

## Weekly Results 16th January 2010

### Women

#### 100 Metres

|                 |      |       |
|-----------------|------|-------|
| Chloe Thomas    | 16   | 13.33 |
| Emilya Toney    | 20   | 13.47 |
| Samantha Little | 14   | 13.56 |
| Talia Paterson  | Open | 14.1  |
| Mary Toney      | 18   | 14.1  |
| Lisa Ryan       | Open | 14.18 |
| Lisa Knipping   | 20   | 14.39 |
| Ebony Verbunt   | 16   | 14.54 |
| Rachel Little   | 35+  | 14.65 |
| Jemma Power     | 14   | 14.72 |
| Victoria Jones  | Open | 14.99 |
| Alana Cartner   | 16   | 15.26 |
| Karen Hill      | Open | 15.67 |
| Fay Pearce      | 50+  | 17.68 |
| Debbie Jones    | 35+  | 17.72 |
| Cynthia Power   | 35+  | 17.72 |
| Marlise Cook    | 35+  | 19.23 |
| Tracey Howse    | 35+  | 19.99 |

#### 200 Metres

|                 |      |       |
|-----------------|------|-------|
| Samantha Little | 14   | 28.87 |
| Emilya Toney    | 20   | 29.3  |
| Chloe Thomas    | 16   | 29.38 |
| Lisa Ryan       | Open | 29.47 |
| Ebony Verbunt   | 16   | 30.19 |
| Lisa Knipping   | 20   | 30.62 |
| Rachel Little   | 35+  | 30.68 |
| Mary Toney      | 18   | 30.8  |
| Victoria Jones  | Open | 32.9  |
| Alana Cartner   | 16   | 33.59 |
| Karen Hill      | Open | 33.97 |
| Fay Pearce      | 50+  | 40.21 |
| Debbie Jones    | 35+  | 43.8  |
| Tracey Howse    | 35+  | 47.33 |

#### 800 Metres

|                |      |         |
|----------------|------|---------|
| Lisa Ryan      | Open | 2.35.73 |
| Ebony Verbunt  | 16   | 3.13.04 |
| Karen Hill     | Open | 3.19.77 |
| Fay Pearce     | 50+  | 3.50.05 |
| Victoria Jones | Open | 3.58.13 |
| Debbie Jones   | 35+  | 4.51.30 |

### Men

#### 100 Metres

|                  |      |       |
|------------------|------|-------|
| Brendan Ashcroft | 20   | 10.72 |
| Nathan Howse     | 16   | 11.44 |
| Ben Cook         | 20   | 11.54 |
| Ben Boyd         | 20   | 11.65 |
| Matthew Cullen   | 18   | 11.87 |
| Callum Sutter    | 18   | 12.32 |
| James Ellis      | 16   | 12.37 |
| Michael Howse    | 40+  | 12.7  |
| Brian Allen      | 16   | 13.13 |
| Trent Turner     | Open | 13.13 |
| Don Chambers     | 50+  | 13.99 |
| Alan Morris      | 50+  | 14.61 |
| Greg Simpson     | 50+  | 15.24 |
| Steven Boyd      | 40+  | 15.81 |
| Dennis Baker     | 50+  | 17.6  |

#### 200 Metres

|                  |      |       |
|------------------|------|-------|
| Brendan Ashcroft | 20   | 22.28 |
| Nathan Howse     | 16   | 24.13 |
| Tim Gibney       | 16   | 25.37 |
| James Ellis      | 16   | 25.51 |
| Brendan Woodman  | Open | 25.69 |
| Matthew Cullen   | 18   | 26.07 |
| Michael Howse    | 40+  | 26.6  |
| Brian Allen      | 16   | 27.04 |
| Luke Milgate     | 16   | 27.1  |
| Alan Morris      | 50+  | 30.6  |
| Don Chambers     | 50+  | 30.73 |
| Greg Simpson     | 50+  | 32.51 |
| Steven Boyd      | 40+  | 33.13 |
| Dennis Baker     | 50+  | 38.16 |

