

Weekly Results 22nd November 2009

Women			Men		
100 metres			100 metres		
Emilya Toney	-20	14.23	Nathan Howse	-16	11.93
Lisa Ryan	(Open)	14.67	Ben Boyd	-20	12.24
Samantha Little	-14	15.19	Daniel Ryan	-18	12.33
Rachel Little	(35+)	15.45	Ben Cook	-20	13.24
Janet Crocos	(50+)	16.47	Michael Howse	(40+)	13.26
Abbie Little	-14	16.49	Kevin Muller	(Open)	14.35
Victoria Jones	(Open)	17.17	Trent Turner	(Open)	14.5
Deborah Jones	(35+)	19.22	Don Chambers	(50+)	14.96
Jane Cook	-14	20	Ted Elkington	-14	16
Marlise Cook	(35+)	20.59	400 metres		
Tracey Howse	(35+)	21.42	Zach Jones	-20	57.8
400 metres			Trent Turner	(Open)	1.11.14
Lisa Ryan	(Open)	1.06.74	Jeff Cave	(40+)	1.12.82
Samantha Little	-14	1.08.04	Ted Elkington	-14	1.15.11
Rachel Little	(35+)	1.12.61	Don Chambers	(50+)	1.19.60
Jodi Elkington	-18	1.26.56	Dennis Baker	(50+)	1.33.33
Victoria Jones	(Open)	1.35.78	Kevin Jones	(40+)	1.59.34
Fay Pearce	(50+)	1.42.98	1500 metres		
Deborah Jones	(35+)	1.55.36	James Ellis		4.56.82
1500 metres			Kevin Muller	(Open)	5.23.90
Lisa Ryan	(Open)	5.41.02	Mike Mellor	(50+)	5.55.39
Nadia Mellor	(50+)	7.36.89	Ted Elkington	-14	6.23.16
Fay Pearce	(50+)	8.08.38	David Elkington	(50+)	7.50.02
Cindy Elkington	(35+)	8.15.15	3000 metres		
Deborah Jones	(35+)	9.48.51	James Ellis		10.22.49
3000 metres			Kevin Muller	(Open)	11.15.21
Lisa Ryan	(Open)	12.08.56	Murray Flenley	(Open)	11.21.07
Rachel Little	(35+)	13.42.75	Zach Jones	-20	11.38.00
Cerina Meredith	(50+)	14.24.34	Mike Mellor	(50+)	11.46.87
Samantha Little	-14	14.50.58	Jeff Cave	(40+)	12.13.19
Emilya Toney	-20	15.27.73	Ben Boyd	-20	12.33.48
Nadia Mellor	(50+)	15.38.83	Ben Cook	-20	13.03.82
Jodi Elkington	-18	16.52.72	Ted Elkington	-14	13.30.92
Fay Pearce	(50+)	16.57.06	David Elkington	(50+)	15.28.77

Cindy Elkington (35+) 17.06.29

Long Jump

Janet Crocos (50+) 3.4
Lisa Ryan (Open) 3.37
Rachel Little (35+) 3.22
Abbie Little -14 3.15
Jane Cook -14 2.65
Victoria Jones (Open) 2.62
Fay Pearce (50+) 2.51
Tracey Howse (35+) 2.5
Deborah Jones (35+) 2.5
Marlise Cook (35+) 2.13
Cindy Elkington (35+) 1.91

Shot Put

Rachel Little (35+) 7.32
Janet Crocos (50+) 7.24
Jodi Elkington -18 7.14
Nyree Terry 50+ 6.69
Lisa Ryan (Open) 6.48
Deborah Jones (35+) 5.98
Emilyya Toney -20 5.7
Tracey Howse (35+) 5.23
Abbie Little -14 3.99
Victoria Jones (Open) 3.29

Discus

Emilyya Toney -20 20.53
Janet Crocos (50+) 18.89
Marlise Cook (35+) 18.36
Nyree Terry 50+ 17.56
Lisa Ryan (Open) 15.8
Jodi Elkington -18 15.07
Tracey Howse (35+) 13.71
Jane Cook -14 12.7
Deborah Jones (35+) 10.88

Robert Lindley (50+) 18.16.42

Dennis Baker (50+) 20.17.70

Kevin Jones (40+) 23.27.21

Long Jump

Nathan Howse -16 5.52
Daniel Ryan -18 5.48
Zach Jones -20 5.2
Callum Sutter -18 5.16
Ben Cook -20 4.57
Chris Barton -20 3.93
Don Chambers (50+) 3.7
Ted Elkington -14 3.7
Trent Turner (Open) 3.27
Kevin Jones (40+) 2.31

Shot Put

Chris Barton -20 11.11
Nathan Howse -16 10.86
Zach Jones -20 10.08
Ted Elkington -14 8.27
Don Chambers (50+) 7.84
Kevin Jones (40+) 7.78
Trent Turner (Open) 6.67
Dennis Baker (50+) 6.23
Michael Howse (40+) 6.17

Discus

Chris Barton -20 32.48
Daniel Ryan -18 28.25
Ben Boyd -20 26.39
Nathan Howse -16 25.94
Ben Cook -20 24.65
Callum Sutter -18 20.9
Kevin Jones (40+) 18.52
Ted Elkington -14 18.4
Don Chambers (50+) 18.29
Dennis Baker (50+) 17.52
Kevin Muller (Open) 15.19