Results Round Up - November 2024

2/11/24

High Velocity Meet — **Illawong**

100m - Male

Santino Deng	11.56	-0.5	PB
Karel Kratochvil	14.11	-0.4	O'65 Rec

200m - Male

Karel Kratochvil	29.54	-0.4	O'65 Rec

2/11/24

NSW Champs — **ES Marks**

3km - Male

Weizhen (Nero) Zhang	9.46.03	Debut
Wayne Cooper	13.21.19	

3km - Female

Rona Macniven	11.36.53	
Bronwyn Lee	12.06.30	Debut
Rebecca Holmes	12.09.76	

9/11/24

Pan Pacific Masters Games - Gold Coast

200m - Female

Dasun Ganhewa	29.59	+3.1	4th -Windy PB

9/11/24

Treloar Shield — **SOPAC**

100m - Male

Santino Deng	11.38	-0.4	PB
Karel Kratochvil	14.29	-1.6	
David Stuckey	17.41	-1.6	Debut

100m - Female

Luisa Martin	19.28	-1.8	

400m - Male

Ken Wilson	63.87	

400m - Female

Cindy Paisio	70.90	
Rona Macniven	76.18	
Rebecca Holmes	78.69	
Mons Navarro	96.92	
Luisa Martin	1.48.05	Debut

1500m - Male

Ken Wilson	5.11.72	
Lewis Lau	5.13.31	
Darren Motum	6.24.77	

9/11/24 Cont'd

Treloar Shield — **SOPAC**

1500m - Female

Rona Macniven	5.32.17	
Cindy Paisio	5.32.92	
Bronwyn Lee	5.47.97	PB
Rebecca Holmes	5.51.29	
Sally Hannah	5.56.93	
Mons Navarro	7.07.94	Debut

3km Walk - Female

Luisa Martin	30.06.98	Debut - O'50 Rec Set

Hammer - Male

Peter Good	15.94	PB - O'65 Rec

Hammer - Female

Robyn Smith	19.28	
Mons Navarro	18.86	PB
Iris Good	17.35	
Lyn Collins	15.53	

Shot - Male

David Stuckey	10.37	
Peter Good	6.93	

Shot - Female

Iris Good	7.85	PB - O'65 Rec
Mons Navarro	6.36	
Robyn Smith	6.31	
Lyn Collins	5.43	
Rona Macniven	5.12	
Rebecca Holmes	4.87	
Cindy Paisio	4.78	
Luisa Martin	3.94	

Long Jump - Male

David Stuckey	2.92	+2.4	Debut
Ken Wilson	2.86	+0.0	
Peter Good	2.57	+0.0	Debut - O'65 Rec Set

Long Jump - Female

Robyn Smith	2.61	+1.0	O'55 Rec
Lyn Collins	2.14	+0.4	Debut

10/11/24

Pan Pacific Masters Games - Gold Coast

400m - Female

Dasun Ganhewa	65.77	4th

800m - Female

Dasun Ganhewa	2.30.65	2nd - PB

Results Round Up - November 2024

23/11/24

Treloar Shield — **SOPAC**

100m - Female

Aggie Fichera	16.15	-1.4	PB
Luisa Martin	19.27	-0.3	
Lyn Collins	23.70	-0.3	

100m - Male

Santino Deng	11.40	-2.1	
Jordon Reid	12.31	-0.1	Debut
Karel Kratochvil	14.15	-1.2	

200m - Female

Aggie Fichera	32.27	+2.3	Windy PB
Cindy Paisio	32.52	+1.0	
Rebecca Holmes	35.00	+2.3	Windy PB
Sally Hannah	36.30	+1.0	
Jane Boyd	37.21	+3.8	
Robyn Smith	42.60	+1.0	
Luisa Martin	42.66	+0.6	
Lyn Collins	51.67	+0.6	

200m - Male

Santino Deng	23.03	1.5	
Jordon Reid	24.53	+1.4	Debut
Matthew Lynch	27.45	+0.5	
Karel Kratochvil	29.55	+1.8	
Ian Tritton	34.31	+1.8	

800m - Female

Cindy Paisio	2.40.93	
Rebecca Holmes	2.50.02	
Bronwyn Lee	2.54.86	
Sally Hannah	2.56.69	