#### 800 Metres

|               |      |         |
|---------------|------|---------|
| James Ellis   | 16   | 2.09.45 |
| Tim Gibney    | 16   | 2.12.75 |
| Brian Allen   | 16   | 2.18.80 |
| Ben Boyd      | 20   | 2.24.3  |
| Zachary Jones | 20   | 2.34.99 |
| Paul Gibney   | 50+  | 2.36.4  |
| Trent Turner  | Open | 3.01.68 |
| Des Rees      | 50+  | 3.10.22 |
| Garry Cook    | 40+  | 3.16.87 |
| Michael Howse | 40+  | 3.33.02 |
| Dennis Baker  | 50+  | 4.05.6  |
| Kevin Jones   | 40+  | 4.20.66 |

**5000 Metres**

|              |    |          |
|--------------|----|----------|
| Emilya Toney | 20 | 27.21.85 |
|--------------|----|----------|

**High Jump**

|                |      |      |
|----------------|------|------|
| Lisa Knipping  | 20   | 1.35 |
| Talia Paterson | Open | 1.25 |
| Mary Toney     | 18   | 1.25 |
| Karen Hill     | Open | 1.2  |
| Lisa Ryan      | Open | 1.2  |
| Emilya Toney   | 20   | 1.2  |
| Rachel Little  | 35+  | 1.15 |

**Triple Jump**

|                |      |      |
|----------------|------|------|
| Mary Toney     | 18   | 9.48 |
| Chloe Thomas   | 16   | 9.11 |
| Talia Paterson | Open | 8.87 |
| Emilya Toney   | 20   | 8.59 |
| Lisa Knipping  | 20   | 8.21 |
| Karen Hill     | Open | 8.07 |
| Lisa Ryan      | Open | 8.01 |
| Victoria Jones | Open | 6.53 |
| Debbie Jones   | 35+  | 5.63 |
| Marlise Cook   | 35+  | 5.55 |
| Tracey Howse   | 35+  | 5.39 |
| Jane Cook      | 14   | 5.04 |

**Hammer**

|                  |      |       |
|------------------|------|-------|
| Nyree-Anne Terry | 50+  | 28.61 |
| Debbie Jones     | 35+  | 17.59 |
| Emilya Toney     | 20   | 16.6  |
| Mary Toney       | 18   | 15.66 |
| Marlise Cook     | 35+  | 15.12 |
| Zoey Gow         | 16   | 12.68 |
| Lisa Ryan        | Open | 9.98  |
| Jane Cook        | 14   | 8.17  |

**Javelin**

|                  |      |       |
|------------------|------|-------|
| Zoey Gow         | 16   | 26.3  |
| Gabriel Knight   | 20   | 25.04 |
| Lisa Knipping    | 20   | 24.17 |
| Talia Paterson   | Open | 19.49 |
| Nyree-Anne Terry | 50+  | 18.27 |
| Emilya Toney     | 20   | 17.27 |
| Rachel Little    | 35+  | 14.95 |
| Mary Toney       | 18   | 14.49 |
| Lisa Ryan        | Open | 13.55 |
| Debbie Jones     | 35+  | 13.13 |
| Jemma Power      | 14   | 13    |
| Jane Cook        | 14   | 12.89 |
| Victoria Jones   | Open | 12.65 |
| Tracey Howse     | 35+  | 12.03 |
| Karen Hill       | Open | 11.25 |
| Cynthia Power    | 35+  | 10.66 |
| Marlise Cook     | 35+  | 10.28 |

**5000 Metres**

|                 |      |          |
|-----------------|------|----------|
| Brendan Woodman | Open | 17.25.26 |
| Zachary Jones   | 20   | 20.23.81 |
| Jeff Cave       | 40+  | 20.45.96 |
| Shane Lewis     | Open | 21.40.18 |
| Bill Pearce     | 50+  | 23.53.07 |
| Des Rees        | 50+  | 24.55.29 |
| Peter Rogerson  | 50+  | 26.42.44 |

