

## Weekly Results 9th November 2008

### Women

| <b>100 metres</b>  |        |          |
|--------------------|--------|----------|
| Emilya Toney       | (18)   | 14.20    |
| Sarah Maclure      | (18)   | 14.22    |
| Jodi Elkington     | (16)   | 15.87    |
| Deborah Jones      | (35+)  | 18.93    |
| Jane Cook          | (14)   | 20.51    |
| <b>200 metres</b>  |        |          |
| Emilya Toney       | (18)   | 29.86    |
| Sarah Maclure      | (18)   | 30.31    |
| Janet Crocos       | (50+)  | 33.36    |
| Jodi Elkington     | (16)   | 34.28    |
| Deborah Jones      | (35+)  | 46.97    |
| <b>800 metres</b>  |        |          |
| Lisa Ryan          | (Open) | 2.29.64  |
| Mary Toney         | (16)   | 3.15.55  |
| Jodi Elkington     | (16)   | 3.27.01  |
| Gabriel Knight     | (18)   | 3.27.85  |
| Janet Crocos       | (50+)  | 3.47.78  |
| Carina Heppell     | (Open) | 5.09.06  |
| <b>5000 metres</b> |        |          |
| Lisa Ryan          | (Open) | 20.52.72 |
| Fay Pearce         | (50+)  | 28.32.09 |
| <b>Long Jump</b>   |        |          |
| Sarah Maclure      | (18)   | 4.01     |
| Emilya Toney       | (18)   | 3.62     |
| Gabriel Knight     | (18)   | 3.54     |
| Jodi Elkington     | (16)   | 3.23     |
| Carina Heppell     | (Open) | 2.90     |
| Fay Pearce         | (50+)  | 2.40     |
| Deborah Jones      | (35+)  | 2.27     |
| Jane Cook          | (14)   | 2.20     |
| <b>Triple Jump</b> |        |          |
| Sarah Maclure      | (18)   | 9.27     |
| Emilya Toney       | (18)   | 9.05     |
| Gabriel Knight     | (18)   | 8.07     |
| Victoria Jones     | (20)   | 7.24     |
| Carina Heppell     | (Open) | 6.94     |
| Jane Cook          | (14)   | 5.13     |
| Deborah Jones      | (35+)  | 4.65     |
| <b>Javelin</b>     |        |          |
| Gabriel Knight     | (18)   | 25.91    |
| Carina Heppell     | (Open) | 16.89    |
| Emilya Toney       | (18)   | 16.81    |
| Janet Crocos       | (50+)  | 16.11    |

### Men

| <b>100 metres</b>  |        |          |
|--------------------|--------|----------|
| Zach Jones         | (20)   | 11.92    |
| Nathan Howse       | (16)   | 11.97    |
| Daniel Ryan        | (16)   | 12.26    |
| Chris Barton       | (20)   | 12.27    |
| Michael Howse      | (40+)  | 13.44    |
| Don Chambers       | (50+)  | 14.39    |
| Garry Cook         | (40+)  | 14.79    |
| Alan Morris        | (50+)  | 14.90    |
| Greg Simpson       | (50+)  | 15.47    |
| Dennis Baker       | (50+)  | 17.82    |
| <b>200 metres</b>  |        |          |
| Zach Jones         | (20)   | 24.31    |
| Daniel Ryan        | (16)   | 25.26    |
| Nathan Howse       | (16)   | 25.27    |
| Nick Raymond       | (18)   | 26.50    |
| Matt Cullen        | (16)   | 27.53    |
| Michael Howse      | (40+)  | 27.72    |
| James Ellis        | (14)   | 28.39    |
| Don Chambers       | (50+)  | 31.31    |
| Alan Morris        | (50+)  | 31.81    |
| Garry Cook         | (40+)  | 31.95    |
| Dennis Baker       | (50+)  | 40.41    |
| Kevin Jones        | (40+)  | 44.52    |
| <b>800 metres</b>  |        |          |
| Zach Jones         | (20)   | 2.10.72  |
| Daniel Ryan        | (16)   | 2.25.43  |
| Nick Raymond       | (18)   | 2.26.26  |
| Alan Pearce        | (Open) | 2.26.77  |
| James Ellis        | (14)   | 2.27.23  |
| Matt Cullen        | (16)   | 3.13.78  |
| Greg Simpson       | (50+)  | 3.28.32  |
| Garry Cook         | (40+)  | 3.30.83  |
| Alan Morris        | (50+)  | 3.35.59  |
| Kevin Jones        | (40+)  | 4.23.67  |
| <b>5000 metres</b> |        |          |
| Alan Pearce        | (Open) | 18.02.29 |
| James Ellis        | (14)   | 20.09.39 |
| Jeff Cave          | (40+)  | 21.09.12 |
| Bill Pearce        | (50+)  | 22.23.36 |
| Peter Rogerson     | (50+)  | 25.14.39 |
| Doug Lloyd         | (50+)  | 25.39.32 |
| Robert Lindley     | (50+)  | 28.49.46 |
| Dennis Baker       | (50+)  | 32.50.97 |

