

Weekly Results 12th January 2008

Women			Men		
100M			100M		
Catherine Williams	18	13.03	Zach Jones	18	11.4
Lisa Ryan	(Open)	14.28	Ben Boyd	18	11.68
Bonnie Smith	14	17.17	Nick Raymond	18	11.93
Michelle Crocos	(Open)	15.2	Simon Crocos	(Open)	12.12
Molly Giggins	14	15.61	Michael Wilson	(Open)	12.46
Jemma Power	14	15.86	Chris Barton	18	12.55
400M			400M		
Catherine Williams	18	1.04.68	Ben Cook	18	12.75
Lisa Ryan	(Open)	1.05.89	Nathan Howse	14	12.88
Michelle Crocos	(Open)	1.12.79	Garry Cook	(40+)	14.32
Molly Giggins	14	1.13.64	Michael Howse	(40+)	14.49
Brianne Buckingham	14	1.22.19	Don Chambers	(50+)	14.66
Bonnie Smith	14	1.34.08	William Smith	16	14.76
Sally Buckingham	14	1.51.76	Oliver Smith	16	16.73
			400M		
3000M			Zach Jones	18	53.77
Lisa Ryan	(Open)	11.57.26	Ben Boyd	18	56.68
Nadia Mellor	(50+)	14.13.96	Nick Raymond	18	57.56
Bonnie Smith	14	17.39.00	Ben Cook	18	58.15
80 Metres Hurdles			Ben Buckingham	18	58.93
Molly Giggins	14	18.62	Damien Downing	(Open)	1.01.44
Bonnie Smith	14	18.84	Michael Wilson	(Open)	1.03.43
100 Metres Hurdles			Nathan Howse	14	1.05.84
Michelle Crocos	Open	19.4	Tim Hinds	(Open)	1.09.20
High Jump			William Smith	16	1.09.90
Bonnie Smith	14	1.1	Garry Cook	(40+)	1.21.54
Molly Giggins	14	1.25	Doug Lloyd	(50+)	1.23.04
Michelle Crocos	(Open)	1.3	3000M		
Jemma Power	14	1.3	Wayne Heath	(Open)	10.24.65
Catherine Williams	18	1.6	Pat Thomas	(40+)	10.35.68
Discus			Tim Hinds	(Open)	11.33.94
Jemma Power	14	10.73	Mike Mellor	(50+)	11.51.89
Deborah Jones	(35+)	11.96	Doug Lloyd	(50+)	14.11.11
Bonnie Smith	14	12.15	Oliver Smith	14	14.39.53
Molly Giggins	14	13.28	Robert Wilson	16	15.07.64
Rosalie Wilson	(35+)	13.94	Greg Simpson	(40+)	15.10.19
Jenae Abel	(Open)	17.47	William Smith	16	15.10.89
Gabby Knight	18	25.41	Dennis Baker	(50+)	17.32.89
Hammer			Robert Lindley	(50+)	17.45.93
Molly Giggins	14	5.16	Kevin Jones	(40+)	19.29.24
Rosalie Wilson	(35+)	12.06	Ben Buckingham	18	9.50.64
Michelle Crocos	(Open)	15.5	Alan Pearce	(Open)	9.51.10
Deborah Jones	(35+)	16.27	80 Metres Hurdles		
			Don Chambers	50+	14.77
			Oliver Smith	14	21.07
			90 Metres Hurdles		
			Zach Jones	18	13.68
			100 Metres Hurdles		
			William Smith	14	22.47

High Jump

Don Chambers	(50+)	1.05
Oliver Smith	16	1.1
Chris Barton	18	1.55
Zach Jones	18	1.55
Michael Wilson	(Open)	1.6
Simon Crocos	(Open)	1.65
Damien Downing	(Open)	1.65
Ben Cook	18	1.7
Nick Raymond	18	1.7

Discus

Oliver Smith	16	13.05
William Smith	16	17.09
Kevin Jones	(40+)	17.4
Don Chambers	(50+)	18.08
Dennis Baker	(50+)	19.11
Greg Simpson	(40+)	19.2
Ben Boyd	18	20.62
Garry Cook	(40+)	21.5
Simon Crocos	(Open)	22.23
Nick Raymond	18	23.25
Ben Cook	18	26.47
Chris Barton	18	34.76
Zach Jones	18	37.92

Hammer

Robert Wilson	16	7.74
Garry Cook	(40+)	15.11
Ben Boyd	18	15.98
Nick Raymond	18	16.35
Dennis Baker	(50+)	16.91
Kevin Jones	(40+)	17.54
Simon Crocos	(Open)	17.99
Greg Simpson	(40+)	18.61
Ben Cook	18	21.9
Don Chambers	(50+)	22.35
Zach Jones	18	26.96
Chris Barton	18	37.4

4 x 100m Relay

<i>1st</i>	<i>(U18)</i>	<i>48.89</i>
	Ben Boyd	
	Nick Raymond	
	Ben Cook	
	Zach Jones	
<i>2nd</i>	<i>(Open)</i>	<i>53.39</i>
	Damien Downing	
	Denis Baker	
	Chris Barton	
	Simon Crocos	
<i>3rd</i>	<i>(Open)</i>	<i>58.54</i>
	Catherine Williams	
	Michelle Crocos	
	Lisa Ryan	
	Briane Buckingham	
<i>4th</i>	<i>(Open)</i>	<i>59.24</i>
	Nathan Howse	
	Tim Hinds	
	Janae Abel	
	Michael Howse	