

# Weekly Results 17th January 2009

Women			Men		
<b>100 metres</b>			<b>100 metres</b>		
Emilya Toney	(18)	13.75	Ben Boyd	(18)	11.26
Sarah Maclure	(18)	14.01	James Smith	(16)	11.68
Lisa Ryan	(Open)	14.06	Zach Jones	(20)	11.74
Samantha Little	(14)	14.20	Ben Cook	(18)	11.75
Charlotte Wallace	(14)	14.23	Daniel Ryan	(16)	12.46
Molly Giggins	(16)	14.94	Matt Cullen	(16)	12.75
Jemma Power	(14)	15.35	Callum Sutter	(16)	12.75
Rachel Little	(35+)	15.68	Brett Page	(40+)	12.98
Jodi Elkington	(16)	15.76	Michael Howse	(40+)	13.00
Lisa Knipping	(18)	15.76	Kevin Muller	(Open)	13.50
Amber Cook	(20)	15.87	Brian Allen	(16)	13.89
Abbie Little	(14)	16.98	Alan Morris	(50+)	14.51
Renee Page	(16)	19.99	Don Chambers	(50+)	14.63
Jane Cook	(14)	20.28	Peter Allen	(50+)	17.21
Marlise Cook	(35+)	20.58	Dennis Baker	(50+)	18.18
<b>200 metres</b>			<b>200 metres</b>		
Lisa Ryan	(Open)	29.23	Ben Boyd	(18)	23.12
Emilya Toney	(18)	29.86	Zach Jones	(20)	24.01
Sarah Maclure	(18)	29.97	Daniel Gibney	(20)	24.81
Samantha Little	(14)	30.40	Matt Cullen	(16)	25.79
Charlotte Wallace	(14)	30.48	Ian Smith	(40+)	26.79
Grace Gibney	(16)	32.39	Michael Howse	(40+)	27.18
Victoria Jones	(20)	32.97	Kevin Muller	(Open)	27.58
Lisa Knipping	(18)	33.14	Brian Allen	(16)	28.18
Rachel Little	(35+)	33.73	Ben Ryan	(Open)	28.37
Jodi Elkington	(16)	34.08	Tim Gibney	(16)	28.72
Amber Cook	(20)	34.47	Robert Wilson	(16)	30.31
Abbie Little	(14)	37.53	Don Chambers	(50+)	30.95
Annette Zukowski	(35+)	38.72	Dennis Baker	(50+)	37.68
Deborah Jones	(35+)	43.89	<b>800 metres</b>		
Jane Cook	(14)	53.25	Adam Byles	(Open)	1.55.74
Marlise Cook	(35+)	53.65	Daniel Gibney	(18)	2.01.24
<b>800 metres</b>			Tim Gibney	(16)	2.14.97
Lisa Ryan	(Open)	2.25.56	James Ellis	(14)	2.18.44
Grace Gibney	(16)	3.02.06	Brian Allen	(16)	2.19.14
Lisa Knipping	(18)	3.26.18	Kevin Muller	(Open)	2.25.16
Fay Pearce	(50+)	3.52.00	Paul Gibney	(40+)	2.29.87
Annette Zukowski	(35+)	4.14.84	Garry Cook	(40+)	3.25.37
Amber Cook	(20)	4.16.84	Peter Allen	(50+)	3.28.73
<b>5000 metres</b>			Dennis Baker	(50+)	4.04.56
Molly Giggins	(16)	24.53.21	<b>5000 metres</b>		
Emilya Toney	(18)	25.06.51	Mike Mellor	(50+)	19.28.63
Jacki Rogerson	(20)	25.19.79	Jeff Cave	(40+)	20.34.62
Sally Buckingham	(50+)	26.58.47	Tony Perrot	(50+)	21.55.60
<b>1500metre Walk</b>			Bill Pearce	(50+)	22.50.50

