

## WAC Results Saturday 7th December 2013 Pentathlon

### Women

3000m			Distance
Chris	Wilson	50+	14.38.11
Madia	Mellor	50+	15.51.36
Karen	Hill	Open	16.32.96
Fay	Pearce	60+	17.17.60

Long Jump			Distance
Allison	Williams	U14	4.54
Zoe	Chapman	U14	4.42
Lara	Friesen	Open	4.33
Miranda	Williams	U18	4.24
Siobhan	Wilson	U18	4.01
Emily	Woolford	U18	3.83
Lisa	Ryan	Open	3.47
Cherie	Anderson	Open	3.29
Maree	Rochow	40+	3.25
Tracey	Howse	40+	3.18
Debbie	Starr	Open	3.14
Zoe	Smith	U16	3.01
Kiahna	Evans	U14	2.80
Fay	Pearce	60+	2.07

Javelin			Distance
Lara	Friesen	Open	25.46
Zoe	Chapman	U14	19.68
Kiahna	Evans	U14	19.59
Debbie	Starr	Open	18.78
Maree	Rochow	40+	15.93
Tracey	Howse	40+	15.80
Siobhan	Wilson	U18	15.66
Emily	Woolford	U18	14.75
Lisa	Ryan	Open	13.69
Karen	Hill	Open	13.61
Allison	Williams	U14	12.46
Fay	Pearce	60+	10.98
Nadia	Mellor	50+	10.98
Zoe	Smith	U16	10.04
Miranda	Williams	U18	8.11

### Men

3000m			Distance
Masange	Runezedwa	Open	10.27.74
Mike	Mellor	60+	12.33.83
Tony	Perrott	50+	12.56.55
Des	Rees	60+	14.21.68
Dave	Elkington	50+	16.39.74

Long Jump			Distance
Nathan	Howse	U20	6.49
Ted	Elkington	U18	4.72
Tobi	Gilmour	U14	4.50
Dylan	Braut	Open	4.32
Greg	Simpson	50+	3.73
Gavin	Smith	40+	3.66
Matt	Low	Open	3.65
Noah	McFarlane	U14	3.47
Don	Chambers	70+	3.28

Javelin			Distance
Matt	Low	Open	36.26
Tobi	Gilmour	U14	21.49
Gavin	Smith	40+	21.40
Bill	Pearce	60+	20.60
Don	Chambers	70+	19.44
Nathan	Howse	U20	19.20
Ted	Elkington	U18	17.86
Greg	Simpson	50+	17.44
Dennis	Baker	60+	12.89

200m			Time
Zoe	Chapman	U14	28.96
Zoe	Smith	U16	29.82
Allison	Williams	U14	30.15
Lara	Friesen	Open	30.32
Miranda	Williams	U18	30.54
Alex	Ziersch	U16	30.55
Siobhan	Wilson	U18	31.00
Lisa	Ryan	Open	31.67
Emily	Woolford	U18	31.70
Maree	Rochow	40+	32.71
Kiahna	Evans	U14	38.42
Cherie	Anderson	Open	40.40
Tracey	Howse	40+	40.90
Fay	Pearce	60+	45.23

200m			Time
Nathan	Howse	U20	23.28
Ted	Elkington	U18	26.72
Michael	Howse	50+	27.33
Gavin	Smith	40+	28.73
Tobi	Gilmour	U14	29.78
Greg	Simpson	50+	32.94
Noah	McFarlane	U14	33.94
Don	Chambers	70+	35.94
Des	Rees	60+	36.90

Discus			Distance
Kiahna	Evans	U14	29.70
Lara	Friesen	Open	23.27
Debbie	Starr	Open	17.80
Maree	Rochow	40+	17.65
Zoe	Chapman	U14	17.58
Karen	Hill	Open	16.89
Allison	Williams	U14	15.61
Miranda	Williams	U18	15.44
Tracey	Howse	40+	15.20
Lisa	Ryan	Open	14.46
Emily	Woolford	U18	13.96
Siobhan	Wilson	U18	12.95
Zoe	Smith	U16	12.35
Fay	Pearce	60+	10.41

Discus			Distance
Matt	Low	Open	30.97
Tobi	Gilmour	U14	23.02
Gavin	Smith	40+	23.92
Bill	Pearce	60+	23.06
Don	Chambers	70+	16.74
Nathan	Howse	U20	27.51
Ted	Elkington	U18	19.73
Greg	Simpson	50+	20.70
Dennis	Baker	60+	23.45
Noah	McFarlane	U14	13.25
Dylan	Bruat	Open	16.43

800m			Time
Lisa	Ryan	Open	2.49.36
Lara	Friesen	Open	2.55.40
Siobhan	Wilson	U18	2.58.03
Emily	Woolford	U18	2.59.59
Allison	Williams	U14	3.12.98
Zoe	Smith	U16	3.16.39
Zoe	Chapman	U14	3.20.39
Maree	Rochow	40+	3.23.95
Karen	Hill	Open	3.49.39
Miranda	Williams	U18	3.56.06
Cherie	Anderson	Open	4.07.50
Kiahna	Evans	U14	4.08.28
Fay	Pearce	60+	4.18.23
Tracey	Howse	40+	4.22.41

1500m			Time
Nathan	Howse	U20	5.00.73
Ted	Elkington	U18	5.10.74
Tobi	Gilmour	U14	5.58.30
Gavin	Smith	40+	5.58.70
Des	Rees	60+	6.49.06
Greg	Simpson	50+	6.54.79
Don	Chambers	70+	DNF

<b>Pentathlon Results</b>			
Name		Age	Points
Zoe	Chapman	U14	2933
Allison	Williams	U14	2713
Lara	Friesen	Open	1979
Kiahna	Evans	U14	1750
Siobhan	Wilson	U18	1676
Maree	Rochow	40+	1612
Zoe	Smith	U16	1605
Emily	Woolford	U18	1568
Lisa	Ryan	Open	1380
Miranda	Williams	U18	1260
Tracey	Howse	40+	905
Fay	Pearce	60+	829

<b>Pentathlon Results</b>			
Name		Age	Points
Nathan	Howse	U20	2765
Tobi	Gilmour	U14	2587
Ted	Elkington	U18	1841
Gavin	Smith	40+	1569
Greg	Simpson	50+	1510
Don	Chambers	70+	1036