

# Weekly Results Sunday 1st October 2006

## WOMEN

### 100 metres

<i>Name</i>	<i>Age</i>	<i>Result</i>
Emilya Toney	16	13.86
Sarah Maclure	16	14.43
Lara Friesen	18	14.48
Michelle Crocos	Open	14.57
Mary Toney	14	15.25
Amber Cook	18	15.63
Janet Crocos	35+	15.99
Hayley Raymond	14	16.31
Sarah Hartwig	14	16.36
Jane Cook	14	19.83
Marlise Cook	35+	29.58

### 200 metres

Emilya Toney	16	29.74
Michelle Crocos	Open	29.75
Lara Friesen	18	30.06
Sarah Maclure	16	31.97
Mary Toney	14	32.21
Gabriel Knight	16	33
Hayley Raymond	14	33.62
Janet Crocos	35+	34.64
Amber Cook	18	46.21
Jane Cook	14	46.42

### 800 metres

Michelle Crocos	Open	2.46.12
Mary Toney	14	3.09.91
Emilya Toney	16	3.18.01

### 5000 metres

Sonya Fitzsimmons	Open	23.34.55
Cerina Meredith	35+	24.22.78
Jacki Rogerson	18	27.24.00
Fay Pearce	35+	27.39.10

### 1500 metre Walk

Chris Ashcroft	35+	15.26.51
Marlise Cook	35+	15.26.81

### Long Jump

Emilya Toney	16	4.21
Sarah Maclure	16	4.17
Lara Friesen	18	4.11
Michelle Crocos	Open	4.06
Mary Toney	14	3.83
Gabriel Knight	16	3.79
Hayley Raymond	14	3.6
Amber Cook	18	3.49
Sarah Hartwig	14	3.35
Jane Cook	14	2.08

## MEN

### 100 metres

<i>Name</i>	<i>Age</i>	<i>Result</i>
Brendon Ashcroft	18	11.11
Jonathan Simmons	18	12.23
Ben Boyd	16	12.4
Nick Raymond	16	12.53
Ben Cook	16	12.95
Chris Barton	18	12.97
Simon Crocos	18	13.09
Ben Hartwig	16	13.88
Matt Cullen	14	14.5
Don Chambers	50+	14.63
Daniel Ryan	14	14.63
Ben Griffiths	14	14.72
Greg Simpson	40+	15.6
John Dommett	40+	15.9
Garry Cook	40+	19.08

### 200 metres

Brendon Ashcroft	18	22.95
Zach Jones	18	24.51
Jonathan Simmons	18	25
Ben Boyd	16	25.63
Alan Pearce	Open	26.47
Simon Crocos	18	27.61
Chris Barton	18	28.89
Daniel Ryan	14	30.06
Tim Hinds	Open	30.25
Bill Pearce	50+	31.09
Don Chambers	50+	31.11
Greg Simpson	40+	31.97
John Dommett	40+	32.68
Matt Cullen	14	33.77
Garry Cook	40+	33.99

### 800 metres

Zach Jones	18	2.13.84
Jonathan Simmons	18	2.29.84
Tim Hinds	Open	2.36.08
Greg Simpson	40+	2.39.60
Bill Pearce	50+	2.56.74
Doug Lloyd	50+	3.19.78

### 5000 metres

Wayne Heath	Open	17.03.37
Pat Thomas	40+	17.23.21
Alan Pearce	Open	17.46.92
Tim Hinds	Open	20.23.07
Bill Pearce	50+	21.27.58
Peter Rogerson	50+	25.45.17
Doug Lloyd	50+	25.49.48
Greg Simpson	40+	26.01.17
Robert Lindley	50+	29.13.15

<b>Triple Jump</b>		
Sarah Maclure	16	9.27
Emilya Toney	16	9.2
Lara Friesen	18	8.8
Michelle Crocos	Open	8.59
Mary Toney	14	8.34
Gabriel Knight	16	8.06
Amber Cook	18	8.04
Sarah Hartwig	14	7.56

<b>Javelin</b>		
Gabriel Knight	16	23.48
Lara Friesen	18	22.31
Michelle Crocos	Open	20.6
Janet Crocos	35+	15.71
Mary Toney	14	14.74
Emilya Toney	16	12.62

<b>Discus</b>		
Gabriel Knight	16	20.12
Amber Cook	18	19.3
Janet Crocos	35+	18.65
Emilya Toney	16	16.61
Michelle Crocos	Open	15.6
Marlise Cook	35+	14.02
Mary Toney	14	13.68
Sarah Hartwig	14	13.01
Lara Friesen	18	7.79
Jane Cook	14	6.08

<b>Long Jump</b>		
Brendon Ashcroft	18	5.63
Zach Jones	18	5.31
Jonathan Simmons	18	5.16
Ben Boyd	16	5.09
Nick Raymond	16	5.05
Ben Cook	16	4.66
Simon Crocos	18	4.26
Daniel Ryan	14	4.15
Ben Griffiths	14	4.12
Chris Barton	18	4.08
Matt Cullen	14	3.91
Don Chambers	50+	3.8
Bill Pearce	50+	3.62
Garry Cook	40+	3.56
Greg Simpson	40+	3.55

<b>Triple Jump</b>		
Zach Jones	18	11.95
Nick Raymond	16	11.27
Jonathan Simmons	18	10.97
Chris Barton	18	10.62
Ben Griffiths	14	9.79
Daniel Ryan	14	9.51
Ben Hartwig	16	9.41
Don Chambers	50+	8.22
Greg Simpson	40+	7.93
Matt Cullen	14	7.24

<b>Javelin</b>		
Chris Barton	18	43.61
Brendon Ashcroft	18	40.19
Simon Crocos	18	40.11
Zach Jones	18	27.07
Nick Raymond	16	24.2
John Dommett	40+	23.24
Garry Cook	40+	22.91
Greg Simpson	40+	22.64
Ben Griffiths	14	19.9
Don Chambers	50+	18.77
Doug Lloyd	50+	18.57
Tim Hinds	Open	16.56
Daniel Ryan	14	16.42
Matt Cullen	14	15.75

<b>Discus</b>		
Brendon Ashcroft	18	31.07
Ben Cook	16	28.97
Ben Hartwig	16	25.69
Chris Barton	18	24.92
Nick Raymond	16	22.96
Simon Crocos	18	19.9
Don Chambers	50+	19.8
Garry Cook	40+	19.11
Ben Griffiths	14	17.08
Greg Simpson	40+	16.31
Matt Cullen	14	16.05
Daniel Ryan	14	13.98
Zach Jones	18	9.55