

Weekly Results 10th January 2009

Women			Men		
100 metres			100 metres		
Brooke White	(Open)	12.77	Ben Boyd	(18)	11.30
Sarah Maclure	(18)	13.59	Ben Cook	(18)	11.50
Ainslee Thurlow	(14)	13.89	Zach Jones	(20)	11.55
Lisa Ryan	(Open)	14.00	Nathan Howse	(16)	11.74
Emilya Toney	(18)	14.16	Daniel Ryan	(16)	12.02
Gabriel Knight	(18)	14.27	Callum Sutter	(16)	12.65
Mary Toney	(16)	14.91	Michael Howse	(40+)	12.82
Jemma Power	(14)	15.22	Kevin Muller	(Open)	13.24
Amber Cook	(20)	15.35	Robert Wilson	(16)	13.48
Victoria Jones	(20)	15.37	Brian Allen	(16)	13.60
Lisa Knipping	(18)	15.61	Don Chambers	(50+)	13.96
Deborah Jones	(35+)	19.16	Alan Morris	(50+)	14.42
Nadia Mellor	(50+)	19.87	Dennis Baker	(50+)	17.88
400 metres			400 metres		
Lisa Ryan	(Open)	1.04.86	Nathan Howse	(16)	58.46
Mary Toney	(16)	1.12.81	Ian Smith	(40+)	59.70
Emilya Toney	(18)	1.16.44	Robert Wilson	(16)	1.06.32
Jodi Elkington	(16)	1.19.51	Michael Howse	(40+)	1.26.48
Lisa Knipping	(18)	1.20.42	Dennis Baker	(50+)	1.30.50
Nadia Mellor	(50+)	1.35.83	1500 metres		
Amber Cook	(20)	1.37.82	Alan Pearce	(Open)	4.22.66
Fay Pearce	(50+)	1.49.54	Simon O'Reagan	(Open)	4.27.28
1500 metres			Zach Jones	(20)	4.45.46
Rebecca Parry Bolton	(16)	6.44.23	Brian Allen	(16)	4.58.42
Lisa Knipping	(18)	7.26.99	Kevin Muller	(Open)	5.02.03
Fay Pearce	(50+)	7.43.42	Bill Pearce	(50+)	6.08.12
Jodi Elkington	(16)	7.45.77	Andrew Hallam	(50+)	5.17.45
Gabriel Knight	(18)	7.47.41	Peter Rogerson	(50+)	7.12.71
Sally Buckingham	(50+)	7.55.70	Dennis Baker	(50+)	8.18.20
Amber Cook	(20)	8.25.95	Kevin Jones	(40+)	9.10.07
2000m Steeplechase			3000m Steeplechase		
Mary Toney	(16)	10.27.65	Ben Buckingham	(20)	9.50.84
Nadia Mellor	(50+)	10.58.92	Greg Simpson	(50+)	16.55.84
Sally Buckingham	(50+)	11.42.12	3000 metres		
3000m Steeplechase			Alan Pearce	(Open)	10.31.70
Lisa Ryan	(Open)	13.16.69	Kevin Muller	(Open)	11.21.19
Emilya Toney	(18)	16.16.40	Andrew Hallam	(40+)	11.43.66
3000 metres			Mike Mellor	(50+)	11.50.22
Rebecca Parry Bolton	(16)	16.14.72	Hugh Aitken	(Open)	12.32.22
Fay Pearce	(50+)	16.43.49	Charles Aitken	(50+)	12.36.06
Sally Buckingham	(50+)	17.15.79	Tony Perrot	(50+)	12.41.33
Long Jump			Bill Pearce	(50+)	13.09.40
Sarah Maclure	(18)	4.03	Ben Ryan	(Open)	14.28.09
Emilya Toney	(18)	3.89	Peter Rogerson	(50+)	15.17.88

