



January 13 2024

Shot Put			Distance
Calum	Membrey	M30	5.09m
Garry	Hastie	M60	8.99m
John	Fettus	M50	<b>13.76m</b>
Harold	Membrey	M70	7.49m

Club Rec

Javelin			Distance
Calum	Membrey	M30	18.25m
Garry	Hastie	M60	25.26m
Harold	Membrey	M70	16.71m