



December 12 2023

**Points**

Hurdles			Time
<b>400m</b>			
Tyne	Timmers	M40	1:08.4
Jonah	Kenny	U18	1:01.8
Janet	Smith	W40	1:20.4
<b>300m</b>			
Lily	Timmers	U14	57.8
Taylor	Smith	U16	52.1
<b>200m</b>			
Lily	Smith	U14	30.8
Connor	Lewis	U14	33.0

Rec

Rec

**Points**

3000 Metres			Time
Tyne	Timmers	M40	11:19.1
Connor	Lewis	U14	11:51.9
Nigel	Bancroft	M55	11:58.1
Janet	Smith	W40	13:37.6

**Points**

60m			Time
Nigel	Bancroft	M55	10.2
Ruth	Johnson	W80	12.6
Harold	Membrey	M70	11.3
Brian	Waldhuter	M80	12.0
Luella	Jenkins	W80	13.0
Janet	Smith	W40	9.0
Taylor	Smith	U16	8.6
Lily	Smith	U14	8.4
Jonah	Kenny	U18	7.8
Tyne	Timmers	M40	8.6
Connor	Lewis	U14	9.5
Lily	Timmers	U14	9.3

**Points**

Shot Put			Distance
Garry	Hastie	M60	8.60m
Janet	Smith	W40	8.68m
Taylor	Smith	U16	9.60m
Lily	Smith	U14	8.05m
Ruth	Johnson	W80	5.81m
Calum	Membrey	M30	5.20m
Lily	Timmers	U14	6.64m
Tyne	Timmers	M40	8.55m
Connor	Lewis	U14	5.10m
Brian	Waldhuter	M80	6.22m
Harold	Membrey	M70	7.17m
Luella	Jenkins	W80	6.67m
Darren	Brennan	M40	4.58m
John	Fettus	M50	13.57m
Jonah	Kenny	U18	9.97m

Rec