

Weekly Results Sunday 26th November 2006

WOMEN

100 metres

Name	Age	Result
Lara Friesen	18	14.05
Catherine Williams	18	14.12
Michelle Crocos	(Open)	14.38
Gabby Knight	16	14.46
Janet Crocos	(50+)	15.18
Jane Cook	14	20.82
Deborah Jones	(35+)	21.29

200 metres

Catherine Williams	18	29.00
Michelle Crocos	(Open)	30.37
Janet Crocos	(50+)	32.32
Deborah Jones	(35+)	45.80
Sally Buckingham	(50+)	48.29

800 metres

Michelle Crocos	(Open)	3.06.93
Lara Friesen	18	3.07.93
Karen Hill	(Open)	3.36.95
Nadia Mellor	(50+)	3.46.88
Sally Buckingham	(50+)	4.04.45
Fay Pearce	(50+)	4.11.34

5000 metres

Fiona King	(35+)	20.43.02
Sonya Fitzsimmons	(Open)	23.29.37
Nadia Mellor	(50+)	25.23.64
Sally Buckingham	(50+)	26.46.61
Fay Pearce	(50+)	28.52.80

Long Jump

Michelle Crocos	(Open)	3.94
Karen Hill	(Open)	3.82
Hannah Jones	14	3.16
Deborah Jones	(35+)	2.13

High Jump

Catherine Williams	18	1.45
Lara Friesen	18	1.4
Janet Crocos	(50+)	1.2

Javelin

Jenny Brooke	(Open)	26.54
Lara Friesen	18	21.69
Gabby Knight	16	21.48
Janet Crocos	(50+)	20.18
Michelle Crocos	(Open)	17.65
Deborah Jones	(35+)	11.7
Hannah Jones	14	10.39
Catherine Williams	18	9.18
Marlise Cook	(35+)	8.45
Jane Cook	14	7.99

MEN

100 metres

Name	Age	Result
Brendon Ashcroft	18	11.09
Ben Boyd	16	12.09
Nick Raymond	16	12.34
Graeme Brown	(Open)	12.65
David Miles	(Open)	12.65
Ben Hartwig	16	12.78
Chris Barton	18	12.89
Simon Crocos	18	13.01
Ben Buckingham	16	14.44
Don Chambers	(50+)	14.51
Garry Cook	(40+)	14.81
Greg Simpson	(40+)	15.02
Dennis Baker	(50+)	17.68

200 metres

Brendon Ashcroft	18	22.71
Ben Boyd	16	25.29
Nick Raymond	16	25.72
David Miles	(Open)	25.89
Graeme Brown	(Open)	27.21
Ben Hartwig	16	27.42
Ben Buckingham	16	29.14
Don Chambers	(50+)	30.66
Garry Cook	(40+)	32.13
Doug Lloyd	(50+)	36.81
Dennis Baker	(50+)	37.09

800 metres

Wayne Heath	(Open)	2.06.65
David Miles	(Open)	2.11.42
Alan Pearce	(Open)	2.21.39
Ben Buckingham	16	2.26.30
Ben Boyd	16	2.34.39
Chris Barton	18	2.36.07
Nick Raymond	16	2.37.38
Graeme Brown	(Open)	2.37.88
Greg Simpson	(40+)	2.39.77
Ben Hartwig	16	2.56.52
Bill Pearce	(50+)	2.59.61
Tom Condon	18	3.03.70
Doug Lloyd	(50+)	3.16.89
Dennis Baker	(50+)	3.27.53
Garry Cook	(40+)	3.44.97
Kevin Jones	(40+)	4.23.90

Shot Put		
Jenny Brooke	(Open)	9.07
Gabby Knight	16	8.77
Janet Crocos	(50+)	8.41
Lara Friesen	18	7.7
Catherine Williams	18	6.61
Marlise Cook	(35+)	6.23
Deborah Jones	(35+)	6.03
Jane Cook	14	3.84
Hannah Jones	14	3.68

Hammer		
Janet Crocos	(50+)	18.93
Gabby Knight	16	17.8
Lara Friesen	18	16.32
Michelle Crocos	(Open)	16.31
Deborah Jones	(35+)	15.52

5000 metres		
Alan Pearce	(Open)	17.29.75
Zach Jones	18	17.40.59
Ben Buckingham	16	19.03.30
Charles Aitken	(50+)	20.39.32
Marco Zovic	(50+)	21.19.02
Bill Pearce	(50+)	22.46.95
Richard Smyth	(Open)	23.05.89
Peter Rogerson	(50+)	25.10.89
Doug Lloyd	(50+)	25.13.80
Robert Lindley	(50+)	31.09.21
Kevin Jones	(40+)	35.02.37

Long Jump		
Ben Boyd	16	5.17
Nick Raymond	16	4.91
Chris Barton	18	4.64
Simon Crocos	18	4.42
Graeme Brown	(Open)	4.12
Don Chambers	(50+)	3.89
Bill Pearce	(50+)	3.6
Kevin Jones	(40+)	2.82

High Jump		
Zach Jones	18	1.55
Chris Barton	18	1.45
Don Chambers	(50+)	1.2

Javelin		
Matt Low	(Open)	46.65
Chris Barton	18	44.15
Simon Crocos	18	36.9
Zach Jones	18	33.41
Nick Raymond	16	29.72
Don Chambers	(50+)	22.86
Greg Simpson	(40+)	21.29
Ben Hartwig	16	17.03
Dennis Baker	(50+)	14.62
Garry Cook	(40+)	3.88

Shot Put		
Chris Barton	18	10.76
Matt Low	(Open)	10.35
Simon Crocos	18	9.41
Don Chambers	(50+)	9.14
Garry Cook	(40+)	8.56
Graeme Brown	(Open)	8.18
Kevin Jones	(40+)	7.2
Ben Buckingham	16	7.06
Dennis Baker	(50+)	6.69
Greg Simpson	(40+)	5.84

Hammer		
Zach Jones	18	30.13
Chris Barton	18	28.55
Greg Simpson	(40+)	20.32
Simon Crocos	18	20.1
Kevin Jones	(40+)	18.03
Ben Hartwig	16	16.92
Nick Raymond	16	15.76