	

Event 491 Women 1500 Metre Run 50-59 (4)

Sunday 27/01/2019 - 11:12 AM

	Name	Age	Team	Seed Time
1	Durston, Bev	55	Mingara	
2	Hunt, Sally	56	Mingara	
3	Martin, Anthea	52	Coffs Harbour Track & Field	
4	Peksis, Julie	60	Mingara	

Event 492 Women 1500 Metre Run 60-69 (4)

Sunday 27/01/2019 - 11:12 AM

	Name	Age	Team	Seed Time
1	Beardslee, Margaret	61	Mingara	
2	Perry, Rosalind	67	Athletics Wollongong	
3	Stallard, Trish	61	Wallsend	
4	Wilkes, Gail	61	Armidale	

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Event 493 Men 1500 Metre Run 40-49 (5)

Sunday 27/01/2019 - 11:20 AM

	Name	Age	Team	Seed Time
1	Dyball, Grovin	47	Nowra Athletics Club	
2	Hogg, John	50	Illawarra Blue Stars Athletic	
3	Mustapic, Glen	48	Nowra Athletics Club	
4	Priest, Steven	45	Kooringa/ Wagga	
5	Upsall, Duncan	47	Coffs Harbour Track & Field	

Event 494 Men 1500 Metre Run 50-59 (7)

Sunday 27/01/2019 - 11:20 AM

	Name	Age	Team	Seed Time
1	Doran, Paul	55	Ademstown New Lambton	
2	Howlett, Anthony	51	Athletics Wollongong	
3	Johnson, Scott	51	Nowra Athletics Club	
4	Kelagher, Paul	51	Mingara	
5	McPhillips, Patrick	51	Kembla Joggers Inc.	
6	O'Leary, Mark	53	Nowra Athletics Club	
7	Pisch, David	53	Raymond Terrace	

Event 495 Men 1500 Metre Run 60-69 (4)

Sunday 27/01/2019 - 11:20 AM

	Name	Age	Team	Seed Time
1	Carr, Paul	61	Mingara	
2	Conyers, Mark	64	Kooringa/ Wagga	
3	Dooley, Peter	62	Nowra Athletics Club	
4	Randell, Michael	64	Mingara	

Event 496 Men 1500 Metre Run 70+ (2)

Sunday 27/01/2019 - 11:20 AM

	Name	Age	Team	Seed Time
1	Rix, Brian	78	Nsw Masters Athletics Inc.	
2	Stubbs, Kenneth	75	Mingara	

Event 497 Women 400 Metre Sprint U14 (9)

Sunday 27/01/2019 - 11:40 AM

	Name	Age	Team	Seed Time
1	Black, Tarli	13	Macquarie Hunter Athletics	
2	Cooper, Layla	12	Armidale	
3	Daymond, Jassmin	12	Edgeworth	
4	Dellow, Sienna	13	Armidale	
5	Gogarty, Ella	13	East Maitland Athletics Club	
6	Newton, Sienna	12	Athletics Nsw	
7	Panos, Brianna	13	Macquarie Hunter Athletics	
8	Papalexion, Marianne	13	Mingara	
9	Ryan, Phebie	12	Dubbo Athletics Club Inc.	

Event 498 Men 400 Metre Sprint U14 (9)

Sunday 27/01/2019 - 11:44 AM

	Name	Age	Team	Seed Time
1	Callaghan, Jai	12	Wyong Athletics Centre Inc	
2	Caswell, Reilly	12	Nowra Athletics Club	
3	Dellow, Oliver	12	Armidale	
4	Dyball, Toby	12	Nowra Athletics Club	

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Event 498 ... (Men 400 Metre Sprint U14 (9))

	Name	Age	Team	Seed Time
5	Gould, Jaymin	11	Tumut and District Little Athl	
6	Granato, Mason	12	Eastlakes	
7	Norris, Bryson	9	Mingara	
8	Zakis, Will	13	Athletics Nsw	
9	Zakis, William	13	Blue Mountains Athletics	

Event 499 Women 400 Metre Sprint U15 (11)

