

Weekly Results 30th January 2010

Women

100 Metres

Chloe Thomas	16	13.74
Talia Paterson	Open	14.38
Lisa Ryan	Open	14.52
Lisa Knipping	20	14.72
Gabriel Knight	20	15.2
Jodi Elkington	18	15.87
Karen Hill	Open	15.88
Zoey Gow	16	16.96
Fay Pearce	50+	18
Debbie Jones	35+	18.32
Marlise Cook	35+	18.65
Tracey Howse	35+	19.92

200 Metres

Chloe Thomas	16	28.76
Lisa Ryan	Open	29.42
Lisa Knipping	20	29.82
Mary Toney	18	31.39
Jodi Elkington	18	33.27
Fay Pearce	50+	41.14
Debbie Jones	35+	43.54
Tracey Howse	35+	46.59

800 Metres

Lisa Ryan	Open	2.33.93
Victoria Jones	Open	3.34.66
Fay Pearce	50+	3.48.76
Debbie Jones	35+	4.25.61

5000 Metres

Sonya Fitzsimmons	Open	24.09.48
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Javelin

Zoey Gow	16	23.9
Lisa Knipping	20	21.25
Gabriel Knight	20	19.76
Nyree-Anne Terry	50+	17.43

Men

100 Metres

Ben Boyd	20	11.58
Ben Cook	20	11.73
Nathan Howse	16	12.04
Chris Barton	20	12.27
Daniel Ryan	18	12.29
Callum Sutter	18	12.79
Michael Howse	40+	12.89
Kevin Muller	Open	13.37
Brian Allen	16	13.67
Don Chambers	50+	14.61
Ted Elkington	14	15.14
Greg Simpson	50+	15.95
Dennis Baker	50+	18.33

200 Metres

Ben Boyd	20	23.47
Nathan Howse	16	24.04
Brian Allen	16	27.26
Kevin Muller	Open	28.17
Michael Howse	40+	28.74
Garry Cook	40+	31.91
Don Chambers	50+	32.51
Greg Simpson	50+	32.55
Dennis Baker	50+	39.01

800 Metres

Tim Gibney	16	2.08.19
Mitchell Hibbens	Open	2.13.03
Brian Allen	16	2.13.42
James Ellis	16	2.17.46
Ben Boyd	20	2.18.30
Kevin Muller	Open	2.26.10
Nick Raymond	20	2.33.53
Paul Gibney	40+	2.36.45
Callum Sutter	18	2.44.14

Talia Paterson	Open	14.34	Zachary Jones	20	2.55.57
Jane Cook	14	13.75	Bill Pearce	50+	2.56.58
Debbie Jones	35+	13.61	Greg Simpson	50+	3.02.55
Lisa Ryan	Open	12.58	Des Rees	50+	3.04.41
Victoria Jones	Open	12.1	Steven Boyd	40+	3.16.85
Sarah Maclure	18	12	Michael Howse	40+	3.17.04
Marlise Cook	35+	11.27	Dennis Baker	50+	4.03.60
Janet Crocos	50+	10.6	Don Chambers	50+	4.10.16
Tracey Howse	35+	10.58	Kevin Jones	40+	4.18.55
Fay Pearce	50+	8.57			
	Discus			5000 Metres	
Gabriel Knight	20	24.38	Zachary Jones	20	20.54.08
Zoey Gow	16	20.73	Bill Pearce	50+	23.48.07
Marlise Cook	35+	19.07	Des Rees	50+	24.32.97
Nyree-Anne Terry	50+	19.05	Peter Rogerson	50+	27.13.81
Talia Paterson	Open	17.01	Ted Elkington	14	28.18.62
Janet Crocos	50+	16.57	Robert Lindley	50+	32.17.13
Jodi Elkington	18	15.97	Kevin Jones	40+	43.55.05
Victoria Jones	Open	15.94			
Lisa Knipping	20	15.83		Javelin	
Tracey Howse	35+	15.49	Chris Barton	20	50.7
Jane Cook	14	14.8	Ben Cook	20	49.2
Lisa Ryan	Open	14.6	Ben Boyd	20	42.46
Debbie Jones	35+	13.81	Nick Raymond	20	39.9
Karen Hill	Open	13.42	Zachary Jones	20	33.34
	Hammer		Garry Cook	40+	30.45
Nyree-Anne Terry	50+	29.98	Daniel Ryan	18	29.55
Gabriel Knight	20	23.37	Brian Allen	16	24.22
Janet Crocos	50+	17.9	Steven Boyd	40+	23.83
Zoey Gow	16	16.58	Nathan Howse	16	23.78
Debbie Jones	35+	15.52	Kevin Jones	40+	19.66
Mary Toney	18	15.12			
Marlise Cook	35+	14.15		Discus	
Jane Cook	14	8.46	Chris Barton	20	34.23
	Triple Jump		Ben Cook	20	28.12
Talia Paterson	Open	9.34	Daniel Ryan	18	27.67
Chloe Thomas	16	9.29	Nick Raymond	20	27.06
Lisa Knipping	20	8.87	Zachary Jones	20	26.23
			Nathan Howse	16	24.68
			Brian Allen	16	22.42
			Callum Sutter	18	22.08

