

Weekly Results 9th January 2010

Women

100 Metres

Emilya Toney	20	13.75
Lisa Ryan	Open	14.16
Sarah Maclure	18	14.34
Mary Toney	18	14.43
Rachel Little	35+	14.62
Lisa Knipping	20	14.76
Victoria Jones	Open	15.42
Alana Cartner	16	15.6
Karen Hill	Open	15.87
Fay Pearce	50+	18.43
Debbie Jones	35+	18.49
Tracey Howse	35+	20.55

400 Metres

Lisa Ryan	Open	1.05.31
Rachel Little	35+	1.09.00
Mary Toney	18	1.15.07
Emilya Toney	20	1.28.20
Fay Pearce	50+	1.32.87
Debbie Jones	35+	2.04.21

1500 metres

Debbie Jones	35+	10.16.81
Lisa Ryan	Open	5.39.15
Karen Hill	Open	7.09.51
Nadia Mellor	50+	7.34.45
Fay Pearce	50+	7.49.24

3000 Metres

Emilya Toney	20	14.25.63
Nadia Mellor	50+	16.16.63
Talia Paterson	Open	18.18.82

Shot Put

Victoria Jones	Open	3.88
Abbie Little	14	4.87
Alana Cartner	16	4.88

Men

100 Metres

Brendan Ashcroft	20	11.06
Jarrold Lindner	Open	11.36
Nathan Howse	16	11.51
Shane Lewis	Open	11.64
Ben Boyd	20	11.66
Ben Cook	20	11.84
Matthew Cullen	18	12.13
Chris Barton	20	12.15
Callum Sutter	18	12.42
Zachary Jones	20	12.79
Michael Howse	40+	12.88
Trent Turner	Open	13.42
Don Chambers	50+	14.19
Dennis Baker	50+	17.59

400 Metres

Ben Boyd	20	52.39
Mitchell Hibbens	Open	54.7
Nathan Howse	16	55.08
Ben Cook	20	55.93
James Ellis	16	56.29
Shane Lewis	Open	57.52
Matthew Cullen	18	1.01.61
Kevin Muller	Open	1.01.94
Michael Howse	40+	1.09.47
Trent Turner	Open	1.10.02
Don Chambers	50+	1.16.11
Kevin Jones	40+	1.51.08

1500 metres

Mitchell Hibbens	Open	4.53.00
Michael Mellor	50+	5.45.48
Bill Pearce	50+	6.20.54
Dennis Baker	50+	8.26.35
Kevin Jones	40+	9.41.71

Tracey Howse	35+	5.28
Karen Hill	Open	5.46
Mary Toney	18	5.64
Debbie Jones	35+	5.85
Jane Cook	14	5.87
Lisa Ryan	Open	6.13
Emilya Toney	20	6.21
Talia Paterson	Open	6.29
Lisa Knipping	20	6.99
Marlise Cook	35+	7.02
Rachel Little	35+	7.42
Zoey Gow	16	7.54
Nyree-Anne Terry	50+	8.82

Discus

Abbie Little	14	10.36
Emilya Toney	20	12.06
Jane Cook	14	12.84
Debbie Jones	35+	13.89
Karen Hill	Open	14.78
Lisa Ryan	Open	14.84
Tracey Howse	35+	14.85
Lisa Knipping	20	14.89
Victoria Jones	Open	15.12
Mary Toney	18	15.88
Talia Paterson	Open	16.3
Nyree-Anne Terry	50+	18.61
Marlise Cook	35+	18.94
Lucy Smith	14	19.94
Rachel Little	35+	20.38
Zoey Gow	16	20.45

High Jump

Tracey Howse	35+	0.9
Debbie Jones	35+	0.9
Nadia Mellor	50+	0.9
Fay Pearce	50+	0.9
Marlise Cook	35+	1.1
Karen Hill	Open	1.1

