

Weekly Results 4th October 2009

Women			Men		
100 metres			100 metres		
Emilya Toney	-20	14.49	Brendon Ashcroft	-20	11.19
Lisa Ryan	(Open)	14.76	Nathan Howse	-16	11.79
Mary Toney	-18	15.15	Nick Raymond	-20	11.83
Molly Giggins	-16	15.67	Ben Boyd	-20	12.08
Rachel Jewell	-18	15.86	Ben Cook	-20	12.09
Jodi Elkington	-18	16.93	Daniel Ryan	-18	12.42
200 metres			Matt Cullen	-18	12.51
Lisa Ryan	(Open)	30.89	Chris Barton	-20	12.61
Emilya Toney	-20	31.35	Callum Sutter	-18	12.81
Mary Toney	-18	32.08	James Ryan		14.23
Jodi Elkington	-18	34.07	Michael Howse	(40+)	14.72
Janet Crocos	(50+)	36.57	Garry Cook	(40+)	16.69
Jo McConnell	(35+)	42.58	Dennis Baker	(50+)	18.21
800 metres			200 metres		
Rebecca Parry Bolton	-16	3.07.50	Nick Raymond	-20	24.54
Janet Crocos	(50+)	3.52.10	Nathan Howse	-16	24.6
5000 metres			Matt Cullen	-18	25.74
Lisa Ryan	(Open)	20.47.98	Dennis Baker	(50+)	39.01
Molly Giggins	-16	24.26.74	Steve Boyd	(40+)	40.28
Karen Hill	(Open)	27.36.56			

				800 metres		
	Long Jump			Mitch Higgins	(Open)	2.19.51
Mary Toney	-18	3.76		Chris Barton	-20	2.28.68
Karen Hill	(Open)	3.71		Steve Boyd	(40+)	3.40.98
Lisa Knipping	-20	3.5		Greg Simpson	(50+)	3.52.50
Molly Giggins	-16	3.4		Dennis Baker	(50+)	4.06.46
Janet Crocos	(50+)	3.38				
				5000 metres		
Lisa Ryan	(Open)	2.94		Jeff Cave	(40+)	20.26.18
Jo McConnell	(35+)	2.51		Peter Rogerson	(50+)	26.04.13
Jodi Elkington	-18	2.49		Robert Lindley	(50+)	29.55.49
Jane Cook	-14	2.26				
	Triple Jump			1500m Walk		
Mary Toney	-18	8.03		Doug Lloyd	(50+)	11.59.28
				Long Jump		
Lisa Knipping	-20	7.83		Nick Raymond	-20	5.92
Molly Giggins	-16	7.7		Ben Cook	-20	5.52
Rachel Jewell	-18	7.18		Chris Barton	-20	5.45
Lisa Ryan	(Open)	6.73		Nathan Howse	-16	5.32
Janet Crocos	(50+)	6.32		Daniel Ryan	-18	5.23
Gabriel Knight	-20	6.01		Matt Cullen	-18	5.09
	Javelin			Callum Sutter	-18	4.94
Gabriel Knight	-20	24.73		Ben Boyd	-20	4.46
Carina Heppell	(Open)	18.1		Michael Howse	(40+)	3.44
Nyree Terry	50+	17.15		Garry Cook	(40+)	3.32
Janet Crocos	(50+)	15.97		Triple Jump		
Mary Toney	-18	15.22		Nick Raymond	-20	12.02

Lisa Ryan	(Open)	14.72	Daniel Ryan	-18	11.14
Emilya Toney	-20	13.94	Chris Barton	-20	11.11
Lisa Knipping	-20	13.17	Nathan Howse	-16	10.97
Molly Giggins	-16	12.2	Matt Cullen	-18	10.03
Jodi Elkington	-18	9.55	James Ryan		9.42

Discus

Gabriel Knight	-20	25.69
Emilya Toney	-20	21.05
Carina Heppell	(Open)	18.34
Nyree Terry	50+	16.87
Mary Toney	-18	16.75
Marlise Cook	(35+)	16.53
Lisa Ryan	(Open)	16.48
Janet Crocos	(50+)	16.41
Jo McConnell	(35+)	15.98
Rachel Jewell	-18	15.25
Jodi Elkington	-18	12

Javelin

Chris Barton	-20	45.06
Nick Raymond	-20	38
Ben Cook	-20	34.98
Brendon Ashcroft	-20	34.55
Ben Boyd	-20	33.89
Daniel Ryan	-18	26.94
Matt Cullen	-18	23.49
James Ryan		23.4
Garry Cook	(40+)	22.16
Greg Simpson	(50+)	18.15
Dennis Baker	(50+)	13.99

Jane Cook	-14	11.88
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Discus

	Hammer		Chris Barton	-20	31.22
Nyree Terry	50+	28.71	Daniel Ryan	-18	27.99
Janet Crocos	(50+)	23.49	Ben Cook	-20	25.61
Carina Heppell	(Open)	20.26	Ben Boyd	-20	23.35
Gabriel Knight	-20	18.91	James Ryan		22.85
Emilya Toney	-20	16.88	Greg Simpson	(50+)	22.06

Mary Toney	-18	15.51	Callum Sutter	-18	21.92
Marlise Cook	(35+)	15.23	Matt Cullen	-18	21.55
Lisa Knipping	-20	13.85	Brendon Ashcroft	-20	21.54
Jane Cook	-14	8.8	Garry Cook	(40+)	21.42
Jodi Elkington	-18	6.91	Nick Raymond	-20	21.41
			Dennis Baker	(50+)	18.85
			Michael Howse	(40+)	7.52
			Hammer		
			Chris Barton	-20	36.03
			Ben Cook	-20	23.06
			Nathan Howse	-16	22.64
			Daniel Ryan	-18	21.94
			Greg Simpson	(50+)	19.9
			Nick Raymond	-20	18.47
			Matt Cullen	-18	17.66
			Brendon Ashcroft	-20	16.5
			Ben Boyd	-20	16.4
			Garry Cook	(40+)	15.84
			Dennis Baker	(50+)	14.67
			Michael Howse	(40+)	11.26