

Treloar Shield #1 – 13/10/18 – Blacktown

<u>MEN</u>			<u>WOMEN</u>		
110mH	John Moore	17.18	Long Jump	Melissa Fitzsimmons	5.17m
400m	Jake Lynch	51.19	80mH	Sophie Ross	14.16
100m	Hayden Wong	11.51	400m	Bethany Halmy	57.01
	John Moore	11.63		Elysha Cramer	1:02.78
800m	Conor Carroll	2:09.31 R	100m	Rosie Craker	12.40
	Arran Thatcher	2:13.31		Elysha Cramer	12.56
	Oliver White	2:23.34		Melissa Fitzsimmons	12.88
3000m	Lachlan Nairn	9:33.18		Bethany Halmy	13.07
				Olivia Wrightson	13.37
			800m	Rosie Craker	2:33.59
			3000m	Heather Vrachliotis	11:07.25