

**Weekly Competition - 5th Novemeber  
2022**

| MEN         |            |    |       |  |
|-------------|------------|----|-------|--|
| <b>100M</b> |            |    |       |  |
| Elias       | Knight     | 18 | 13.77 |  |
| Robert      | Mulholland | 40 | 15.97 |  |
| Dennis      | Baker      | 70 | 23.59 |  |

|             |            |    |         |  |
|-------------|------------|----|---------|--|
| <b>400M</b> |            |    |         |  |
| Elias       | Knight     | 18 | 1:14.46 |  |
| Robert      | Mulholland | 40 | 1:17.72 |  |

|              |        |    |          |  |
|--------------|--------|----|----------|--|
| <b>1500M</b> |        |    |          |  |
| Elias        | Knight | 18 | 7:08.25  |  |
| Dennis       | Baker  | 70 | 11:51.50 |  |

|               |            |    |       |  |
|---------------|------------|----|-------|--|
| <b>Discus</b> |            |    |       |  |
| Elias         | Knight     | 18 | 23.93 |  |
| Gavin         | Smith      | 50 | 25.06 |  |
| Robert        | Mulholland | 40 | 21.61 |  |
| William       | Pearce     | 70 | 17.49 |  |
| Dennis        | Baker      | 70 | 19.17 |  |

|                     |            |    |       |  |
|---------------------|------------|----|-------|--|
| <b>Hammer Throw</b> |            |    |       |  |
| Elias               | Knight     | 18 | 21.45 |  |
| William             | Pearce     | 70 | 18.49 |  |
| Gavin               | Smith      | 50 | 17.69 |  |
| Dennis              | Baker      | 70 | 14.84 |  |
| Robert              | Mulholland | 40 | 14.12 |  |

|                 |            |    |      |  |
|-----------------|------------|----|------|--|
| <b>Shot Put</b> |            |    |      |  |
| Elias           | Knight     | 18 | 9.40 |  |
| Robert          | Mulholland | 40 | 7.72 |  |
| Gavin           | Smith      | 50 | 7.50 |  |
| William         | Pearce     | 70 | 7.33 |  |

|                  |            |    |      |  |
|------------------|------------|----|------|--|
| <b>High Jump</b> |            |    |      |  |
| Elias            | Knight     | 18 | 1.52 |  |
| Gavin            | Smith      | 50 | 1.30 |  |
| Robert           | Mulholland | 40 | 1.05 |  |

|                  |            |    |      |  |
|------------------|------------|----|------|--|
| <b>Long Jump</b> |            |    |      |  |
| Elias            | Knight     | 18 | 4.94 |  |
| Gavin            | Smith      | 50 | 3.10 |  |
| Robert           | Mulholland | 40 | 2.18 |  |

| WOMEN       |        |    |       |  |
|-------------|--------|----|-------|--|
| <b>100M</b> |        |    |       |  |
| Clio        | Knight | 20 | 15.49 |  |
| Anthea      | Knight | 30 | 16.23 |  |
| Mary        | Toney  | 30 | 17.49 |  |
| Zoe         | Smith  | 30 | 18.08 |  |

|             |        |    |         |  |
|-------------|--------|----|---------|--|
| <b>400M</b> |        |    |         |  |
| Anthea      | Knight | 30 | 1:25.22 |  |
| Mary        | Toney  | 30 | 1:39.63 |  |
| Clio        | Knight | 20 | 1:40.98 |  |
| Zoe         | Smith  | 30 | 1:41.97 |  |

|              |        |    |         |  |
|--------------|--------|----|---------|--|
| <b>1500M</b> |        |    |         |  |
| Mary         | Toney  | 30 | 7:18.69 |  |
| Anthea       | Knight | 30 | 7:28.27 |  |
| Clio         | Knight | 20 | 8:22.46 |  |

|               |        |    |       |  |
|---------------|--------|----|-------|--|
| <b>Discus</b> |        |    |       |  |
| Clio          | Knight | 20 | 22.63 |  |
| Mary          | Toney  | 30 | 20.49 |  |
| Anthea        | Knight | 30 | 19.53 |  |
| Zoe           | Smith  | 30 | 13.73 |  |

|                     |        |    |       |  |
|---------------------|--------|----|-------|--|
| <b>Hammer Throw</b> |        |    |       |  |
| Clio                | Knight | 20 | 16.32 |  |
| Mary                | Toney  | 30 | 14.22 |  |
| Anthea              | Knight | 30 | 12.36 |  |

|                 |        |    |      |  |
|-----------------|--------|----|------|--|
| <b>Shot Put</b> |        |    |      |  |
| Clio            | Knight | 20 | 7.77 |  |
| Mary            | Toney  | 30 | 6.76 |  |
| Anthea          | Knight | 30 | 6.38 |  |
| Zoe             | Smith  | 30 | 6.28 |  |

|                  |        |    |      |  |
|------------------|--------|----|------|--|
| <b>High Jump</b> |        |    |      |  |
| Clio             | Knight | 20 | 1.25 |  |
| Mary             | Toney  | 30 | 1.25 |  |
| Anthea           | Knight | 30 | 1.00 |  |

|                  |        |    |      |  |
|------------------|--------|----|------|--|
| <b>Long Jump</b> |        |    |      |  |
| Clio             | Knight | 20 | 3.94 |  |
| Mary             | Toney  | 30 | 3.40 |  |