

## Weekly Results 14th February 2010

Women			Men		
<b>100 Metres</b>			<b>100 Metres</b>		
Emilya Toney	20	13.32	Ben Boyd	20	11.61
Chloe Thomas	16	13.42	Ben Cook	20	11.8
Lisa Ryan	Open	14.23	Nathan Howse	16	11.86
Lisa Knipping	20	14.52	Callum Sutter	18	12.6
Victoria Jones	Open	15.1	Michael Howse	40+	12.8
Mary Toney	18	15.28	Brian Allen	16	13.36
Rachel Little	35+	15.39	Trent Turner	Open	13.37
Karen Hill	Open	15.63	Luke Parsons	16	13.48
Jodi Elkington	18	15.96	Kevin Muller	Open	14
Alana Cartner	16	16.35	Don Chambers	50+	14.39
Zoey Gow	16	16.58	Ted Elkington	14	14.86
Fay Pearce	50+	17.9	Greg Simpson	50+	15.54
Debbie Jones	35+	18.31	Steven Boyd	40+	15.58
Marlise Cook	35+	18.42	Bill Pearce	50+	15.67
Tracey Howse	35+	18.8	Dennis Baker	50+	18.79
<b>200 Metres</b>			<b>200 Metres</b>		
Chloe Thomas	16	28.3	Ben Boyd	20	23.54
Emilya Toney	20	28.8	James Ellis	16	25.3
Lisa Ryan	Open	29.9	Callum Sutter	18	26.46
Lisa Knipping	20	30.56	Brian Allen	16	26.55
Rachel Little	35+	31.53	Michael Howse	40+	27.52
Victoria Jones	Open	32.35	Kevin Muller	Open	28.22
Karen Hill	Open	33.19	Luke Parsons	16	29.1
Alana Cartner	16	34.4	Ted Elkington	14	30.67
Zoey Gow	16	35.27	Don Chambers	50+	30.68
Jodi Elkington	18	36.1	Garry Cook	40+	32.32
Fay Pearce	50+	40.65	Steven Boyd	40+	35.94
Jane Cook	14	44.36	Dennis Baker	50+	39.36
Tracey Howse	35+	45.44	<b>800 Metres</b>		
<b>800 Metres</b>			<b>800 Metres</b>		
Lisa Knipping	20	2.33.89	Mitchell Hibbens	Open	2.07.40
Karen Hill	Open	3.12.85	James Ellis	16	2.08.42
Emilya Toney	20	3.23.71	Brian Allen	16	2.14.47
Jodi Elkington	18	4.01.66	Kevin Muller	Open	2.31.71

Fay Pearce	50+	4.31.10
Debbie Jones	35+	4.53.86
<b>5000 metres</b>		
Cerina Meredith	50+	24.44.80
Nadia Mellor	50+	26.30.29
Jean Hutchings	Open	32.04.30

**Shot Put**

Zoey Gow	16	7.81
Lisa Knipping	20	7.55
Marlise Cook	35+	7.07
Rachel Little	35+	7.05
Emilya Toney	20	6.67
Jodi Elkington	18	6.37
Lisa Ryan	Open	6.22
Tracey Howse	35+	5.84
Debbie Jones	35+	5.81
Mary Toney	18	5.76
Jane Cook	14	5.71
Fay Pearce	50+	4.4
Victoria Jones	Open	4.37
Alana Cartner	16	4.32

**Javelin**

Zoey Gow	16	25.44
Lisa Knipping	20	17.61
Emilya Toney	20	14.2
Lisa Ryan	Open	13.46
Rachel Little	35+	13.36
Mary Toney	18	13.09
Debbie Jones	35+	12.9
Jane Cook	14	12.13
Tracey Howse	35+	12
Sarah Maclure	18	11.48
Victoria Jones	Open	11.43
Marlise Cook	35+	11.05
Nadia Mellor	50+	10.86
Fay Pearce	50+	8.28

