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Subject: FW: GAC All Comers Results 26/10/13
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Results 26/10/13

200 Metres

heat one

S.Clark	25.84
D.Nagle	28.86
S.O'Donnell	30.33
T.O'Connell	31.62
P.Young	31.88
L.James	38.47

heat two

M.Free	32.57
W.ThurLOW	33.17
B.Neich	33.46
H.Crossland	33.79
M.Parker	35.17

heat three

W.Way	34.96
N.Morgan	35.37
G.Ryan	36.06
T.Jobson	37.36
R.Mar	39.28

heat four

M.Frost	35.16
A.Giesler	35.56
G.Micallef	37.06
J.Davis	38.51
H.Frost	40.65

heat five

D.O'Donnell	47.10
H.Ozols	49.38
A.Clark	51.47
M.Christie	53.07
C.Grogan	56.35
B.O'Donnell	110.72
K.Short	110.72
J.Frost	111.57

800 metres

heat one

S.Clark	2:34.64
R.Milliss	2:45.18
D.Perry	2:49.74

T.O'Connell	2:51.59
M.Grogan	2:53.13
D.Nagle	2:54.09
S.O'Donnell	3:03.37
W.Thurlow	3:05.80
M.Free	3:07.09
W.Way	3:13.69
L.James	3:14.64
H.Frost	3:34.41

heat two

S.Cutler	3:14.24
H.Crossland	3:32.87
G.Micallef	3:36.25
G.Ryan	3:37.44
J.Davis	3:38.18
R.Mar	3:42.22
M.Christie	3:45.53
A.Giesler	3:53.43
M.Parker	3:59.06
D.O'Donnell	4:12.24
J.Butler	4:34.90
C.Grogan	5:15.19
H.Ozols	5:30.76

3kms

P.Matthews	12:01.30
L.Grant	12:04.28
D.Perry	13:11.54
M.Grogan	13:25.02
D.Nagle	13:34.28
S.Clark	13:47.57
L.James	13:51.35
G.Sheargold	13:53.15
W.Thurlow	14:35.91
S.O'Donnell	14:41.52
G.Sargent	14:43.90
C.Eager	15:09.32
H.Juhart	15:18.75
M.Free	16:01.15
M.Christie	16:08.16
G.Micallef	16:40.53
J.Davis	17:13.23
R.Mar	17:54.32
B.Neich	18:29.07
M.Frost	18:31.70
M.Parker	18:39.02
K.Short	19:31.27
J.Butler	20:06.55

Ladies long jump

P.Young	4.39
T.O'Connell	3.91
J.Davis	3.49
R.Smith	3.19
H.Ozols	1.89

Ladies triple jump

P.Young	9.26
T.O'Connell	8.62
J.Davis	7.65
R.Smith	7.57
H.Ozols	4.80

Mens Long Jump

D.Nagle	4.68
S.O'Donnell	4.24
W.Thurlow	4.16
B.Neich	4.06
N.Morgan	3.70
M.Frost	3.01
H.Frost	2.71
D.O'Donnell	1.57

Mens Triple jump

D.Nagle	9.94
B.Neich	9.15
S.O'Donnell	8.72
W.Thurlow	8.33
N.Morgan	8.19
G.Ryan	7.04
M.Frost	6.89
H.Frost	6.11
D.O'Donnell	3.82

Ladies Discus

A.Clark	350g	8.01
C.Grogan	350g	3.11
T.O'Connell	750g	20.33
T.Jobson	1kg	21.44
K.Short	1kg	20.52
R.Smith	1kg	19.31
J.Davis	1kg	17.62
A.Giesler	1kg	17.12
H.Ozols	1kg	13.35
J.Frost	1kg	9.72

Mens shot

H.Frost	????	7.44
B.Neich	3kg	9.86
D.Nagle	3kg	8.65
M.Frost	3kg	5.44

G.Ryan	4kg	6.09
M.Parker	6kg	7.56
G.Micallef	6kg	7.01
S.O'Donnell	6kg	5.85
R.Mar	6kg	4.40
S.Cutler	7.26kg	9.80
S.Clark	7.26	8.61
M.Grogan	7.26	7.26
W.Thurlow	7.26	7.01
M.Evans	7.26	6.56