

Weekly Results 1st November 2009

| 4 x 100m | | | 4 x Medley Relay | | |
|------------|---------|----------|------------------|---------|-----------|
| <i>1st</i> | (U20) | 44.26 | <i>1st</i> | (U20) | 1.37.35 |
| | Nathan | Howse | | Brendan | Ashcroft |
| | Nick | Raymond | | Zach | Jones |
| | Zach | Jones | | Nick | Raymond |
| | Brendan | Ashcroft | | Nathan | Howse |
| <i>2nd</i> | (U20) | 47.74 | <i>2nd</i> | (Open) | 1.45.88 |
| | Ben | Boyd | | Ben | Boyd |
| | Ben | Cook | | Garry | Cook |
| | Chris | Barton | | Kyle | Parker |
| | Justin | King | | Justin | King |
| <i>3rd</i> | U18 | 49.65 | <i>3rd</i> | (U18) | 1.55.99 |
| | Luke | Milgate | | Callum | Sutter |
| | Jordan | Milgate | | Jordan | Milgate |
| | Brian | Allen | | Luke | Milgate |
| | Callum | Sutter | | Brian | Allen |
| <i>4th</i> | | 56.43 | <i>4th</i> | (Open) | 2.14.07 |
| | Jacquie | Star | | Hannah | Jones |
| | Mary | Toney | | Kevin | Jones |
| | Sarah | Maclure | | Trent | Turner |
| | Gabby | Knight | | Andrew | Dailey |
| <i>5th</i> | (Open) | 58.89 | <i>5th</i> | (Open) | 2.15.18 |
| | Lisa | Ryan | | Steve | Boyd |
| | Rebecca | Eberle | | Garry | Cook |
| | Jemma | Power | | Lisa | Knipping |
| | Ainsley | Thurlow | | Don | Chambers |
| <i>6th</i> | (Open) | 59.52 | <i>6th</i> | (Open) | 2.30.14 |
| | Don | Chambers | | Lisa | Ryan |
| | Robert | Wilson | | Jodi | Elkington |
| | Gary | Cook | | Jemma | Power |
| | Steve | Boyd | | Mary | Toney |
| <i>7th</i> | (Open) | 62.9 | <i>7th</i> | (Open) | 2.34.22 |
| | Trent | Turner | | Ben | Ryan |
| | Molly | Giggins | | Jacki | Rogerson |
| | Hannah | Jones | | Carina | Heppell |
| | Kevin | Jones | | Peter | Rogerson |
| <i>8th</i> | (Open) | 68.25 | <i>8th</i> | (Open) | 2.58.55 |
| | Jane | Cook | | Nadia | Mellor |
| | Marlise | Cook | | Fay | Pearce |
| | Carina | Heppell | | Lisa | Ryan |

Lisa Knipping
 9th (35+) 78.6
 Cynthia Power
 Debbie Jones
 Faye Pearce
 Tracey Howse

Tracey Howse
 9th (35+) 3.32.21
 Debbie Jones
 Rosemar Turner
 Cynthia Power
 Marlise Cook