Sunday 27/01/2019 - 11:48 AM

	Name	Age	Team	Seed Time
1	Gould, Rayleigh	14	Tumut and District Little Athl	
2	Harding, Jade	14	Orange Little Athletics Club	
3	Hillhouse, Chelsea	14	Southlakes	
4	Keene, Annabelle	14	Athletics Nsw	
5	Lewis, Torrie	14	Macquarie Hunter Athletics	
6	Merryfull, Tahlia	14	Macquarie Hunter Athletics	
7	Mills, Rebecca	15	Athletics Wollongong	
8	Norris, Stella	14	Mingara	
9	Pollard, Jemma	14	Kotara South Amateur Athletics	
10	Roberts, Jassmin	14	Macquarie Hunter Athletics	
11	Young, Amanda	14	Kotara South Amateur Athletics	

Event 500 Men 400 Metre Sprint U15 (7)

Sunday 27/01/2019 - 11:52 AM

	Name	Age	Team	Seed Time
1	Abbot, Finnegan	14	Macquarie Hunter Athletics	
2	Dollin, Joshua	14	Wallsend	
3	Dyball, William	14	Nowra Athletics Club	
4	Iggulden, Max	14	Coffs Harbour Track & Field	
5	Lannuzel, Leo	14	Macquarie Hunter Athletics	
6	Leseberg, Ernest	14	Mingara	
7	Upsall, Kyan	14	Coffs Harbour Track & Field	

Event 501 Women 400 Metre Sprint U16 (9)

Sunday 27/01/2019 - 11:56 AM

	Name	Age	Team	Seed Time
1	Barnett, Eleanor	15	Macquarie Hunter Athletics	
2	Conomos, Alisha	15	Athletics Nsw	
3	Jenkins, Alyssa	15	Coffs Harbour Track and Field	
4	Lebreton, Baylee	15	Gosford	
5	McDonald, Laila	15	Coffs Harbour Track and Field	
6	Pernecker, Ashley	15	Mingara	
7	Walker, Ellyse	15	Orange Little Athletics Club	
8	Walsh, Sophie	15	Coffs Harbour Track and Field	
9	Windred, Milli	15	Macquarie Hunter Athletics	

Event 502 Men 400 Metre Sprint U16 (7)

Sunday 27/01/2019 - 12:00 PM

	Name	Age	Team	Seed Time
1	Cheney, Cameron	15	Mingara	
2	Fittler, Emerson	15	Armidale	
3	Fuller, George	15	Orange Little Athletics Club	
4	Gerdes, Isaac	15	Armidale	

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Event 502 ... (Men 400 Metre Sprint U16 (7))

	Name	Age	Team	Seed Time
5	Patterson, James	15	Wyong Athletics Centre Inc	
6	Thompson, Hunter	15	Nowra Athletics Club	
7	Vizintin, Cory	15	Macquarie Hunter Athletics	

Event 503 Women 400 Metre Sprint U17 (7)

Sunday 27/01/2019 - 12:04 PM

	Name	Age	Team	Seed Time
1	Cotton, Emma	16	Macquarie Hunter Athletics	
2	Dellow, Imogen	16	Armidale	
3	Guest, Rebecca	16	Ginninderra Athletics Club	
4	Miller-Williams, Emma	16	Cessnock	
5	Pickering, Sarah	16	Orange Little Athletics Club	
6	Tait, Hanna	16	Orange Little Athletics Club	
7	Way, Eve	16	Illawarra Blue Stars Athletic	

Event 504 Men 400 Metre Sprint U17 (12)

Sunday 27/01/2019 - 12:08 PM

	Name	Age	Team	Seed Time
1	Gould, Jack	16	Tumut and District Little Athl	
2	Harriman, Brett	16	Illawarra Blue Stars Athletic	
3	Herbert, Tom	16	Mingara	
4	Hollis, Brady	16	Kempsey Little Athletics	
5	Macpherson, Jai	16	Macquarie Hunter Athletics	
6	March, Tom	16	Macquarie Hunter Athletics	
7	Mulder, Aidan	16	Port Stephens	
8	Nicholls, Lachlan	16	Athletics Nsw	
9	Rae, Sean	16	Mingara	
10	Streigher, Damon	16	Woolgoolga	
11	Swan, Nathan	16	Raymond Terrace Athletic Centr	
12	Zawadzki, Nathan	16	Coffs Harbour Track & Field	

