

Mingara Allcomers – 11 January 2020

<u>Women</u>			<u>Men</u>		
800m	Bethany Halmy	2:20.09	100m	Nicholas Bate	22.05
100m	Bethany Halmy	13.33	Triple Jump	Mark Howard	14.45m
200m	Bethany Halmy	26.55	Javelin	Jonathan Bell	54.32m
10k Walk	Elizabeth McMillen	DNF	Discus	Lachlan McEntyre	49.04m
			High Jump	Matthew Tilley	2.05m

Illawarra Track Challenge – 11 January 2020

<u>Women</u>			<u>Men</u>		
100m	Sophie Ross	14.04	100m	Liam Webb	11.16
400m	Sophie Ross	1:11.90	400m	Liam Webb	49.39