

Weekly Results 3rd January 2009

Women			Men		
100 metres			100 metres		
Sarah Maclure	(18)	13.70	Ben Boyd	(18)	11.56
Emilya Toney	(18)	14.15	Zach Jones	(20)	12.04
Lisa Ryan	(Open)	14.29	Nathan Howse	(16)	12.14
Mary Toney	(16)	14.43	Daniel Ryan	(16)	12.36
Gabriel Knight	(18)	14.58	Callum Sutter	(16)	12.61
Charlotte Wallace	(14)	14.95	Matt Cullen	(16)	12.86
Jodi Elkington	(16)	15.97	Xavier Anderson	(18)	13.24
400 metres			400 metres		
Lisa Ryan	(Open)	1.04.84	Michael Howse	(40+)	13.33
Mary Toney	(16)	1.09.94	Robert Wilson	(16)	13.75
Victoria Jones	(20)	1.21.66	Don Chambers	(50+)	14.53
Jodi Elkington	(16)	1.24.28	Alan Morris	(50+)	14.89
Emilya Toney	(18)	1.27.72	Dennis Baker	(50+)	18.08
Annette Zukowski	(35+)	1.42.64	400 metres		
Carina Heppell	(Open)	1.47.53	Zach Jones	(20)	52.50
1500 metres			Ben Boyd	(18)	52.68
Lisa Ryan	(Open)	5.25.00	Nathan Howse	(16)	56.47
Nadia Mellor	(50+)	7.12.11	Daniel Ryan	(16)	56.77
Fay Pearce	(50+)	7.54.13	Matt Cullen	(16)	1.02.05
Annette Zukowski	(35+)	8.38.31	Kevin Muller	(Open)	1.02.46
3000 metres			Brian Simmons	(50+)	1.04.38
Lisa Ryan	(Open)	12.13.00	Greg Simpson	(50+)	1.12.86
Cerina Meredith	(50+)	13.59.64	Alan Morris	(50+)	1.15.04
Emilya Toney	(18)	14.35.04	Don Chambers	(50+)	1.15.37
Nadia Mellor	(50+)	14.35.98	Trent Turner	(Open)	1.17.19
Shelley Bowey	(Open)	15.03.40	Garry Cook	(40+)	1.20.63
Long Jump			Dennis Baker	(50+)	1.30.19
Sarah Maclure	(18)	4.26	Kevin Jones	(40+)	1.47.35
Emilya Toney	(18)	3.99	1500 metres		
Lisa Ryan	(Open)	3.94	Tom Gorman	(Open)	4.24.78
Charlotte Wallace	(14)	3.66	Alan Pearce	(Open)	4.30.69
Gabriel Knight	(18)	3.63	John King	(Open)	4.56.62
Mary Toney	(16)	3.61	Dan Rees	(Open)	5.13.44
Jodi Elkington	(16)	3.11	Mike Mellor	(50+)	5.41.69
Carina Heppell	(Open)	3.07	Robert Wilson	(16)	6.32.04
Victoria Jones	(20)	3.06	Ben Ryan	(Open)	7.02.29
Fay Pearce	(50+)	2.60			
Nadia Mellor	(50+)	2.58			
Annette Zukowski	(35+)	2.55			
Deborah Jones	(35+)	2.42			

3000 metres

Tom Gorman	(Open)	9.30.05
Alan Pearce	(Open)	9.45.84
John King	(Open)	10.25.63
Dan Rees	(Open)	10.35.74
Mike Mellor	(50+)	11.25.21
Kevin Muller	(Open)	11.38.93
James Ellis	(14)	12.10.11
Des Rees	(50+)	13.10.08
Bill Pearce	(50+)	13.42.95
Peter Rogerson	(50+)	14.55.80
Robert Lindley	(50+)	17.09.49
Kevin Jones	(40+)	20.54.76

High Jump

Sarah Maclure	(18)	1.40
Victoria Jones	(20)	1.20
Gabriel Knight	(18)	1.20
Mary Toney	(16)	1.20
Lisa Ryan	(Open)	1.15

Discus

Gabriel Knight	(18)	25.18
Emilya Toney	(18)	20.98
Carina Heppell	(Open)	18.37
Lisa Ryan	(Open)	15.82
Mary Toney	(16)	15.80
Victoria Jones	(20)	14.66
Jodi Elkington	(16)	13.51
Deborah Jones	(35+)	12.55

