

21/09/13

Week A

100 m

Heat one

R.Giesler	13.86
S.Parkins	14.80
T.O'Connell	15.35
V.Adams	15.39

Heat two

M.Grogan	14.77
B.Neich	15.20
S.Way	15.22
M.Free	16.05
W.ThurLOW	17.58

Heat three

W.Way	15.11
D.Falzon	15.51
A.Giesler	15.83
D.Perry	16.36
G.Ryan	16.64
M.Ozols	18.12

Heat four

S.Nolland	16.40
M.Parker	16.68
G.Micallef	18.46
A.O'Brien	19.00
L.Busic	19.76
R.Singh	19.82
M.Christie	22.35
H.Ozols	26.18

400 metres

Heat one

R.Giesler	1:10.58
R.Zammit	1:11.11
M.Free	1:13.20
T.O'Connell	1:13.86
D.Perry	1:15.25
S.Parkins	1:17.22

Heat two

M.Grogan	1:14.54
V.Adams	1:20.66
G.Sargent	1:21.68
G.Sheargold	1:23.32
G.Ryan	1:25.89
H.Juhart	1:32.16
K.Russell	1:37.36

Heat three

B.Neich	1:24.86
W.ThurLOW	1:32.14
G.Micallef	1:32.96
F.Daniels	1:34.31
M.Parker	1:40.51
L.Busic	1:47.25

Heat four

S.Nolland	1:23.42
A.Giesler	1:37.40
M.Christie	1:54.23
H.Zammit	2:32.05
K.Zammit	2:41.95
Z.Zammit	2:56.20

1500 Metres

P.Byrne	5:32.10
D.Perry	5:49.59
G.Sargent	6:28.09
S.Parkins	6:36.80
G.Sheargold	6:47.25
M.Free	7:02.17
H.Juhart	7:13.79
K.Russell	7:42.63
M.Christie	7:59.63
M.Parker	9:08.42
H.Zammit	10:19.65
K.Zammit	11:22.25

High Jump

C.Thurlow	1.26
S.Parkins	1.21
W.Way	1.21
B.Neich	1.21
W.Thurlow	1.11
M.Ozols	1.11
G.Micallef	1.06
L.Busic	1.06
I.Falzon	1.01
G.Ryan	0.96
R.Zammit	0.91
H.Ozols	0.86
R.Singh	0.81

Mens Discus

Z.Zammit	500g	3.96
B.Neich	1kg	27.57
R.Singh	1kg	24.25
G.Ryan	1kg	18.20
S.Parkins	1.5kg	23.66
R.Giesler	1.5kg	23.36
M.Parker	1.5kg	21.12
G.Micallef	1.5kg	19.82
V.Adams	1.5kg	18.97
M.Evans	1.5kg	16.56

W.Thurlow	2kg	17.07
R.Zammit	2kg	16.43

Womens Shot

H.Zammit	1kg	2.01
A.O'Brien	3kg	8.64
K.Somasurdaram	3kg	7.41
T.Jobson	3kg	7.40
T.O'Connell	3kg	6.63
St.Way	3kg	6.08
M.Ozols	3kg	5.20
S.Nolland	3kg	4.76
L.Busic	3kg	4.03
Sh.Way	3kg	3.72
R.Smith	4kg	6.01
A.Giesler	4kg	5.90
H.Ozols	4kg	5.87
H.Juhart	4kg	4.46
K.Zammit	4kg	3.93

OK so the jav is a tad hard to work out re- weights thrown so here are the distances in general order

B.Neich	35.10
S.Clark	32.39
C.Thurlow	31.00
M.Grogan	25.85
M.Parker	24.16
V.Adams	23.71
R.Giesler	21.40
R.Singh	20.97
D.Perry	18.79
M.Evans	16.98
A.O'Brien	16.95
M.Ozols	14.68
W.Thurlow	14.49
T.O'Connell	14.30
R.Smith	14.04
S.Parkins	14.02
G.Micallef	13.71

T.Jobson	13.09
L.Busic	11.34
H.Ozols	10.80
S.Nolland	10.53
K.Samasundaram	8.54
K.Zammit	5.09
Sh.Way	2.82
D.Falzon	ND
R.Zammit	ND

Thank you to everybody that helped set up/put away the equipment and timed etc throughout the afternoon. Your efforts were greatly appreciated.

Cheers Robyn