4 x 400m

1st (Age) 3.54.52
 Ben Boyd
 Ben Cook
 Justin King
 Kyle Parker

2nd U18 4.16.25
 Jordan Milgate
 Luke Milgate
 Brian Allen
 Robert Wilson

3rd (U20) 5.12.86
 Ainslee Thurlow
 Molly Giggins
 Gabby Knight
 Lisa Knipping

4th (50+) 5.40.21
 Greg Simpson
 Doug Lloyd
 Mike Mellor
 Don Chambers

5th (Open) 5.47.95
 Trent Turner
 Kevin Jones
 Andrew Dailey
 Gary Cook

6th (Open) 6.08.60
 Nadia Mellor
 Fay Pearce
 Karen Hill
 Lisa Ryan

7th (Open) 7.22.10
 Cynthia Power
 Carina Heppell
 Jane Cook
 Debbie Jones

4 x 1500m

1st (Open) 22.22.62
 Robert Wilson
 Brian Allen
 Mike Mellor
 Luke Milgate

2nd (Open) 25.58.61
 Rebecca Eberle
 Nadia Mellor
 Lisa Ryan
 Fay Pearce

3rd (Open) 26.42.65
 Jodi Elkington
 Molly Giggins
 Mary Toney
 Karen Hill

4th (Open) 33.12.59
 Zach Jones
 Hannah Jones
 Kevin Jones
 Debbie Jones

3 x Jumps Relay

| | | | |
|-----|--------------|---------|-------|
| 1st | (U20) | Total - | 19.37 |
| LJ | Chris Barton | | 5.36 |
| HJ | Zach Jones | | 1.4 |
| TJ | Nick Raymond | | 12.61 |

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|-----|---------------|---------|-------|
| 2nd | (U18) | Total - | 18.56 |
| LJ | Kyle Parker | | 5.22 |
| HJ | Callum Sutter | | 1.65 |
| TJ | Nathan Howse | | 11.69 |

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|-----|-------------|---------|-------|
| 3rd | (U20) | Total - | 17.37 |
| LJ | Ben Boyd | | 5.07 |
| HJ | Ben Cook | | 1.9 |
| TJ | Justin King | | 10.4 |

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|-----|----------------|---------|-------|
| 4th | (U16) | Total - | 16.7 |
| LJ | Brian Allen | | 4.86 |
| HJ | Jordan Milgate | | 1.55 |
| TJ | Luke Milgate | | 10.29 |

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|-----|---------------|---------|-------|
| 5th | (U18) | Total - | 14.84 |
| LJ | Jemma Power | | 4.7 |
| HJ | Molly Giggins | | 1.2 |
| TJ | Mary Toney | | 8.94 |

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|-----|---------------|---------|-------|
| 6th | (U20) | Total - | 14.19 |
| LJ | Jacquie Star | | 4.21 |
| HJ | Gabby Knight | | 1.15 |
| TJ | Sarah Maclure | | 8.83 |

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|-----|--------------|---------|-------|
| 7th | (Open) | Total - | 12.71 |
| LJ | Trent Turner | | 3.43 |
| HJ | Kevin Jones | | 1.1 |
| TJ | Garry Cook | | 8.18 |

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|-----|----------------|---------|-------|
| 8th | (open) | Total - | 11.78 |
| LJ | Karen Hill | | 3.87 |
| HJ | Lisa Knipping | | 1.3 |
| TJ | Carina Heppell | | 6.61 |

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|-----|--------------|---------|-------|
| 9th | 50+ | Total - | 11.74 |
| LJ | Mike Mellor | | 2.32 |
| HJ | Greg Simpson | | 1.3 |
| TJ | Don Chambers | | 8.12 |

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|------|--------|---------|------|
| 10th | (Open) | Total - | 8.86 |
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3 x Throws Relay

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|-----|------------------|---------|-------|
| 1st | (U20) | Total - | 86.81 |
| SP | Brendan Ashcroft | | 9.92 |
| Dis | Zach Jones | | 27.05 |
| Jav | Chris Barton | | 49.84 |

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|-----|--------------|---------|-------|
| 2nd | (U20) | Total - | 77.51 |
| SP | Nick Raymonc | | 9.91 |
| Dis | Ben Boyd | | 26.99 |
| Jav | Ben Cook | | 40.61 |

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|-----|---------------|---------|-------|
| 3rd | (U18) | Total - | 58.38 |
| SP | Luke Milgate | | 8.16 |
| Dis | Brian Allen | | 21.8 |
| Jav | Callum Sutter | | 28.42 |

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|-----|----------------|---------|-------|
| 4th | (U20) | Total - | 55.37 |
| SP | Jodi Elkington | | 6.85 |
| Dis | Gabby Knight | | 23.24 |
| Jav | Zoey Gow | | 25.28 |

