

# Weekly Results Sunday 29th October 2006

| 4 x 100 metre Relay |   |                | 4 x Medley Relay |   |                |
|---------------------|---|----------------|------------------|---|----------------|
| <b>1st</b>          | (Open)<br>Zach Jones<br>Josh Pritchard<br>Brendan Ashcroft<br>Jonathan Simmonds | <b>45.69</b>   | <b>1st</b>       | (Open)<br>Jonathan Simmonds<br>Zach Jones<br>Brendan Ashcroft<br>Josh Pritchard | <b>1.39.80</b> |
| <b>2nd</b>          | (U16)<br>Matt Sherlock<br>Nick Raymond<br>Ben Cook<br>Ben Boyd                  | <b>51.06</b>   | <b>2nd</b>       | (U16)<br>Ben Cook<br>Matt Sherlock<br>Nick Raymond<br>Ben Boyd                  | <b>1.48.25</b> |
| <b>3rd</b>          | (Open)<br>Will Scholes<br>Robert Wilson<br>Tom Banks<br>Daniel Tubby            | <b>52.07</b>   | <b>3rd</b>       | (U18)<br>Chris Barton<br>Tom Banks<br>Simon Crocos<br>Mick Naldrett             | <b>1.50.94</b> |
| <b>4th</b>          | (U18)<br>Simone Young<br>Lara Friesen<br>Siobhan Mahony<br>Emilya Toney         | <b>56.01</b>   | <b>4th</b>       | (40+)<br>Greg Newbold<br>Gary Cook<br>Greg Simpson<br>Pat Thomas                | <b>1.54.90</b> |
| <b>5th</b>          | (40+)<br>Greg Newbold<br>Garry Cook<br>Pat Thomas<br>Greg Simpson               | <b>56.21</b>   | <b>5th</b>       | (Open)<br>Janet Crocos<br>Robert Wilson<br>Daniel Tubby<br>Alan Pearce          | <b>2.00.10</b> |
| <b>6th</b>          | (Open)<br>Gabby Knight<br>Sean Wilson<br>Janet Crocos<br>Mary Toney             | <b>57.31</b>   | <b>6th</b>       | (U18)<br>Lara Friesen<br>Emilya Toney<br>Simone Young<br>Siobhan Mahony         | <b>2.03.88</b> |
| <b>7th</b>          | (Open)<br>Alisa Wykeham<br>Sonya Fitzsimmons<br>Jo Hem<br>Fiona King            | <b>1.02.43</b> | <b>7th</b>       | (U18)<br>Gabby Knight<br>Mary Toney<br>Morgan Barker<br>Sean Wilson             | <b>2.09.07</b> |
| <b>8th</b>          | (40+)<br>Marco Zovic<br>Kevin Jones<br>Dennis Baker<br>Don Chambers             | <b>1.03.02</b> | <b>8th</b>       | (40+)<br>Don Chambers<br>Kevin Jones<br>Dennis Baker<br>Marco Zovic             | <b>2.15.44</b> |
| <b>9th</b>          | (U18)<br>Simon Crocos<br>Chris Barton<br>Tom Condon<br>Mick Naldrett            | <b>1.11.75</b> | <b>9th</b>       | (Open)<br>Alisa Wykeham<br>Sonya Fitzsimmons<br>Jo Hem<br>Fiona King            | <b>2.18.41</b> |

