

Competition 8th October 2022

MEN

100m

James	Mulholland	18	13.33
Elias	Knight	18	13.98
Simon	Crococ	Open	14.34
Mark	Jones	50	14.52
Shaun	Partl	40+	14.8
Chris	Lewis	60	15.04
Gavin	Smith	50	15.67
Robert	Mulholland	40+	15.80
Tim	Hinds	40+	17.37
Conwae	Knight	50	17.55
Dennis	Baker	70	23.38

400m

James	Mulholland	18	1:01.29
Elias	Knight	18	1:15.19
Chris	Lewis	60+	1:15.75
Shaun	Partl	40+	1:20.15
Mark	Jones	50	1:21.91
Tim	Hinds	40+	1:22.29
Robert	Mulholland	40+	1:22.76
Conwae	Knight	50	1:36.99
Dennis	Baker	70	2:10.45

1500m

Tim	Hinds	40+	7:10.96
Gavin	Smith	50	7:45.27*
William	Pearce	70	11:23.09
Dennis	Baker	70	11:59.08
Conwae	Knight	50	12:13.61*

Discus

Gavin	Smith	50	25.74
Simon	Crococ	Open	24.42
Elias	Knight	18	22.87
Robert	Mulholland	40+	20.93
Conwae	Knight	50	20.81
William	Pearce	70	19.65
Dennis	Baker	70	19.30
Tim	Hinds	40+	14.23

WOMEN

100m

Zoe	Smith	Open	15.42
Clio	Knight	20	15.97
Anthea	Knight	Open	17.18
Anthea	Mulholland	40	18.79
Alyssa	Jarrott	14	25.32
Therese	Knight	50	28.72
Kate	Parris	50	

400m

Zoe	Smith	Open	1:24.45
Anthea	Knight	Open	1:30.19
Anthea	Mulholland	40	1:57.99

1500m

Alyssa	Jarrott	14	13:46.88
Gabby	Knight	Open	13:50.51
Therese	Knight	50	13:51.72

Discus

Clio	Knight	20	28.17
Gabby	Knight	Open	25.31
Anthea	Knight	Open	18.31
Anthea	Mulholland	40	13.71
Therese	Knight	50	13.40
Zoe	Smith	Open	13.09
Alyssa	Jarrott	14	10.58

Hammer Throw

Gabby	Knight	Open	24.16
Kate	Parris	50	21.61
Therese	Knight	50	17.42
Clio	Knight	20	16.03
Anthea	Mulholland	40	15.98
Anthea	Knight	Open	14.44
Zoe	Smith	Open	13.01
Alyssa	Jarrott	14	9.64

Hammer Throw

Simon	Crococ	Open	22.81
William	Pearce	70	19.60
Elias	Knight	18	19.10
Conwae	Knight	50	15.94
Dennis	Baker	70	14.61
Robert	Mulholland	40+	12.66

Shot Put

Chris	Lewis	60	9.25
Simon	Crococ	Open	8.89
Elias	Knight	18	8.34
Shaun	Partl	40	7.95
Conwae	Knight	50	7.49
William	Pearce	70	7.31
Robert	Mulholland	40+	7.24
James	Mulholland	18	7.07
		40+	
Tim	Hinds		6.25

High Jump

Simon	Crococ	Open	1.45
James	Mulholland	18	1.40
Gavin	Smith	50	1.40
Elias	Knight	18	1.35
Conwae	Knight	50	1.15
Tim	Hinds	40	1.15
Robert	Mulholland	40+	1.10

Long Jump

Elias	Knight	18	5.11
Shaun	Partl	40+	3.68
Chris	Lewis	60+	3.63
Robert	Mulholland	40	3.53
Tim	Hinds	40	3.39
Conwae	Knight	50	3.21

Shot Put

Gabby	Knight	Open	8.93
Clio	Knight	20	7.57
Kate	Parris	50	6.68
Anthea	Knight	Open	6.26
Anthea	Mulholland	40	6.24
Zoe	Smith	Open	6.17
Therese	Knight	50	5.91
Alyssa	Jarrott	14	5.55

High Jump

Clio	Knight	20	1.20m
Anthea	Mulholland	40	1.05m
Anthea	Knight	Open	0.90m
Kate	Parris	50	1.00m

Long Jump

Clio	Knight	20	3.80
Zoe	Smith	Open	3.26
Anthea	Knight	Open	2.70
Anthea	Mulholland	40	2.48
Alyssa	Jarrott	14	2.32