

North West Athletic Club Results 5th November at Penguin

Women's Results

100m - Heat 1 (wind +2.11) M Poke 12.32, M Kay 12.10, M Whiley 12.06, H Moore 13.48. Heat 2 (wind +2.91) J Turale 15.10, A Keeler 14.88, G Harris 13.86, G Thom 13.64, S Cowen 14.14, A Thompson 15.14, E Turale 14.38, L Maynard 14.24. 200m - Heat1 (wind 0) M Whiley 24.96, M Poke 25.38. Heat 2 (wind +0.74) G Harris 29.06, A Thompson 32.06, H Moore 27.74, K Monson 28.46, S Cowen 29.84, G Thom 29.02. Heat 3 (wind +0.81) A Keeler 33.48, J Turale 31.84, S Leary 30.92. 400m - L Maynard 1.10.06, K Monson 1.08.58, S Leary 1.09.80, G Thom 1.07.28, J Turale 1.32.62, A Keeler 1.32.68. High Jump - G Harris 1.40m, A Keeler 1.45m, L Maynard 1.30m. Long Jump - K Monson 3.99m, G Thom 3.31m, G Harris 3.30m, A Keeler 3.79m, J Turale 3.13m, K Beluch 2.60m. Javelin - S Leary 17.52m, J Turale 21.18m, K Monson 16.53m, K Beluch 11.57m. Hammer - M Whiley 20.66m, A Whiley 12.63m, A Millington 39.72m.

Men's Results

100m - Heat1 (wind +2.40) G Jubb 11.50, S Inglis 11.78, J Deegan 11.58. Heat 2 (wind +1.57) K Turale 12.74. K Inglis 12.20, J Arnold 12.44, B Rattray 12.96. Heat 3 (wind +1.67) T Graham 13.30, M Weller 14.04, A Jackson 13.98, B Milverton 13.18, T Weller 13.20, M Young 13.54. 200m - Heat 1 (wind 0) G Jubb 23.36, J Arnold 25.48, T Atkins 25.28. Heat 2 (wind +0.53) K Inglis 25.40, K Turale 26.70, T Graham 26.82. Heat 3 (wind 0) T Weller 26.90, S Lutwyche 29.08, B Milverton 27.02. 400m - T Weller 1.04.66, T Atkins 53.88, B Milverton 1.01.14. High Jump - S Lutwyche 1.50m, J Coles 1.65m, S Inglis 1.65m, K Inglis 1.65m, B Rattray 1.50m, T Weller 1.55m, T Graham 1.65m, M Young 1.60m M Weller 1.35m. Long Jump - S Inglis 6.34m, B Rattray 4.63m, K Inglis 5.51m, C Turale 4.41m, S Lutwyche 4.82m, T Graham 4.46m, T Weller 4.61m. Javelin - J Coles 24.65m, T Graham 25.17m, T Weller 21.01m, B Rattray 28.98m. Hammer - B Rattray 19.83m, T Graham 20.02m.