

# Gosford Allstars Results – December 2023

## Friday 1<sup>st</sup> December 2023

	Javelin	Shot Put	High Jump	Hurdles	70m	200m	800m
Chris		7.19m				32.53 sec	2min 34.89 sec
Dave				19.54 sec			3min 05.33 sec
Emily		8.49m					
Fiona	16.47m	7.62m					
Kelly	21.64m	11.05m					
Lachlan	40.33m	8.71m					
Ryan		8.15m					
Sarah	17.56m	8.00m					
Tyler	55.41m	12.05m	1.80m		7.89 sec		

## Friday 8<sup>th</sup> December 2023

	Discus
Patrick	25.76m
Tyler	37.65m

## Friday 15<sup>th</sup> December 2023

	Javelin
Julia	20.26m
Lachlan	39.52m
Tyler	53.00m