NSWMA Metro All Comers

Sunday 8th December 2024

Nowra, Sunday 8th December 2024

Results

Event: 800m Norman Windred Handicap run	**Age**	**Time**	**Handicap**	**Place**
Peter Dooley	M65	11:48.58	9:06.00	
Erin Smart	W40	11:49.81	9:19.00	
Gavin Dyball	M50	11:55.45	9:20.00	
John Smith	M60	12:08.30	9:13.00	
Steve Schott	M45	12:10.28	8:42.00	
Loretta Norris	W35	12:12.52	9:24.00	
Erich Moeller-Duhme	M75	12:18.56	9:25.00	
Mathew Watson	M50	12:52.90	9:20.00	

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Event: **Javelin**		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Best	Place
Lauren Naylor	W35	x	√	√	√	x	√	26.39	
Loretta Norris	W35	√	√	√	-	-	-	12.95	
Anne Boatswain	W45	√	√	x	√	√	√	22.13	
Kerrie Jones	W70	√	√	√	√	√	√	11.95	
Sam Keogh	W40	√	√	√	-	-	-	17.77	
Steve Schott	M45	√	√	√	x	√	√	33.85	

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Event: Discus		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Best	Place
Lauren Naylor	W35	√	√	√	√	√	√	20.76	
Loretta Norris	W35	√	√	√	√	√	√	14.53	
Anne Boatswain	W45	√	√	√	√	√	√	25.27	
Kerrie Jones	W70	√	√	√	√	√	√	15.26	
Sam Keogh	W40	x	√	x	√	√	√	23.05	
Steve Schott	M45	√	√	√	x	√	√	28.51	
Jill Taylor	W65	√	√	x	√	√	√	21.28	

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Event: **Long Jump**	Age	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Best	Place
Erin Smart	W40	4.18	3.93	3.91	-	4.43	-	4.43	
Loretta Norris	W35	3.94	3.98	3.89	3.48	-	-	3.98	
Liz Lobb	W40	4.56	4.58	4.69	4.67	4.80	-	4.80	

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Results

Event: 200m	Age	Time	Place
Steve Schott	M45	25.67	
Erin Smart	W40	26.40	
Loretta Norris	W35	31.27	