

## WAC Results Saturday 30th November 2013

### Women

800m			Time
Zoe	Chapman	U14	3.42.74
Emma	Grech	Open	3.52.76
Tracey	Howse	40+	4.33.36

Long Jump			Distance
Laura	Collins	u18	4.71
Lara	Friesen	open	4.52
Zoe	chapman	u14	4.43
Tracey	Howse	40+	3.27
Emma	Grech	open	2.89
Alana	Cartner	u20	2.85
Debbie	Jones	40+	2.70

Javelin			Distance
Lara	Friesen	open	25.20
Laura	Collins	u/18	23.90
Emma	Clark	u/16	19.74
Zoe	Chapman	u/14	15.63
Debbie	Jones	40+	15.62
Alana	Cartner	u/20	15.37
Tracey	Howse	40+	14.38
Emma	Grech	open	13.64
Zoe	Smith	u/16	11.72

Shot Put			Distance
Laura	Collins	U18	10.87
Emma	Clark	U16	8.39
Zoe	Chapman	U14	6.73
Debbie	Jones	40+	5.52
Emma	Grech	Open	5.40

200m			Time
Zoe	Smith	U16	30.67
Lara	Friesen	Open	30.40
Maddison	Howells	U14	35.34
Tracey	Howse	40+	41.68

5000m			Distance
Chris	Wilson	50+	25.07.17
Nadia	Mellor	50+	27.23.96
Debbie	Jones	40+	28.08.18

### Men

800m			Time
Kevin	Muller	40+	2.20.84
Ted	Elkington	U18	2.25.63
Nathan	Howse	u20	2.40.53
Des	Rees	60+	3.19.73
Michael	Howse	50+	3.39.02

Long Jump			Distance
Ben	Boyd	open	5.21
Kevin	Muller	40+	4.31
Don	Chamber	70+	3.42
Frank	Scurr	70+	2.91

Javelin			Distance
Ben	Boyd	open	44.49
Ben	Boyd	Open	8.88
Dennis	Baker	60+	6.32

Shot Put			Distance
Stan	Grant	40+	10.51
Ben	Boyd	Open	8.88
Denis	Baker	60+	6.32

200m			Time
Ted	Elkington	u18	27.13
Michael	Howse	50+	27.52
Kevin	Muller	40+	28.56
Kevin	Shanahan	50+	36.53
Don	Chambers	70+	36.98
Des	Rees	60+	37.98

5000m			Distance
Mzasange	Runezerwa	Open	17.31.34
Kevin	Muller	40+	17.46.34
Nathan	Howse	u20	20.55.68

Emma	Grech	open	28.56.74
Fay	Pearce	60+	31.18.13

Kevin	Shanahan	50+	22.33.80
Des	Rees	60+	24.49.20

Triple Jump			Distance
Laura	Collins	u18	9.48
Lara	Friesen	open	9.34
Zoe	Chapman	u14	9.06
Zoe	Smith	u16	7.13
Debbie	Jones	40+	5.82
Emma	Grech	open	5.61
Nadia	Mellor	50+	4.90

Triple Jump			Distance
Nathan	Howse	u20	12.12
Kevin	Muller	40+	8.73
Don	Chambers	70+	7.51

Hammer			Distance
Laura	Collins	u18	24.43
Emma	Clark	u16	17.74
Lara	Friesen	open	17.50
Debbie	Jones	50+	15.69
Nadia	Mellor	50+	9.15

Hammer			Distance
Ben	Boyd	open	20.32
Stan	Grant	40+	17.53
Dennis	Baker	60+	13.84
Nathan	Howse	u20	12.83

100m			Time
Zoe	Chapman	u14	13.98
Zoe	Smith	u16	14.7
Lara	Friesen	open	14.91
Tracey	Howse	40+	18.50

100m			Time
Ben	Boyd	open	12.98
Michael	Howse	50+	13.56
Kevin	Shanahan	50+	17.39