



November 17 2022

Long Jump			Distance
Calum	Membrey	M30	3.90m

3000m			Time
Tyne	Timmers	M40	10.57.96
Calum	Membrey	M30	13.13.48

1500m			Time
Aaron	Hill	M45	7.49.16
Calum	Membrey	M30	6.40.99