**4 x 1500m Relay**  
**1st** (Open) **18.13.45**  
Pat Thomas  
Sean Wilson  
Zach Jones  
Alan Pearce

**2nd** (U18) **22.08.70**  
Mick Naldrett  
Tom Condon  
Chris Barton  
Simon Crocos

**3rd** (Open) **23.18.28**  
Jo Hem  
Alisa Wykeham  
Sonya Fitzsimmons  
Fiona King

**4th** (40+) **23.29.81**  
Greg Newbold  
Greg Simpson  
Dennis Baker  
Marco Zovic

**5th** (U18) **26.06.96**  
Siobhan Mahony  
Lara Friesen  
Mary Toney  
Emilyya Toney

**4 x 400 metre Relay**  
**1st** (Open) **3.40.26**  
Jonathan Simmonds  
Josh Pritchard  
Will Scholes  
Zach Jones

**2nd** (40+) **4.31.27**  
Pat Thomas  
Greg Newbold  
Marco Zovic  
Greg Simpson

**3rd** (U16) **4.35.14**  
Robert Wilson  
Matthew Sherlock  
Ben Cook  
Ben Boyd

**4th** (Open) **5.01.67**  
Mary Toney  
Emilyya Toney  
Janet Crocos  
Gabby Knight

**5th** (Open) **5.04.81**  
Alisa Wykeham  
Sonya Fitzsimmons  
Jo Hem  
Fiona King

**6th** (40+) **5.44.08**  
Don Chambers  
Dennis Baker  
Kevin Jones  
Gary Cook

**3 x Jumps Relay**

|            |                      |              |
|------------|----------------------|--------------|
| <b>1st</b> | <i>(U18) Total -</i> | <b>19.12</b> |
| HJ         | Ben Cook             | 1.6          |
| LJ         | Brendan Ashcroft     | 5.5          |
| TJ         | Zach Jones           | 12.02        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>2nd</b> | <i>(U16) Total -</i> | <b>15.51</b> |
| HJ         | Nick Raymond         | 1.6          |
| LJ         | Ben Boyd             | 4.8          |
| TJ         | Matt Sherlock        | 9.11         |

|            |                      |              |
|------------|----------------------|--------------|
| <b>3rd</b> | <i>(U18) Total -</i> | <b>14.09</b> |
| HJ         | Simone Young         | 1.4          |
| LJ         | Siobhan Mahony       | 4.03         |
| TJ         | Lara Friesen         | 8.66         |

|            |                      |              |
|------------|----------------------|--------------|
| <b>4th</b> | <i>(U18) Total -</i> | <b>13.08</b> |
| HJ         | Mary Toney           | 1.3          |
| LJ         | Emilya Toney         | 4.03         |
| TJ         | Gabby Knight         | 7.75         |

|            |                      |              |
|------------|----------------------|--------------|
| <b>5th</b> | <i>(U18) Total -</i> | <b>12.67</b> |
| HJ         | Simon Crocos         | 1.55         |
| LJ         | Tom Condon           |              |
| TJ         | Chris Barton         | 11.12        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>6th</b> | <i>(40+) Total -</i> | <b>12.46</b> |
| HJ         | Garry Cook           | 1.35         |
| LJ         | Kevin Jones          | 2.95         |
| TJ         | Greg Simpson         | 8.16         |

|            |                       |              |
|------------|-----------------------|--------------|
| <b>7th</b> | <i>(Open) Total -</i> | <b>11.13</b> |
| HJ         | Morgan Barker         | 1.2          |
| LJ         | Karen Hill            | 3.63         |
| TJ         | Janet Crocos          | 6.3          |

**3 x Throws Relay**

|            |                      |              |
|------------|----------------------|--------------|
| <b>1st</b> | <i>(U18) Total -</i> | <b>73.78</b> |
| SP         | Simon Crocos         | 9.73         |
| Dis        | Brendan Ashcroft     | 26.79        |
| Jav        | Chris Barton         | 37.26        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>2nd</b> | <i>(40+) Total -</i> | <b>62.98</b> |
| SP         | Kevin Jones          | 8.28         |
| Dis        | Greg Simpson         | 21.14        |
| Jav        | Garry Cook           | 33.56        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>3rd</b> | <i>(U16) Total -</i> | <b>63.33</b> |
| SP         | Ben Boyd             | 8.62         |
| Dis        | Nick Raymond         | 24.46        |
| Jav        | Ben Cook             | 30.25        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>4th</b> | <i>(U18) Total -</i> | <b>52.09</b> |
| SP         | Mick Naldrett        | 8.06         |
| Dis        | Tom Banks            | 20.75        |
| Jav        | Tom Condon           | 23.28        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>5th</b> | <i>(U18) Total -</i> | <b>48.24</b> |
| SP         | Simone Young         | 6.7          |
| Dis        | Morgan Barker        | 18.3         |
| Jav        | Lara Friesen         | 23.24        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>6th</b> | <i>(U18) Total -</i> | <b>39.25</b> |
| SP         | Gabby Knight         | 8.52         |
| Dis        | Emilya Toney         | 17.72        |
| Jav        | Mary Toney           | 13.01        |

|            |                       |              |
|------------|-----------------------|--------------|
| <b>7th</b> | <i>(Open) Total -</i> | <b>36.18</b> |
| SP         | Jo Hem                | 5.15         |
| Dis        | Alisa Wickham         | 15.84        |
| Jav        | Fiona King            | 15.19        |

|            |                      |              |
|------------|----------------------|--------------|
| <b>8th</b> | <i>(35+) Total -</i> | <b>35.65</b> |
| SP         | Debbie Jones         | 5.5          |
| Dis        | Janet Crocos         | 19.64        |
| Jav        | Rosalie Wilson       | 10.51        |