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|-----|--------------|---------|-------|
| 5th | (50+) | Total - | 52.47 |
| SP | Don Chamber | | 8.05 |
| Dis | Greg Simpson | | 23.45 |
| Jav | Bill Pearce | | 20.97 |

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|-----|--------------|---------|-------|
| 6th | (Open) | Total - | 51.71 |
| SP | Kevin Jones | | 7.24 |
| Dis | Trent Turner | | 16.75 |
| Jav | Justin King | | 27.72 |

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|-----|------------|---------|-------|
| 7th | (Open) | Total - | 47.44 |
| SP | Steve Boyd | | 5.44 |
| Dis | Jane Cook | | 12.56 |
| Jav | Garry Cook | | 29.44 |

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|-----|---------------|---------|-------|
| 8th | (U20) | Total - | 47.28 |
| SP | Hannah Jones | | 5.5 |
| Dis | Robert Wilson | | 20.27 |
| Jav | Andrew Dailey | | 21.51 |

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|-----|-----------------|---------|-------|
| 9th | (Open) | Total - | 43.3 |
| SP | Carina Heppell | | 6.89 |
| Dis | Ainslee Thurlow | | 26.83 |
| Jav | Karen Hill | | 9.58 |

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|------|-------|---------|-------|
| 10th | (U18) | Total - | 41.53 |
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|-------------|------------|----------------|-------------|-------------|---------------|----------------|--------------|
| LJ | Fay | Pearce | 2.65 | SP | Mary | Toney | 5.78 |
| HJ | Lisa | Ryan | 1 | Dis | Jemma | Power | 17.69 |
| TJ | Nadia | Mellor | 5.21 | Jav | Molly | Giggins | 18.06 |
| <i>11th</i> | <i>35+</i> | <i>Total -</i> | <i>8.52</i> | <i>11th</i> | <i>(U20)</i> | <i>Total -</i> | <i>40.54</i> |
| LJ | Tracey | Howse | 2.61 | SP | Sarah | Maclure | 5.58 |
| HJ | Marlise | Cook | 1.05 | Dis | Jacque | Star | 18.08 |
| TJ | Debbie | Jones | 4.86 | Jav | Lisa | Knipping | 16.88 |
| | | | | <i>12th</i> | <i>(35+)</i> | <i>Total -</i> | <i>38.5</i> |
| | | | | SP | Rosemary | Turner | 5.44 |
| | | | | Dis | Marlise | Cook | 19.79 |
| | | | | Jav | Debbie | Jones | 13.27 |
| | | | | <i>13th</i> | <i>(Open)</i> | <i>Total -</i> | <i>29.45</i> |
| | | | | SP | Lisa | Ryan | 6.3 |
| | | | | Dis | Cynthia | Power | 10.79 |
| | | | | Jav | Tracey | Howse | 12.36 |
| | | | | <i>14th</i> | <i>(35+)</i> | <i>Total -</i> | <i>27.92</i> |
| | | | | SP | Fay | Pearce | 4.26 |
| | | | | Dis | Rosalie | Wilson | 11.05 |
| | | | | Jav | Nadia | Mellor | 12.61 |

Women

3000 metres

| | | |
|--------------------|--------|----------|
| Lisa Ryan | (Open) | 12.47.84 |
| Jacki Rogers | (Open) | 14.59.63 |
| n Karen Hill | (Open) | 15.46.89 |
| Christine Simmonds | 50+ | 16.01.46 |

High Jump

| | | |
|----------------|-----|------|
| Jacque Star | -18 | 1.5 |
| Lisa Knipping | -20 | 1.3 |
| Molly Giggins | -16 | 1.2 |
| Gabriel Knight | -20 | 1.15 |
| Jane Cook | -14 | 1.1 |

Men

3000 metres

| | | |
|-----------|-------|----------|
| Mike Mell | (50+) | 12.08.50 |
| Peter Ro | (50+) | 15.01.01 |
| Doug Llo | (50+) | 19.34.29 |

