

Weekly Results 2nd November 2008

4 x 100m		
1st	U20	45.59 Record
	Royston Bassmann	
	Zach Jones	
	Chris Barton	
	Brendan Ashcroft	
2nd	U16	49.33
	Nathan Howse	
	Matt Cullen	
	Callum Sutter	
	Daniel Ryan	
3rd	U18	54.86
	Parry Bolton	
	Rebecca	
	Ben Cook	
	Ben Boyd	
	Nick Raymond	
4th	Open	1.00.61
	Michael Howse	
	Kevin Jones	
	Garry Cook	
	Trent Turner	
5th	Open	1.02.30
	Gabby Knight	
	Lisa Ryan	
	Jodi Elkington	
	Janet Crocos	
6th	U14	1.03.13
	Charlotte Wallace	
	Jane Cook	
	Samantha Little	
	Jemma Power	
7th	50+	1.04.34
	Dennis Baker	
	Greg Simpson	
	Bill Pearce	
	Mike Mellor	
8th	35+	1.20.92
	Cynthia Power	
	Debbie Jones	
	Marlise Cook	
	Annette Zukowski	

4 x 400m		
1st	U18	5.23.23 Record
	Charlotte Wallace	
	Samantha Little	
	Jodi Elkington	
	Gabby Knight	
2nd	50+	5.29.63 Record
	Dennis Baker	
	Doug Lloyd	
	Bill Pearce	
	Mike Mellor	
3rd	Open	5.32.26
	Nathan Howse	
	Gary Cook	
	Kevin Jones	
	Trent Turner	
4th	Open	5.40.81
	Jane Cook	
	Jemma Power	
	Rebecca Parry Bolton	
	Lisa Ryan	
5th	+50	5.51.69 Record
	Fay Pearce	
	Cerina Meredith	
	Nadia Mellor	
	Janet Crocos	
6th	Open	7.10.45
	Victoria Jones	
	Annette Zukowski	
	Debbie Jones	
	Cynthia Power	

4 x Medley Relay		
<i>1st</i>	U20	<i>1.39.93 Record</i>
	Brendan	Ashcroft
	Royston	Bassman
	Chris	Barton
	Zach	Jones
<i>2nd</i>	U16	<i>1.52.30 Record</i>
	Matt	Cullen
	Nathan	Howse
	Callum	Sutter
	Daniel	Ryan
<i>3rd</i>	Open	<i>2.18.08</i>
	Michael	Howse
	Gary	Cook
	Kevin	Jones
	Trent	Turner
<i>4th</i>	U14	<i>2.21.31 Record</i>
	Charlotte	Wallace
	Samantha	Little
	Jane	Cook
	Jemma	Power
<i>5th</i>	U20	<i>2.23.80 Record</i>
	Victoria	Jones
	Jodi	Elkington
	Gabby	Knight
	Rebecca	Parry Bolton
<i>6th</i>	50+	<i>2.24.45</i>
	Dennis	Baker
	Bill	Pearce
	Greg	Simpson
	Doug	Lloyd
<i>7th</i>	Open	<i>2.24.98</i>
	Annette	Zukowski
	Cynthia	Power
	Debbie	Jones
	Ben	Cook
<i>8th</i>	50+	<i>2.49.89</i>
	Nadia	Mellor
	Cerina	Meredith
	Fay	Pearce
	Janet	Crocos

4 x 1500m		
<i>1st</i>	U20	<i>23.00.45 Record</i>
	Zach	Jones
	Chris	Barton
	Rebecca	Parry Bolton
	Ben	Cook
<i>2nd</i>	50+	<i>25.56.58 Record</i>
	Bill	Pearce
	Mike	Mellor
	Doug	Lloyd
	Greg	Simpson
<i>3rd</i>	50+	<i>29.28.94 Record</i>
	Cerina	Meredith
	Nadia	Mellor
	Fay	Pearce
	Janet	Crocos

3 x Jumps Relay

<i>1st (U20)</i>	<i>Total - 19.31 Record</i>	
LJ	Brendan Ashcroft	6.06
HJ	Chris Barton	1.65
TJ	Zach Jones	11.60
<i>2nd (U16)</i>	<i>Total - 16.80 Record</i>	
LJ	Matt Cullen	4.96
HJ	Daniel Ryan	1.65
TJ	Callum Sutter	10.19
<i>3rd (U18)</i>	<i>Total - 15.99</i>	
LJ	Royston Bassman	6.20
HJ	Ben Cook	1.70
TJ	Ben Boyd	8.09
<i>4th (Open)</i>	<i>Total - 12.79 Record</i>	
LJ	Trent Turner	3.38
HJ	Kevin Jones	1.05
TJ	Gary Cook	8.36
<i>5th (U14)</i>	<i>Total - 12.34 Record</i>	
LJ	Jemma Power	4.24
HJ	Samantha Little	1.10
TJ	Charlotte Wallace	7.00
<i>6th (50+)</i>	<i>Total - 11.56 Record</i>	
LJ	Doug Lloyd	2.26
HJ	Greg Simpson	1.30
TJ	Bill Pearce	8.00
<i>7th U20</i>	<i>Total - 11.25 Record</i>	
LJ	Jodi Elkington	3.08
HJ	Gabby Knight	1.15
TJ	Victoria Jones	7.02
<i>8th (50+)</i>	<i>Total - 8.90 Record</i>	
LJ	Fay Pearce	2.65
HJ	Janet Crocos	1.05
TJ	Nadia Mellor	5.20
<i>9th (35+)</i>	<i>Total - 7.79</i>	
LJ	Cynthia Power	2.31
HJ	Marlise Cook	1.05
TJ	Debbie Jones	4.43

