

WAC Results Sunday 27th October 2013

Women

3000m			Distance
Chris	Wilson	50+	14.23.39
Kayla	Kneebone	U18	15.22.15
Debbie	Jones	40+	17.41.62
Janet	Crococ	50+	18.07.12

Discus			Distance
Lara	Friesen	Open	24.29
Kelsey	Williams	U18	17.34
Cheryl	Webster	40+	17.17
Janet	Crococ	50+	17.11
Kayla	Kneebone	U18	15.68
Tracey	Howse	40+	14.35
Teagan	Bennie	U18	14.31
Debbie	Jones	40+	13.43
Chris	Wilson	50+	11.39

Shot Put			Distance
Lara	Friesen	Open	8.68
Emma	Clark	U16	7.77
Emily	Woolford	U18	7.37
Janet	Crococ	50+	6.79
Teagan	Bennie	U18	6.69
Kelsey	Williams	U18	6.42
Debbie	Jones	40+	6.16
Tracey	Howse	40+	6.01
Cheryl	Webster	40+	5.96
Chris	Wilson	50+	5.68

100m			Distance
Mary	Munroe	Open	14.25
Kayla	Kneebone	U18	14.69
Alex	Ziersch	U16	14.49
Kelsey	Williams	U18	14.89
Emily	Woolford	U18	15.53
Madi	Howells	U14	16.82
Cheryl	Webster	40+	17.44
Tracey	Howse	40+	18.32

High Jump			Distance
Lara	Friesen	Open	1.45
Janet	Crococ	50+	1.05
Debbie	Jones	40+	0.90

Men

3000m			Distance
Luke	Smith	U18	11.21.42
Ted	Elkington	U18	11.29.00
Nathan	Howse	U20	11.38.30
Mike	Mellor	60+	12.48.80
Bill	Pearce	60+	13.27.34
Des	Rees	60+	14.20.31
Dave	Elkington	50+	17.26.13

Discus			Distance
Stan	Grant	40+	28.83
Ben	Boyd	Open	27.16
Nathan	Howse	U20	23.43
Ted	Elkington	U18	22.31
Dennis	Baker	60+	22.22
Gavin	Smith	40+	21.73
Steve	Boyd	50+	18.54
Luke	Smith	U18	11.38

Shot Put			Distance
Nathan	Howse	U20	10.39
Stan	Grant	40+	10.15
Ted	Elkington	U18	9.55
Ben	Boyd	Open	9.00
Lachy	Steain	Open	7.43
Steve	Boyd	50+	6.92
Dennis	Baker	60+	6.16

100m			Distance
Nathan	Howse	U20	11.58
Ben	Hugall	U18	12.34
Lachy	Steain	Open	13.56
Michael	Howse	50+	13.60
Dennis	Baker	60+	18.34

High Jump			Distance
Ben	Boyd	Open	1.50

1500m			Distance
Ted	Elkington	U18	5.19.52
Nathan	Howse	U20	5.20.04
Luke	Smith	U18	6.22.83
Steve	Boyd	50+	8.09.55

1500m			Distance
Emily	Woolford	U18	6.18.47
Tracey	Howse	40+	10.49.32

Long Jump			Distance
Lara	Friesen	Open	4.48
Alex	Ziersch	U16	3.82
Emily	Woolford	U18	3.61
Teagan	Bennie	U18	3.42
Tracey	Howse	40+	3.17

Javelin			Distance
Emma	Clark	U16	21.50
Janet	Crococ	50+	18.04
Cheryl	Webster	40+	15.02
Kelsey	Williams	U18	14.31
Debbie	Jones	40+	13.37
Kayla	Kneebone	U18	9.26

400m			Distance
Mary	Munro	Open	1.07.77
Emily	Woolford	U18	1.12.26
Chris	Wilson	50+	1.30.89
Tracey	Howse	40+	1.53.45

4 x 100 Relay			Distance
Ben	Hugall	U18	53.06
Lachy	Steain	Open	53.06
Mary	Munro	Open	53.06
Ted	Elkington	U18	53.06

4 x 100 Relay			Distance
Nathan	Howse	U20	56.74
Michael	Howse	50+	56.74
Tracey	Howse	40+	56.74
Alex	Ziersch	U16	56.74

4 x 100 Relay			Distance
Kayla	Kneebone	U18	1.00.47
Kelsey	Williams	U18	1.00.47
Emily	Woolford	U18	1.00.47
Emma	Clark	U16	1.00.47

4 x 100 Relay			Distance
Cheryl	Webster	40+	1.10.04
Luke	Smith	U18	1.10.04
Gavin	Smith	40+	1.10.04
Zoe	Smith	U16	1.10.04

Long Jump			Distance
Nathan	Howse	U20	5.97
Ben	Hugall	U18	4.78
Ted	Elkington	U18	4.49
Lachy	Steain	Open	4.44

Javelin			Distance
Ben	Boyd	Open	41.60
Stan	Grant	40+	38.28
Steve	Boyd	50+	25.21
Gavin	Smith	40+	22.05
Luke	Smith	U18	18.60
Dennis	Baker	60+	15.95

400m			Distance
Ben	Hugall	U18	54.68
Nathan	Howse	U20	1.00.99
Lachy	Steain	Open	1.03.15
Ted	Elkington	U18	1.06.94
Michael	Howse	50+	1.15.54
Dennis	Baker	60+	1.35.45