



**December 10 2020**

<b>Shot Put</b>			<b>Distance</b>
Ruth	Johnson	W75	5.98
Sharon	Moloney	W55	7.81
Jonah	Kenny	U15	7.82
Garry	Hastie	M55	8.06
Harold	Membrey	M65	7.68
Brian	Waldhuter	M80	6.58

<b>300M Hurdles</b>			<b>Time</b>
Brian	Waldhuter	M80	01:20.0
Jonah	Kenny	U15	51.54

**C Record**

<b>200M Hurdles</b>			<b>Time</b>
Rhianna	Di Giuseppe	U13	34.33

**C Record**

<b>3000m</b>			<b>Time</b>
Brian	Waldhuter	M80	24:33.0
Jonah	Kenny	U15	14:54.0
Calum	Membrey	Open	15:08.7
Ruth	Johnson	W75	24:18.0
Harold	Membrey	M65	23:57.0

<b>300m</b>			<b>Time</b>
Ruth	Johnson	W75	01:14.3
Garry	Hastie	M55	50.1
Harold	Membrey	M65	01:04.9
Tracey	Di Giuseppe	F30	55.44