

# Weekly Results Sunday 3rd December 2006

## WOMEN

100 metres		
Catherine Williams	20	14.32
Lara Friesen	20	14.72
Hayley Raymond	14	15.75
Jacki Rogerson	20	18.59
Ashlea Bennett	16	18.74
Nadia Mellor	(50+)	18.83
200 metres		
Lara Friesen	20	30.71
Karen Hill	(Open)	34.80
400 metres		
Karen Hill	(Open)	1.29.22
Jacki Rogerson	20	1.29.73
Nadia Mellor	(50+)	1.42.71
Sally Buckingham	(50+)	2.01.98
800 metres		
Nadia Mellor	(50+)	3.27.14
Jacki Rogerson	20	3.35.83
Fay Pearce	(50+)	3.38.56
Sally Buckingham	(50+)	3.39.75
1500 metres		
Nadia Mellor	(50+)	6.58.09
Jacki Rogerson	20	7.13.27
Sally Buckingham	(50+)	7.43.54
Fay Pearce	(50+)	7.48.80
Karen Hill	(Open)	8.07.52
3000 metres		
Nadia Mellor	(50+)	14.55.69
Jacki Rogerson	20	15.05.15
Sally Buckingham	(50+)	15.10.64
Fay Pearce	(50+)	15.55.35
100 Metres Hurdles		
Lara Friesen	20	17.72
Long Jump		
Catherine Williams	20	4.41
Karen Hill	(Open)	3.94
Talia Paterson	20	3.39
Ashlea Bennett	16	2.38
Deborah Jones	(35+)	2.07
High Jump		
Catherine Williams	20	1.50
Talia Paterson	20	1.15
Triple Jump		
Catherine Williams	20	9.73
Talia Paterson	20	8.43
Javelin		
Jenny Brooke	(Open)	25.71
Lara Friesen	20	20.42
Gabby Knight	16	20.11
Talia Paterson	20	18.06
Deborah Jones	(35+)	12.59
Rosalie Wilson	(35+)	11.04
Jane Cook	14	9.37

## MEN

100 metres		
Brendon Ashcroft	20	11.39
Ben Saxon	(Open)	12.08
Ben Boyd	16	12.20
Jonathan Simmons	20	12.21
Nick Raymond	16	12.41
David Miles	20	12.70
Ian Smith	(40+)	12.94
Michael Wilson	20	12.94
Simon Crocos	20	13.08
Mick Naldrett	20	13.22
Chris Barton	20	13.29
Tom Condon	20	14.43
Don Chambers	(50+)	14.75
Garry Cook	(40+)	15.10
Ben Buckingham	16	15.49
Robert Wilson	14	16.43
Dennis Baker	(50+)	17.99
200 metres		
Brendon Ashcroft	20	23.43
Jonathan Simmons	20	24.64
David Miles	20	26.47
Ben Boyd	16	26.90
Ian Smith	(40+)	27.09
Ben Hartwig	16	27.10
Ben Cook	16	27.72
Robert Wilson	14	37.24
400 metres		
Jonathan Simmons	20	53.95
Zach Jones	20	56.39
David Miles	20	56.76
Ian Smith	(40+)	59.81
Richard Smyth	(Open)	1.01.34
Michael Wilson	20	1.03.05
Ben Boyd	16	1.03.92
Ben Cook	16	1.06.59
Ben Buckingham	16	1.07.80
Bill Pearce	(50+)	1.13.92
Don Chambers	(50+)	1.19.88
Peter Rogerson	(50+)	1.23.28
Dennis Baker	(50+)	1.25.19
Kevin Jones	(40+)	1.58.69
800 metres		
Wayne Heath	(Open)	2.05.68
Alan Pearce	(Open)	2.07.95
David Miles	20	2.10.68
Mick Naldrett	20	2.17.81
Ben Buckingham	16	2.22.19
Ben Saxon	(Open)	2.27.63
Bill Pearce	(50+)	2.56.20
Doug Lloyd	(50+)	3.18.01
Dennis Baker	(50+)	3.22.86
Kevin Jones	(40+)	4.07.59

<b>Discus</b>		
Jenny Brooke	(Open)	25.53
Gabby Knight	16	24.37
Lara Friesen	20	23.93
Janet Crocos	(50+)	20.77
Marlise Cook	(35+)	17.98
Deborah Jones	(35+)	13.60
Jane Cook	14	9.54