Shot Put

Gabriel Knight	(18)	9.30
Carina Heppell	(Open)	6.63
Jodi Elkington	(16)	6.41
Shelley Bowey	(Open)	5.81
Deborah Jones	(35+)	5.76
Lisa Ryan	(Open)	5.76
Mary Toney	(16)	5.67
Emilya Toney	(18)	5.18
Victoria Jones	(20)	4.82
Sarah Maclure	(18)	4.64

Long Jump

Ben Cook	(18)	5.72
Daniel Ryan	(16)	5.70
Nathan Howse	(16)	5.15
Callum Sutter	(16)	4.99
Matt Cullen	(16)	4.96
Alan Morris	(50+)	4.20
Robert Wilson	(16)	4.11
Trent Turner	(Open)	4.04
Kevin Muller	(Open)	3.92
Brian Simmons	(50+)	3.74
John King	(Open)	3.71
Don Chambers	(50+)	3.68
Zach Jones	(20)	3.32
Kevin Jones	(40+)	2.41

High Jump

Ben Cook	(18)	1.80
Daniel Ryan	(16)	1.65
Matt Cullen	(16)	1.60
Zach Jones	(20)	1.55
Ben Ryan	(Open)	1.55
Xavier Anderson	(18)	1.50
Callum Sutter	(16)	1.50
Alan Morris	(50+)	1.20
Brian Simmons	(50+)	1.20
Trent Turner	(Open)	1.20
Don Chambers	(50+)	1.15
Kevin Jones	(40+)	1.05

Discus

Ben Boyd	(18)	32.18
Ben Cook	(18)	28.15
Zach Jones	(20)	25.41
Brian Simmons	(50+)	23.21
Nathan Howse	(16)	21.56
Garry Cook	(40+)	20.63
Greg Simpson	(50+)	20.42
Dennis Baker	(50+)	19.42
Matt Cullen	(16)	19.32
Don Chambers	(50+)	18.47
Callum Sutter	(16)	18.42
Kevin Jones	(40+)	16.93
Michael Howse	(40+)	16.76
Trent Turner	(Open)	16.45
Ben Ryan	(Open)	15.34
Kevin Muller	(Open)	15.28
Daniel Ryan	(16)	11.66

Shot Put

Ben Cook	(18)	11.05
Ben Boyd	(18)	10.37
Ben Ryan	(Open)	10.19
Xavier Anderson	(18)	10.08
Brian Simmons	(50+)	9.93
Andrew Bowey	(Open)	9.62
Matt Cullen	(16)	9.60
Zach Jones	(20)	8.84
Garry Cook	(40+)	8.34
Daniel Ryan	(16)	8.34
Don Chambers	(50+)	7.79
Trent Turner	(Open)	7.24
Greg Simpson	(50+)	7.21
Alan Morris	(50+)	6.78
Kevin Jones	(40+)	6.59
Dennis Baker	(50+)	6.38

4 x 100m Relay		
<i>Equal 1st</i>	(Open)	48.58
	Zach Jones	
	Trent Turner	
	Ben Cook	
	Ben Boyd	
<i>Equal 1st</i>	(16)	48.58
	Matt Cullen	
	Daniel Ryan	
	Nathan Howse	
	Callum Sutter	
<i>3rd</i>	(Open)	54.54
	Dan Rees	
	Kevin Muller	
	Alan Pearce	
	Ben Ryan	
<i>4th</i>	(20)	57.79
	Gabby Knight	
	Sarah Maclure	
	Emilya Toney	
	Victoria Jones	
<i>5th</i>	(Open)	1.01.15
	Lisa Ryan	
	Mary Toney	
	Jodi Elkington	
	Charlotte Wallace	
<i>6th</i>	(50+)	1.03.33
	Don Chambers	
	Dennis Baker	
	Bill Pearce	
	Mike Mellor	
<i>7th</i>	(40+)	1.06.38
	Michael Howse	
	Kevin Jones	
	Gary Cook	
	Brian Simmons	
<i>8th</i>	(40+)	1.19.69
	Debbie Jones	
	Annette Zukowski	
	Fay Pearce	
	Nadia Mellor	