3 x Throws Relay

<i>1st (U20)</i>	<i>Total - 83.19 Record</i>	
SP	Brendan Ashcroft	10.25
Dis	Zach Jones	25.15
Jav	Chris Barton	47.79
<i>2nd (U18)</i>	<i>Total - 79.49</i>	
SP	Ben Boyd	10.79
Dis	Nick Raymond	26.58
Jav	Ben Cook	42.12
<i>3rd (U16)</i>	<i>Total - 68.20</i>	
SP	Matt Cullen	8.72
Dis	Daniel Ryan	30.63
Jav	Nathan Howse	28.85
<i>4th (Open)</i>	<i>Total - 54.47 Record</i>	
SP	Trent Turner	7.40
Dis	Kevin Jones	15.42
Jav	Gary Cook	31.65
<i>5th (50+)</i>	<i>Total - 48.44 Record</i>	
SP	Dennis Baker	6.45
Dis	Greg Simpson	21.87
Jav	Bill Pearce	20.12
<i>6th (U20)</i>	<i>Total - 44.84 Record</i>	
SP	Jodi Elkington	6.18
Dis	Victoria Jones	13
Jav	Gabby Knight	25.66
<i>7th (50+)</i>	<i>Total - 35.60 Record</i>	
SP	Fay Pearce	5.46
Dis	Janet Crocos	19.43
Jav	Nadia Mellor	10.71
<i>8th (35+)</i>	<i>Total - 33.72</i>	
SP	Cynthia Power	4.69
Dis	Marlise Cook	16.47
Jav	Debbie Jones	12.56
<i>9th (U16)</i>	<i>Total - 24.25 Record</i>	
SP	Jemma Power	5.45
Dis	Jane Cook	11.13
Jav	Rebecca Bolton	7.67

Women**3000 metres**

Lisa Ryan	(Open)	12.35.56
Cerina Meredith	(50+)	14.21.89

High Jump

Gabriel Knight	(18)	1.15
Samantha Little	(14)	1.10
Marlise Cook	(35+)	1.05
Cerina Meredith	(50+)	1.00

Long Jump

Jemma Power	(14)	4.24
Jodi Elkington	(16)	3.08
Fay Pearce	(50+)	2.65
Cynthia Power	(35+)	2.31

Triple Jump

Charlotte Wallace	(14)	7.80
Victoria Jones	(20)	7.02
Nadia Mellor	(50+)	5.21
Deborah Jones	(35+)	4.43

Javelin

Gabriel Knight	(18)	25.66
Deborah Jones	(35+)	12.56
Nadia Mellor	(50+)	10.71
Rebecca Parry Bolton	(16)	7.67

Discus

Janet Crocos	(50+)	19.43
Deborah Jones	(35+)	16.47
Victoria Jones	(20)	13.00
Jane Cook	(14)	11.13

Shot Put

Jodi Elkington	(16)	6.18
Fay Pearce	(50+)	5.46
Jemma Power	(14)	5.45
Cynthia Power	(35+)	4.69

Men**3000 metres**

Mike Mellor	(50+)	11.40.44
Doug Lloyd	(50+)	15.06.54
Robert Lindley	(50+)	17.26.29

High Jump

Ben Cook	(18)	1.70
Chris Barton	(20)	1.65
Daniel Ryan	(16)	1.65
Greg Simpson	(50+)	1.30
Kevin Jones	(40+)	1.05

Long Jump

Royston Bassman	(18)	6.20
Brendon Ashcroft	(20)	6.06
Matt Cullen	(16)	4.96
Trent Turner	(Open)	3.58
Doug Lloyd	(50+)	2.26

Triple Jump

Zach Jones	(20)	11.60
Callum Sutter	(16)	10.19
Garry Cook	(40+)	8.36
Ben Boyd	(18)	8.09
Bill Pearce	(50+)	8.00

Javelin

Chris Barton	(20)	47.79
Ben Cook	(18)	42.12
Garry Cook	(40+)	31.65
Nathan Howse	(16)	28.85
Bill Pearce	(50+)	20.12

Discus

Daniel Ryan	(16)	30.63
Nick Raymond	(18)	26.58
Zach Jones	(20)	25.15
Greg Simpson	(50+)	21.87
Kevin Jones	(40+)	15.42

Shot Put

Ben Boyd	(18)	10.79
Brendon Ashcroft	(20)	10.25
Matt Cullen	(16)	8.72
Trent Turner	(Open)	7.40
Dennis Baker	(50+)	6.45