

WAC Results Saturday 21st December 2013

WOMEN

1500m			Distance
Lisa	Ryan	Open	6.09.28
Emily	Woolford	U18	6.32.81
Chris	Wilson	50+	7.09.30
Nadia	Mellor	50+	7.27.77
Emma	Grech	Open	7.45.63
Jean	Hutchings	Open	7.51.10
Debbie	Jones	40+	7.57.33
Emilya	Toney	Open	8.02.83
Tracey	Howse	40+	9.46.52

High Jump			Distance
Laura	Collins	U18	1.45
Lisa	Ryan	Open	1.05
Zoe	Chapman	U14	1.45
Tracey	Howse	40+	0.90
Jean	Hutchings	Open	1.00
Siobhan	Wilson	U18	1.20

Hammer			Distance
Kaihna	Evans	U14	28.29
Laura	Collins	U18	25.72
Janet	Crococ	50+	22.38
Donna	Evans	Open	19.14
Emilya	Toney	Open	18.32
Lara	Friesen	Open	17.11
Debbie	Jones	40+	17.02
Mary	Toney	Open	16.22
Nadia	Mellor	50+	9.28
Alana	Cartner	U20	3.84

100m			Distance
Zoe	Chapman	U14	13.56
Emilya	Toney	Open	13.80
Laura	Collins	U18	13.94
Zoe	Smith	U16	14.16
Lara	Friesen	U18	14.57
Alex	Ziersch	U16	14.64
Lisa	Ryan	Open	15.23
Siobhan	Wilson	U18	15.37
Janet	Crococ	50+	16.22
Tracey	Howse	40+	17.88
Jean	Hutchings	Open	22.75

MEN

1500m			Distance
Kevin	Muller	40+	4.52.04
Ted	Elkington	U18	5.29.68
Des	Rees	60+	6.39.15
Ben	Ryan	Open	6.57.95

High Jump			Distance
Jackson	Whiley	U14	1.50
Ben	Ryan	Open	1.50
Ben	Boyd	Open	1.45
Ted	Elkington	U18	1.40
Tobi	Gilmour	U14	1.40

Hammer			Distance
Don	Chambers	70+	25.16
Ben	Ryan	Open	21.37
Greg	Simpson	50+	20.79
Stan	Grant	40+	18.97

100m			Distance
Ben	Boyd	Open	11.51
Ben	Hugall	U18	11.67
Jackson	Whiley	U14	12.43
Michael	Howse	50+	13.32
Tobi	Gilmour	U14	13.91
Gavin	Smith	40+	14.22
Kevin	Muller	40+	14.35
Greg	Simpson	50+	15.35
Ben	Ryan	Open	15.68
Don	Chambers	70+	16.14

Discuss			Distance
Stan	Grant	40+	29.88
Ben	Boyd	Open	26.13
Tobi	Gilmour	U14	24.84
Jackson	Whiley	U14	24.62
Greg	Simpson	50+	24.16
Bill	Pearce	60+	22.66
Ben	Ryan	Open	22.08
Kevin	Muller	40+	16.94
Don	Chambers	70+	16.53

Discus			Distance
Kiahna	Evans	U14	29.90
Lara	Friesen	Open	27.45
Emilya	Toney	Open	24.31
Laura	Collins	U18	22.79
Donna	Evans	Open	22.35
Janet	Crococ	50+	17.13
Zoe	chapman	U14	17.00
Lisa	Ryan	Open	16.00
Mary	Toney	open	15.84
Tracey	Howse	40+	13.87
Emma	Grech	Open	13.68
Zoe	Smith	U16	12.23
Nadia	Mellor	50+	10.40
Fay	Pearce	60+	9.79

Shot Put			Distance
Kaihna	Evans	U14	10.37
Laura	Collins	U18	9.08
Lara	Friesen	Open	8.55
Donna	Evans	Open	7.65
Emily	Woolford	U18	7.16
Siobhan	Wilson	U18	7.05
Janet	Crococ	50+	6.35
Mary	Toney	Open	6.31
Zoe	Chapman	U14	6.22
Cheryl	Webster	40+	6.22
Tracey	Howse	40+	6.16
Lisa	Ryan	Open	5.96
Debbie	Jones	40+	5.81
Emma	Grech	Open	5.03
Jean	Hutchings	Open	4.76

Long Jump			Distance
Emilya	Toney	Open	4.24
Lara	Friesen	Open	4.11
Alex	Ziersch	U16	3.97
Lisa	Ryan	Open	3.57
Zoe	Chapman	U14	3.55
Tracey	Howse	40+	3.22
Janet	Crococ	50+	3.17
Emma	Grech	Open	2.88
Debbie	Jones	40+	2.50
Zoe	Smith	U16	2.38
Nadia	Mellor	50+	2.14
Fay	Pearce	70+	2.13

3000m			Distance
Siobhan	Wilson	U18	14.10.47
Debbie	Jones	40+	16.44.06
Fay	Pearce	70+	17.10.47

Shot Put			Distance
Nathan	Howse	U20	11.56
Stan	Grant	40+	10.45
Jackson	Whiley	U14	9.36
Ben	Boyd	Open	8.96
Don	Chambers	70+	8.77
Ted	Elkington	U18	8.46
Tobi	Gilmour	U14	7.14
Greg	Simpson	50+	6.95
Kevin	Muller	40+	6.31

Long Jump			Distance
Jackson	Whiley	U14	4.37
Greg	Simpson	50+	3.79
Ben	Ryan	Open	3.75
Gavin	Smith	40+	3.52
Don	Chambers	70+	3.40
Tobi	Gilmour	U14	2.34

3000m			Distance
Kevin	Muller	40+	10.43.59
Tony	Perrott	50+	12.45.28
Mike	Mellor	60+	12.50.57
Des	Rees	60+	14.16.65
Robert	Lindley	60+	21.43.05

400m			Distance
Nathan	Howse	U20	54.56
Ted	Elkington	U18	1.11.29
Michael	Howse	50+	1.12.23
Tobi	Gilmour	U14	1.14.00
Des	Rees	60+	1.29.87

60m			Time
Nathan	Howse	U20	7.32
Ben	Boyd	Open	7.50
Ben	Hugall	U18	7.66
Jackson	Whiley	U14	7.97
Michael	Howse	50+	8.65
Tobi	Gilmour	U14	8.70
Ben	Ryan	Open	8.84
Don	Chambers	70+	10.46

400m			Distance
Mary	Toney	Open	1.08.73
Lisa	Ryan	Open	1.09.34
Emilyya	Woolford	U18	1.19.47
Siobhan	Wilson	U18	1.23.54
Laura	Collins	U18	1.27.38
Emilyya	Toney	Open	1.27.40
Tracey	Howse	40+	1.51.95

60m			Time
Emilyya	Toney	Open	8.57
Mary	Toney	Open	8.58
Zoe	Chapman	U14	8.70
Zoe	Smith	U16	8.80
Laura	Collins	U18	8.88
Lara	Friesen	Open	8.99
Alex	Ziersch	U16	9.02
Emily	Woolford	U18	9.38
Lisa	Ryan	Open	9.43
Janet	Crocos	50+	9.96
Tracey	Howse	40+	10.93
Kiahna	Evans	U14	10.95
Nadia	Mellor	50+	13.41