

WOMEN

400m

Emily Woolford U18 1.13.85
Lisa Ryan Open 1.16.30
Zoe Smith U16 1.18.11
Ruth Smith 40+ 1.51.50
Tracey Howse 40+ 2.01.51

Shot Put

Laura Collins U18 11.10
Kiahna Evans U14 10.55
Lara Friesen Open 8.44
Emily Woolford U18 7.30
Teagan Bennie U18 6.77
Emma Clark U16 6.51
Zoe Smith U16 6.19
Janet Crocos 50+ 6.13
Mary Toney Open 5.86
Lisa Ryan Open 5.85
Jessie Nixon U18 5.63
Tracey Howse 40+ 4.94

Discuss

Kiahna Evans U14 25.70
Lara Friesen Open 22.06
Janet Crocos 50+ 17.75
Tracey Howse 40+ 15.42
Lisa Ryan Open 15.05
Teagan Bennie U18 13.52
Zoe Smith U16 13.37
Emma Clark U16 10.08

3000m

Lisa Ryan Open 13.56.92
Fay Pearce 60+ 18.03.08

Long Jump

Emily Woolford U18 3.74
Zoe Smith U16 3.29
Tracey Howse 40+ 3.18
Emma Clark U16 3.02
Teagan Bennie U18 3.00
Ruth Smith 40+ 2.57
Lara Friesen Open 4.39
Jessie Nixon U18 3.94
Lisa Ryan Open 3.79
Laura Collins U18 4.56

100m

Mary Toney Open 13.84
Laura Collins U18 14.01
Lara Friesen Open 14.41
Zoe Smith U16 14.50
Jessie Nixon U18 14.88
Emily Woolford U18 15.19
Lisa Ryan Open 15.39
Teagan Bennie U18 16.10
Emma Clark U16 17.74
Tracey Howse 40+ 18.38

High Jump

Laura Collins U18 1.45
Lara Friesen Open 1.35
Emily Woolford U18 1.25
Mary Toney Open 1.20
Kiahna Evans U14 1.15
Tracey Howse 40+ 1.00
Emma Clark U16 1.00

Hammer

Kiahna Evans U14 27.82
Emma Clark U16 14.87
Mary Toney Open 13.32
Lara Friesen Open 12.46
Tracey Howse 40+ 8.92
Zoe Smith U16 5.83

1500m

Lisa Ryan Open 6.25.98
Mary Toney Open 6.45.64
Tracey Howse 40+ 11.18.38

MEN**400m**

Nathan Howse U20 58.30

Michael Howse 50+ 1.12.82

Shot Put

Nathan Howse U20 11.05

Stan Grant 40+ 9.87

Ted Elkington U18 9.16

Ben Boyd Open 9.10

Lachy Steain Open 8.02

Dennis Baker 60+ 5.95

Discuss

Stan Grant 40+ 29.60

Ben Boyd Open 26.76

Bill Pearce 60+ 21.43

Dennis Baker 60+ 21.15

Luke Smith U18 13.16

3000m

Luke Smith U18 12.04.58

Ted Elkington U18 12.29.71

Bill Pearce 60+ 13.36.00

Des Rees 60+ 14.14.61

Robert Lindley 60+ 20.05.99

Long Jump

Nathan Howse U20 6.31

Ben Boyd Open 5.19

Lachy Steain Open 4.25

Bill Pearce 60+ 3.61

100m

Nathan Howse U20 11.22

Ben Boyd Open 11.55

Jaxon Crowe U14 11.94

Michael Howse 50+ 13.38

High Jump

Nathan Howse U20 1.83

Ben Boyd Open 1.50

Ted Elkington U18 1.45

Luke Smith U18 1.20

Michael Howse 50+ 1.05

Hammer

Dennis Baker 60+ 16.34

Luke Smith U18 11.07

1500m

Ted Elkington U18 5.31.61

Luke Smith U18 5.32.39

Bill Pearce 60+ 6.30.99

Des Rees 60+ 6.46.56

Michael Howse 50+ 7.40.33

Dennis Baker 60+ 9.03.00