

WAC Results Saturday 9th November 2013

WOMEN

1500m			Distance
Lisa	Ryan	Open	6.10.35
Siobhan	Wilson	U18	6.15.14
Emily	Woolford	U18	6.22.52
Chris	Wilson	50+	7.07.19
Debbie	Jones	40+	7.56.57
Tracey	Howse	40+	10.09.98

High Jump			Distance
Laura	Collins	U18	1.40
Allison	Williams	U14	1.40
Miranda	Williams	U18	1.40
Lisa	Knipping	Open	1.35

Hammer			Distance
Debbie	Jones	40+	18.15
Siobhan	Wilson	U18	13.65
Nadia	Miller	50+	9.78

100m			Distance
Mary	Toney	open	13.76
Miranda	Williams	U18	14.05
Alex	Ziersch	U16	14.22
Laura	Collins	U18	14.32
Allison	Williams	U14	14.72
Lisa	Knipping	Open	14.85
Cheryl	Webster	40+	16.67
Tracey	Howse	40+	18.05

Discuss			Distance
Laura	Collins	U18	19.15
Cheryl	Webster	40+	18.97
Mary	Toney	Open	15.36
Lisa	Knipping	Open	14.87
Tracey	Howse	40+	14.34
Lisa	Ryan	Open	13.55
Emily	Woolford	U18	12.86
Alex	Ziersch	U16	12.19
Siobhan	Wilson	U18	12.11
Debbie	Jones	40+	12.06
Nadia	Mellor	50+	10.43

MEN

1500m			Distance
Kevin	Muller	40+	5.03.60
Ted	Elkington	U18	5.17.44
Ben	Hugall	U18	5.30.28
Jeff	Cave	40+	6.05.64
Bill	Pearce	60+	6.35.96
Des	Rees	60+	6.50.28
Steve	Boyd	50+	8.19.02

High Jump			Distance
Jackson	Whiley	U14	1.50
Ted	Elkington	U18	1.35
Greg	Simpson	50+	1.30
Kevin	Muller	40+	1.25

Hammer			Distance
Dennis	Baker	60+	15.25

100m			Distance
Adam	Waters	Open	11.62
Ryan	Evans	U20	11.75
Ben	Hugall	U18	11.88
Jackson	Whiley	U14	12.28
Michael	Howse	50+	13.31
Greg	Simpson	50+	15.46
Dennis	Baker	60+	17.78

Discuss			Distance
Stan	Grant	40+	31.38
Dennis	Baker	60+	21.35
Greg	Simpson	50+	21.22
Bill	Pearce	60+	20.14
Steve	Boyd	50+	18.95
Ted	Elkington	U18	17.53
Kevin	Muller	40+	17.35

Shot Put			Distance
Stan	Grant	40+	10.22
Ted	Elkington	U18	9.17
Steve	Boyd	50+	6.64
Dennis	Baker	60+	5.61

Long Jump			Distance
Ben	Hugall	U18	5.30
Greg	Simpson	50+	3.00

Shot Put			Distance
Laura	Collins	U18	10.13
Lisa	Ryan	Open	8.39
Lisa	Knipping	Open	8.04
Emily	Woolford	U18	7.12
Allison	Williams	U14	6.61
Cheryl	Webster	40+	6.35
Mary	Toney	Open	6.11
Kala	Kneebone	U18	6.02
Chris	Wilson	50+	5.84
Tracey	Howse	40+	5.82
Debbie	Jones	40+	5.77
Miranda	Williams	U18	5.72
Alex	Ziersch	U16	5.33
Nadia	Mellor	50+	3.89

3000m			Distance
Kevin	Muller	40+	10.52.60
Ted	Elkington	U18	11.45.36
Case	Jeff	40+	12.29.93
Mellor	Mike	60+	12.51.32
Pearce	Bill	60+	14.11.62
Baker	Dennis	60+	18.58.97
Lindley	Rob	60+	21.04.58

400m			Distance
Ben	Hugall	U18	55.23
Jackson	Whiley	U14	57.59
Michael	Howse	50+	1.12.17
Greg	Simpson	50+	1.18.90
Des	Rees	60+	1.30.04

Long Jump			Distance
Laura	Collins	U18	4.58
Mary	Toney	Open	4.39
Miranda	Williams	U18	4.29
Allison	Williams	U14	4.16
Siobhan	Wilson	U18	4.10
Lisa	Knipping	Open	3.88
Alex	Ziersch	U16	3.60
Emily	Woolford	U18	3.50
Lisa	Ryan	Open	3.45
Cheryl	Webster	40+	3.02
Tracey	Howse	40+	2.88
Debbie	Jones	40+	2.22
Nadia	Mellor	50+	1.69

3000m			Distance
Siobhan	Wilson	U18	13.33.84
Lisa	Ryan	Open	13.36.60
Emily	Woolford	U18	14.18.61
Chris	Wilson	50+	14.40.48
Kala	Kneebone	U18	15.06.02
Debbie	Jones	40+	16.27.99

400m			Distance
Lisa	Ryan	Open	1.15.23
Mary	Toney	Open	1.21.87
Lisa	Knipping	Open	1.26.23
Laura	Collins	U18	1.26.28
Alex	Ziersch	U16	1.37.15
Tracey	Howse	40+	1.51.57