**Hammer**

Emilya Toney	20	18.74
--------------	----	-------

Ben Boyd	20	2.34.69
Ted Elkington	14	2.47.07
Greg Simpson	50+	2.53.52
Bill Pearce	50+	3.06.78
Des Rees	50+	3.09.56

**5000 metres**

Kevin Muller	Open	18.35.31
Michael Mellor	50+	19.46.57
Murray Flenley	Open	20.35.42
Jeff Cave	40+	20.59.93
Tony Perrott	50+	21.27.23
Charles Aitken	50+	21.40.56
Hugh Aitken	Open	22.04.49
Des Rees	50+	23.51.72
Robert Lindley	50+	30.25.74
Dennis Baker	50+	36.22.04
Gary Cartner	50	36.42.55

**Shot Put**

Nathan Howse	16	11.32
Ben Boyd	20	9.95
Ben Cook	20	9.91
Brian Allen	16	8.61
Don Chambers	50+	8.44
Ted Elkington	14	8.11
Garry Cook	40+	7.82
Luke Parsons	16	7.55
Greg Simpson	50+	7.33
Kevin Jones	40+	7.31
Trent Turner	Open	7.08
Michael Howse	40+	6.65
Steven Boyd	40+	5.7
Zachary Jones	20	2.61

**Javelin**

Ben Cook	20	40.66
Ben Boyd	20	40.01
Brian Allen	16	31.44
Garry Cook	40+	30.1
Nathan Howse	16	27.79

Zoey Gow	16	17.57	Steven Boyd	40+	22.16
Debbie Jones	35+	16.08	Don Chambers	50+	21.85
Marlise Cook	35+	14.7	Greg Simpson	50+	21.61
Lisa Ryan	Open	11.07	Michael Howse	40+	20.3
Victoria Jones	Open	9.89	Luke Parsons	16	18.76
Jodi Elkington	18	4.92	Kevin Jones	40+	17.91
<b>High Jump</b>			Trent Turner	Open	16
Zoey Gow	16	1.2	Kevin Muller	Open	15
Karen Hill	Open	1.2	Ted Elkington	14	11.49
Lisa Knipping	20	1.2	Zachary Jones	20	5.6
Rachel Little	35+	1.2	<b>Hammer</b>		
Emilya Toney	20	1.2	Ben Cook	20	23.05
Lisa Ryan	Open	1.15	Ben Boyd	20	20.36
Jodi Elkington	18	1.05	Don Chambers	50+	19.66
Marlise Cook	35+	1	Nathan Howse	16	19.48
<b>Triple Jump</b>			Garry Cook	40+	17.27
Lisa Knipping	20	8.92	Kevin Jones	40+	16.01
Chloe Thomas	16	8.74	Trent Turner	Open	13.7
Karen Hill	Open	8.53	Dennis Baker	50+	13.47
Lisa Ryan	Open	7.2	Brian Allen	16	13.3
Zoey Gow	16	7.01	<b>High Jump</b>		
Victoria Jones	Open	6.74	Ben Cook	20	1.8
Jane Cook	14	5.7	Callum Sutter	18	1.65
Marlise Cook	35+	5.66	Nathan Howse	16	1.6
Debbie Jones	35+	5.26	Luke Parsons	16	1.45
Tracey Howse	35+	5.13	Brian Allen	16	1.2
Nadia Mellor	50+	4.76	Garry Cook	40+	1.2
			Ted Elkington	14	1.2
			Michael Howse	40+	1.2
			Greg Simpson	50+	1.2
			Don Chambers	50+	1.1
			Kevin Jones	40+	1
			Zachary Jones	20	1
			<b>Triple Jump</b>		
			Nathan Howse	16	10.87
			Callum Sutter	18	10.61
			Brian Allen	16	9.93
			Ben Boyd	20	9.91
			Luke Parsons	16	8.87
			Kevin Muller	Open	8.64

Trent Turner	Open	8.61
Don Chambers	50+	8.36
Greg Simpson	50+	8.03
Ted Elkington	14	7.95
Michael Howse	40+	6.12
Zachary Jones	20	4.83
Kevin Jones	40+	4.64