800m - Male

Chamkaur Dhaliwal	2.17.22	
Ken Wilson	2.22.81	
Mark Gregory	2.30.63	
Andrew Harris	2.37.45	
Brendan Sands	2.44.08	Debut
Ian Tritton	2.45.24	O'60 Rec
Campbell Dawson	2.58.34	

3km - Female

Cindy Paisio	12.06.41	
Bronwyn Lee	12.23	
Rebecca Holmes	12.30.99	
Sally Hannah	12.53.87	
Jane Boyd	14.34.68	O'60 Rec

23/11/24 Cont'd

Treloar Shield — **SOPAC**

3km - Male

Weizhen (Nero) Zhang	9.44.06	PB
James Costello	10.17.40	
Chamkaur Dhaliwal	10.23.66	
Mark Gregory	10.44.98	
Ken Wilson	12.06.45	
Campbell Dawson	12.25.08	
Brendan Sands	12.28.88	Debut
Ian Tritton	12.55.30	

Discus - Female

Iris Good	15.62	1kg	
Robyn Smith	15.29	1kg	
Lyn Collins	13.60	1kg	
Luisa Martin	9.67	1kg	

Discus - Male

David Stuckey	39.42	1kg	PB O'60 Rec
Darren Purcell	22.63	1.5kg	Debut O'50 Rec Set
Peter Good	22.08	1kg	

Shot - Female

Robyn Smith	6.46	3kg	
Iris Good	6.24	4kg	O'45 Rec
Lyn Collins	6.22	3kg	
Cindy Paisio	5.23	4kg	PB
Jane Boyd	4.50	3kg	
Rebecca Holmes	4.33	3kg	
Luisa Martin	3.74	3kg	

Shot - Male

David Stuckey	10.74	5kg	PB O'65 Rec
Darren Purcell	7.61	6kg	PB
Peter Good	6.56	5kg	
Campbell Dawson	6.07	5kg	Debut

2 x 100m - Female

Cindy Paisio, Aggie Fichera	32.46	O'35 Rec
Luisa Martin, Rebecca Holmes	37.40	
Robyn Smith, Jane Boyd	40.23	

2 x 100m - Male

Karel Kratochvil, Matt Lynch	31.41

30/11/24

Treloar Shield — **Blacktown**

100m - Male

Huw Grenfell	12.35	+1.2	PB
Karel Kratochvil	14.36	+0.9	

Results Round Up - November 2024

30/11/24 Cont'd

Treloar Shield Blacktown

100m - Female

Cindy Paisio	16.08	+1.3	**Debut**
Luisa Martin	19.32	+1.0	
Lyn Collins	19.74	+0.0	
Robyn Smith	20.03	+1.3	

400m - Male

Chamkaur Dhaliwal	61.27	
Peter Sweeny	62.31	
Ken Wilson	64.82	
Dan Hogg	64.96	**PB**
Ian Tritton	73.73	**O'60 Rec**

400m - Female

Cindy Paisio	70.38	
Rebecca Holmes	75.68	**PB**
Rona Macniven	75.73	
Bronwyn Lee	81.57	**Debut**
Robyn Smith	1.37.78	
Luisa Martin	1.43.02	
Lyn Collins	NT	

1500m - Male

Weizhen (Nero) Zhang	4.42.06	**Debut**
James Costello	4.45.83	
Peter Sweeny	4.46.44	
Chamkaur Dhaliwal	4.50.45	
Dan Hogg	4.55.31	
Lewis Lau	5.17.73	
Ian Tritton	5.40.37	

30/11/24 Cont'd

Treloar Shield Blacktown

1500m - Female

Rona Macniven	5.43.69	
Bronwyn Lee	5.44.89	**PB**
Sally Hannah	5.47.48	
Rebecca Holmes	5.48.64	

High Jump - Male

Weizhen (Nero) Zhang	1.55	**O'40 Rec Set**
Dan Hogg	1.25	
Ken Wilson	1.20	

Javelin - Male

David Stuckey	29.91	600g	
Dan Hogg	24.78	800g	**PB**
Peter Good	20.44	600g	

Javelin - Female

Iris Good	16.86	500g	
Mons Navarro	15.92	500g	**PB - O'55 Rec**
Lyn Collins	11.24	500g	
Rona Macniven	9.42	600g	
Robyn Smith	6.69	600g	**Debut**
Rebecca Holmes	5.88	500g	**Debut - O'50 Rec Set**
Luisa Martin	5.23	500g	**Debut**