

## Don Sparks Steel Pentathlon 27th November 2010

WOMEN			
Abbie	Little	U14	2401
Rachel	Little	40+	2315
Siobhan	Willson	U14	2199
Samantha	Little	U16	2125
Janet	Crococ	50+	2054
Jaimi	Dove	U14	1920
Laura	Collins	U16	1904
Gabbie	Knight	U20	1840
Rikki	Sproule	U14	1762
Mary	Toney	U18	1656
Emilyya	Toney	U20	1345
Jacquie	Star	U18	1328
Fay	Pearce	50+	1084
Victoria	Jones	Open	889
Helen	Collins	40+	887
Nardia	Mellor	50+	767
Tracey	Howse	40+	629
Debbie	Jones	40+	525

MEN			
Ben	Cook	U20	2835
James	Ellis	U16	2775
Michael	Daly	U16	2498
Nathan	Howse	U18	2330
Chris	Barton	OPEN	2316
Kevin	Muller	40 +	1930
Ted	Elkington	U16	1717
Bill	Pearce	50+	1605
Jordan	Smith	U16	1598
Greg	Simpson	50+	1445
Zac	Jones	OPEN	1374
Trent	Turner	OPEN	892
Ben	Boyd	U20	828
Michael	Howse	40 +	806
Kevin	Jones	40 +	545

200				
Samantha	Little	U16	WAC	28.53
Mary	Toney	U18	WAC	28.81
Emilyya	Toney	U20	WAC	29.00
Rachel	Little	40+	WAC	30.06
Lisa	Knipping	Open	WAC	30.48
Laura	Collins	U18	WAC	30.50
Gabby	Knight	U20	WAC	31.90
Abbie	Little	U14	WAC	31.97
Victoria	Jones	Open	WAC	32.24
Alana	Cartner	U18	WAC	32.64
Rikki	Sproule	U14	WAC	32.79
Siobhan	Wilson	U14	WAC	32.96
Jacqui	Star	U18	WAC	33.14
Karen	Hill	Open	WAC	33.42
Janet	Crococ	50+	WAC	34.00
Jamie	Dove	U14	WAC	35.29
Helen	Collins	40+	WAC	36.77
Fay	Pearce	50+	WAC	38.79
Debbie	Jones	40+	WAC	42.72
Tracey	Howse	40+	WAC	40.79
Nadia	Mellor	50+	WAC	49.22
800				
Rachel	Little	40+	WAC	2.43.68
Emilyya	Toney	U20	WAC	2.56.20
Siobhan	Wilson	U14	WAC	2.57.37

### MEN

200m					Time
Nathan	Howse	U18	WAC	23.91	
Ben	Cook	U20	WAC	23.97	
James	Ellis	U16	WAC	24.18	
Chris	Barton	OPEN	WAC	25.55	
Brian	Allen	U18	WAC	25.85	
Kevin	Muller	40 +	WAC	27.62	
Michael	Daly	U16	WAC	27.83	
Trent	Turner	OPEN	WAC	28.32	
Ted	Elkington	U16	WAC	28.65	
Jordan	Smith	U16	WAC	29.20	
Zac	Jones	OPEN	WAC	30.99	
Michael	Howse	40 +	WAC	31.39	
Bill	Pearce	50+	WAC	31.87	
Greg	Simpson	50+	WAC	32.05	
Kevin	Jones	40 +	WAC	42.91	
Ben	Boyd	U20	WAC	61.85	

1500M					Time
James	Ellis	U16	WAC	4.20.15	
Kevin	Muller	40 +	WAC	4.53.32	
Ben	Cook	U20	WAC	5.00.80	
Chris	Barton	OPEN	WAC	5.38.86	
Zac	Jones	OPEN	WAC	5.42.01	
Nathan	Howse	U18	WAC	5.49.38	
Ted	Elkington	U16	WAC	5.51.41	
Jordan	Smith	U16	WAC	5.52.55	

Gabby	Knight	U20	WAC	3.00.50
Samantha	Little	U16	WAC	3.01.61
Alana	Cartner	U18	WAC	3.03.06
Rikki	Sproule	U14	WAC	3.06.58
Laura	Collins	U18	WAC	3.07.41
Karen	Hill	Open	WAC	3.13.86
Abbie	Little	U14	WAC	3.17.68
Mary	Toney	U18	WAC	3.27.84
Jamie	Dove	U14	WAC	3.29.24
Jacqui	Star	U18	WAC	3.30.09
Victoria	Jones	Open	WAC	3.33.08
Janet	Crococ	50+	WAC	3.34.71
Nadia	Mellor	50+	WAC	3.40.57
Fay	Pearce	50+	WAC	3.46.10
Helen	Collins	40+	WAC	3.59.60
Debbie	Jones	40+	WAC	4.17.34
Tracey	Howse	40+	WAC	4.25.31

#### javelin

Gabby	Knight	U20	WAC	22.97
Lisa	Knipping	Open	WAC	16.32
Janet	Crococ	50+	WAC	16.06
Rachel	Little	40+	WAC	15.66
Abbie	Little	U14	WAC	15.54
Jacquie	Star	U18	WAC	15.28
Mary	Toney	U18	WAC	15.16
Jaimi	Dove	U14	WAC	14.70
Debbie	Jones	40+	WAC	13.98
Tracey	Howse	40+	WAC	13.44
Laura	Collins	U18	WAC	12.26
Nadia	Mellor	50+	WAC	11.67
Victoria	Jones	Open	WAC	11.41
Helen	Collins	40+	WAC	11.15
Rikki	Sproule	U14	WAC	9.90
Fay	Pearce	50+	WAC	9.66
Samantha	Little	U16	WAC	8.40
Siobhan	Wilson	U14	WAC	7.82