**WOMEN****High Jump**

| <i>Name</i>   | <i>Age</i> | <i>Result</i> |
|---------------|------------|---------------|
| Simone Young  | 18         | 1.4           |
| Mary Toney    | 14         | 1.3           |
| Morgan Barker | 18         | 1.2           |

**Long Jump**

|                |        |      |
|----------------|--------|------|
| Emilya Toney   | 16     | 4.03 |
| Siobhan Mahony | 18     | 4.03 |
| Karen Hill     | (Open) | 3.63 |

**Triple Jump**

|              |       |      |
|--------------|-------|------|
| Lara Friesen | 18    | 8.66 |
| Gabby Knight | 16    | 7.75 |
| Janet Crocos | (50+) | 6.3  |

**Shot Put**

|               |       |      |
|---------------|-------|------|
| Gabby Knight  | 16    | 8.52 |
| Simone Young  | 18    | 6.7  |
| Deborah Jones | (35+) | 5.5  |
| Jo Hem        | (35+) | 5.15 |

**Discus**

|                |        |       |
|----------------|--------|-------|
| Janet Crocos   | (50+)  | 19.64 |
| Morgan Barker  | 18     | 18.3  |
| Emilya Toney   | 16     | 17.72 |
| Alicia Wickham | (Open) | 15.84 |

**Javelin**

|                |       |       |
|----------------|-------|-------|
| Lara Friesen   | 18    | 23.24 |
| Fiona King     | (35+) | 15.19 |
| Mary Toney     | 14    | 13.01 |
| Rosalie Wilson | (35+) | 10.51 |

**MEN****High Jump**

| <i>Name</i>  | <i>Age</i> | <i>Result</i> |
|--------------|------------|---------------|
| Nick Raymond | 16         | 1.6           |
| Ben Cook     | 16         | 1.6           |
| Simon Crocos | 18         | 1.55          |
| Garry Cook   | (40+)      | 1.35          |

**Long Jump**

|                  |       |      |
|------------------|-------|------|
| Brendon Ashcroft | 18    | 5.5  |
| Ben Boyd         | 16    | 4.8  |
| Zach Jones       | 18    | 2.95 |
| Dennis Baker     | (50+) | 1.85 |

**Triple Jump**

|                 |        |       |
|-----------------|--------|-------|
| Will Scholes    | (Open) | 12.15 |
| Zach Jones      | 18     | 12.02 |
| Chris Barton    | 18     | 11.12 |
| Sean Wilson     | 18     | 9.83  |
| Mathew Sherlock | 16     | 9.11  |
| Greg Simpson    | (40+)  | 8.16  |
| Don Chambers    | (50+)  | 8.05  |
| Robert Wilson   | 14     | 7.77  |

**Shot Put**

|               |       |      |
|---------------|-------|------|
| Simon Crocos  | 18    | 9.73 |
| Don Chambers  | (50+) | 8.96 |
| Ben Boyd      | 16    | 8.62 |
| Kevin Jones   | (40+) | 8.28 |
| Mick Naldrett | 18    | 8.06 |
| Sean Wilson   | 18    | 7.31 |

**Discus**

|                  |       |       |
|------------------|-------|-------|
| Brendon Ashcroft | 18    | 26.79 |
| Nick Raymond     | 16    | 24.46 |
| Greg Simpson     | (40+) | 21.14 |
| Tom Banks        |       | 20.75 |
| Dennis Baker     | (50+) | 19.8  |

**Javelin**

|               |       |       |
|---------------|-------|-------|
| Chris Barton  | 18    | 37.26 |
| Garry Cook    | (40+) | 33.56 |
| Ben Cook      | 16    | 30.25 |
| Tom Condon    | 18    | 23.28 |
| Robert Wilson | 14    | 12.67 |