

Results 28/09/13

Week B

200 m

heat one

S.Clark	26.14
T.Norton	27.93
D.Nagle	28.01
B.Stinton	28.50
R.Giesler	28.99
M.Grogan	32.20

heat two

S.O'Donnell	30.67
S.Parkins	32.11
B.Beasley	32.23
B.Neich	35.71
M.Ozols	39.15

heat three

D.Falzon	33.79
M.Laird	35.67
G.Ryan	36.09
M.Parker	36.67
W.ThurLOW	38.30
R.Hepworth	39.55
G.Micallef	42.11

heat four

S.Nolland	35.70
A.Giesler	36.38
T.Neich	40.05
D.O'Donnell	49.44
J.Davis	49.52

heat five

A.O'Brien	41.24
D.Murray	45.90
H.Ozols	52.46
M.Christie	54.93
C.Grogan	57.66

B.O'Donnell	1.14.44
J.Frost	2.32.60

800 metres

heat one

S.Clark	2:43.21
B.Beasley	2:56.52
M.Grogan	2:57.23
S.Parkins	3:05.11
Gr.Sheargold	3:14.91
T.Rose	3:18.10
W.ThurLOW	3:54.42
M.Christie	4:13.80

heat two

W.Way	3:10.36
S.O'Donnell	3:10.57
H.Frost	3:20.59
R.Hepworth	3:29.02
M.Frost	3:32.72
R.Giesler	3:35.05
D.Falzon	3:37.69
D.Perry	3:54.91
M.Parker	4:15.05
D.O'Donnell	4:17.65
J.Davis	4:18.74
A.Giesler	4:21.29
H.Ozols	5:51.07

3000 metres

G.Sheargold	10:21.14
D.Perry	13:07.54
M.Grogan	13:43.59
H.Frost	14:14.62
S.Parkins	14:15.76
Gr.Sheargold	14:16.72
W.ThurLOW	16:20.09
S.O'Donnell	16:53.79
M.Ozols	17:29.73
B.Neich	17:47.62

M.Christie	17:54.90
J.Davis	19:20.54

Womens Discus

C.Grogan	500g	7.19
T.Neich	750g	17.10
Sh.Way	750g	7.85
T.Jobson	1kg	21.87
A.O'Brien	1kg	21.52
R.Smith	1kg	19.96
K.Short	1kg	19.36
A.Giesler	1kg	17.09
J.Davis	1kg	15.06
D.Murray	1kg	14.10
M.Ozols	1kg	13.13
H.Ozols	1kg	12.53
S.Nolland	1kg	12.46
W.Way	1kg	10.72
J.Frost	1kg	9.85

Mens Shot

H.Frost	2kg	7.03
B.Neich	3kg	8.28
M.Frost	3kg	4.42
G.Ryan	4kg	5.98
S.Parkins	6kg	8.62
R.Giesler	6kg	8.10
M.Parker	6kg	7.44
S.O'Donnell	6kg	5.97
S.Clark	7.26kg	8.68
M.Grogan	7.26kg	7.48
W.ThurLOW	7.26	6.61
M.Laird	7.26	6.13

Womens Long Jump

A.Giesler	3.63
H.Boland	3.52
St.Way	3.51
J.Davis	3.48
W.Way	3.41
M.Ozols	3.35
S.Nolland	3.13

D.Murray	2.81
A.O'Brien	2.66
Sh.Way	2.35
T.Neich	2.32

Ladies Triple Jump

A.Giesler	8.60
J.Davis	7.80
W.Way	7.66
D.Murray	6.19
T.Neich	5.83
M.Ozols	5.74
H.Ozols	4.13
Sh.Way	ND

Mens Long Jump

B.Stinton	4.79
D.Nagle	4.43
R.Giesler	4.23
S.O'Donnell	4.19
S.Parkins	3.99
B.Beasley	3.86
Nathan ????	3.81
B.Neich	3.78
D.Falzon	3.71
W.ThurLOW	3.57
M.Laird	3.39
D.O'Donnell	3.33
H.Frost	3.13
M.Frost	3.01
B.O'Donnell	1.76

Mens Triple Jump

D.Nagle	9.49
R.Giesler	9.08
S.Clark	8.75
S.Parkins	8.59
B.Neich	8.47
G.Ryan	7.08
M.Frost	7.01

H.Frost

6.12

If you have any queries regarding the results please let me know so I can amend them. Thanks again to the regular helpers.

Cheers Robyn