

**Competition Results - 19th November
2022**

MEN

100M

James	Mulholland	18	13.29
Elias	Knight	18	13.93
Lachy	Steain	30	14.51
Conwae	Knight	50	18.15
Gavin	Smith	50	18.97
Dennis	Baker	70	23.56

400M

Aiden	Hill	14	1:04.04
Lachy	Steain	30	1:13.37
Conwae	Knight	50	1:52.57
Dennis	Baker	70	2:13.98

1500M

Gavin	Smith	50	6:07.33
Elias	Knight	18	6:29.38
Conwae	Knight	50	8:20.55

DISCUS

Chris	Lewis	60	29.69
Aiden	Hill	14	29.42
Elias	Knight	18	26.30
James	Mulholland	18	22.68
Gavin	Smith	50	21.66
Lachy	Steain	30	20.32
Dennis	Baker	70	19.14

William	Pearce	70	17.91
Conwae	Knight	50	17.50

SHOT PUT

Aiden	Hill	14	10.15
Chris	Lewis	60	9.20
Elias	Knight	18	9.01
Lachy	Steain	30	8.97

Conwae	Knight	50	7.66
William	Pearce	70	7.07
Dennis	Baker	70	5.80

WOMEN

100M

Clio	Knight	20	15.92
Lisa	McInerney	30	16.37
Gabby	Knight	30	19.21
Kate	Parris	50	19.72
Anthea	Knight	30	20.17
Janet	Crocos	60	22.06
Therese	Knight	50	27.58

400M

Karen	Hill	40	1:28.51
Kate	Parris	50	1:31.88
Anthea	Knight	30	1:36.35

1500M

Kate	Parris	50	6:43.60
Karen	Hill	40	7:16.82

DISCUS

Gabby	Knight	30	25.12
Clio	Knight	20	21.91
Anthea	Knight	30	18.27
Lisa	McInerney	30	16.18
Karen	Hill	40	15.65
Janet	Crocos	60	14.64
Therese	Knight	50	14.16

SHOT

PUT			
Gabby	Knight	30	8.53
Clio	Knight	20	8.38
Lisa	McInerney	30	7.19
Janet	Crocos	60	6.27
Therese	Knight	50	5.68
Anthea	Knight	30	5.60

**HIGH
JUMP**

Clio	Knight	20	1.25
Lisa	McInerney	30	1.25

HIGH JUMP			
James	Mulholland	18	1.50
Elias	Knight	18	1.45

TRIPLE JUMP			
Aiden	Hill	14	11.15
James	Mulholland	18	10.71
Elias	Knight	18	10.24
Conwae	Knight	50	6.76

TRIPLE JUMP			
Clio	Knight	20	8.85
Lisa	McInerney	30	8.52
Kate	Parris	50	6.62
Gabby	Knight	30	5.81
Anthea	Knight	30	5.55