



**November 30 2023**

<b>Mile Run</b>			<b>Time</b>	
Tyne	Timmers	M40	5.18.7	<b>Club Rec</b>
Jonah	Kenney	U18	5.47.4	<b>Club Rec</b>
Nigel	Bancroft	M55	6.13.0	<b>Club Rec</b>
Calum	Membrey	M30	6.28.2	
Lily	Timmers	U15	8.52.8	<b>Club Rec</b>

<b>800m</b>			<b>Time</b>
Nigel	Bancroft	M55	2.44.2
Calum	Membrey	M30	2.47.0