Event 505 Women 400 Metre Sprint U18 (10)

Sunday 27/01/2019 - 12:16 PM

	Name	Age	Team	Seed Time
1	Addis, Sarah	17	Tamworth	
2	Cassidy, Grace	17	Armidale	
3	Crinnion, Hannah	17	Kembla Joggers Inc.	
4	Galley, Brooke	17	Dubbo Athletics Club Inc.	
5	Hartsuyker, Sarah	17	Coffs Harbour Track & Field	
6	Martin, Bridie	17	Tamworth	
7	Mazzei, Amelia	17	Armidale	
8	McPhillips, Ruby	16	Kembla Joggers Inc.	
9	Monk, Montana	15	Orange Little Athletics Club	
10	Murray, Bella	17	Athletics Nsw	

Event 506 Men 400 Metre Sprint U18 (7)

Sunday 27/01/2019 - 12:24 PM

	Name	Age	Team	Seed Time
1	Barrett, Cooper	17	Nowra Athletics Club	
2	Lau, Andrew	17	Illawarra Blue Stars Athletic	
3	McNeil, Nicholas	17	Macquarie Hunter Athletics	
4	Palad-Flint, Marvin	17	Armidale	

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Event 506 ... (Men 400 Metre Sprint U18 (7))

	Name	Age	Team	Seed Time
5	Reid, Leroy	17	Macquarie Hunter Athletics	
6	Rothwell, Zachary	17	Blue Mountains Athletics	
7	Streigher, Ethan	17	Woolgoolga	

Event 507 Women 400 Metre Sprint U20 (8)

Sunday 27/01/2019 - 12:28 PM

	Name	Age	Team	Seed Time
1	Cleary, Casey	19	Athletics Wollongong	
2	Hancock, Gemma	18	Raymond Terrace Athletic Centr	
3	Hogg, Ashleigh	18	Illawarra Blue Stars Athletic	
4	Hughes, Claudia	18	East Maitland Athletics Club	
5	Jones, Isabella	18	Mingara	
6	Moxham, Taliah	18	Athletics Wollongong	
7	Mustapic, Jade	18	Nowra Athletics Club	
8	Snow, Mikielee	18	Armidale	

Event 508 Men 400 Metre Sprint U20 (6)

Sunday 27/01/2019 - 12:32 PM

	Name	Age	Team	Seed Time
1	Briggs, James	18	Armidale	
2	Clarke, Mitchell	18	Armidale	
3	Dennis, Ben	19	Orange Little Athletics Senior	
4	Martin, Zac	18	Mingara	
5	McPhillips, Finlay	19	Kembla Joggers Inc.	
6	Nicholson, Edwin	18	Wallsend	

Event 509 Women 400 Metre Sprint Open (8)

Sunday 27/01/2019 - 12:36 PM

	Name	Age	Team	Seed Time
1	Brady, Tia	27	Macquarie Hunter Athletics	
2	Carroll, Bronte	20	Mingara	
3	Chippendale, Elizabeth	19	Mingara	
4	Hogg, Jessica	22	Illawarra Blue Stars Athletic	
5	Luxford, Sarah	20	Blue Mountains Athletics	
6	O'Neill, Jacqueline	26	Mingara	
7	Ogle, Nicole	21	Macquarie Hunter Athletics	
8	Spencer, Kelly	25	Mingara	

Event 510 Men 400 Metre Sprint Open (13)

Sunday 27/01/2019 - 12:40 PM

	Name	Age	Team	Seed Time
1	Cummings, Paul	32	Mingara	
2	Fittler, Lawson	18	Armidale	
3	Lerch, David	21	Wallsend	
4	Martin, Timothy	21	Athletics Wollongong	
5	McPaul, James	20	Athletics Wollongong	
6	Miller-Williams, Lochlan	21	Cessnock	
7	O'Keefe, Finn	21	Armidale	
8	Thorn, Chris	27	Athletics Wollongong	
9	Thorn, Luke	23	Athletics Wollongong	
10	Vane-Tempest, Jack	21	Mingara	
11	Vince-Moin, William	21	Armidale	