Lisa Ryan	(Open)	10.37.20	Des Rees	(50+)	23.16.03
	<b>Pole Vault</b>		Ben Ryan	(Open)	25.29.42
Sarah Maclure	(18)	1.90	Peter Rogerson	(50+)	26.05.85
	<b>High Jump</b>		Doug Lloyd	(50+)	29.27.94
Jemma Power	(14)	1.40	Robert Lindley	(50+)	29.50.02
Lisa Knipping	(18)	1.30	Kevin Jones	(40+)	36.49.88
Renee Page	(16)	1.30		<b>Pole Vault</b>	
Gabriel Knight	(18)	1.20	Zach Jones	(20)	2.55
Amber Cook	(20)	1.10	Chris Barton	(20)	2.00
Jane Cook	(14)	1.10	Greg Simpson	(50+)	2.00
Victoria Jones	(20)	1.05	Don Chambers	(50+)	1.80
Lisa Ryan	(Open)	1.05		<b>High Jump</b>	
	<b>Triple Jump</b>		Ben Cook	(18)	1.91
Emilya Toney	(18)	9.15	Daniel Ryan	(16)	1.65
Sarah Maclure	(18)	9.06	Brett Page	(40+)	1.65
Renee Page	(16)	8.67	Chris Barton	(20)	1.60
Lisa Ryan	(Open)	7.50	Matt Cullen	(16)	1.55
Victoria Jones	(20)	7.46	Callum Sutter	(16)	1.55
Lisa Knipping	(18)	7.18	Garry Cook	(40+)	1.40
Amber Cook	(20)	6.91	Alan Morris	(50+)	1.35
Nadia Mellor	(50+)	5.90	Robert Wilson	(16)	1.35
Marlise Cook	(35+)	5.41	Brian Simmons	(50+)	1.25
Deborah Jones	(35+)	5.15		<b>Triple Jump</b>	
Annette Zukowski	(35+)	5.15	Daniel Ryan	(16)	11.36
Jane Cook	(14)	5.10	Brett Page	(40+)	10.54
	<b>Javelin</b>		Ben Boyd	(18)	10.33
Lisa Knipping	(18)	19.19	Callum Sutter	(16)	10.25
Emilya Toney	(18)	16.60	Matt Cullen	(16)	10.16
Deborah Jones	(35+)	14.14	Zach Jones	(20)	9.38
Victoria Jones	(20)	14.10	Robert Wilson	(16)	9.30
Lisa Ryan	(Open)	13.02	Brian Allen	(16)	9.12
Nadia Mellor	(50+)	12.95	Kevin Muller	(Open)	8.18
Jodi Elkington	(16)	12.87	Don Chambers	(50+)	8.10
Molly Giggins	(16)	11.37	Bill Pearce	(50+)	8.07
Margaret Carty	(50+)	11.31		<b>Javelin</b>	
Rosalie Wilson	(35+)	10.55	Chris Barton	(20)	52.20
Amber Cook	(20)	10.39	Zach Jones	(20)	42.91
Marlise Cook	(35+)	9.68	Ben Cook	(18)	41.53
Jemma Power	(14)	9.28	Alan Morris	(50+)	32.41
Jane Cook	(14)	8.15	Ian Smith	(40+)	31.95
Fay Pearce	(50+)	7.85	Garry Cook	(40+)	29.31
	<b>Shot Put</b>		Daniel Ryan	(16)	28.74
Gabriel Knight	(18)	8.70	Brian Simmons	(50+)	20.27
Margaret Carty	(50+)	6.63	Kevin Muller	(Open)	19.89
Jodi Elkington	(16)	6.28	Kevin Jones	(40+)	19.38
Charlotte Wallace	(14)	6.28	Trent Turner	(Open)	18.41
Marlise Cook	(35+)	5.73	Matt Cullen	(16)	17.86
Deborah Jones	(35+)	5.69	Brian Allen	(16)	12.08

Lisa Ryan	(Open)	5.40
Rosalie Wilson	(35+)	4.84
Victoria Jones	(20)	4.81

**Hammer**

Gabriel Knight	(18)	20.20
Emilya Toney	(18)	17.17
Deborah Jones	(35+)	16.67
Margaret Carty	(50+)	15.21
Lisa Knipping	(18)	14.26
Rosalie Wilson	(35+)	13.16
Victoria Jones	(20)	11.23
Jane Cook	(14)	10.78
Amber Cook	(20)	9.86
Lisa Ryan	(Open)	9.54
Marlise Cook	(35+)	7.60
Molly Giggins	(16)	7.50

**Shot Put**

Ben Ryan	(Open)	10.44
Brian Simmons	(50+)	8.31
Trent Turner	(Open)	7.38
Kevin Jones	(40+)	6.68
Greg Simpson	(50+)	6.12

**Hammer**

Daniel Ryan	(16)	23.47
Brian Simmons	(50+)	22.32
Greg Simpson	(50+)	22.12
Ben Ryan	(Open)	21.55
Matt Cullen	(16)	20.97
Don Chambers	(50+)	19.88
Garry Cook	(40+)	18.64
Trent Turner	(Open)	17.61
Alan Morris	(50+)	17.58
Robert Wilson	(16)	16.78
Kevin Jones	(40+)	16.67
Dennis Baker	(50+)	13.69
Brian Allen	(16)	9.49
Peter Allen	(50+)	8.83