3000 Metres

John King	Open	10.08.66
Kevin Muller	Open	10.58.45
Zachary Jones	20	11.09.35
Michael Mellor	50+	11.52.01
Jeff Cave	40+	12.01.53
Bill Pearce	50+	13.27.48
Des Rees	50+	14.14.91
Robert Lindley	50+	17.27.97
John Kent	Open	9.13.81
Brendan Woodman	Open	9.49.03

Shot Put

Michael Howse	40+	5.97
Dennis Baker	50+	6.29
Kevin Muller	Open	6.63
Kevin Jones	40+	7.32
Callum Sutter	18	7.46
Trent Turner	Open	7.68
Don Chambers	50+	7.84
Garry Cook	40+	8.21
Shane Lewis	Open	8.51
Brendan Ashcroft	20	9.02
Matthew Cullen	18	9.21
Zachary Jones	20	9.41
Ben Boyd	20	9.43
Ben Cook	20	9.82
Chris Barton	20	12.75

Discus

Callum Sutter	18	11.61
Michael Howse	40+	15.25
Don Chambers	50+	17.98
Kevin Jones	40+	18.13
Dennis Baker	50+	18.62
Trent Turner	Open	19.66
Matthew Cullen	18	20.69
Garry Cook	40+	21.32
Nathan Howse	16	24.37

Victoria Jones	Open	1.1	Ben Boyd	20	25.08
Talia Paterson	Open	1.2	Brendan Ashcroft	20	26.32
Lisa Ryan	Open	1.2	Zachary Jones	20	28.33
Abbie Little	14	1.3	Ben Cook	20	29.22
Rachel Little	35+	1.3	Chris Barton	20	33.31
Mary Toney	18	1.3	High Jump		
Lisa Knipping	20	1.35	Kevin Jones	40+	1
Lucy Smith	14	1.35	Michael Howse	40+	1.1
Sarah Maclure	18	1.4	Kevin Muller	Open	1.2
Long Jump			Garry Cook	40+	1.35
Debbie Jones	35+	2.41	Trent Turner	Open	1.35
Jane Cook	14	2.43	Matthew Cullen	18	1.5
Marlise Cook	35+	2.45	Chris Barton	20	1.6
Tracey Howse	35+	2.55	Callum Sutter	18	1.6
Fay Pearce	50+	2.74	Ben Cook	20	1.81
Zoey Gow	16	2.93	Long Jump		
Victoria Jones	Open	3.02	Kevin Jones	40+	2.15
Alana Cartner	16	3.33	Garry Cook	40+	3.49
Abbie Little	14	3.46	Don Chambers	50+	3.85
Talia Paterson	Open	3.54	Michael Howse	40+	4.01
Lisa Ryan	Open	3.8	Trent Turner	Open	4.22
Karen Hill	Open	3.89	Matthew Cullen	18	4.5
Sarah Maclure	18	3.93	Callum Sutter	18	5.24
Rachel Little	35+	3.96	Chris Barton	20	5.47
Lisa Knipping	20	3.97	Zachary Jones	20	5.55
Mary Toney	18	4.12	Brendan Ashcroft	20	5.63
Emilyya Toney	20	4.17	Nathan Howse	16	5.69

4 x 100 Metre Relay

1st		U18	47.93
Matt	Cullen		
Callum	Sutter		
James	Ellis		
Nathan	Howse		
2nd		Open	57.91
Lisa	Knipping		
Emilyya	Toney		
Mary	Toney		
Alana	Cartner		

3rd		Open	1.03.40
Trent	Turner		
Kevin	Jones		
Zach	Jones		
Garry	Cook		
4th		Open	1.06.23
Debbie	Jones		
Tracey	Howse		
Ben	Cook		
Ben	Boyd		
5th		50+	1.08.85
Fay	Pearce		
Dennis	Baker		
Bill	Pearce		
Don	Chambers		
6th		Open	1.11.46
Michael	Howse		
Mike	Mellor		
Nadia	Mellor		
Jane	Cook		