

Weekly Results 13th December 2009

Women			Men		
100 Metres			100 Metres		
Mary Toney	-18	14.21	Nathan Howse	-16	11.7
Lisa Ryan	(Open)	14.33	Ben Boyd	-20	12.14
Lisa Knipping	-20	14.62	Mitchell Hibbens	(Open)	12.26
Jodi Elkington	-18	15.47	Matthew Cullen	-18	12.3
Emilyya Toney	-20	15.61	Chris Barton	-20	12.42
Karen Hill	(Open)	16	Luke Milgate	-16	12.57
Alana Cartner	-16	16.1	Michael Howse	(40+)	12.9
Fay Pearce	(50+)	18.25	Ben Cook	-20	13.05
Debbie Jones	(35+)	18.55	Justin King	-16	13.15
Jane Cook	-14	18.97	Trent Turner	(Open)	13.38
Marlise Cook	(35+)	19.27	Brian Allen	-16	13.86
Tracey Howse	(35+)	20.7	Don Chambers	(50+)	14.71
200 Metres			200 Metres		
Lisa Ryan	(Open)	30.5	Steven Boyd	(40+)	14.8
Mary Toney	-18	30.64	Alan Morris	(50+)	14.95
Jodi Elkington	-18	33.83	Jason Morris	(Open)	15.23
Karen Hill	(Open)	35.32	Ted Elkington	-14	15.3
Alana Cartner	-16	36.64	James Morley	-16	15.53
Debbie Jones	(35+)	44	Greg Simpson	(50+)	15.82
Tracey Howse	(35+)	47.61	Dennis Baker	(50+)	18.07
800 Metres			200 Metres		
Lisa Ryan	(Open)	2.39.26	Nathan Howse	-16	24
Karen Hill	(Open)	3.22.36	Matthew Cullen	-18	25.59
Jean Hutchings	(Open)	3.46.64	Justin King	-16	26.34
Victoria Jones	(Open)	3.50.90	Luke Milgate	-16	27.39
Debbie Jones	(35+)	4.37.01	Michael Howse	(40+)	28.02
5000 Metres			5000 Metres		
Rebecca Eberle	(Open)	20.41.82	Brian Allen	-16	28.19
Cerina Meredith	(50+)	24.49.99	Kevin Muller	(Open)	29.52
Christine Simmons	(50+)	26.27.60	Don Chambers	(50+)	31.59
			Alan Morris	(50+)	32.38
			Ted Elkington	-14	32.95
			Steven Boyd	(40+)	34.95

Javelin

Tracey Howse	(35+)	8.23
Jodi Elkington	-18	9.35
Fay Pearce	(50+)	9.6
Marlise Cook	(35+)	10.83
Victoria Jones	(Open)	11.61
Jane Cook	-14	13.15
Emilya Toney	-20	13.24
Mary Toney	-18	13.48
Lisa Ryan	(Open)	13.89
Debbie Jones	(35+)	14.15
Lisa Knipping	-20	14.75
Janet Crocos	(50+)	16.5
Nyree-Anne Terry	(50+)	17.6
Zoey Gow	-16	22.05

Discus

Nyree-Anne Terry	(50+)	19.24
Marlise Cook	(35+)	18.34
Janet Crocos	(50+)	18.11
Zoey Gow	-16	16.92
Emilya Toney	-20	16.85
Lisa Knipping	-20	16.59
Karen Hill	(Open)	15.25
Lisa Ryan	(Open)	14.28
Victoria Jones	(Open)	13.25
Tracey Howse	(35+)	13.19
Alana Cartner	-16	12.89
Mary Toney	-18	12.83
Jane Cook	-14	11.93
Debbie Jones	(35+)	10.45

Hammer

Nyree-Anne Terry	(50+)	24.31
Janet Crocos	(50+)	22.76
Marlise Cook	(35+)	15.83
Debbie Jones	(35+)	15.83
Emilya Toney	-20	14.81
Lisa Knipping	-20	14.77
Mary Toney	-18	14.29

800 Metres

Zachary Jones	-20	2.09.62
Alan Pearce	(Open)	2.11.10
James Ellis	-16	2.15.88
Brian Allen	-16	2.16.62
Ted Elkington	-14	2.47.65
Trent Turner	(Open)	3.08.72
Garry Cook	(40+)	3.15.36
Michael Howse	(40+)	3.21.79
Dennis Baker	(50+)	3.57.15
Kevin Jones	(40+)	4.14.26
Don Chambers	(50+)	4.14.36

