

Weekly Results 30th November 2008

| Women | | | Men | | |
|----------------------|--------|----------|-------------------|--------|----------|
| 100 metres | | | 100 metres | | |
| Lisa Ryan | (Open) | 14.28 | Ben Boyd | (18) | 11.65 |
| Sarah Maclure | (18) | 14.33 | Zach Jones | (20) | 11.66 |
| Nicole Cruickshank | (20) | 14.75 | Nick Raymond | (18) | 11.74 |
| Deborah Jones | (35+) | 19.16 | Daniel Ryan | (16) | 11.75 |
| Jane Cook | (14) | 20.54 | Callum Sutter | (16) | 12.84 |
| 200M | | | 200M | | |
| Lisa Ryan | (Open) | 29.64 | Michael Howse | (40+) | 13.08 |
| Sarah Maclure | (18) | 30.84 | Brian Allen | (18) | 13.67 |
| Janet Crocos | (50+) | 33.72 | Kevin Muller | (Open) | 13.95 |
| Carina Heppell | (Open) | 39.55 | James Ryan | (Open) | 13.96 |
| 800M | | | 800M | | |
| Lisa Ryan | (Open) | 2.38.52 | Alan Morris | (50+) | 14.37 |
| Rebecca Parry Bolton | (16) | 3.11.19 | Garry Cook | (40+) | 14.52 |
| Gabriel Knight | (18) | 3.55.54 | Dennis Baker | (50+) | 18.07 |
| Fay Pearce | (50+) | 3.55.98 | 200M | | |
| 3000M | | | 200M | | |
| Lisa Ryan | (Open) | 12.14.69 | Ben Boyd | (18) | 24.52 |
| Fay Pearce | (50+) | 16.26.52 | Daniel Ryan | (16) | 25.22 |
| Gabriel Knight | (18) | 17.51.61 | Michael Howse | (40+) | 27.82 |
| Victoria Jones | (20) | 19.53.02 | Brian Allen | (18) | 28.89 |
| Jane Cook | (14) | 21.22.94 | Alan Morris | (50+) | 30.3 |
| 10000M | | | 800M | | |
| Stephanie Elliot | (14) | 43.41.43 | Garry Cook | (40+) | 31.4 |
| Cerina Meredith | (50+) | 49.45.96 | Dennis Baker | (50+) | 37.33 |
| Sonya Fitzsimmons | (Open) | 49.54.37 | Kevin Jones | (40+) | 42.11 |
| Paula Elliot | (40+) | 55.32.18 | 3000M | | |
| Jacki Rogerson | (20) | 56.25.57 | Brian Allen | (18) | 11.31.11 |
| Sally Buckingham | (50+) | 59.16.80 | Peter Rogerson | (50+) | 15.06.55 |
| High Jump | | | 10000M | | |
| Victoria Jones | (20) | 1.05 | Kevin Jones | (40+) | 19.23.06 |
| Lisa Ryan | (Open) | 1.05 | Troy Megson | (40+) | 39.39.73 |
| Gabriel Knight | (18) | 1.10 | Kevin Muller | (Open) | 41.00.43 |
| Janet Crocos | (50+) | 1.2 | Dave Cromarty | (50+) | 41.25.52 |
| Sarah Maclure | (18) | 1.4 | Mike Mellor | (50+) | 41.34.15 |
| Triple Jump | | | 10000M | | |
| Marlise Cook | (35+) | 5.37 | Kevin Mahady | (40+) | 52.49.34 |
| Deborah Jones | (35+) | 5.49 | Doug Lloyd | (50+) | 52.53.67 |
| Carina Heppell | (Open) | 6.83 | Robert Lindley | (50+) | 61.16.10 |
| Victoria Jones | (20) | 6.86 | Peter Allen | (50+) | 62.14.14 |
| Lisa Ryan | (Open) | 7.25 | High Jump | | |
| Sarah Maclure | (18) | 8.89 | High Jump | | |
| Javelin | | | High Jump | | |
| Fay Pearce | (50+) | 6.04 | Brian Allen | (18) | 1.15 |
| Mary Toney | (16) | 7.48 | | | |

