

WAC Results Sunday 2nd November 2013

Women

800m			Time
Lara	Friesen	Open	2.50.78
Siobhan	Wilson	U18	2.58.93
Emily	Woolford	U18	2.59.28
Emilya	Toney	Open	3.14.63
Mary	Toney	Open	3.26.69
Nadia	Mellor	50+	3.53.84
Emma	Grech	Open	4.08.20
Tracy	Howse	40+	4.52.69

Long Jump			Distance
Laura	Collins	U18	4.80
Lara	Friesen	Open	4.52
Zoe	Chapman	U14	4.52
Siobhan	Wilson	U18	4.17
Emilya	Toney	Open	4.06
Emily	Woolford	U18	3.64
Tracey	Howse	40+	3.15
Christine	Wilson	50+	2.74
Emma	Grech	Open	2.67
Debbie	Jones	40+	2.64
Nadia	Mellor	50+	2.15
Emma	Clark	U16	2.00

Javelin			Distance
Lara	Friesen	Open	23.26
Laura	Collins	U18	22.94
Emma	Clark	U16	19.86
Emilya	Toney	Open	19.30
Kiahna	Evans	U14	18.80
Mary	Toney	Open	17.18
Zoe	Chapman	U14	15.48
Emily	Woolford	U18	14.90
Debbie	Jones	40+	14.56
Tracey	Howse	40+	14.31
Siobhan	Wilson	U18	14.20
Emma	Grech	Open	12.49
Nadia	Mellor	50+	12.06

Shot Put			Distance
Laura	Collins	U18	10.28
Kiahna	Evans	U14	9.97
Lara	Friesen	Open	8.40
Emma	Clark	U16	7.81
Emily	Woolford	U18	7.49
Debbie	Jones	40+	6.26
Mary	Toney	Open	6.04

Men

800m			Time
Jackson	Whiley	U14	2.19.03
Nathan	Howse	U20	2.20.68
Ted	Elkington	U18	2.25.96
Jarrold	Arderne	U14	2.30.60
Gavin	Smith	40+	2.45.21
Michael	Howse	50+	3.05.77
Des	Rees	60+	3.20.11
Steve	Boyd	50+	3.50.49

Long Jump			Distance
Kevin	Muller	40+	4.06
Greg	Simpson	50+	3.88

Javelin			Distance
Steve	Boyd	50+	26.08
Gavin	Smith	40+	19.32
Jackson	Whiley	U14	18.39
Ted	Elkington	U18	17.77
Dennis	Baker	60+	13.01

Shot Put			Distance
Ted	Elkington	U18	8.89
Mick	Fawkner	50+	7.40
Steve	Boyd	50+	7.21
Kevin	Muller	40+	6.22

200m			Time
Ryan	Evans	U20	24.41
Jackson	Whiley	U14	24.88
Jarrold	Arderne	U14	29.51
Greg	Simpson	50+	32.99
Dennis	Baker	60+	37.4
Michael	Howse	50+	41.17

5000m			Time
Luke	Smith	U18	19.17.25
Dan	Rees	Open	19.29.05
Jackson	Whiley	U14	19.48.90
Mike	Mellor	60+	21.17.21
Jason	Rees	Open	23.01.75
Des	Rees	60+	24.40.30
Rob	Lindley	60+	35.40.15

Triple Jump			Distance
Kevin	Muller	40+	8.70
Greg	Simpson	50+	8.09

Emma	Grech	Open	5.26
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200m			Time
Zoe	Chapman	U14	29.06
Siobhan	Wilson	U18	31.78
Emilya	Toney	Open	32.01
Tracy	Howse	40+	40.93

5000m			Time
Sophy	Sirr	Open	21.03.50
Emma	Aldrich	U18	23.28.43
Debbie	Jones	40+	28.49.17
Emma	Grech	Open	31.50.34

Triple Jump			Distance
Laura	Collins	U18	9.50
Lara	Friesen	Open	8.97
Zoe	Chapman	U14	8.94
Siobhan	Wilson	U18	8.91
Emily	Woolford	U18	8.06
Emma	Clark	U16	6.61
Tracey	Howse	40+	5.56
Debbie	Jones	40+	5.32
Nadia	Mellor	50+	4.47

Hammer			Distance
Debbie	Jones	40+	16.89
Kiahna	Evans	U14	27.83
Lara	Friesen	Open	16.57
Emilya	Toney	Open	18.93
Mary	Toney	Open	14.33
Emma	Clark	U16	16.70
Laura	Collins	U18	17.70
Emily	Woolford	U18	13.90

100m			Time
Zoe	Chapman	U14	13.92
Laura	Collins	U18	14.12
Emilya	Toney	Open	16.90
Siobhan	Wilson	U18	15.51
Tracy	Howse	40+	18.91

Hammer			Distance
Greg	Simpson	50+	21.25
Mick	Fawkner	50+	17.27
Dennis	Baker	60+	16.81
Ted	Elkington	U18	14.20

100m			Time
Ryan	Evans	U20	12.10
Jackson	Whiley	U14	12.42
Kevin	Muller	40+	14.70
Michael	Howse	50+	14.78
Gavin	Smith	40+	14.89
Greg	Simpson	40+	15.56