

Ultra Throws Festival #1

Five Greyhound members attended the Ultra Throws Festival in South Surrey on Sunday, March 19th:

Ruth Kennedy (55-59 age group) participated in Hammer Throw (20.41m best throw) and Shot Put (6.28m best throw)

Scot Henney (90-94 age group) participated not only in the Throws Triathlon (Shot Put, Discus and Javelin) but also in the Throws Pentathlon event (Hammer Throw, Shot Put, Discus, Javelin and Weight Throw).

Throws Triathlon points: 1439

Throws Pentathlon points: 2203

David Dickey (60-64 age group) competed at the Spring Breaker meet the day previous. Suffering a slight injury after performing Long Jump, he was still able to participate in three events plus the Throws Triathlon at the Ultra Throws Festival. He obtained a Personal Best (PB) in the Shot Put event with a throw of 6.35m

Val Scott (60-64 age group) participated in one event, the javelin and progressively threw further with each attempt. Finishing at a distance of 16.93m

Ray Carrol (50-54 age group) participated in his specialty event, the Javelin and through for 36.26m to take top spot for his age category.

Well done to ALL of these athletes!

Results can be found at the following link:

http://www.trackie.com/track-and-field/results_docs/ultra-throws-festival-12017-03-22-20-18-51.pdf

Coach Sam

www.greyhoundstrack.com