| | | | | | |
|----------------|--------|-------|---------------|--------|------|
| Marlise Cook | (35+) | 8.12 | Kevin Jones | (40+) | 1.15 |
| Victoria Jones | (20) | 12.91 | Alan Morris | (50+) | 1.35 |
| Deborah Jones | (35+) | 13.39 | Garry Cook | (40+) | 1.4 |
| Lisa Ryan | (Open) | 16.25 | James Ryan | (Open) | 1.40 |
| Carina Heppell | (Open) | 18.63 | Daniel Ryan | (16) | 1.6 |
| Janet Crocos | (50+) | 19.14 | Callum Sutter | (16) | 1.6 |
| Janice Frey | (35+) | 21.92 | Zach Jones | (20) | 1.65 |
| Gabriel Knight | (18) | 24.44 | Nick Raymond | (18) | 1.65 |
| Kiera Frey | (16) | 24.65 | | | |

Shot Put

| | | |
|----------------|--------|------|
| Victoria Jones | (20) | 3.90 |
| Deborah Jones | (35+) | 5.85 |
| Lisa Ryan | (Open) | 5.97 |
| Carina Heppell | (Open) | 6.52 |
| Marlise Cook | (35+) | 6.61 |
| Janice Frey | (35+) | 7.72 |
| Gabriel Knight | (18) | 7.81 |
| Janet Crocos | (50+) | 8.02 |

Hammer

| | | |
|----------------|--------|-------|
| Victoria Jones | (20) | 9.79 |
| Jane Cook | (14) | 10.11 |
| Mary Toney | (16) | 13.37 |
| Deborah Jones | (35+) | 17.84 |
| Gabriel Knight | (18) | 18.83 |
| Carina Heppell | (Open) | 19.93 |
| Janet Crocos | (50+) | 22.36 |

Triple Jump

| | | |
|---------------|--------|-------|
| Garry Cook | (40+) | 7.74 |
| Trent Turner | (Open) | 8.19 |
| Alan Morris | (50+) | 8.41 |
| James Ryan | (Open) | 8.84 |
| Callum Sutter | (16) | 10.10 |
| Daniel Ryan | (16) | 10.3 |
| Nick Raymond | (18) | 11.51 |

Javelin

| | | |
|--------------|--------|-------|
| Kevin Muller | (Open) | 16.39 |
| Brian Allen | (18) | 17.43 |
| Trent Turner | (Open) | 20.82 |
| Kevin Jones | (40+) | 22.45 |
| James Ryan | (Open) | 24.49 |
| Daniel Ryan | (16) | 26.49 |
| Alan Morris | (50+) | 30.16 |
| Garry Cook | (40+) | 31.83 |
| Nick Raymond | (18) | 38.53 |
| Ben Boyd | (18) | 38.94 |
| Zach Jones | (20) | 41.86 |

Shot Put

| | | |
|---------------|--------|-------|
| Dennis Baker | (50+) | 6.37 |
| Alan Morris | (50+) | 6.73 |
| Trent Turner | (Open) | 6.95 |
| Kevin Jones | (40+) | 7.04 |
| Brian Allen | (18) | 7.31 |
| Garry Cook | (40+) | 8.45 |
| Callum Sutter | (16) | 8.45 |
| James Ryan | (Open) | 8.60 |
| Daniel Ryan | (16) | 9.26 |
| Ben Boyd | (18) | 10.2 |
| Nick Raymond | (18) | 10.32 |

Hammer

| | | |
|--------------|--------|-------|
| Brian Allen | (18) | 13.87 |
| Trent Turner | (Open) | 13.92 |
| Kevin Jones | (40+) | 16.9 |
| Dennis Baker | (50+) | 17.07 |
| Ben Boyd | (18) | 18.94 |
| Daniel Ryan | (16) | 21.05 |
| Zach Jones | (20) | 24.96 |