

# WAC Results Saturday 18th January 2014

## Women

| Steeple - 2000m |        |     | Time     |
|-----------------|--------|-----|----------|
| Siobhan         | Wilson | U18 | 9.49.10  |
| Chris           | Wilson | 50+ | 11.21.49 |

| Steeple - 3000m |      |      | Time     |
|-----------------|------|------|----------|
| Lisa            | Ryan | Open | 15.05.72 |

| 800m   |         |      | Time    |
|--------|---------|------|---------|
| Lara   | Friesen | Open | 2.50.83 |
| Karen  | Hill    | Open | 3.39.36 |
| Fay    | Pearce  | 60+  | 3.49.45 |
| Zoe    | Smith   | U16  | 4.45.48 |
| Tracey | Howse   | 40+  | 4.48.60 |

| Long Jump |         |      | Distance |
|-----------|---------|------|----------|
| Lara      | Friesen | Open | 4.51     |
| Siobhan   | Wilson  | U18  | 4.15     |
| Karen     | Hill    | Open | 3.70     |
| Lisa      | Ryan    | Open | 3.53     |
| Tracey    | Howse   | 40+  | 3.14     |
| Alana     | Cartner | U20  | 3.02     |
| Fay       | Pearce  | 60+  | 1.94     |

| Javlin  |         |      | Distance |
|---------|---------|------|----------|
| Lara    | Friesen | Open | 18.24    |
| Siobhan | Wilson  | U18  | 14.65    |
| Tracey  | Howse   | 40+  | 13.92    |
| Karen   | Hill    | Open | 12.59    |
| Lisa    | Ryan    | Open | 11.41    |
| Fay     | Pearce  | 60+  | 10.29    |

| 200m   |         |      | Time    |
|--------|---------|------|---------|
| Zoe    | Smith   | U16  | 29.79 M |
| Lisa   | Ryan    | Open | 31.52 M |
| Alex   | Ziersch | U16  | 31.54 M |
| Tracey | Howse   | 40+  | 40.27 M |
| Fay    | Pearce  | 60+  | 47.47 M |

| Shot Put |         |      | Distance |
|----------|---------|------|----------|
| Lara     | Friesen | Open | 7.99     |
| Lisa     | Ryan    | Open | 6.40     |

| Triple Jump |         |      | Distance |
|-------------|---------|------|----------|
| Siobhan     | Wilson  | U18  | 9.92     |
| Lara        | Friesen | Open | 9.42     |
| Lisa        | Ryan    | Open | 7.76     |
| Zoe         | Smith   | U16  | 6.92     |

## Men

| Steeple - 3000m |           |      | Time     |
|-----------------|-----------|------|----------|
| Masange         | Runezerwa | Open | 11.38.49 |
| Kevin           | Muller    | 40+  | 12.41.51 |

| 800m   |          |     | Time    |
|--------|----------|-----|---------|
| Ned    | Penny    | U16 | 2.15.29 |
| Gavin  | Smith    | 40+ | 2.30.47 |
| Jordan | Shepherd | 50+ | 2.52.90 |
| Des    | Rees     | 60+ | 3.22.06 |
| Dennis | Baker    | 60+ | 4.16.04 |

| Long Jump |          |     | Distance |
|-----------|----------|-----|----------|
| Don       | Chambers | 70+ | 3.24     |
| Frank     | Scurr    | 70+ | 3.00     |

| Javlin |          |      | Distance |
|--------|----------|------|----------|
| Ben    | Cook     | Open | 38.33    |
| Stan   | Grant    | 40+  | 37.35    |
| Steve  | Boyd     | 50+  | 25.59    |
| Jordan | Sheperd  | 50+  | 21.15    |
| Kevin  | Muller   | 40+  | 18.46    |
| Don    | Chambers | 70+  | 17.77    |
| Bill   | Pearce   | 60+  | 16.68    |
| Dennis | Baker    | 60+  | 12.99    |

| 200m    |          |     | Time    |
|---------|----------|-----|---------|
| Jackson | Whiley   | U14 | 25.15 M |
| Michael | Howse    | 50+ | 26.70 M |
| Gavin   | Smith    | 40+ | 29.34 M |
| Don     | Chambers | 70+ | 35.40 M |

| Shot Put |         |      | Distance |
|----------|---------|------|----------|
| Ben      | Cook    | Open | 10.84    |
| Stan     | Grant   | 40+  | 9.88     |
| Jordan   | Sheperd | 50+  | 7.60     |
| Dennis   | Baker   | 60+  | 5.98     |

| Triple Jump |          |     | Distance |
|-------------|----------|-----|----------|
| Kevin       | Muller   | 40+ | 8.42     |
| Gavin       | Smith    | 40+ | 7.24     |
| Don         | Chambers | 70+ | 7.01     |

| Hammer  |          |     | Distance |
|---------|----------|-----|----------|
| Jackson | Whiley   | U14 | 24.88    |
| Don     | Chambers | 70+ | 23.75    |
| Jordan  | Sheperd  | 50+ | 18.20    |
| Dennis  | Baker    | 60+ | 14.16    |

| Hammer  |         |      | Distance |
|---------|---------|------|----------|
| Lara    | Friesen | Open | 17.48    |
| Siobhan | Wilson  | U18  | 14.95    |

| 100m    |         |      | Time  |
|---------|---------|------|-------|
| Lara    | Friesen | Open | 14.16 |
| Zoe     | Smith   | U16  | 14.29 |
| Alex    | Ziersch | U16  | 14.68 |
| Siobhan | Wilson  | U18  | 15.12 |
| Lisa    | Ryan    | Open | 15.60 |
| Tracey  | Howse   | 40+  | 17.91 |

| 5000m |        |     | Distance |
|-------|--------|-----|----------|
| Fay   | Pearce | 60+ | 29.13.07 |

| 100m    |        |      | Time  |
|---------|--------|------|-------|
| Jackson | Whiley | U14  | 12.30 |
| Ben     | Cook   | Open | 12.91 |
| Michael | Howse  | 50+  | 12.94 |

| 5000m     |          |      | Distance |
|-----------|----------|------|----------|
| Hiroataka | Tanimoto | Open | 15.52.07 |
| Kevin     | Muller   | 40+  | 19.01.92 |
| Jordan    | Sheperd  | 50+  | 24.38.42 |
| Des       | Rees     | 60+  | 24.39.60 |
| Bill      | Pearce   | 60+  | 26.41.34 |
| Robert    | Lindley  | 60+  | 34.37.53 |
| Dennis    | Baker    | 60+  | 36.07.84 |