

Weekly Results 9th December 2007

Women			Men		
100 metres			100 metres		
Emilya Toney	18	14.09	Zach Jones	18	11.64
Mary Toney	16	14.43	Ben Boyd	18	11.7
Charlotte Wallace	14	14.81	Robert Owen	(Open)	12.09
Jemma Power	14	15.09	Nick Raymond	18	12.25
Molly Giggins	14	15.76	Ben Cook	18	12.99
Carina Heppell	(Open)	17.02	Nathan Howse	14	13.34
400 metres			400 metres		
Catherine Williams	18	1.07.54	Kevin Muller	(Open)	13.96
Molly Giggins	14	1.13.95	Michael Howse	(40+)	14.29
Emilya Toney	18	1.15.01	Garry Cook	(40+)	14.91
Janet Crocos	(50+)	1.19.63	Greg Newbold	(40+)	15.18
1500 metres			400 metres		
Lisa Ryan	(Open)	5.28.73	Ben Boyd	18	55.92
Molly Giggins	14	5.39.78	Nick Raymond	18	56.56
Jacki Rogerson	(Open)	8.21.45	Ian Smith	(40+)	1.00.34
3000 metres			1500 metres		
Molly Giggins	14	11.55.24	Kevin Muller	(Open)	1.04.00
Lisa Ryan	(Open)	12.09.83	Cameron Newbold	16	1.07.21
Mary Toney	16	14.53.38	Greg Newbold	(40+)	1.15.93
Nadia Mellor	(50+)	15.10.87	Dennis Baker	(50+)	1.25.24
Emilya Toney	18	15.48.25	3000 metres		
Fay Pearce	(50+)	15.51.35	Alan Pearce	(Open)	4.59.11
Jacki Rogerson	(Open)	16.41.36	Kevin Muller	(Open)	5.26.90
Catherine Williams	18	16.41.36	James Ellis	14	5.36.78
Karen Hill	(Open)	16.48.01	Greg Newbold	(40+)	5.54.14
Long Jump			1500 metres		
Emilya Toney	18	3.94	Doug Lloyd	(50+)	6.31.72
Jemma Power	14	3.76	Peter Rogerson	(50+)	7.24.73
Charlotte Wallace	14	3.68	Kevin Jones	(40+)	9.37.27
Mary Toney	16	3.47	3000 metres		
Janet Crocos	(50+)	3.43	Alan Pearce	(Open)	9.47.22
Carina Heppell	(Open)	3.13	Clint Farley	(Open)	9.57.69
Jacki Rogerson	(Open)	3.04	Cameron Newbold	16	11.29.26
Molly Giggins	14	2.91	Kevin Muller	(Open)	11.55.24
Nadia Mellor	(50+)	2.45	Mike Mellor	(50+)	12.00.51
Fay Pearce	(50+)	2.41	James Ellis	14	12.45.00
Annette Zukowski	35+	2.39	Greg Newbold	(40+)	13.01.60
Deborah Jones	(35+)	2.33	Ben Cook	18	13.55.26
High Jump			3000 metres		
Jemma Power	14	1.3	Bill Pearce	(50+)	13.59.57
Carina Heppell	(Open)	1	Peter Rogerson	(50+)	14.39.28
Discus			3000 metres		
Janet Crocos	(50+)	18.96	Greg Simpson	(40+)	16.41.67
Catherine Williams	18	15.71	Dennis Baker	(50+)	17.00.78
Emilya Toney	18	14.75	Garry Cook	(40+)	17.01.21
Carina Heppell	(Open)	14.51	Robert Lindley	(50+)	17.15.01
Mary Toney	16	13.91	Kevin Jones	(40+)	18.40.36
Deborah Jones	(35+)	12.49	Long Jump		
Molly Giggins	14	12.3	Nick Raymond	18	5.78
Jemma Power	14	11.37	Robert Owen	(Open)	5.77
			Zach Jones	18	5.47
			Ben Boyd	18	5.01
			Nathan Howse	14	3.78
			Kevin Jones	(40+)	2.3
			Dennis Baker	(50+)	1.47

Shot Put		
Janet Crocos	(50+)	7.93
Catherine Williams	18	6.75
Emilya Toney	18	6.2
Carina Heppell	(Open)	5.9
Deborah Jones	(35+)	5.82
Charlotte Wallace	14	5.64
Mary Toney	16	5.38
Jemma Power	14	5.07
Molly Giggins	14	5.03
Annette Zukowski	35+	4.7

High Jump		
Ben Cook	18	1.65
Zach Jones	18	1.6
Nick Raymond	18	1.6

Discus		
Zach Jones	18	35.23
Ben Cook	18	24.83
Nick Raymond	18	23.03
Ben Boyd	18	20.53
Garry Cook	(40+)	20.47
Greg Simpson	(40+)	20.16
Dennis Baker	(50+)	18.32
Kevin Jones	(40+)	17.67
Greg Newbold	(40+)	16.98
Doug Lloyd	(50+)	16.45

Shot Put		
Zach Jones	18	10.95
Ben Boyd	18	10.21
Nick Raymond	18	9.58
Ben Cook	18	9.01
Garry Cook	(40+)	8.47
Kevin Jones	(40+)	7.56
Dennis Baker	(50+)	6.83
Greg Simpson	(40+)	6.7

4 x 400m Relay

<i>1st</i>	<i>(U18)</i>	<i>5.11.83</i>	
	Jemma	Power	
	Emilya	Toney	
	Molly	Giggins	
	Catherine	Williams	
<i>2nd</i>	<i>(50+)</i>	<i>5.37.44</i>	<i>Record</i>
	Dennis	Baker	
	Doug	Lloyd	
	Bill	Pearce	
	Mike	Mellor	
<i>3rd</i>	<i>(40+)</i>	<i>5.50.37</i>	
	Greg	Newbold	
	Gary	Cook	
	Kevin	Jones	
	Greg	Simpson	
<i>4th</i>	<i>(Open)</i>	<i>6.47.33</i>	<i>Record</i>
	Nadia	Mellor	
	Fay	Pearce	
	Janet	Crocos	
	Mary	Toney	