

WAC Results Saturday 7th December 2013 Pentathlon

Women

| 3000m | | | Distance |
|-------|--------|------|----------|
| Chris | Wilson | 50+ | 14.38.11 |
| Madia | Mellor | 50+ | 15.51.36 |
| Karen | Hill | Open | 16.32.96 |
| Fay | Pearce | 60+ | 17.17.60 |
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| Long Jump | | | Distance |
|-----------|----------|------|----------|
| Allison | Williams | U14 | 4.54 |
| Zoe | Chapman | U14 | 4.42 |
| Lara | Friesen | Open | 4.33 |
| Miranda | Williams | U18 | 4.24 |
| Siobhan | Wilson | U18 | 4.01 |
| Emily | Woolford | U18 | 3.83 |
| Lisa | Ryan | Open | 3.47 |
| Cherie | Anderson | Open | 3.29 |
| Maree | Rochow | 40+ | 3.25 |
| Tracey | Howse | 40+ | 3.18 |
| Debbie | Starr | Open | 3.14 |
| Zoe | Smith | U16 | 3.01 |
| Kiahna | Evans | U14 | 2.80 |
| Fay | Pearce | 60+ | 2.07 |

| Javelin | | | Distance |
|---------|----------|------|----------|
| Lara | Friesen | Open | 25.46 |
| Zoe | Chapman | U14 | 19.68 |
| Kiahna | Evans | U14 | 19.59 |
| Debbie | Starr | Open | 18.78 |
| Maree | Rochow | 40+ | 15.93 |
| Tracey | Howse | 40+ | 15.80 |
| Siobhan | Wilson | U18 | 15.66 |
| Emily | Woolford | U18 | 14.75 |
| Lisa | Ryan | Open | 13.69 |
| Karen | Hill | Open | 13.61 |
| Allison | Williams | U14 | 12.46 |
| Fay | Pearce | 60+ | 10.98 |
| Nadia | Mellor | 50+ | 10.98 |
| Zoe | Smith | U16 | 10.04 |
| Miranda | Williams | U18 | 8.11 |

Men

| 3000m | | | Distance |
|---------|-----------|------|----------|
| Masange | Runezedwa | Open | 10.27.74 |
| Mike | Mellor | 60+ | 12.33.83 |
| Tony | Perrott | 50+ | 12.56.55 |
| Des | Rees | 60+ | 14.21.68 |
| Dave | Elkington | 50+ | 16.39.74 |
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| Long Jump | | | Distance |
|-----------|-----------|------|----------|
| Nathan | Howse | U20 | 6.49 |
| Ted | Elkington | U18 | 4.72 |
| Tobi | Gilmour | U14 | 4.50 |
| Dylan | Braut | Open | 4.32 |
| Greg | Simpson | 50+ | 3.73 |
| Gavin | Smith | 40+ | 3.66 |
| Matt | Low | Open | 3.65 |
| Noah | McFarlane | U14 | 3.47 |
| Don | Chambers | 70+ | 3.28 |

| Javelin | | | Distance |
|---------|-----------|------|----------|
| Matt | Low | Open | 36.26 |
| Tobi | Gilmour | U14 | 21.49 |
| Gavin | Smith | 40+ | 21.40 |
| Bill | Pearce | 60+ | 20.60 |
| Don | Chambers | 70+ | 19.44 |
| Nathan | Howse | U20 | 19.20 |
| Ted | Elkington | U18 | 17.86 |
| Greg | Simpson | 50+ | 17.44 |
| Dennis | Baker | 60+ | 12.89 |

| 200m | | | Time |
|---------|----------|------|-------|
| Zoe | Chapman | U14 | 28.96 |
| Zoe | Smith | U16 | 29.82 |
| Allison | Williams | U14 | 30.15 |
| Lara | Friesen | Open | 30.32 |
| Miranda | Williams | U18 | 30.54 |
| Alex | Ziersch | U16 | 30.55 |
| Siobhan | Wilson | U18 | 31.00 |
| Lisa | Ryan | Open | 31.67 |
| Emily | Woolford | U18 | 31.70 |
| Maree | Rochow | 40+ | 32.71 |
| Kiahna | Evans | U14 | 38.42 |
| Cherie | Anderson | Open | 40.40 |
| Tracey | Howse | 40+ | 40.90 |
| Fay | Pearce | 60+ | 45.23 |

| 200m | | | Time |
|---------|-----------|-----|-------|
| Nathan | Howse | U20 | 23.28 |
| Ted | Elkington | U18 | 26.72 |
| Michael | Howse | 50+ | 27.33 |
| Gavin | Smith | 40+ | 28.73 |
| Tobi | Gilmour | U14 | 29.78 |
| Greg | Simpson | 50+ | 32.94 |
| Noah | McFarlane | U14 | 33.94 |
| Don | Chambers | 70+ | 35.94 |
| Des | Rees | 60+ | 36.90 |

| Discus | | | Distance |
|---------|----------|------|----------|
| Kiahna | Evans | U14 | 29.70 |
| Lara | Friesen | Open | 23.27 |
| Debbie | Starr | Open | 17.80 |
| Maree | Rochow | 40+ | 17.65 |
| Zoe | Chapman | U14 | 17.58 |
| Karen | Hill | Open | 16.89 |
| Allison | Williams | U14 | 15.61 |
| Miranda | Williams | U18 | 15.44 |
| Tracey | Howse | 40+ | 15.20 |
| Lisa | Ryan | Open | 14.46 |
| Emily | Woolford | U18 | 13.96 |
| Siobhan | Wilson | U18 | 12.95 |
| Zoe | Smith | U16 | 12.35 |
| Fay | Pearce | 60+ | 10.41 |

| Discus | | | Distance |
|--------|-----------|------|----------|
| Matt | Low | Open | 30.97 |
| Tobi | Gilmour | U14 | 23.02 |
| Gavin | Smith | 40+ | 23.92 |
| Bill | Pearce | 60+ | 23.06 |
| Don | Chambers | 70+ | 16.74 |
| Nathan | Howse | U20 | 27.51 |
| Ted | Elkington | U18 | 19.73 |
| Greg | Simpson | 50+ | 20.70 |
| Dennis | Baker | 60+ | 23.45 |
| Noah | McFarlane | U14 | 13.25 |
| Dylan | Bruat | Open | 16.43 |

| 800m | | | Time |
|---------|----------|------|---------|
| Lisa | Ryan | Open | 2.49.36 |
| Lara | Friesen | Open | 2.55.40 |
| Siobhan | Wilson | U18 | 2.58.03 |
| Emily | Woolford | U18 | 2.59.59 |
| Allison | Williams | U14 | 3.12.98 |
| Zoe | Smith | U16 | 3.16.39 |
| Zoe | Chapman | U14 | 3.20.39 |
| Maree | Rochow | 40+ | 3.23.95 |
| Karen | Hill | Open | 3.49.39 |
| Miranda | Williams | U18 | 3.56.06 |
| Cherie | Anderson | Open | 4.07.50 |
| Kiahna | Evans | U14 | 4.08.28 |
| Fay | Pearce | 60+ | 4.18.23 |
| Tracey | Howse | 40+ | 4.22.41 |

| 1500m | | | Time |
|--------|-----------|-----|---------|
| Nathan | Howse | U20 | 5.00.73 |
| Ted | Elkington | U18 | 5.10.74 |
| Tobi | Gilmour | U14 | 5.58.30 |
| Gavin | Smith | 40+ | 5.58.70 |
| Des | Rees | 60+ | 6.49.06 |
| Greg | Simpson | 50+ | 6.54.79 |
| Don | Chambers | 70+ | DNF |
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