

Gosford AllStars – Weekly Results 2024/25

4/10/2024

	100m	High Jump
Dave	14.47s	
Di		1.10m

11/10/2024

	70m	Javelin	Shot Put
Dave	10.34s		8.52m
Fiona		18.27m	

18/10/2024

	Shot Put
Di	5.41m

25/10/2024

	70m	800m	3km	Javelin	Shot Put
Fiona				18.70m	8.05m
Josh	11.85s	2min 50.49s	12min 00.39s		
Kelly					9.29m
Tyler				49.55m	12.57m

1/11/2024

	100m	400m	1500m	Long Jump	Discus
Fiona					26.30m
Josh	16.33s	1min 14.26s	5min 50.77s	3.64m	6.73m
Luke	14.97s	1min 11.43s	5min 7.70s	3.55m	10.08m

8/11/2024

	Javelin
Fiona	18.44m

15/11/2024

	100m
Tyler	11.61s

22/11/2024

	Javelin
Fiona	17.60m