5000 Metres

James Ellis	-16	18.24.96
Alan Pearce	(Open)	19.14.05
Kevin Muller	(Open)	19.31.69
Michael Mellor	(50+)	20.01.22
Tony Perrott	(50+)	21.38.34
Bill Pearce	(50+)	23.54.12
Robert Lindley	(50+)	29.20.04
Dennis Baker	(50+)	33.45.70

Javelin

Chris Barton	-20	49.57
Ben Cook	-20	43.2
Zachary Jones	-20	40.36
Ben Boyd	-20	38.27
Alan Morris	(50+)	32.57
Garry Cook	(40+)	30.57
Nathan Howse	-16	30.33
Jason Morris	(Open)	28.18
James Morley	-16	24.5
Justin King	-16	24.23
Kevin Jones	(40+)	23.36
Brian Allen	-16	22.8
Greg Simpson	(50+)	22.71
Steven Boyd	(40+)	19.21
Bill Pearce	(50+)	18.73

Zoey Gow	-16	12.63	Don Chambers	(50+)	16.59
Lisa Ryan	(Open)	11.24	Trent Turner	(Open)	15.48
Jane Cook	-14	9.64	Ted Elkington	-14	11.84
Victoria Jones	(Open)	9	Dennis Baker	(50+)	11.83
Tracey Howse	(35+)	8.36			
	Triple Jump			Discus	
Mary Toney	-18	9.36	Chris Barton	-20	32.15
Lisa Knipping	-20	8.7	Ben Cook	-20	29.33
Karen Hill	(Open)	8.45	Zachary Jones	-20	26.88
Lisa Ryan	(Open)	7.59	Ben Boyd	-20	23.56
Janet Crocos	(50+)	7.36	Nathan Howse	-16	22.92
Victoria Jones	(Open)	6.88	Garry Cook	(40+)	21.49
Tracey Howse	(35+)	5.33	Greg Simpson	(50+)	21.37
Debbie Jones	(35+)	5.16	Matthew Cullen	-18	21.14
	Long Jump		Brian Allen	-16	20.68
Mary Toney	-18	3.89	Trent Turner	(Open)	18.5
Janet Crocos	(50+)	3.77	Justin King	-16	18.37
Lisa Knipping	-20	3.69	Ted Elkington	-14	17.86
Lisa Ryan	(Open)	3.54	Don Chambers	(50+)	16.97
Alana Cartner	-16	2.98	Kevin Jones	(40+)	16.77
Victoria Jones	(Open)	2.62	Luke Milgate	-16	16.01
Tracey Howse	(35+)	2.56		Hammer	
Debbie Jones	(35+)	2.44	Chris Barton	-20	34.99
Marlise Cook	(35+)	2.39	Zachary Jones	-20	27.82
Jane Cook	-14	2.26	Ben Cook	-20	24.23
			Nathan Howse	-16	23.53
			Greg Simpson	(50+)	21.06
			Don Chambers	(50+)	19.78
			Garry Cook	(40+)	17.35
			Kevin Jones	(40+)	15.93
			Michael Howse	(40+)	14.38
			Dennis Baker	(50+)	13
			Trent Turner	(Open)	11.62
			Brian Allen	-16	10.23

Triple Jump

Nathan Howse	-16	11.4
Chris Barton	-20	11.1
Luke Milgate	-16	10.18
Brian Allen	-16	9.32
Alan Morris	(50+)	8.72
Don Chambers	(50+)	8.26
Ted Elkington	-14	8.2
Garry Cook	(40+)	8.1
Greg Simpson	(50+)	7.35
Kevin Jones	(40+)	5.89

Long Jump

Zachary Jones	-20	5.62
Chris Barton	-20	5.59
Nathan Howse	-16	5.53
Luke Milgate	-16	4.78
Brian Allen	-16	4.32
Alan Morris	(50+)	4
Trent Turner	(Open)	4
James Morley	-16	3.87
Michael Howse	(40+)	3.73
Kevin Muller	(Open)	3.73
Don Chambers	(50+)	3.72
Jason Morris	(Open)	3.6
Greg Simpson	(50+)	3.3
Kevin Jones	(40+)	2.56