|                |               |       |               |                    |          |
|----------------|---------------|-------|---------------|--------------------|----------|
| Mary Toney     | (16)          | 13.61 | Kevin Jones   | (40+)              | 37.05.65 |
| Deborah Jones  | (35+)         | 11.88 |               | <b>Long Jump</b>   |          |
| Rosalie Wilson | (35+)         | 9.98  | Chris Barton  | (20)               | 5.12     |
| Jodi Elkington | (16)          | 9.79  | Daniel Ryan   | (16)               | 5.11     |
|                | <b>Discus</b> |       | Zach Jones    | (20)               | 5.05     |
| Janet Crocos   | (50+)         | 18.61 | Matt Cullen   | (16)               | 4.90     |
| Emilyya Toney  | (18)          | 18.29 | Nathan Howse  | (16)               | 4.70     |
| Carina Heppell | (Open)        | 16.87 | Alan Pearce   | (Open)             | 4.47     |
| Marlise Cook   | (35+)         | 16.35 | Alan Morris   | (50+)              | 3.98     |
| Rosalie Wilson | (35+)         | 13.36 | Bill Pearce   | (50+)              | 3.75     |
| Jodi Elkington | (16)          | 12.73 | Don Chambers  | (50+)              | 3.62     |
| Deborah Jones  | (35+)         | 11.70 | Kevin Jones   | (40+)              | 2.21     |
| Victoria Jones | (20)          | 11.11 |               | <b>Triple Jump</b> |          |
| Jane Cook      | (14)          | 10.80 | Daniel Ryan   | (16)               | 11.03    |
|                |               |       | Nathan Howse  | (16)               | 10.71    |
|                |               |       | Chris Barton  | (20)               | 10.70    |
|                |               |       | Matt Cullen   | (16)               | 10.13    |
|                |               |       | James Ellis   | (14)               | 8.85     |
|                |               |       | Alan Morris   | (50+)              | 8.27     |
|                |               |       | Garry Cook    | (40+)              | 8.24     |
|                |               |       | Don Chambers  | (50+)              | 8.12     |
|                |               |       | Greg Simpson  | (50+)              | 7.80     |
|                |               |       |               | <b>Javelin</b>     |          |
|                |               |       | Chris Barton  | (20)               | 47.42    |
|                |               |       | Zach Jones    | (20)               | 39.52    |
|                |               |       | Nick Raymond  | (18)               | 35.18    |
|                |               |       | Alan Morris   | (50+)              | 30.93    |
|                |               |       | Garry Cook    | (40+)              | 29.29    |
|                |               |       | Greg Simpson  | (50+)              | 24.74    |
|                |               |       | Kevin Jones   | (40+)              | 23.80    |
|                |               |       | Daniel Ryan   | (16)               | 20.48    |
|                |               |       | Don Chambers  | (50+)              | 17.89    |
|                |               |       | Brian Simmons | (50+)              | 17.73    |
|                |               |       | Dennis Baker  | (50+)              | 13.46    |
|                |               |       |               | <b>Discus</b>      |          |
|                |               |       | Daniel Ryan   | (16)               | 31.76    |
|                |               |       | Zach Jones    | (20)               | 31.09    |
|                |               |       | Chris Barton  | (20)               | 31.02    |
|                |               |       | Greg Simpson  | (50+)              | 22.30    |
|                |               |       | Nick Raymond  | (18)               | 22.12    |
|                |               |       | Brian Simmons | (50+)              | 21.67    |
|                |               |       | Matt Cullen   | (16)               | 19.82    |
|                |               |       | Garry Cook    | (40+)              | 19.54    |
|                |               |       | Alan Morris   | (50+)              | 17.60    |
|                |               |       | Don Chambers  | (50+)              | 16.36    |
|                |               |       | Michael Howse | (40+)              | 15.97    |
|                |               |       | Kevin Jones   | (40+)              | 14.81    |