

## 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