

WAC Results Sunday 15th February 2014

Week 17

Women

400m			Distance
Lisa	Ryan	Open	1.11.62
Lara	Friesen	Open	1.13.25
Siobhan	Wilson	U18	1.13.58
Janet	Crococ	50+	1.28.23
Chris	Wilson	50+	1.30.29
Fay	Pearce	60+	1.43.19
Tracey	Howse	40+	1.47.97
Debbie	Jones	40+	1.56.22

Discuss			Distance
Lara	Friesen	Open	27.18
Emilya	Toney	Open	25.74
Lisa	Ryan	Open	16.16
Janet	Crococ	50+	14.77
Siobhan	Wilson	U18	14.29
Debbie	Jones	40+	12.91
Chris	Wilson	50+	12.10
Fay	Pearce	60+	10.28

Shotput			Distance
Lara	Friesen	Open	8.52
Janet	Crococ	50+	7.30
Emilya	Toney	Open	7.28
Siobhan	Wilson	U18	6.98
Lisa	Ryan	Open	6.46
Tracey	Howse	40+	6.10
Debbie	Jones	40+	5.80
Alana	Cartner	U20	3.96

100m			Distance
Siobhan	Wilson	U18	14.39 M
Lisa	Ryan	Open	14.40 M
Emilya	Toney	Open	14.44
Tracey	Howse	40+	18.15
Debbie	Jones	40+	19.96

1500m			Distance
Siobhan	Wilson	U18	6.05.14
Fay	Pearce	60+	8.20.08

Men

400m			Distance
Ben	Boyd	Open	1.02.39
Ted	Elkington	U18	1.03.70
Michael	Howse	50+	1.13.74
Dennis	Baker	60+	1.33.64
Don	Chambers	70+	1.35.55

Discus			Distance
Ben	Boyd	Open	26.43
Dennis	Baker	60+	22.80
Ted	Elkington	U18	21.42
Don	Chambers	70+	20.19
Bill	Pearce	60+	19.89
Steve	Boyd	50+	18.28

Shotput			Distance
Ben	Boyd	Open	8.48
Steve	Boyd	50+	6.78
Dennis	Baker	60+	6.35

100m			Distance
Nathan	Howse	U20	12.21 M
Jordan	Shephard	50+	15.10 M
Steve	Boyd	50+	16.15
Don	Chambers	70+	16.39
Dennis	Baker	60+	18.14

1500m			Distance
Nathan	Howse	U20	5.04.72
Ted	Elkington	U18	5.37.63
Ben	Boyd	Open	5.45.31
Jordan	Shephard	50+	5.55.17
Bill	Pearce	60+	7.04.09

Long Jump			Distance
Nathan	Howse	U20	6.24 *
Ted	Elkington	U18	4.80 *
Don	Chambers	70+	3.57 *
Bill	Pearce	60+	3.33 *
Steve	Boyd	50+	3.00 *

Long Jump			Distance
Siobhan	Wilson	U18	4.18 *
Emilya	Toney	Open	4.18 *
Janet	Crococ	50+	3.53 *
Tracey	Howse	40+	3.22 *
Debbie	Jones	40+	2.69
Fay	Pearce	60+	2.39

Javlin			Distance
Siobhan	Wilson	U18	15.38
Lara	Friesen	Open	22.57 *
Lisa	Ryan	Open	15.72 *
Emilya	Toney	Open	18.58 *
Tracey	Howse	40+	15.53
Debbie	Jones	40+	14.23 *
Janet	Crococ	50+	16.67
Chris	Wilson	50+	12.17 *
Fay	Pearce	60+	11.56 *

3000m			Distance
Lara	Friesen	Open	13.44.84
Chris	Wilson	50+	15.01.85
Fay	Pearce	60+	17.34.04

4 x 200 Relay			Distance
Tracey	Howse	40+	2.08.58
Emilya	Toney	Open	
Michael	Howse	50+	
Nathan	Howse	U20	

4 x 200 Relay			Distance
Dennis	Baker	60+	2.28.05
Jordan	Shephard	50+	
Bill	Pearce	60+	
Janet	Crococ	50+	

4 x 200 Relay			Distance
Siobhan	Wilson	U18	2.37.71
Chris	Wilson	50+	
Fay	Pearce	60+	
Lara	Friesen	Open	

Javlin			Distance
Ben	Boyd	Open	43.88 *
Steve	Boyd	50+	26.46
Don	Chambers	70+	20.27
Ted	Elkington	U18	15.62
Dennis	Baker	60+	11.39 *

3000m			Distance
Ben	Boyd	Open	13.28.29
Bill	Pearce	60+	14.41.62
Steve	Boyd	50+	18.40.45
Robert	Lindley	60+	23.13.65
Joh	Lindley	Open	26.00.72