

Weekly Results 17th December 2009

Women			Men		
100 Metres			100 Metres		
Chloe Thomas	16	13.38	Brendan Ashcroft	20	10.71
Emilyya Toney	20	13.61	Ben Boyd	20	11.11
Mary Toney	18	13.72	Nathan Howse	16	11.35
Lisa Ryan	Open	14.06	Zachary Jones	20	11.6
Lisa Knipping	20	14.11	Ben Cook	20	11.87
Talia Paterson	Open	14.66	Chris Barton	20	11.99
Alana Cartner	16	15.6	Matthew Cullen	18	12.02
Karen Hill	Open	15.89	Simon Crocos	Open	12.33
Gabriel Knight	20	17.03	Baylee Rees	14	12.43
Fay Pearce	50+	18.17	Michael Howse	40+	12.45
Jane Cook	14	18.18	Luke Milgate	16	12.55
Debbie Jones	35+	18.33	Jordan Milgate	16	12.84
Terri Rees	35+	18.6	Trent Turner	Open	13.08
Jean Hutchings	Open	20.33	Brian Allen	16	13.14
Tracey Howse	35+	20.43	John Kent	Open	13.18
400 Metres			400 Metres		
Lisa Ryan	Open	1.07.26	Kevin Muller	Open	13.43
Lisa Knipping	20	1.16.50	Don Chambers	50+	14.28
Alana Cartner	16	1.19.03	Jason Morris	Open	14.46
Fay Pearce	50+	1.42.48	Alan Morris	50+	14.63
Jane Cook	14	1.47.04	James Morley	16	14.76
1500 Metres			400 Metres		
Lisa Ryan	Open	5.37.47	Ted Elkington	14	14.82
Nadia Mellor	50+	7.42.54	Garry Cook	40+	15.05
Jean Hutchings	Open	7.59.01	Dennis Baker	50+	18.5
Fay Pearce	50+	8.08.23	David Rees	Open	19.91
Debbie Jones	35+	9.21.04	400 Metres		
3000 Metres			Nathan Howse	16	57.12
Karen Hill	Open	15.49.00	Mitchell Hibbens	Open	57.82
Nadia Mellor	50+	16.02.36	James Ellis	16	1.02.15
Shelley Bowey	35+	16.07.02	Baylee Rees	14	1.06.50
			Kevin Muller	Open	1.07.72
			Michael Howse	40+	1.12.30
			Will Ellis	40+	1.14.15
			Dennis Baker	50+	1.40.93

Long Jump

Lisa Knipping	20	4.16
Chloe Thomas	16	4
Mary Toney	18	3.91
Tahlia Paterson	Open	3.54
Janet Crocos	50+	3.49
Lisa Ryan	Open	3.46
Zoey Gow	16	3.2
Alana Cartner	16	3.13
Gabriel Knight	20	2.95
Tracey Howse	35+	2.64
Jane Cook	14	2.52
Debbie Jones	35+	2.45
Fay Pearce	50+	2.39
Terri Rees	35+	2.39

Javelin

Gabriel Knight	20	25.59
Zoey Gow	16	24.28
Lisa Knipping	20	22.31
Talia Paterson	Open	17.18
Janet Crocos	50+	15.88
Lisa Ryan	Open	15.83
Mary Toney	18	15.63
Emilyya Toney	20	12.92
Debbie Jones	35+	12.56
Jane Cook	14	11.43
Fay Pearce	50+	11.01
Tracey Howse	35+	10.4

Discus

Emilyya Toney	20	20.89
Zoey Gow	16	19.13
Lisa Knipping	20	19.12
Gabriel Knight	20	17.37
Janet Crocos	50+	15.63
Tracey Howse	35+	14.8
Lisa Ryan	Open	14.68
Talia Paterson	Open	14.28
Alana Cartner	16	14.21

1500 Metres

John Kent	Open	4.22.62
James Ellis	16	4.43.57
Zachary Jones	20	4.50.73
Brian Allen	16	4.51.81
Kevin Muller	Open	5.10.58
Michael Mellor	50+	5.53.52
Ted Elkington	14	6.11.24
Luke Milgate	16	7.36.11
Kevin Jones	40+	9.04.51

3000 Metres

Simon O'Regan	Open	9.15.87
John Kent	Open	9.15.92
James Ellis	16	10.43.70
Kevin Muller	Open	10.59.52
Mitchell Hibbens	Open	11.21.54
Michael Mellor	50+	12.03.14
Bill Pearce	50+	13.46.37
Ted Elkington	14	14.49.14
Peter Rogerson	50+	14.58.56
Robert Lindley	50+	18.04.69
Dennis Baker	50+	19.10.48

Long Jump

Ben Boyd	20	5.55
Chris Barton	20	5.54
Nathan Howse	16	5.36
Jordan Milgate	16	5.26
Matthew Cullen	18	5.19
Zachary Jones	20	5.08
Luke Milgate	16	4.77
Brian Allen	16	4.6
Trent Turner	Open	4.15
Jason Morris	Open	4.1
Alan Morris	50+	4.08
James Morley	16	3.92
Michael Howse	40+	3.9

Debbie Jones	35+	13.92
Mary Toney	18	12.51
Terri Rees	35+	12.3
Jane Cook	14	11.44

Shot Put

Gabriel Knight	20	9.44
Mary Toney	18	6.95
Lisa Knipping	20	6.91
Zoey Gow	16	6.85
Lisa Ryan	Open	6.5
Jane Cook	14	6.3
Emilya Toney	20	6.1
Talia Paterson	Open	5.99
Janet Crocos	50+	5.64
Tracey Howse	35+	5.55
Alana Cartner	16	5.38
Debbie Jones	35+	4.91

Don Chambers	50+	3.76
Garry Cook	40+	3.68
Ted Elkington	14	3.57
Kevin Jones	40+	2.66

Javelin

Chris Barton	20	48.74
Ben Cook	20	42.85
Zachary Jones	20	38.66
Simon Crocos	Open	36.39
Nathan Howse	16	31.99
Jason Morris	Open	28.79
Alan Morris	50+	27.66
James Morley	16	27.65
Garry Cook	40+	26.83
Brian Allen	16	25.49
Will Ellis	40+	24.7
David Rees	Open	21.35
Kevin Muller	Open	19.89
Bill Pearce	50+	18.72
Kevin Jones	40+	17.55
Trent Turner	Open	17.4
Don Chambers	50+	15.03
Ted Elkington	14	12.66

Discus

Chris Barton	20	35.23
Ben Cook	20	30.08
Nathan Howse	16	28.49
Zachary Jones	20	26.34
Ben Boyd	20	25.87
Simon Crocos	Open	21.63
Brian Allen	16	21.33
Alan Morris	50+	20.77
Trent Turner	Open	19.85
Garry Cook	40+	19.84
Kevin Jones	40+	18.99
Jason Morris	Open	16.44
Don Chambers	50+	16.34
James Morley	16	15.51
Ted Elkington	14	14.86

Shot Put

Chris Barton	20	12.07
Nathan Howse	16	11.39
Zachary Jones	20	10.32
Ben Cook	20	10.12

Ben Boyd	20	9.68
Simon Crocos	Open	8.98
Luke Milgate	16	8.56
Ted Elkington	14	8.55
Don Chambers	50+	8.53
Brian Allen	16	8.34
Garry Cook	40+	7.77
Will Ellis	40+	7.68
Trent Turner	Open	7.43
David Rees	Open	7.33
Kevin Jones	40+	6.9
Kevin Muller	Open	6.69
Michael Howse	40+	6.49
Steven Boyd	40+	5.87