

WAC Results Saturday 23rd November 2013

Women

3000m			Distance
Fay	Pearce	60+	17.42.48

Discuss			Distance
Kiahna	Evans	u14	27.65
Lara	Friesen	open	24.28
Emilya	Toney	open	24.16
Laura	Collins	u18	17.51
Cheryl	Webster	40+	16.15
Mary	Toney	open	14.19
Zoe	Smith	u16	13.13
Emily	Woodford	u18	12.47
Debbie	Jones	40+	10.98

Shotput			Distance
Kiahna	Evans	14	9.62
Lara	Frisen	open	8.44
Emma	Clark	16	8.06
Emily	Woolford	18	7.82
Emilya	Toney	open	7.02
Mary	Toney	open	6.25
Cheryl	Webster	40+	6.13
Debbie	Jones	40+	6.09

100m			Distance
Emilya	Toney	open	13.56
Zoe	Chapman	U14	13.77
Laura	Collins	u18	14.56
Zoe	Smith	u16	14.57
Lara	Friesen	open	14.59
Sara	Enander	u18	14.99
Maddison	Howells	u14	16.13
Kiahna	Evans	u14	17.93

High Jump			Distance
Laura	Collins	u18	1.45
Zoe	Chapman	u14	1.45
Mary	Toney	open	1.30

Men

3000m			Distance
Masange	Runezerwa	open	10.13.15
Kevin	Muller	40+	10.15.39
Jackson	Whiley	u14	11.01.70
Ted	Elkington	u18	11.24.35
Luke	Smith	u18	11.27.28
Nathan	Howse	u20	11.38.83
Brett	Howells	40+	13.52.33
Des	Rees	60+	14.19.97
David	Elkington	50+	17.00.83
Robert	Lindley	60+	19.31.13

Discus			Distance
Ben	Cook	open	33.46
Stan	Grant	40+	30.14
Greg	Simpson	50+	24.59
Dennis	Baker	60+	21.65
Ted	Elkington	18	21.47
Bill	Pearce	60+	20.34
David	Elkington	50+	17.28
Don	Chambers	70+	17.10
Gavin	Smith	40+	16.68

Shotput			Distance
Ben	Cook	open	11.41
Stan	Grant	40+	10.16
Ben	Hugall	u18	8.55
Don	Chambers	70+	8.03
Dennis	Baker	60+	5.72

100m			Distance
Nathan	Howse	u20	11.54
Adam	Waters	open	11.55
Ryan	Evans	u20	11.73
Ben	Cook	open	12.06
Jackson	Whiley	u14	12.43
Michael	Howse	50+	13.35
Gavin	Smith	40+	13.73
Ben	Hugall	u18	14.28
Kevin	Muller	40+	14.30
Brett	Howells	40+	16.00
Don	Chambers	70+	16.51

1500m			Distance
Emilya	Woodford	u18	6.18.07
Lara	Friesen	open	6.25.16
Emilya	Toney	open	6.38.31
Nadia	Mellor	50+	7.24.22
Fay	Pearce	60+	8.30.08

Long Jump			Distance
Emilya	Toney	open	3.93
Zoe	Smith	u16	3.54
Sara	Enander	u18	3.53
Madi	Howells	u14	3.25
Cheryl	Webster	40+	2.63
Nadia	Mellor	50+	2.28

Javlin			Distance
Lara	Friesen	open	24.85
Emma	Clark	u16	23.34
Kiahna	Evans	u14	19.93
Zoe	Chapman	u14	17.35
Emily	Woodford	u18	15.19
Debbie	Jones	40+	14.47
Mary	Toney	open	14.19

400m			Distance
Lara	Friesen	open	1.14.79
Emily	Woodford	u18	1.16.50

4 x 400 Relay			Distance
Zoe	Smith	u16	
Emily	Woodford	u18	
Laura	Collins	u18	
Maddison	Howells	u14	5.22.23

4 x 400 Relay			Distance
Michael	Howse	50+	
Nathan	Howse	u20	
Ben	Hugall	u18	
Gavin	Smith	40+	4.27.65

High Jump			Distance
Ben	Cook	open	1.80
Nathan	Howse	u20	1.75
Gavin	Smith	40+	1.50
Jackson	Whiley	u14	1.50
David	Elkington	50+	1.20
Don	Chambers	70+	1.10

1500m			Distance
Masanga	Runezerwa	open	4.56.33
Ted	Elkington	u18	5.08.61
Luke	Smith	u18	5.19.56
Brendan	Norden	50+	5.29.70
Brett	Howells	40+	6.14.59
Bill	Pearce	60+	6.36.34
Des	Rees	60+	6.49.45
Greg	Simpson	50+	6.59.79
Dennis	Baker	60+	8.49.64

Long Jump			Distance
Nathan	Howse	u20	5.87
Ben	Hugall	u18	4.19
Greg	Simpson	50+	3.72
Gavin	Smith	40+	3.57
Don	Chambers	70+	3.34

Javlin			Distance
Ben	Cook	open	41.07
Stan	Grant	40+	36.89
Kevin	Muller	40+	20.57
Bill	Pearce	60+	17.95
Jackson	Whiley	u14	17.59
Ted	Elkington	u18	17.25
Luke	Smith	u18	16.85
Dennis	Baker	60+	13.34

400m			Distance
Ben	Hugall	u18	57.80
Jordan	Siemens	u18	1.02.65
Kevin	Muller	40+	1.03.71
Gavin	Smith	40+	1.05.04
Michael	Howse	50+	1.11.86
Greg	Simpson	50+	1.18.29
Des	Rees	60+	1.28.83