

Gosford Allstars Results – October 2023

Friday 6th October 2023

	Discus	Long Jump	100m
Ray	13.62m	3.92m	15.33 sec
Tyler		6.28m	

Friday 13th October 2023

	Javelin	Shot Put	200m	800m
Ray		7.18m	31.80 sec	3min 34.05 sec
Tyler	47.82m			
Lachlan	36.19m			
Kelly	22.72m			
Fiona	15.45m			

Friday 20th October 2023

	100m	400m
Lachlan	11.78 sec	
Chris		1min 07.03 sec