

Saturday, 29th November, 2014

60 Metres

Liam Howarth	8.79
Michael Grogan	9.14
Vince Adams	9.4
Steve Parkins	9.67
Graham Ryan	9.84
Roger Marr	11
Lynette Clark	11.01
Raminder Singh	11.7
Michael Christie	12.54
Helen Ozols	13.2

Standing Long Jump

Steve Clark	2.86
Steve Parkins	2.18
Liam Howarth	2.04
Graham Ryan	1.89
Vince Adams	1.88
Michael Grogan	1.61
Helen Ozols	1.6
Raminder Singh	1.56
Lynette Clark	1.54
Amelia Clark	1.07

300 Metres

Steve Clark	43.21
Liam Howarth	50.75
Steve Parkins	51.74
Michael Grogan	53.97
Vince Adams	56.54
Graham Ryan	56.66
Roger Marr	1.03.60
Lynette Clark	1.14.05
Amelia Clark	1.20.74
Michael Christie	1.24.56

Shot Put Throw

Steve Clark	18.76
Steve Parkins	17.2
Michael Grogan	14.2

Danny Martins	11.46
Robyn Smith	10.43
Raminder Singh	9.97
Roger Marr	8.42
Graham Ryan	8.11
Lynette Clark	7.45
Helen Ozols	7.36
Liam Howarth	5.28

1km

Steve Clark	3.31.85
Michael Howarth	4.01.78
Steve Parkins	4.03.63
Greg Sargeant	4.17.08
Michael Grogan	4.20.36
Liam Howarth	4.25.58
Michael Christie	4.54.88
Roger Marr	5.04.89
Vince Adams	5.26.78
Helen Ozols	7.33.35

2km

Danny Martins	7.39.16
Ed Bratovic	7.58.50
Greg Sargeant	8.58.66
Michael Grogan	9.04.97
Steve Parkins	9.13.35
Michael Christie	11.30.82
Keith Mayhew	14.29.16