

CLUB CHAMPIONSHIPS 2019

22 nd January	200m Long Jump Weight Throw – Masters 800m Cancelled
29 th January	Shot Put High Jump Hurdles (incl Hand)
5 th February	100m Discus 1500m
12 th February	Hammer Triple Jump (Hand) 800m
26 th February	Javelin 400m (Hand)
5 th March	Javelin (Hand)
12 th March	Spare Night
19 th March	Spare Night