

2010-2011 Asics Wests Male Club Champions

Event	Open	
100m	Jacob Groth	10.63
200m	Jacob Groth	21.36
400m	Joel Milburn	47.75
800m	David Ricketts	1:53.11
1500m	David Ricketts	3:49.15
3000m	David Ricketts	8:26.26
5000m	Earl O'Brien	15:07.25
10000m	Earl O'Brien	32:26.42
110m Hurdles	No eligible athlete	
400m Hurdles	Ian Dewhurst	51.05
5000m Walk	Nathan Fazldad	27:13.89
3000m Steeple	Robert Mason	14:18.04
High Jump	David Snowdon	2.10m
Long Jump	Jake Stein	7.15m
Triple Jump	Samuel Dicker	11.33m
Pole Vault	Nathan Rushworth	4.20m
Shot Put	Jake Stein	12.35m
Discus	Nicholas Sawaszenko	51.10m
Hammer	No eligible athlete	
Javelin	John Crandell & Elliot Lang	63.66m
Decathlon	No eligible athlete	

Under 20

Abdel Elkout	11.01
Abdel Elkout	22.64
Jack Bangel	50.66
Daniel Keene	2:02.47
Daniel Keene	4:23.53
No eligible athlete	
No eligible athlete	
NA	
Nathan Rushworth	15.25
Jack Bangel	53.61
Nathan Fazldad	27:13.89
No eligible athlete	
David Snowdon	2.10m
Jake Stein	7.15m
Samuel Dicker	11.33m
Nathan Rushworth	4.20m
Jake Stein	16.93m
Jake Stein	47.47m
No eligible athlete	
Elliot Lang	63.66m
Nathan Rushworth	6286

Under 18

100m	Abdel Elkout	11.01
200m	Abdel Elkout	22.64
400m	Jack Bangel	50.66
800m	Daniel Keene	2:02.47
1500m	Daniel Keene	4:23.53
3000m	No eligible athlete	
100m Hurdles	NA	
110m Hurdles	Jake Stein	14.35
200m Hurdles	NA	
400m Hurdles	Jack Bangel	52.13
3000m Walk	Nathan Fazldad	14:28.56
2000m Steeple	No eligible athlete	
High Jump	David Snowdon	2.10m
Long Jump	Jake Stein	7.15m
Triple Jump	Samuel Dicker	11.33m
Pole Vault	Jake Stein	3.30m
Shot Put	Jake Stein	16.78m
Discus	Jake Stein	53.50m
Javelin	Elliott Lang	73.77m
Decathlon	Jake Stein	7427
Heptathlon	No eligible athlete	

Under 16

David Snowdon	12.49
Rhys Stein	25.23
Daniel Keene	55.34
Daniel Keene	2:02.47
Daniel Keene	4:23.53
No eligible athlete	
Rhys Stein	13.67
NA	
Rhys Stein	26.80
NA	
No eligible athlete	
No eligible athlete	
David Snowdon	2.08m
Rhys Stein	6.35m
Rhys Stein	11.29m
Dylan Fuller	3.10m
Rhys Stein	13.44m
Rhys Stein	48.60m
Rhys Stein	49.27m
No eligible athlete	
Rhys Stein	4631