

Gosford Allstars Results – November 2023

Friday 3rd November 2023

	Javelin	Shot Put	High Jump	70m	800m	200m	3km
Emily		8.46m					
Fiona	16.93m	7.74m					
Kelly	22.70m	10.35m					
Lachlan	39.60m	8.69m		8.23 sec		24.17 sec	
Ryan			1.40m				11min 32.95 sec
Sarah		8.20m					
Tyler	45.08m	12.80m		7.92 sec	2min 38.95sec	23.33 sec	

Friday 10th November 2023

	100m	400m	Discus
Dave	14.44 sec	1min 16.09 sec	
Fiona			23.47m
Lachlan	12.12 sec		27.26m

Friday 17th November 2023

	Javelin	Shot Put	High Jump	70m	100m Hurdles	800m
Dave		9.84m	1.45m	10.12 sec	18.74 sec	
Fiona	15.70m	7.88m				
Lachlan	41.76m	9.00m		8.83 sec		2min 47.89 sec
Pat		8.67m				
Sarah	17.49m	7.78m				

Friday 24th November 2023

	Long Jump
Tyler	6.20m