<b>Shot Put</b>		
Jenny Brooke	(Open)	8.42
Gabby Knight	16	8.34
Lara Friesen	20	7.25
Marlise Cook	(35+)	6.39
Deborah Jones	(35+)	5.98
Jacki Rogerson	20	5.92
Talia Paterson	20	5.73
Rosalie Wilson	(35+)	5.24
Nadia Mellor	(50+)	4.98
Jane Cook	14	3.95

<b>Hammer</b>		
Gabby Knight	16	20.96
Janet Crocos	(50+)	19.82
Deborah Jones	(35+)	17.68
Lara Friesen	20	15.80
Rosalie Wilson	(35+)	12.57

<b>1500 metres</b>		
Wayne Heath	(Open)	4.27.16
Zach Jones	20	4.34.59
Ben Buckingham	16	4.56.13
Ben Saxon	(Open)	5.11.68
Richard Smyth	(Open)	5.19.61
Greg Simpson	(40+)	5.50.05
Bill Pearce	(50+)	6.13.39
Doug Lloyd	(50+)	6.41.33
Peter Rogerson	(50+)	6.50.09
Brendon Ashcroft	20	6.57.47

<b>3000 metres</b>		
Wayne Heath	(Open)	9.38.59
Alan Pearce	(Open)	10.15.78
Ben Buckingham	16	10.16.92
Pat Thomas	(40+)	10.17.15
Andrew Smith	(Open)	11.37.01
Charles Aitken	(50+)	11.52.10
Richard Smyth	(Open)	12.04.48
Bill Pearce	(50+)	12.52.97
Hugh Aitken	20	14.02.74
Peter Rogerson	(50+)	14.04.38
Doug Lloyd	(50+)	14.05.53
Tom Condon	20	14.28.73
Robert Lindley	(50+)	16.53.69
Kevin Jones	(40+)	18.39.10

<b>80 Metres Hurdles</b>		
Don Chambers	(50+)	15.29

<b>100 Metres Hurdles</b>		
Don Chambers	(50+)	20.61
Ben Hartwig	-16	18.54
Ben Boyd	-16	18.00

<b>110 Metres Hurdles</b>		
Zach Jones	20	20.45
Sean Wilson	20	22.33

<b>Long Jump</b>		
Nick Raymond	16	5.58
Zach Jones	20	5.44
Ian Smith	(40+)	5.19
Jonathan Simmons	20	5.15
Ben Boyd	16	5.13
Ben Saxon	(Open)	4.81
Bill Pearce	(50+)	4.27
Don Chambers	(50+)	3.99
Garry Cook	(40+)	3.98
Robert Wilson	14	3.50

<b>High Jump</b>		
Michael Wilson	20	1.70
Ben Cook	16	1.65
Ben Saxon	(Open)	1.60
Nick Raymond	16	1.60
Simon Crocos	20	1.55
Zach Jones	20	1.55
Don Chambers	(50+)	1.20

**Triple Jump**

Nick Raymond	16	12.28
Zach Jones	20	11.09
Chris Barton	20	10.53
Ben Hartwig	16	10.35
Ben Saxon	(Open)	10.26
Ben Buckingham	16	9.03
Don Chambers	(50+)	8.24
Robert Wilson	14	7.31

**Javelin**

Ben Saxon	(Open)	44.75
Matt Low	(Open)	40.76
Michael Wilson	20	40.53
Chris Barton	20	40.28
Simon Crocos	20	38.70
Ben Cook	16	33.23
Zach Jones	20	31.20
Garry Cook	(40+)	29.70
Robert Wilson	14	11.78

**Discus**

Ben Cook	16	32.91
Matt Low	(Open)	30.04
Chris Barton	20	29.26
Ben Hartwig	16	25.22
Zach Jones	20	20.28
Dennis Baker	(50+)	18.93
Robert Wilson	14	14.12

**Shot Put**

Chris Barton	20	10.26
Matt Low	(Open)	9.71
Michael Wilson	20	9.35
Don Chambers	(50+)	9.26
Ben Boyd	16	8.62
Garry Cook	(40+)	8.23
Robert Wilson	14	6.25

**Hammer**

Zach Jones	20	30.45
Tom Condon	20	24.13
Chris Barton	20	23.18
Greg Simpson	(40+)	21.93
Simon Crocos	20	19.58
Sean Wilson	20	19.34
Kevin Jones	(40+)	16.84
Robert Wilson	14	11.86