Mary Toney	(16)	3.88	Robert Lindley	(50+)	17.25.51
Jemma Power	(14)	3.83	Kevin Jones	(40+)	22.33.19
Lisa Ryan	(Open)	3.49	80 metre Hurdles		
Victoria Jones	(20)	3.21	Don Chambers	50+	14.80
Carina Heppell	(Open)	2.97	Brian Allen	16	15.68
Jodi Elkington	(16)	2.83	100 Metres Hurdles		
Nadia Mellor	(50+)	2.41	Daniel Ryan	16	17.59
Marlise Cook	(35+)	2.36	Callum Sutter	16	18.29
Fay Pearce	(50+)	2.36	Don Chambers	50+	20.89
Deborah Jones	(35+)	2.35	Long Jump		
Jane Cook	(14)	2.30	Ben Cook	(18)	5.82
High Jump			Daniel Ryan	(16)	5.46
Sarah Maclure	(18)	1.45	Ben Boyd	(18)	5.43
Lisa Knipping	(18)	1.25	Ian Smith	(40+)	5.20
Amber Cook	(20)	1.10	Nathan Howse	(16)	4.88
Gabriel Knight	(18)	1.00	Alan Pearce	(Open)	4.70
Javelin			Callum Sutter	(16)	4.53
Carina Heppell	(Open)	19.47	Alan Morris	(50+)	4.28
Gabriel Knight	(18)	18.90	Don Chambers	(50+)	3.88
Lisa Ryan	(Open)	15.46	Robert Wilson	(16)	3.87
Lisa Knipping	(18)	15.34	Brian Simmons	(50+)	3.72
Ainslee Thurlow	(14)	14.47	Garry Cook	(40+)	3.37
Deborah Jones	(35+)	13.42	High Jump		
Victoria Jones	(20)	12.77	Ben Cook	(18)	1.87
Jodi Elkington	(16)	12.65	Zach Jones	(20)	1.60
Jane Cook	(14)	11.43	Daniel Ryan	(16)	1.50
Jemma Power	(14)	10.48	Ben Boyd	(18)	1.45
Marlise Cook	(35+)	7.34	Callum Sutter	(16)	1.45
Discus			Garry Cook	(40+)	1.35
Ainslee Thurlow	(14)	24.35	Kevin Jones	(40+)	1.10
Emilya Toney	(18)	22.19	Javelin		
Gabriel Knight	(18)	21.56	Zach Jones	(20)	37.48
Marlise Cook	(35+)	19.35	Ben Cook	(18)	35.24
Carina Heppell	(Open)	16.76	Garry Cook	(40+)	30.55
Amber Cook	(20)	15.60	Daniel Ryan	(16)	30.30
Mary Toney	(16)	14.56	Alan Morris	(50+)	29.86
Lisa Ryan	(Open)	14.40	Nathan Howse	(16)	27.92
Victoria Jones	(20)	13.80	Brian Simmons	(50+)	19.93
Jemma Power	(14)	13.35	Kevin Muller	(Open)	18.72
Lisa Knipping	(18)	12.75	Don Chambers	(50+)	18.67
Jodi Elkington	(16)	12.00	Brian Allen	(16)	18.24
Jane Cook	(14)	11.08	Kevin Jones	(40+)	16.55
Nadia Mellor	(50+)	9.10	Dennis Baker	(50+)	15.87
Shot Put			Callum Sutter	(16)	15.69
Gabriel Knight	(18)	8.26	Discus		
Carina Heppell	(Open)	6.84	Ben Boyd	(18)	30.09
Jodi Elkington	(16)	6.31	Zach Jones	(20)	27.46
Emilya Toney	(18)	6.01	Brian Simmons	(50+)	27.06

Lisa Ryan	(Open)	5.80	Ben Cook	(18)	25.70
Deborah Jones	(35+)	5.64	Greg Simpson	(50+)	22.47
Jane Cook	(14)	3.76	Garry Cook	(40+)	21.24
Victoria Jones	(20)	3.66	Dennis Baker	(50+)	18.85
			Alan Morris	(50+)	18.22
			Don Chambers	(50+)	17.92
			Trent Turner	(Open)	16.80

Shot Put

Ben Boyd	(16)	10.43
Ben Ryan	(Open)	10.33
Brian Simmons	(50+)	10.12
Ben Cook	(18)	10.09
Zach Jones	(20)	9.19
Garry Cook	(40+)	8.08
Don Chambers	(50+)	7.88
Trent Turner	(Open)	7.12
Kevin Jones	(40+)	6.73
Greg Simpson	(50+)	6.17
Kevin Muller	(Open)	5.66