

## WAC Results Saturday 8th February 2014

### WOMEN

Hurdles - 100m			Time
Lisa	Ryan	Open	23.85

Javlin			Distance
Lara	Friesen	Open	25.80
Alison	Williams	U14	18.19
Janet	Crococ	50+	17.48
Tracey	Howse	40+	17.32
Donna	Evans	Open	17.24
Siobhan	Wilson	U18	15.77
Miranda	Williams	U20	14.60
Debbie	Jones	40+	12.79
Emily	Woolford	U18	12.18
Nadia	Mellor	50+	11.65
Fay	Pearce	60+	11.20

100m			Time
Miranda	Williams	U18	13.90
Siobhan	Wilson	U18	14.25
Allison	Williams	U14	14.28
Emily	Woolford	U18	15.21
Lisa	Ryan	Open	15.45
Tracey	Howse	40+	18.17
Chris	Wilson	50+	18.84

Discus			Distance
Kiahn	Evans	U14	29.54
Donna	Evans	Open	24.73
Lara	Friesen	Open	23.98
Janet	Crococ	50+	18.68
Debbie	Jones	40+	12.39
Fay	Pearce	60+	10.36
Nadia	Mellor	50+	9.44

800m			Time
Lisa	Ryan	Open	2.43.24
Lara	Friesen	Open	2.52.11
Siobhan	Wilson	U18	2.52.55
Emily	Woolford	U18	2.56.29
Debbie	Jones	40+	4.01.70
Fay	Pearce	60+	4.12.83

Hammer			Distance
Kiahn	Evans	U14	33.35
Siobhan	Wilson	U18	15.46
Emily	Woolford	U18	14.58
Donna	Evans	Open	19.08

### MEN

Hurdles - 100m			Time
Don	Chambers	70+	22.50

Javlin			Distance
Ben	Boyd	Open	47.71
Ben	Cook	Open	44.18
Stan	Grant	40+	36.35
Steve	Boyd	50+	25.80
Ted	Elkington	U18	18.91
Don	Chambers	70+	18.67
Tobi	Gilmour	U14	17.47
Jackson	Whiley	U14	16.00
Dennis	Baker	60+	14.89

100m			Time
Nathan	Howse	U20	11.12
Ben	Hugall	U18	11.41
Jackson	Whiley	U14	11.84
Micheal	Howse	50+	13.46
Tobi	Gilmour	U14	14.37
Don	Chambers	70+	16.66

Discuss			Distance
Ben	Cook	Open	33.28
Stan	Grant	40+	30.96
Ben	Boyd	Open	28.64
Dennis	Baker	60+	22.74
Bill	Pearce	60+	22.12
Ted	Elkington	U18	19.24
Kevin	Muller	40+	17.42

800m			Time
Jackson	Whiley	U14	2.19.62
Kevin	Muller	40+	2.25.87
Nathan	Howse	U20	2.27.78
Ted	Elkington	U18	2.36.04
Gavin	Smith	40+	2.38.05
Tobi	Gilmour	U14	3.08.22

Hammer			Distance
Stan	Grant	40+	19.14
Tobi	Gilmour	U14	19.12
Don	Chambers	70+	18.79
Gavin	Smith	40+	16.02

200m			Time
Brandy	Galvin	U14	28.80
Miranda	Williams	U18	29.30
Zoe	Smith	U16	29.57
Allison	Williams	U14	30.45
Lara	Friesen	Open	30.64
Lisa	Ryan	Open	33.62
Janet	Crococ	50+	34.75
Chris	Wilson	50+	39.38
Tracey	Howse	40+	39.72
Debbie	Jones	40+	40.91

Triple Jump			Distance
Allison	Williams	U14	9.65
Brandy	Galvin	U14	9.31
Siobhan	Wilson	U18	9.10
Emily	Woolford	U18	8.87
Lisa	Ryan	Open	7.66
Zoe	Smith	U16	7.45
Janet	Crococ	50+	6.77
Tracey	Howse	40+	6.05
Debbie	Jones	40+	5.55
Fay	Pearce	60+	4.45
Nadia	Mellor	50+	4.37

3000m			Time
Siobhan	Wilson	U18	13.42
Chris	Wilson	50+	15.36
Debbie	Jones	40+	17.07

200m			Time
Ben	Hugall	U18	23.77
Jackson	Whiley	U14	25.12
Ted	Elkington	U18	28.88
Kevin	Muller	40+	29.09
Micheal	Howse	50+	30.20
Steve	Boyd	50+	36.15
Dennis	Baker	60+	38.02

Triple Jump			Distance
Tobi	Gilmour	U14	8.70
Gavin	Smith	40+	7.91
Don	Chambers	70+	7.18

3000m			Time
Ted	Elkington	U18	12.58

5000m			Time
Kevin	Muller	50+	18.58
Bill	Pearce	70+	26.41
Robert	Lindley	60+	34.46
Dennis	Baker	60+	35.12