

## Saturday 1st November 2014

### Women

800m		Age	Time
Siobhan	Wilson	U18	2.57.29
Emily	Woolford	U18	3.00.36
Sarah	Egan	U14	3.03.07
Zoe	Smith	U16	3.22.23
Kate	Paris	50+	3.27.32
Chris	Wilson	50+	3.34.11
Tracey	Howse	40+	4.33.16

Hammer			Dist
Kiana	Evans	u14	35.66
Clare	McCormack	u14	22.70
Donna	Evans	open	21.26
Debbie	Jones	50+	18.99
Lara	Friesen	open	17.80
Kate	Parris	50+	17.31
Emily	Woolford	u18	13.06
Sarah	Regan	u14	3.93

Triple Jump			Dist
Lara	Friesen	Open	9.05
Siobhan	Wilson	U18	8.73
Emily	Woolford	U18	8.09
Katie	Parslow	U18	7.92
Sarah	Egan	U14	7.41
Zoe	Smith	U16	7.10
Kate	Paris	50+	6.02
Tracey	Howse	40+	5.98
Machelle	Parslow	Open	5.22
Debbie	Jones	50+	5.12

### Men

800m			Time
Ben	Hugall	U18	2.22.46
Nic	Blackwell	U16	2.28.10
Ryan	Blackwell	U16	2.36.89
Kevin	Muller	40+	2.37.67
Caleb	Parslow	U16	2.55.00
Declan	Pearce	U14	3.01.85
Michael	Howse	50+	3.18.52
Bill	Pearce	60+	3.22.70
Greg	Simpson	50+	3.26.25

Hammer			Dist
Caleb	Paslow	u16	22.21
Gregory	Simpson	50=	20.33
Don	Chambers	70+	19.33
Warwick	Stacey	40+	18.77
Scott	PARSLOW	40+	17.57
Dennis	Baker	60	16.28
Roger	Blackwell	40+	15.29

Triple Jump			Dist
Mitchell	O'Neill	U16	12.62
Matt	Stacey	U16	10.53
Jackson	Whiley	U16	10.00
Caleb	Parslow	U16	9.90

Nadia	Mellor	50+	5.08

Ryan	Blackwell	U18	8.83
Warwick	Stacey	40+	8.05
Jayden	Van werkhoven	U16	7.80
Kevin	Muller	40+	7.45
Scott	Parslow	40+	7.21
Gavin	Smith	40+	7.18
Greg	Simpson	50+	6.90
Don	Chambers	70+	5.30

<b>200 metres</b>			
Zoe	Smith	u16	<b>29.393 m</b>
Siohban	Wilson	u18	40.66m
Kate	Parris	50+	38.55m
Tracey	Howse	40+	40.66m

<b>200 Metres</b>			
Ben	Hugall	u18	23.75m
Mat	Stacey	u16	27.53m
Gavin	Smith	40+	29.61m
Kevin	Muller	40+	30.82m
Nic	Blackwell	u16	31.50m
Declan	Pearce	u14	32.81m
Ryan	Blackwell	u16	33.15m
Dennis	Baker	60_	39.61m

<b>Javelin</b>			
Katie	Paslow	u18	24
Lara	Friesen	open	20.59
Clare	McCormac k	u14	18.64
Donna	Evans	open	18.49
Kate	Parris	50+	17.37
Tracey	Howse	40+	17.34
Kiana	Evans	u14	15.9
Emily	Woolford	u18	14.05
Debbie	Jones	50+	13.75
Sarah	Egan	u14	12.19
Nadia	Mellor	50+	10.79
Machelle	Parslow	open	8.16
<b>Shot Put</b>			
Kiana	Evans	u14	11.18
Clare	McCormac k	u14	9.39+
Laura	collins	u20	8.71

<b>Javelin</b>			
Warwick	Stacey	40=	24.63
Jackson	Whiley	u14	24.25
Scott	Parslow	40+	24.11
ichael	Howse	50+	23.69
Mathew	Stacey	u16	21.79
Nic	Blackwell	u14	20.91
Caleb	Parslow	u14	20.64
Gavin	Smith	40+	18.80

Lara	Friesen	open	8.30
Donna	Evans	open	8.17
Katie	Parslow	u18	7.24
Emily	Woolford	u18	7.17
Debbie	Jones	50+	5.68
Marchelle	Parslow	open	4.90

Bill	Pearce	60+	17.09
Ryan	Blackwell	u14`	16.82
Greg	Simpson	50+	15.97
Don	Chambers	70+	12.93
Dennis	Baker	60+	12.00

Long Jump			
Lara	Friesen	open	4.42
Siohban	Wilson	u18	4.21
Laura	Collins	u20	3.96
emily	Woolford	u18	3.64
Zoe	Smith	u18	3.40
Tracey	Howse	40+	3.28
Clare	McCormack	u14	2.72
Kate	Parris	50+	2.46
Debbie	Jones	50+	2.27

Shot Put			
Jackson	Whiley	u14	10.20
Caleb	Parslow	u14	9.20
Warwick	Stacey	40+	8.98
Scott	Parslow	40+	8.57
Roger	Blackwell	40+	7.11
Michael	Howse	50+	6.87
Don	Chambers	70+	6.70

100 Metres			
Zoe	Smith	u16	14.47m
Emily	Woolford	u18	14.88m
Siobhan	Wilson	u18	15.19m
Laura	Collins	u20	15.82m
Clare	McCormack	u14	16.33m
Kiana	Evans	u14`	16.63m
Tracey	Howse	40+	17.17m
Kate	Parris	50+	18.46m

5000 Metres			
Alan	Pearce	open	18.59.49
Dan	Rees	open	19.49
Kevin	Muller	40+	19.53
Michael	Mellor	60+	22.13
Jeff	Cave	40	22.46
Bill	Pearce	60+	24.31
Robert	Lindley	70+	35.03
Dennis	Baker	60+	35.34

Long Jump			
Jackson	Whiley	u14	5.14

Matthew	Stacey	u16	4.27
Warwick	Stacey	40+	3.69
Ryan	Blackwell	u16	3.43

100 Metres			
Jackson	Whiley	u14	12.12m
Matthew	Stacey	u16	12.70m
Kevin	Muller	40+	15.60m
Warwick	Stacey	u14	15.51m
Michael	Howse	50+	17.48m