

# Weekly Results 14th December 2008

Women			Men		
<b>100 metres</b>			<b>100 metres</b>		
Sarah Maclure	(18)	13.90	Ben Boyd	(18)	11.66
Lisa Ryan	(Open)	14.15	Zach Jones	(20)	11.75
Michelle Crocos	(Open)	14.71	Ben Cook	(18)	11.95
Lisa Knipping	(20)	15.57	Chris Barton	(20)	12.21
Amber Cook	(20)	16.10	Simon Crocos	(20)	12.75
Janet Crocos	(50+)	16.48	Callum Sutter	(16)	12.76
Carina Heppell	(Open)	17.36	Matt Cullen	(16)	13.19
Deborah Jones	(35+)	19.21	Kevin Muller	(Open)	13.66
Marlise Cook	(35+)	19.68	Brian Allen	(16)	13.75
Jane Cook	(14)	20.90	Don Chambers	(50+)	14.62
<b>400M</b>			<b>400M</b>		
Lisa Knipping	(20)	1.04.21	Clancy Lloyd	(14)	15.15
Lisa Ryan	(Open)	1.06.46	Garry Cook	(40+)	16.10
Michelle Crocos	(Open)	1.11.32	Zach Jones	(20)	54.80
Amber Cook	(20)	1.34.71	Ben Boyd	(18)	59.60
Jane Cook	(14)	1.57.56	Nathan Howse	(16)	59.94
<b>1500M</b>			<b>1500M</b>		
Lisa Ryan	(Open)	5.23.28	Simon Crocos	(20)	1.02.20
Sarah Maclure	(18)	8.27.06	Brian Allen	(16)	1.04.21
<b>3000M</b>			<b>3000M</b>		
Lisa Ryan	(Open)	12.33.57	Matt Cullen	(16)	1.06.45
Alana Hurnen	(14)	15.40.64	Jayden Dunn	(20)	1.09.25
Sara Hurnen	(16)	17.41.91	Don Chambers	(50+)	1.19.72
Sharene Hurnen	(35+)	18.40.03	Kevin Jones	(40+)	1.47.31
<b>Long Jump</b>			<b>1500M</b>		
Sarah Maclure	(18)	4.34	Don Chambers	(50+)	10.37.91
Michelle Crocos	(Open)	3.74	Brian Allen	(16)	5.06.46
Lisa Ryan	(Open)	3.66	Kevin Muller	(Open)	5.12.73
Janet Crocos	(50+)	3.63	Ben Boyd	(18)	5.25.65
Gabriel Knight	(18)	3.55	Harrison Hem	(14)	5.29.89
Amber Cook	(20)	3.36	Mike Mellor	(50+)	5.42.40
Carina Heppell	(Open)	3.12	<b>3000M</b>		
Victoria Jones	(20)	3.09	Kevin Muller	(Open)	11.11.24
Lisa Knipping	(20)	3.03	Mike Mellor	(50+)	11.50.00
Deborah Jones	(35+)	2.42	Chris Barton	(20)	12.12.39
Marlise Cook	(35+)	2.40	Harrison Hem	(14)	12.19.21
Jane Cook	(14)	2.33	Ben Cook	(18)	13.06.42
<b>Discus</b>			<b>3000M</b>		
Gabriel Knight	(18)	24.18	Greg Simpson	(50+)	14.56.93
Janet Crocos	(50+)	19.13	Peter Allen	(50+)	16.52.60
Carina Heppell	(Open)	16.49	Kevin Jones	(40+)	22.10.53
Marlise Cook	(35+)	16.36	<b>Long Jump</b>		
Michelle Crocos	(Open)	15.21	Zach Jones	(20)	4.91
Amber Cook	(20)	15.02	Chris Barton	(20)	4.75
			Matt Cullen	(16)	4.71
			Brian Allen	(16)	4.48
			Ben Cook	(18)	4.44

Lisa Ryan	(Open)	14.36	Callum Sutter	(16)	4.29
Victoria Jones	(20)	13.67	Jayden Dunn	(20)	3.94
Deborah Jones	(35+)	12.73	Kevin Muller	(Open)	3.82
Rosalie Wilson	(35+)	12.64	Brian Simmons	(50+)	3.74
Jane Cook	(14)	11.80	Don Chambers	(50+)	3.59
Sarah Maclure	(18)	11.17	Garry Cook	(40+)	3.21
Jodi Elkington	(16)	8.71	Kevin Jones	(40+)	2.11

**Shot Put**

Gabriel Knight	(18)	9.14
Janet Crocos	(50+)	7.70
Michelle Crocos	(Open)	6.65
Amber Cook	(20)	6.29
Jodi Elkington	(16)	6.15
Marlise Cook	(35+)	6.10
Lisa Knipping	(20)	6.04
Lisa Ryan	(Open)	5.99
Carina Heppell	(Open)	5.95
Deborah Jones	(35+)	5.85
Mary Toney	(16)	5.26
Rosalie Wilson	(35+)	4.94
Victoria Jones	(20)	4.79
Jane Cook	(14)	4.61

Dennis Baker	(50+)	1.49
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**Discus**

Chris Barton	(20)	32.00
Zach Jones	(20)	28.87
Ben Boyd	(18)	28.00
Brian Simmons	(50+)	25.11
Ben Cook	(18)	24.86
Callum Sutter	(16)	23.25
Simon Crocos	(20)	21.96
Greg Simpson	(50+)	21.45
Garry Cook	(40+)	21.22
Matt Cullen	(16)	20.10
Brian Allen	(16)	19.65
Dennis Baker	(50+)	18.41
Kevin Muller	(Open)	17.79
Jayden Dunn	(20)	17.42
Kevin Jones	(40+)	16.72
Don Chambers	(50+)	16.30
Peter Allen	(50+)	14.55

**Shot Put**

Chris Barton	(20)	12.80
Ben Cook	(18)	10.68
Brian Simmons	(50+)	9.62
Simon Crocos	(20)	9.37
Matt Cullen	(16)	8.95
Zach Jones	(20)	8.80
Garry Cook	(40+)	8.04
Don Chambers	(50+)	7.18
Greg Simpson	(50+)	7.17
Jayden Dunn	(20)	6.45
Kevin Jones	(40+)	6.43
Dennis Baker	(50+)	6.25
Peter Allen	(50+)	5.77

<b>4 x 400m Relay</b>		
<i>1st</i>	(20)	4.00.84
	Zach	Jones
	Chris	Barton
	Ben	Boyd
	Simon	Crococ
<i>2nd</i>	(U16)	4.33.70
	Brian	Allen
	Harrison	Hem
	Callum	Sutter
	Matt	Cullen
<i>3rd</i>	(Open)	4.38.94
	Ben	Cook
	Kevin	Muller
	Jaydon	Dunn
	Brian	Simmons
<i>4th</i>	(20)	5.47.80
	Victoria	Jones
	Gabriel	Knight
	Amber	Cook
	Lisa	Knipping
<i>5th</i>	(50+)	6.00.18
	Mike	Mellor
	Denis	Baker
	Greg	Simpson
	Don	Chambers
<i>6th</i>	(40+)	6.26.32
	Garry	Cook
	Kevin	Jones
	Janet	Crococ
	Peter	Allen
<i>7th</i>	(Open)	6.57.93
	Jane	Cook
	Jodie	Elkington
	Deborah	Jones
	Michelle	Crococ