

56lb Weight Throw

W35	Sally Sims	3.37
W35	Byrony Glass	5.71
W40	Michelle De Silva	2.00
W40	Cheryl McMahan	3.59
W45	Althea Mackie (Vis)	4.29
M40	Matthew Staunton	8.82
M65	Ossi Igel	4.49