

# Gosford Allstars Results 2025/26–

## October 2025

### Friday 3<sup>rd</sup> October 2025

|              | <b>100m</b> | <b>3000m</b> | <b>Javelin</b> |
|--------------|-------------|--------------|----------------|
| <b>Dave</b>  | 14.46s      |              |                |
| <b>Fiona</b> |             |              | 18.54m         |
| <b>Matt</b>  |             | 13min 58.37s |                |

### Friday 10<sup>th</sup> October 2025

|             | <b>70m</b> |
|-------------|------------|
| <b>Dave</b> | 9.89s      |

### Friday 24<sup>th</sup> October 2025

|              | <b>100m</b> |
|--------------|-------------|
| <b>Tyler</b> | 12.42s      |

# November 2025

## Friday 7<sup>th</sup> November 2025

|              | <b>800m</b> | <b>3000m</b> | <b>Javelin</b> | <b>Shot Put</b> |
|--------------|-------------|--------------|----------------|-----------------|
| <b>Dave</b>  | 2min 52.80s |              | 19.88m         | 8.94m           |
| <b>Fiona</b> |             |              | 18.53m         |                 |
| <b>Tyson</b> |             | 12min 31.62s |                |                 |

## Friday 14<sup>th</sup> November 2025

|              | <b>400m</b> | <b>1500m</b> | <b>Discus</b> | <b>Long Jump</b> | <b>Triple Jump</b> |
|--------------|-------------|--------------|---------------|------------------|--------------------|
| <b>Dave</b>  | 1min 09.60s |              | 19.96m        | 4.30m            | 9.15m              |
| <b>Fiona</b> |             |              | 27.63m        |                  |                    |
| <b>Tyson</b> |             | 5min 31.95s  |               |                  |                    |

## Friday 28<sup>th</sup> November 2025

|              | <b>100m</b> | <b>Discus</b> | <b>Long Jump</b> | <b>Triple Jump</b> |
|--------------|-------------|---------------|------------------|--------------------|
| <b>Dave</b>  | 13.90s      | 21.10m        | 4.32m            | 9.18m              |
| <b>Fiona</b> |             |               |                  |                    |

# January 2026

## Friday 9<sup>th</sup> January 2026

|              | 70m   | 200m   | Javelin | Shot Put |
|--------------|-------|--------|---------|----------|
| <b>Dave</b>  | 9.75s | 29.35s |         | 8.28m    |
| <b>Fiona</b> |       |        | 19.21   |          |
| <b>Kelly</b> |       |        | 22.99   |          |