

Weekly Results Sunday 19th November 2006

WOMEN

100 metres

Siobhan Mahony	18	14.44
Michelle Crocos	Open	14.5
Catherine Williams	18	14.61
Victoria Jones	18	15.54
Janet Crocos	50+	15.87
Deborah Jones	35+	20.42
Marlise Cook	35+	21.77

400 metres

Siobhan Mahony	18	1.10.11
Sally Buckingham	50+	1.58.27
Debbie Jones	35+	1.58.53

1500 metres

Fiona King	35+	5.35.25
Michelle Crocos	Open	5.59.05
Lara Friesen	18	6.23.72
Sally Buckingham	50+	7.22.51

3000 metres

Fiona King	35+	12.06.80
Lara Friesen	18	15.19.99
Sally Buckingham	50+	15.39.83

High Jump

Catherine Williams	18	1.5
Gabby Knight	16	1.2
Morgan Barker	18	1.1
Janet Crocos	50+	1.1
Victoria Jones	18	1.1

Triple Jump

Catherine Williams	18	9.41
Michelle Crocos	Open	9
Siobhan Mahony	18	8.7
Victoria Jones	18	7.24
Gabby Knight	16	6.17
Marlise Cook	35+	5.13

Shot Put

Gabby Knight	16	9.3
Lara Friesen	18	7.55
Janet Crocos	35+	7.21
Michelle Crocos	Open	6.99
Marlise Cook	35+	6.54
Morgan Barker	18	6.51
Deborah Jones	35+	6.1
Victoria Jones	18	5.23

MEN

100 metres

Brendon Ashcroft	18	11.14
Ben Boyd	16	12.47
Nick Raymond	16	12.5
Chris Barton	18	12.73
Mick Naldrett	16	12.82
Simon Crocos	18	12.97
David Miles	Open	13.02
Ian Smith	40+	13.45
Ben Hartwig	16	13.46
Bill Barker	40+	13.93
Greg Newbold	40+	14.27
Don Chambers	50+	14.63
Ben Buckingham	16	15.09
Kevin Jones	40+	17.13
Dennis Baker	50+	17.33

400 metres

Ben Boyd	16	56.43
David Miles	Open	57.36
Mick Naldrett	16	59.54
Ian Smith	40+	1.01.31
Ben Buckingham	16	1.07.88
Greg Newbold	40+	1.10.88
Marco Zovic	50+	1.12.54
Don Chambers	50+	1.19.37
Doug Lloyd	50+	1.23.46
Dennis Baker	50+	1.25.02

1500 metres

David Miles	Open	4.37.27
Ben Buckingham	16	4.53.35
Marco Zovic	50+	5.31.94
Greg Newbold	40+	5.33.80
Bill Barker	40+	6.20.43
Doug Lloyd	50+	6.32.44
Dennis Baker	50+	7.01.86
Kevin Jones	40+	8.26.12

3000 metres

Zach Jones	18	10.06.32
Ben Buckingham	16	11.00.06
David Miles	Open	11.51.99
Mike Mellor	50+	11.56.45
Marco Zovic	50+	12.08.27
Greg Newbold	40+	13.02.49
Peter Rogerson	50+	14.22.68
Doug Lloyd	50+	14.46.68
Robert Lindley	50+	17.13.40

Javelin

Michelle Crocos	Open	22.51
Gabby Knight	16	21.22
Janet Crocos	50+	17.16
Lara Friesen	18	16.71
Morgan Barker	18	12.61
Deborah Jones	35+	11.09
Victoria Jones	18	9.69
Marlise Cook	35+	8.4

Discus

Gabby Knight	16	25.96
Lara Friesen	18	24.18
Janet Crocos	50+	18.63
Marlise Cook	35+	17.9
Morgan Barker	18	16.92
Michelle Crocos	Open	16.82
Catherine Williams	18	16.1
Deborah Jones	35+	14.06
Siobhan Mahony	18	13.23
Victoria Jones	18	11.56

High Jump

Ben Cook	16	1.55
Nick Raymond	16	1.55
Simon Crocos	18	1.5
Zach Jones	18	1.5
Mick Naldrett	16	1.45
Don Chambers	50+	1.05

Triple Jump

Nick Raymond	16	12.17
Zach Jones	18	12.04
Chris Barton	18	10.8
Ben Hartwig	16	10.33
Ben Cook	16	9.81
Ben Buckingham	16	8.55
Don Chambers	50+	7.98
Kevin Jones	40+	7.06

Shot Put

Ben Cranney	Open	12.87
Chris Barton	18	11.26
Brendon Ashcroft	18	10.44
Zach Jones	18	9.63
Ben Cook	16	8.95
Mick Naldrett	16	8.23
Don Chambers	50+	8.06
Bill Barker	40+	7.91
Kevin Jones	40+	7.78
David Miles	Open	7.56
Dennis Baker	50+	7.16
Ben Buckingham	16	5.41

Javelin

Chris Barton	18	41.53
Brendon Ashcroft	18	38.58
Simon Crocos	18	34.55
Zach Jones	18	34
Ben Cook	16	28.86
Ian Smith	40+	27.89
Don Chambers	50+	21.82
Doug Lloyd	50+	21.81
Ben Boyd	16	20.59
Kevin Jones	40+	18.48
Dennis Baker	50+	15.88
Ben Buckingham	16	14.24

Discus

Ben Cranney	Open	40.15
Chris Barton	18	32.44
Ben Cook	16	29.54
Brendon Ashcroft	18	27.6
Mick Naldrett	18	22.39
Nick Raymond	16	21.8
Simon Crocos	18	21.57
Bill Barker	40+	20.19
Ian Smith	40+	19.75
Kevin Jones	40+	19.7
Dennis Baker	50+	19.52
Don Chambers	50+	18.98
Ben Buckingham	16	18.25