

## WAC Results Saturday 22 February 2014

### WOMEN

1500m			Distance
Siobhan	Wilson	U18	5.48.13
Lara	Friesen	Open	6.15.31
Fay	Pearce	60+	7.59.59

High Jump			Distance
Laura	Collins	U18	1.35
Siobhan	Wilson	U18	1.35
Lisa	Ryan	Open	1.10

Hammer			Distance
Kiahna	Evans	U14	29.33
Janet	Crococ	50+	20.62
Lara	Friesen	Open	17.01
Siobhan	Wilson	U18	17.00
Toni	Phillips	40+	14.90
Emily	Woolford	U18	14.19
Nadia	Mellor	50+	9.52

100m			Distance
Zoe	Smith	U16	14.41
Laura	Collins	U18	14.85
Siobhan	Wilson	U18	14.97
Lisa	Ryan	Open	15.49
Tracey	Howse	40+	17.68

Discus			Distance
Toni	Phillips	40+	19.88
Janet	Crococ	50+	17.92
Lara	Friesen	Open	16.66
Karen	Hill	Open	16.48
Lisa	Ryan	Open	14.33
Chris	Wilson	50+	11.92
Nadia	Mellor	50+	9.56

Shot Put			Distance
Kiahna	Evans	U14	10.57
Laura	Collins	U18	9.92
Lara	Friesen	Open	8.31
Emily	Woolford	U18	7.30
Janet	Crococ	50+	7.22
Lisa	Ryan	Open	6.66
Toni	Phillips	40+	5.79
Tracey	Howse	40+	5.70
Chris	Wilson	50+	5.15

### MEN

1500m			Distance
Nathan	Howse	U20	4.51.55
Ted	Elkington	U18	5.00.06
Kevin	Muller	40+	5.35.00
Bill	Pearce	60+	6.50.61

High Jump			Distance
Jordan	Shepherd	50+	1.25
Roger	Frankenberg	70+	1.15
Steve	Boyd	50+	1.05
Frank	Scurr	70+	1.00

Hammer			Distance
Dave	Chisholm	40+	20.80
Jordan	Shepherd	50+	17.05
Dennis	Baker	60+	14.91
Kevin	Muller	40+	11.97

100m			Distance
Nathan	Howse	U20	12.29
Dave	Chisholm	40+	13.26
Ted	Elkington	U18	13.38
Don	Chambers	70+	16.34
Dennis	Baker	60+	17.65
Frank	Scurr	70+	18.03

Discus			Distance
Roger	Frankenberg	70+	27.40
Nathan	Howse	U20	25.60
Jordan	Shepherd	50+	25.51
Bill	Pearce	60+	21.74
Dennis	Baker	60+	21.46
Dave	Chisholm	40+	19.80
Don	Chambers	70+	19.72
Ted	Elkington	U18	18.74
Kevin	Muller	40+	15.55
Steve	Boyd	50+	15.55

Long Jump			Distance
Laura	Collins	U18	4.51
Siobhan	Wilson	U18	4.47
Lara	Friesen	Open	4.25
Emily	Woolford	U18	3.86
Janet	Crococ	50+	3.51
Lisa	Ryan	Open	3.42
Zoe	Smith	U16	3.35
Tracey	Howse	40+	3.26
Chris	Wilson	50+	3.15
Kiahna	Evans	U14	2.99
Fay	Pearce	60+	2.43
Nadia	Mellor	50+	1.99

3000m			Distance
Siobhan	Wilson	U18	12.52.95
Lisa	Ryan	Open	13.23.10
Emily	Woolford	U18	14.02.12
Chris	Wilson	50+	15.11.51
Karen	Hill	Open	15.25.21
Fay	Pearce	60+	16.53.90

400m			Distance
Lisa	Ryan	Open	1.12.54
Emily	Woolford	U18	1.13.63
Siobhan	Wilson	U18	1.28.35
Toni	Phillips	40+	1.26.85
Zoe	Smith	U16	1.34.17
Tracey	Howse	40+	1.38.93

Shot Put			Distance
Nathan	Howse	U20	10.34
Ted	Elkington	U18	8.94
Don	Chambers	70+	8.46
Roger	Frankenberg	70+	8.19
Dave	Chisholm	40+	7.76
Jordan	Shepherd	50+	6.97
Steve	Boyd	50+	6.81
Dennis	Baker	60+	5.91
Kevin	Muller	40+	5.79

Long Jump			Distance
Dave	Chisholm	40+	4.85
Ted	Elkington	U18	4.67
Bill	Pearce	60+	3.60
Don	Chambers	70+	3.49
Frank	Scurr	70+	3.08

3000m			Distance
Steve	Boyd	50+	18.18.76
Dennis	Baker	60+	19.09.75
Robert	Lindley	60+	19.57.95

400m			Distance
Nathan	Howse	U20	54.40
Ted	Elkington	U18	1.00.21
Dave	Chisholm	40+	1.05.64
Jordan	Shepherd	50+	1.11.91
Michael	Howse	50+	1.24.15