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Event 510 ... (Men 400 Metre Sprint Open (13))

	Name	Age	Team	Seed Time
12	Whiteley, Blake	21	Cessnock	
13	Winsor, Matthew	21	Mingara	

Event 511 Women 400 Metre Sprint 30-39 (4)

Sunday 27/01/2019 - 12:48 PM

	Name	Age	Team	Seed Time
1	Austin, Katie	31	Armidale	
2	Henry, Brooke	38	Coffs Harbour Track & Field	
3	Moxham, Teresha	38	Athletics Wollongong	
4	Smart, Erin	37	Nowra Athletics Club	

Event 512 Men 400 Metre Sprint 30-39 (3)

Sunday 27/01/2019 - 12:52 PM

	Name	Age	Team	Seed Time
1	Cooper, Ruwan	36	Armidale	
2	Henry, Brad	40	Coffs Harbour Track & Field	
3	Stone, Jay	40	Armidale	

Event 513 Women 400 Metre Sprint 40-49 (5)

Sunday 27/01/2019 - 12:56 PM

	Name	Age	Team	Seed Time
1	Carter, Janie	50	Coastal Track & Trail Runners	
2	Dellow, Anna	43	Armidale	
3	Fletcher, Kimberley	40	Maitland Senior and Little Ath	
4	Hill, Alina	43	Coffs Harbour Track & Field	
5	Kelly, Nicky	47	Mingara	

Event 514 Men 400 Metre Sprint 40-49 (5)

Sunday 27/01/2019 - 1:00 PM

	Name	Age	Team	Seed Time
1	Hogg, John	50	Illawarra Blue Stars Athletic	
2	Leseberg, Ernie	48	Mingara	
3	Madden, Jason	48	Mingara	
4	Musgrove, Paul	49	Nowra Athletics Club	
5	Upsall, Duncan	47	Coffs Harbour Track & Field	

Event 515 Women 400 Metre Sprint 50-59 (7)

Sunday 27/01/2019 - 1:04 PM

	Name	Age	Team	Seed Time
1	Carlin, April	53	Mingara	
2	Hunt, Sally	56	Mingara	
3	Martin, Anthea	52	Coffs Harbour Track & Field	
4	Mogentale, Gianna	56	Illawarra Blue Stars Athletic	
5	Myers, Cherie	51	Orange Little Athletics Club	
6	Peksis, Julie	60	Mingara	
7	Townsend, Vicki	55	Nsw Masters Athletics Inc.	

Event 516 Men 400 Metre Sprint 50-59 (6)

Sunday 27/01/2019 - 1:08 PM

	Name	Age	Team	Seed Time
1	Carter, Geoff	53	Coastal Track & Trail Runners	
2	Devery, Todd	59	Blue Mountains Athletics	
3	Kelagher, Paul	51	Mingara	

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Event 516 ... (Men 400 Metre Sprint 50-59 (6))

	Name	Age	Team	Seed Time
4	McPhillips, Patrick	51	Kembla Joggers Inc.	
5	Smith, Steve	55	Mingara	
6	Starr, Peter	54	Dubbo Athletics Club Inc.	

Event 517 Women 400 Metre Sprint 60-69 (3)

Sunday 27/01/2019 - 1:12 PM

	Name	Age	Team	Seed Time
1	Beardslee, Margaret	61	Mingara	
2	Stallard, Trish	61	Wallsend	
3	Wilkes, Gail	61	Armidale	

Event 518 Men 400 Metre Sprint 60-69 (5)

Sunday 27/01/2019 - 1:16 PM

	Name	Age	Team	Seed Time
1	Carr, Paul	61	Mingara	
2	Crumpton, Geoff	65	Mingara	
3	Lamb, John	70	Illawarra Blue Stars Athletic	
4	Mitchell, David	64	Athletics Nsw	
5	Randell, Michael	64	Mingara	

Event 519 Men 400 Metre Sprint 70+ (3)

Sunday 27/01/2019 - 1:16 PM

	Name	Age	Team	Seed Time
1	McIntyre, Neville	77	Athletics Glen Innes Incorpora	
2	Rix, Brian	78	Nsw Masters Athletics Inc.	
3	Stubbs, Kenneth	75	Mingara	