

MINGARA ATHLETICS: FIELD EVENT Season Bests 2007-08 (AS AT APRIL 2008)

EVENTS	Javelin	Discus	Shot	High jump	Long jump	Triple jump	Hammer	Steeple 2km	Steeple 3km
U18 male	Tom Paavola 40.83 (07-08) ®	Chris Dodd 31.4 ® Aiden Cranney 29.17 (07-08)	Sean Cooper 9.33 ® Tom Evans 10.14 (07-08)	Chris Dodd 2.13 ® Aiden Cranney 1.95 (07-08)	Chris Dodd 6.51 ® Aiden Cranney 5.08 (07-08)	Chris Dodd 12.43 ® Craig Cameron 8.49 07-08	NA	Craig Cameron 6.46	
U18 Female	Melissa Payne 30.59 (07-08) ®	Melissa Payne 27.23 (07-08) ®	Melissa Payne 7.81 ®	S McGinley/ M Payne 1.5 ® M. Payne 1.45 (07-08)	Simone McGinley 5.34 ® Melissa Payne 4.17 (07-08)	Nadia Nowlan 8.63 ® 8.06 (07-08)	NA		
19-39 male	Matt Lynch 36.31 (07-08) ®	Chris Dodd 32.05 (07-08) ®	Trent Allard 10.61 ® W Whitmore 9.62 (07-08)	Chris Dodd 2.15 (07-08) ®	Leigh Bennett 6.47 ® 6.31 (07-08)	Rowan McGinley 13.01 (07-08) ®	NA		
19-39 Female	C Richards 37.02 ® 34.57 (07-08)	C Richards 37.25 ® Jade Roughan 29.41 (07-08)	Cassie Richards 11.23 ® 10.48 (07-08)	Samantha Tomlin 1.6 ® Simone McGinley 1.5 (07-08)	Samantha Tomlin 5.18 ® Alice Horsnell 5.12 (07-08)	Kate Adair 10.74 ® Alice Horsnell 10.45 (07-08)	NA		
Over 40 Male	Matt Horsnell 40.16 ® 38.48 (07-08)	Stuart Gyngell 49.28 (07-08) ®	Stuart Gyngell 18.42 (07-08) ®	Matt Horsnell 1.45 ® (06-08)	Matt Horsnell 4.51 (07-08) ®	Paul Carr 8.79 (07-08) ®	Stuart Gyngell 44.78 (07- 08) ®		
Over 40 Female	Wendy Beaton 22.84 (07-08) ®	Wendy Beaton 18.31 (07-08) ®	Wendy Beaton 7.5 (07-08) ®	Marg Beardslee 1.1 (07-08) ®	Monica Parkinson 3.64 (07-08) ®		NA		

MINGARA ATHLETICS: WALKS AND HURDLES 2006-07 (AS AT APRIL 2007)

RUN EVENTS	100m hurdles	110m hurdles	200m hurdles	400m hurdles	1500m walk	3 km walk	5km walk	10km walk	20km walk
U18 male		Josh Smith 15.4 (07-08) ®	Josh Smith 26.4 (07-08)	Josh Smith 1.00.06 (07-08)	NA	NA	NA	NA	NA
U18 Female			A Donoghue 28.04 ® NA 07-08	A Donoghue 1.14.04 ® NA 07-08	B Annear 8.10.0 B Annear 7.43 (07-08) ®	K Cameron 18.26 (07-08) ®			
19-39 Male				L Bennett 52.67 ® 53.12 (07-08)		Ian Rayson 12.23.29 NA 07-08	Ian Rayson 21.24.68 (07-08)	Ian Rayson 44.43 ® NA 07-08	Ian Rayson 1.31.16 (07-08)
19-39 Female	Lenore Beaton 15.56 (07-08) ®		Lenore Beaton 26.2 (07-08) ®	A Morris 1.01.3(07-08)	NA				
Over 40 Male					Greg Rowe ® 7.22.5 (07-08)		Greg Rowe ® 29.16.0(07-08)		