**High Jump**

|                |     |      |
|----------------|-----|------|
| Zachary Jones  | 20  | 1.2  |
| Ben Cook       | 20  | 1.8  |
| Matthew Cullen | 18  | 1.5  |
| Callum Sutter  | 18  | 1.5  |
| Garry Cook     | 40+ | 1.35 |
| Alan Morris    | 50+ | 1.25 |
| Greg Simpson   | 50+ | 1.2  |
| Michael Howse  | 40+ | 1.15 |
| Don Chambers   | 40+ | 1.05 |
| Kevin Jones    | 50+ | 1.05 |

**Triple Jump**

|               |      |       |
|---------------|------|-------|
| Callum Sutter | 18   | 10.71 |
| Nathan Howse  | 16   | 10.67 |
| Brian Allen   | 16   | 10.18 |
| Luke Milgate  | 16   | 8.66  |
| Alan Morris   | 50+  | 8.62  |
| Don Chambers  | 50+  | 8.13  |
| Trent Turner  | Open | 8.13  |
| Zachary Jones | 20   | 7.9   |
| Michael Howse | 40+  | 7.79  |
| Kevin Jones   | 40+  | 5.32  |

**Hammer**

|              |      |       |
|--------------|------|-------|
| Ben Cook     | 20   | 23.18 |
| Greg Simpson | 50+  | 21.44 |
| Don Chambers | 50+  | 20.65 |
| Kevin Jones  | 40+  | 18.25 |
| Garry Cook   | 40+  | 16.49 |
| Trent Turner | Open | 12.15 |
| Dennis Baker | 50+  | 11.79 |
| Brian Allen  | 16   | 11.38 |

**Javelin**

|               |     |       |
|---------------|-----|-------|
| Ben Cook      | 20  | 41.55 |
| Brian Allen   | 16  | 32.01 |
| Nathan Howse  | 16  | 31.73 |
| Garry Cook    | 40+ | 29.95 |
| Alan Morris   | 50+ | 25.3  |
| Callum Sutter | 18  | 23.5  |
| Kevin Jones   | 40+ | 20.82 |

|                  |      |      |
|------------------|------|------|
| Fay Pearce       | 50+  | 9.21 |
| <b>Shot Put</b>  |      |      |
| Gabriel Knight   | 20   | 8.65 |
| Zoey Gow         | 16   | 7.55 |
| Rachel Little    | 35+  | 7.1  |
| Nyree-Anne Terry | 50+  | 7.02 |
| Lisa Knipping    | 20   | 6.99 |
| Marlise Cook     | 35+  | 6.88 |
| Victoria Jones   | Open | 6.64 |
| Talia Paterson   | Open | 6.6  |
| Jemma Power      | 14   | 6.29 |
| Emilyya Toney    | 20   | 6.02 |
| Jane Cook        | 14   | 5.95 |
| Debbie Jones     | 35+  | 5.9  |
| Lisa Ryan        | Open | 5.83 |
| Tracey Howse     | 35+  | 5.6  |
| Mary Toney       | 18   | 5.59 |
| Cynthia Power    | 35+  | 4.94 |
| Alana Cartner    | 16   | 4.47 |

|                 |      |       |
|-----------------|------|-------|
| Don Chambers    | 50+  | 20.11 |
| Steven Boyd     | 40+  | 20.08 |
| Greg Simpson    | 50+  | 19.9  |
| Trent Turner    | Open | 18.94 |
| Michael Howse   | 40+  | 17.34 |
| Dennis Baker    | 50+  | 13.08 |
| <b>Shot Put</b> |      |       |
| Ben Cook        | 20   | 10.65 |
| Nathan Howse    | 16   | 10.49 |
| Zachary Jones   | 20   | 9.62  |
| Brian Allen     | 16   | 8.84  |
| Luke Milgate    | 16   | 8.75  |
| Matthew Cullen  | 18   | 8.66  |
| Don Chambers    | 50+  | 8.16  |
| Trent Turner    | Open | 7.36  |
| Greg Simpson    | 50+  | 7.27  |
| Garry Cook      | 40+  | 7.23  |
| Kevin Jones     | 40+  | 6.98  |
| Dennis Baker    | 50+  | 6.27  |
| Michael Howse   | 40+  | 6.2   |
| Steven Boyd     | 40+  | 6.04  |