High Jump

| | | |
|-----------|-------|------|
| Ben Co | -20 | 1.9 |
| Callum S | -18 | 1.65 |
| Jordan M | -16 | 1.55 |
| Greg Sim | (50+) | 1.3 |
| Kevin Jor | (40+) | 1.1 |

Long Jump

| | | | | | |
|--------------------|--------|-------|--------------------|--------|-------|
| Marlise Cook | (35+) | 1.05 | Brendon | -20 | 6.07 |
| Lisa Ryan | (Open) | 1 | Chris Bar | -20 | 5.36 |
| Long Jump | | | Kyle Park | -16 | 5.22 |
| Jemma Power | -14 | 4.7 | Ben Boy | -20 | 5.07 |
| Jacquie Star | -18 | 4.21 | Brian Alle | -16 | 4.86 |
| Karen Hill | (Open) | 3.87 | Robert V | -18 | 4.14 |
| Fay Pearce | (50+) | 2.65 | Trent Tur | (Open) | 3.43 |
| Cynthia Power | (35+) | 2.62 | Mike Mell | (50+) | 2.32 |
| Tracey Howse | (35+) | 2.61 | Triple Jump | | |
| Rosemary Turner | | 1.8 | Nick Ray | -20 | 12.61 |
| Triple Jump | | | Nathan H | -16 | 11.69 |
| Mary Toney | -18 | 8.94 | Justin Kir | -16 | 10.4 |
| Sarah Maclure | -18 | 8.83 | Luke Milç | -16 | 10.29 |
| Carina Heppell | (Open) | 6.61 | Garry Co | (40+) | 8.18 |
| Nadia Mellor | (50+) | 5.21 | Don Chai | (50+) | 8.12 |
| Deborah Jones | (35+) | 4.86 | Javelin | | |
| Javelin | | | Chris Bar | -20 | 49.84 |
| Zoey Gow | 16 | 25.28 | Ben Co | -20 | 40.61 |
| Molly Giggins | -16 | 18.06 | Garry Co | (40+) | 29.44 |
| Lisa Knipping | -20 | 16.88 | Callum S | -18 | 28.42 |
| Deborah Jones | (35+) | 13.27 | Justin Kir | -16 | 27.72 |
| Nadia Mellor | (50+) | 12.61 | Andrew C | -20 | 21.51 |
| Tracey Howse | (35+) | 12.36 | Bill Pearc | (50+) | 20.97 |
| Karen Hill | (Open) | 9.58 | Discus | | |
| Discus | | | Zach Jon | -20 | 27.05 |

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|-----------------|--------|-------|-----------------|--------|-------|
| Ainslee Thurlow | -16 | 26.83 | Ben Boy | -20 | 26.99 |
| Gabriel Knight | -20 | 23.24 | Greg Sim | (50+) | 23.45 |
| Marlise Cook | (35+) | 19.79 | Brian Alle | -16 | 21.8 |
| Jacquie Star | -18 | 18.08 | Robert V | -18 | 20.27 |
| Jemma Power | -14 | 17.69 | Trent Tur | (Open) | 16.75 |
| Jane Cook | -14 | 12.56 | Shot Put | | |
| Rosalie Wilson | (35+) | 11.05 | Brendon | -20 | 9.92 |
| Cynthia Power | (35+) | 10.79 | Nick Ray | -20 | 9.91 |
| Shot Put | | | Luke Milc | -16 | 8.16 |
| Carina Heppell | (Open) | 6.89 | Don Char | (50+) | 8.05 |
| Jodi Elkington | -18 | 6.85 | Kevin Jor | (40+) | 7.24 |
| Lisa Ryan | (Open) | 6.3 | Steven B | (40+) | 5.44 |
| Mary Toney | -18 | 5.78 | | | |
| Sarah Maclure | -18 | 5.58 | | | |
| Hannah Jones | -18 | 5.5 | | | |
| Rosemary Turner | 35+ | 5.44 | | | |
| Fay Pearce | (50+) | 4.26 | | | |