

Weekly Results 29th November 2009

Women

WAC 10000 metre Championship

Rebecca Eberle	(Open)	44.08.18
Cerina Meredith	(50+)	49.13.75
Sonya Fitzsimmons		49.21.73
Kate Taravillo		52.21.04
Jacki Rogerson	(Open)	53.50.10
Ann Visser	(35+)	61.18.22

100 metres

Lisa Ryan	(Open)	14.57
Mary Toney	-18	14.81
Jodi Elkington	-18	15.68
Alanah Cartner	16	17.57
Deborah Jones	(35+)	18.6
Jean Hutchings	(Open)	19.45
Marlise Cook	(35+)	19.62
Tracey Howse	(35+)	20.69

200 metres

Lisa Ryan	(Open)	30.15
Mary Toney	-18	30.38
Jodi Elkington	-18	33.98
Janet Crocos	(50+)	34.22
Fay Pearce	(50+)	42.73
Jean Hutchings	(Open)	44.16
Deborah Jones	(35+)	46.07
Tracey Howse	(35+)	51.32

800 metres

Lisa Ryan	(Open)	2.33.33
Mary Toney	-18	3.06.98
Jodi Elkington	-18	3.17.67
Kerry Lykles		3.24.57
Janet Crocos	(50+)	3.46.72
Fay Pearce	(50+)	3.55.88
Jean Hutchings	(Open)	4.03.05
Jane Cook	-14	4.09.83
Marlise Cook	(35+)	4.29.61

Triple Jump

Mary Toney	-18	8.65
Lisa Ryan	(Open)	8.39
Kerry Lykles		7.79
Tracey Howse	(35+)	7.33
Janet Crocos	(50+)	6.79
Jodi Elkington	-18	5.62
Jean Hutchings	(Open)	5.37
Fay Pearce	(50+)	4.75
Deborah Jones	(35+)	4.37

Men

WAC 10000 metre Championship

Dan Judd		36.14.85
Pat Thomas	(40+)	38.25.76
Mike Mellor	(50+)	41.46.90
Jeff Cave	(40+)	43.03.10
Tony Perrot	(50+)	44.12.05
Robert Lindley	(50+)	61.05.12

100 metres

Michael Howse	(40+)	12.94
Trent Turner	(Open)	13.08
James Ryan	(Open)	14
Don Chambers	(50+)	14.51
Dennis Baker	(50+)	17.6
Nathan Howse	-16	11.6
Zach Jones	-20	11.69
Nick Raymond	-20	11.94
Mitchell Hibbens	(Open)	12.03
Daniel Ryan	-18	12.47
Ben Cook	-20	12.5
Callum Sutter	-18	12.54
James Ellis	-16	12.77
Ted Elkington	-14	15.44

200 metres

Zach Jones	-20	24.07
Nathan Howse	-16	24.22
Nick Raymond	-20	25.18
Mitchell Hibbens	(Open)	26.46
Michael Howse	(40+)	27.79
James Ryan	(Open)	28.93
Trent Turner	(Open)	28.95
Don Chambers	(50+)	31.34
Ted Elkington	-14	32.31
Garry Cook	(40+)	32.45
Dennis Baker	(50+)	39.58

800 metres

James Ellis	-16	2.11.36
Mitchell Hibbens	(Open)	2.12.55
Zach Jones	-20	2.27.64
Daniel Ryan	-18	2.33.85
James Ryan	(Open)	2.37.41
Ben Cook	-20	2.40.10
Nathan Howse	-16	2.48.85
Ted Elkington	-14	2.56.98
Trent Turner	(Open)	3.02.71
Bill Pearce	(50+)	3.08.29
Michael Howse	(40+)	3.32.57

Javelin		
Nyree Terry	50+	17.78
Janet Crocos	(50+)	15.54
Mary Toney	-18	12.82
Jodi Elkington	-18	11.9
Tracey Howse	(35+)	11.64
Lisa Ryan	(Open)	11.44
Jane Cook	-14	11.2
Victoria Jones	(Open)	10.97
Marlise Cook	(35+)	10.86
Deborah Jones	(35+)	10.81
Fay Pearce	(50+)	9.29

Shot Put		
Janet Crocos	(50+)	8.01
Nyree Terry	50+	7.16
Jodi Elkington	-18	6.86
Marlise Cook	(35+)	6.56
Lisa Ryan	(Open)	5.94
Deborah Jones	(35+)	5.83
Mary Toney	-18	5.56
Jane Cook	-14	5.47
Tracey Howse	(35+)	5.06
Jean Hutchings	(Open)	4.81
Victoria Jones	(Open)	4.32

Hammer		
Nyree Terry	50+	28.09
Deborah Jones	(35+)	17.95
Lisa Ryan	(Open)	15.12
Marlise Cook	(35+)	14.09
Tracey Howse	(35+)	11.4
Mary Toney	-18	11
Jane Cook	-14	10.86

Garry Cook	(40+)	3.34.12
Dennis Baker	(50+)	3.55.23
Kevin Jones	(40+)	4.54.18

Triple Jump		
Daniel Ryan	-18	11.76
Nathan Howse	-16	11.01
Callum Sutter	-18	10.78
Zach Jones	-20	9.67
James Ryan	(Open)	9.45
Don Chambers	(50+)	8.6
Trent Turner	(Open)	8.55
Ted Elkington	-14	7.47
Kevin Jones	(40+)	5.22

Javelin		
Nick Raymond	-20	36.66
Zach Jones	-20	33.26
Daniel Ryan	-18	29.94
Nathan Howse	-16	27.99
Garry Cook	(40+)	22.5
Greg Simpson	(50+)	20.98
Don Chambers	(50+)	20.57
Kevin Jones	(40+)	18.44
Bill Pearce	(50+)	16.34
Ted Elkington	-14	12.9
Dennis Baker	(50+)	10.93

Shot Put		
Zach Jones	-20	9.51
Don Chambers	(50+)	8.14
Ben Cook	-20	8.09
Garry Cook	(40+)	7.83
Ted Elkington	-14	7.64
Kevin Jones	(40+)	7.3
Trent Turner	(Open)	7.05
Greg Simpson	(50+)	7
Dennis Baker	(50+)	6.43
Michael Howse	(40+)	5.7

Hammer		
Ben Cook	-20	26.57
Daniel Ryan	-18	23.56
Greg Simpson	(50+)	22.48
Nathan Howse	-16	19.93
Don Chambers	(50+)	18.98
Garry Cook	(40+)	18.68
Kevin Jones	(40+)	17.63
Dennis Baker	(50+)	13.35
Michael Howse	(40+)	10.69