

Weekly Results 5th December 2009

Women

100 Metres		
Chloe Thomas	-16	14.23
Mary Toney	-18	14.43
Sarah Maclure	-18	14.49
Talia Paterson	(Open)	14.76
Victoria Jones	(Open)	14.78
Lisa Ryan	(Open)	15.01
Jodi Elkington	-18	15.25
Alana Cartner	-16	16.3
Debbie Jones	(35+)	18.19
Jane Cook	-14	18.53
Marlise Cook	(35+)	19.23
Tracey Howse	(35+)	20.17
200 Metres		
Mary Toney	-18	30.77
Lisa Ryan	(Open)	30.84
Jodi Elkington	-18	33.83
Alana Cartner	-16	34.89
Fay Pearce	(50+)	43
Debbie Jones	(35+)	46.47
Tracey Howse	(35+)	48.53
1500 Metres		
Lisa Ryan	(Open)	5.31.79
Melissa Mulraney	-20	6.06.16
Fay Pearce	(50+)	7.41.91
Victoria Jones	(Open)	8.26.25
Debbie Jones	(35+)	9.58.92
3000 Metres		
Melissa Mulraney	-20	13.27.17
Christine Simmons	(50+)	15.21.12
Long Jump		
Chloe Thomas	-16	4.18
Mary Toney	-18	4.18
Sarah Maclure	-18	4
Talia Paterson	(Open)	3.8

Men

100 Metres		
Nathan Howse	-16	11.37
Zachary Jones	-20	11.45
Ben Boyd	-20	11.62
Ben Cook	-20	11.72
Chris Barton	-20	12.19
Don Chambers	(50+)	14.19
Garry Cook	(40+)	14.73
Troy Megson	(40+)	14.86
Ted Elkington	-14	15.08
Jayden Goding	-14	15.2
Ben Megson	-14	16.5
200 Metres		
Zachary Jones	-20	23.95
Ben Boyd	-20	24.07
Nathan Howse	-16	24.08
Troy Megson	(40+)	30.91
Don Chambers	(50+)	31.51
Ted Elkington	-14	31.58
Garry Cook	(40+)	32.98
Jayden Goding	-14	34.73
Dennis Baker	(50+)	38.65
Ben Megson	-14	41.14
1500 Metres		
Simon O'Regan	(Open)	4.25.17
Troy Megson	(40+)	5.08.83
Ted Elkington	-14	5.55.29
Ben Megson	-14	6.27.47
Jayden Goding	-14	6.36.78
Dennis Baker	(50+)	8.17.50
Kevin Jones	(40+)	9.17.41
3000 Metres		
John King	(Open)	10.12.52
Troy Megson	(40+)	11.23.51
Michael Mellor	(50+)	11.51.03

Lisa Ryan	(Open)	3.77	Bill Pearce	(50+)	13.09.20
Victoria Jones	(Open)	3.14	Ted Elkington	-14	13.20.97
Alana Cartner		2.83	Des Rees	(50+)	14.38.92
Jane Cook	-14	2.77	Peter Rogerson	(50+)	14.46.22
Debbie Jones	(35+)	2.75	Ben Megson	-14	15.38.99
Marlise Cook	(35+)	2.62	Robert Lindley	(50+)	17.26.37
Tracey Howse	(35+)	2.51			
Fay Pearce	(50+)	2.34			
	High Jump			Long Jump	
Mary Toney	-18	1.35	Zachary Jones	-20	5.9
Talia Paterson	(Open)	1.3	Chris Barton	-20	5.42
Melissa Mulraney	-20	1.15	Ben Cook	-20	4.9
Lisa Ryan	(Open)	1.15	Don Chambers	(50+)	4.09
Jane Cook	-14	1.1	Ted Elkington	-14	3.89
Tracey Howse	(35+)	0.95	Troy Megson	(40+)	3.6
	Discus		Jayden Goding	-14	3.54
Talia Paterson	(Open)	20.84	Garry Cook	(40+)	3.53
Marlise Cook	(35+)	20.01	Ben Megson	-14	3.4
Nyree-Anne Terry	(50+)	19.15	Kevin Jones	(40+)	2.69
Mary Toney	-18	17.21	Dennis Baker	(50+)	1.44
Jodi Elkington	-18	15.94			
Lisa Ryan	(Open)	14.99		High Jump	
Victoria Jones	(Open)	14.75	Ben Cook	-20	1.86
Tracey Howse	(35+)	13.89	Chris Barton	-20	1.55
Debbie Jones	(35+)	12.97	Zachary Jones	-20	1.55
Fay Pearce	(50+)	12.73	Ben Boyd	-20	1.4
Alana Cartner	-16	12.12	Don Chambers	(50+)	1.1
Jane Cook	-14	11.56	Kevin Jones	(40+)	1
	Javelin			Discus	
Zoey Gow	-16	29.81	Chris Barton	-20	31.97
Talia Paterson	(Open)	18.12	Zachary Jones	-20	29.62
Nyree-Anne Terry	(50+)	16.75	Ben Cook	-20	27.84
Victoria Jones	(Open)	16.51	Ben Boyd	-20	22.98
Lisa Ryan	(Open)	13.95	Nathan Howse	-16	22.51
Mary Toney	-18	12.36	Troy Megson	(40+)	20.79
Jane Cook	-14	11.94	Garry Cook	(40+)	20.36
Marlise Cook	(35+)	11.55	Kevin Jones	(40+)	19.72
Jodi Elkington	-18	11.28	Trent Turner	(Open)	18.51
			Dennis Baker	(50+)	18.49
			Don Chambers	(50+)	17.97
			Ted Elkington	-14	17.35

Debbie Jones	(35+)	11.24
Tracey Howse	(35+)	10.43
Fay Pearce	(50+)	10.21

Baylee Rees	-14	16
Jayden Goding	-14	13.56

Javelin

Chris Barton	-20	50
Ben Cook	-20	43.92
Zachary Jones	-20	42.8
Ben Boyd	-20	41.68
Garry Cook	(40+)	30.26
Don Chambers	(50+)	20.29
Kevin Jones	(40+)	18.78
Ted Elkington	-14	16.02
Dennis Baker	(50+)	14.35

4x100 Metre Relay

1st		-20	45.96
Nathan	Howse		
Ben	Boyd		
Ben	Cook		
Zach	Jones		
2nd		(Open)	1.01.36
Mary	Toney		
Jodi	Elkington		
Alana	Cartner		
Lisa	Ryan		
3rd		(Open)	1.04.21
Melissa	Mulraney		
Garry	Cook		
Kevin	Jones		
Trent	Turner		
4th		(Open)	1.06.36
Ben	Megson		
Jayden	Goding		
Ted	Elkington		
Troy	Megson		
5th		(50+)	1.11.05
Don	Chambers		
Dennis	Baker		
Bill	Pearce		
Fay	Pearce		
6th		(Open)	1.14.87
Tracey	Howse		
Debbie	Jones		
Jane	Cook		
Victoria	Jones		