

North Region All Comers – Mingara – 27/10/18

<u>MEN</u>			<u>WOMEN</u>		
Shot Put	Benjamin Gulliford	9.81m	200m	Bethany Halmy	25.33
Javelin	William Irish	50.30m	800m	Bethany Halmy	2:11.97
100m	William Irish	12.99	100m	Bethany Halmy	12.84
3000m	Lachlan Nairn	9:44.57			

South Region All Comers – Illawong – 27/10/18

<u>WOMEN</u>		
High Jump	Nicole Freestone	1.70m