

Event: Shot Put

Date: 10/11/2022

Venue: Adcock Park, West Gosford

| Name | Age Group | Weight | Attempt 1 | Attempt 2 | Attempt 3 | Result | Attempt 4 | Attempt 5 | Attempt 6 | Final Result |
|-------------------|-----------|--------|------------------|-----------|-----------|--------|-----------|-----------|-----------|--------------|
| Patrick Spedding | | 6kg | 9.06 | 9.58 | 8.39 | 9.58 | 8.58 | 9.09 | 9.02 | 9.58 |
| Zahli Fisher | | 2kg | 9.32 | F | F | 9.32 | F | 9.11 | 8.20 | 9.32 |
| Allyson Rodriguez | | 2kg | | | | | | | | |
| Kai Onozawa | | 3kg | F | 9.88 | 9.50 | 9.88 | 10.30 | 9.66 | 10.52 | 10.52 |
| William Hunter | | 4kg | 9.60 | 9.54 | 9.90 | 9.90 | 9.71 | 9.68 | 9.39 | 9.90 |
| Emma Polikowski | | 3kg | 11.51 | 11.92 | 12.48 | 12.48 | F | 11.55 | 11.30 | 12.48 |
| Elisabeth Pulis | | 3kg | 10.03 | | | | | | | |
| Callan Atherton | | 2kg | 10.03 | 10.06 | 10.64 | 10.64 | 9.66 | 9.66 | 10.18 | 10.64 |
| Sam Jones | | 7.26kg | F | 11.80 | F | 11.80 | 11.95 | 11.69 | F | 11.95 |
| Jamie Muscat | | 7.26kg | 12.22 | 12.55 | 12.66 | 12.66 | 12.50 | 12.09 | 11.93 | 12.66 |
| Amy Polikowski | | 4kg | X | | | | | | | |
| Kelly Hunter | | 4kg | 10.47 | 10.75 | 10.48 | 10.75 | 10.66 | 10.86 | 10.60 | 10.86 |
| George Wells | | 5kg | 13.99 | 15.60 | 15.45 | 15.60 | 15.46 | 15.60 | 15.03 | 15.60 |
| Ashlyn Blackstock | | 4kg | 11.78 | 11.98 | 12.01 | 12.01 | 11.56 | 12.41 | 12.50 | 12.50 |
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Samantha Fairant

Steven Hunter

S. Hunter

Event: Discus

Date: 10/11/2022

Venue: Adcock Park, West Gosford

| Name | Age Group | Weight | Attempt 1 | Attempt 2 | Attempt 3 | Result | Attempt 4 | Attempt 5 | Attempt 6 | Final Result |
|-------------------|-----------|--------|---------------------------|-----------|-----------|--------|-----------|-----------|-----------|--------------|
| Patrick Spedding | Pa | 1.5kg | 23.28 | 19.79 | 23.46 | 23.46 | 25.73 | 25.46 | 23.03 | 25.73 |
| Zahli Fisher | Pa | 750g | 19.87 19.87 | 23.77 | 17.41 | 23.99 | 23.35 | 26.39 | 21.92 | 26.39 |
| Allyson Rodriguez | Pa | 750g | 16.49 | F | 4.58 | 16.49 | F | 19.77 | 22.35 | 22.35 |
| Kai Onozawa | Pa | 1kg | 36.46 | 34.01 | 34.82 | 36.46 | 35.58 | 34.67 | 35.44 | 36.46 |
| William Hunter | Pa | 1kg | F | F | 26.83 | 26.83 | 32.74 | 33.56 | F | 33.56 |
| Emma Polikowski | Pa | 1kg | X | | | | | | | |
| Elisabeth Pulis | Pa | 1kg | F | F | 36.06 | 36.06 | F | 34.91 | 37.58 | 37.58 |
| Callan Atherton | Pa | 500g | 34.87 | 36.90 | F | 36.90 | F | F | 36.63 | 36.90 |
| Sam Jones | | 2kg | 35.57 | 31.26 | 35.43 | 35.57 | F | 37.39 | 34.97 | 37.39 |
| Jamie Muscat | | 2kg | 38.39 | 39.23 | 38.24 | 39.23 | 38.70 | 38.16 | F | 39.23 |
| Amy Polikowski | Pa | 1kg | F | 41.14 | 40.01 | 41.14 | 37.73 | 36.99 | 39.27 | 41.14 |
| Kelly Hunter | Pa | 1kg | 37.68 | 38.66 | F | 38.66 | 39.99 | 38.73 | 39.99 | 39.99 |
| George Wells | Pa | 1.5kg | 47.63 | 42.96 | 37.66 | 47.63 | F | F | 45.67 | 47.63 |
| Ashlyn Blackstock | Pa | 1kg | 42.85 | 39.55 | 38.18 | 42.85 | 45.33 | F | 43.54 | 45.33 |
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Samantha Farwant



Steven Hunter S.H.T