

Halesowen Club Champs 15th August 2009

Results (all Halesowen unless stated)

100m. R.Hyde(V35) 12.3, M.Hayward 12.3, O.Holden 12.7, R.Woodhall (dash)12.9

100m H.Jarosinki (lady) 13.1, M.Deakin (V45) 14.9, L.Woods (V65) 15.4, A.Grant (V50) 15.8

Long Jump M.Hayward 5.58, R.Hyde 5.53, H.Jarosinki (L) 5.39, R.Woodhall (dash) 4.96, O.Holden 4.78, H.Sharkey (U13g) 4.04, L.Woods 3.97, M.Deakin 3.61,, A.Grant 3.15

400m O.Holden 52.9, M.Hayward 56.8, R.Hyde 56.9, M.P.Davies (U17) 57.9, A.Grant 69.3, M.Deakin 74.7, L.Woods 86.1

Shot 7.26kg R.Woodhall 13.42, R.Hyde 11.06, M.Hayward 8.83, O.Holden 7.20,

M.Deakin 6.33

6KG A.Grant 7.18

5KG M.P.Davies 7.54, L.Woods 7.41,

4kg H.Jarosinki 9.37

700m O.Holden 1:48.3, M.P.Davies 1:53.9, M.Hayward 1:58.9, R.Hyde 2:04.3, A.Grant 2:13.8, H.Sharkey 2:24.9, B. Sharkey 2:31.8, M.Deakin 2:32, C.Lloyd (V50-lady) 2:40.5, L.Woods 2:56.9

Javelin R.Woodhall 48.60, R.Hyde 38.20, M.Hayward 36.89, O.Holden 27.00, M.Deakin 19.71

700g A.Grant 23.85, M.P.Davies 20.06

600g H.Jarosinki 32.15, L.Woods 20.78

400g H.Sharkey 11.41

1550m. H.Brown (15) 4:15.0, O.Holden 4:34.2, M.P.Davies 4:46.9, M.Hayward 5:02.7, R.Guest (V40) 5:19.8, R.Hyde 5:43.8, M.Deakin 6:24.1, C.Lloyd(L) 6:32.7, L.Woods 6:52.2

300m (U13 g) H.Sharkey 50.4, B.Sharkey 51.6