#### discus

Gabby	Knight	U20	WAC	21.52
Emily	Toney	U20	WAC	21.26
Rachel	Little	40+	WAC	19.93
Jamie	Dove	U14	WAC	19.33
Janet	Crococ	50+	WAC	18.73
Jacqui	Star	U18	WAC	17.74
Samantha	Little	U16	WAC	17.65
Tracey	Howse	40+	WAC	17.11
Victoria	Jones	Open	WAC	15.89
Lisa	Knipping	Open	WAC	15.71

Michael	Daly	U16	WAC	5.54.18
Bill	Pearce	50+	WAC	6.18.86
Trent	Turner	OPEN	WAC	6.48.27
Greg	Simpson	50+	WAC	6.53.62
Michael	Howse	40 +	WAC	7.22.15
Kevin	Jones	40 +	WAC	8.16.67
Ben	Boyd	U20	WAC	8.44.59

#### javelin

Chris	Barton	OPEN	WAC	44.72
Ben	Cook	U20	WAC	43.81
Ben	Boyd	U20	WAC	36.05
Brian	Allen	U18	WAC	33.50
Michael	Daly	U16	WAC	30.50
Nathan	Howse	U18	WAC	27.25
Zac	Jones	OPEN	WAC	23.82
Kevin	Jones	40 +	WAC	21.01
Greg	Simpson	50+	WAC	20.54
Kevin	Muller	40 +	WAC	20.09
Michael	Howse	40 +	WAC	19.88
Bill	Pearce	50+	WAC	17.14
James	Ellis	U16	WAC	13.99
Ted	Elkington	U16	WAC	12.59
Jordan	Smith	U16	WAC	11.75

#### discus

Chris	Barton	OPEN	WAC	31.29
Zac	Jones	OPEN	WAC	25.62
Michael	Daly	U16	WAC	24.18
Ben	Boyd	U20	WAC	23.95
Nathan	Howse	U18	WAC	23.56
Ben	Cook	U20	WAC	22.63
Brian	Allen	U18	WAC	21.83
Trent	Turner	OPEN	WAC	19.51
Michael	Howse	40 +	WAC	19.49
Greg	Simpson	50+	WAC	19.26
Kevin	Jones	40 +	WAC	18.96
Bill	Pearce	50+	WAC	17.69
Jordan	Smith	U16	WAC	17.63
Ted	Elkington	U16	WAC	17.43
Kevin	Muller	40 +	WAC	16.81
James	Ellis	U16	WAC	14.82

#### long jump

Brian	Allen	U18	WAC	4.58
Chris	Barton	OPEN	WAC	5.18
Ben	Boyd	U20	WAC	2.43
Ben	Cook	U20	WAC	5.90
Michael	Daly	U16	WAC	4.85

Abbie	Little	U14	WAC	15.32
Mary	Toney	U18	WAC	15.24
Karen	Hill	Open	WAC	15.13
Laura	Collins	U16	WAC	14.07
Debbie	Jones	40+	WAC	13.7
Helen	Collins	40+	WAC	13.27
Fay	Pearce	50+	WAC	11.39
Siobhan	Wilson	U14	WAC	10.79
Rikki	Sproule	U14	WAC	10.07
Nadia	Mellor	50+	WAC	10.05

long jump				
Mary	Toney	U18	WAC	4.17
Abbie	Little	U14	WAC	4.00
Rachel	Little	40+	WAC	3.98
Siobhan	Willson	U14	WAC	3.95
Karen	Hill	Open	WAC	3.89
Lisa	Knipping	Open	WAC	3.89
Jacque	Star	U18	WAC	3.89
Samantha	Little	U16	WAC	3.84
Gabby	Knight	U20	WAC	3.75
Laura	Collins	U18	WAC	3.67
Janet	Crococ	50+	WAC	3.53
Jaimi	Dove	U14	WAC	3.30
Helen	Collins	40+	WAC	3.23
Victoria	Jones	Open	WAC	2.98
Rikki	Sproule	U14	WAC	2.77
Tracey	Howse	40+	WAC	2.72
Fay	Pearce	50+	WAC	2.63
Debbie	Jones	40+	WAC	2.25

3000m				
Jean	Hutchings	Open	WAC	12.10.44
Christine	Simmons	50+	WAC	14.09.74
Alana	Cartner	U18	WAC	14.29.92

Ted	Elkington	U16	WAC	3.85
James	Ellis	U16	WAC	4.92
Nathan	Howse	U18	WAC	5.80
Michael	Howse	40 +	WAC	2.19
Zac	Jones	OPEN	wAC	4.29
Kevin	Jones	40 +	WAC	2.64
Kevin	Muller	40 +	WAC	4.15
Bill	Pearce	50+	WAC	3.92
Greg	Simpson	50+	WAC	3.44
Jordan	Smith	U16	WAC	3.46
Trent	Turner	OPEN	WAC	3.89

3000				
Brian	Simmons	50+	WAC	11.26.42
Michael	Mellor	50+	WAC	12.03.00