

## WAC Results Saturday 16th November 2013

Throws relay			Distance
David	Elkington	SP	6.34
Dennis	Baker	Dis	23.34
Bill	Pearce	Jav	18.51

Throws Relay			Distance
Nathan	Howse	SP	9.83
Cheryl	Webster	Dis	16.93
Tracey	Howse	Jav	17.50

Throws Relay			Distance
Emily	Woolford	SP	7.68
Siobhan	Wilson	Dis	14.52
Emma	Clark	Jav	20.49

Throws Relay			Distance
Mary	Toney	SP	6.37
Mary	Toney	Dis	26.14
Lisa	Knipping	Jav	18.03

Throws Relay			Distance
Fay	Pearce	SP	4.53
Emma	Grech	Dis	14.14
Debbie	Jones	Jav	14.74

Throws Relay			Distance
Ted	Elkington	SP	9.29
Zoe	Smith	Dis	12.13
Ben	Boyd	Jav	42.90

3x Jumps Relay			Distance
Tracey	Howse	LJ	3.14
Michael	Howse	HJ	1.25
Nathan	Howse	TJ	11.40

3 x Jumps Relay			Distance
Bill	Pearce	LJ	3.55
Gavin	Smith	HJ	1.40
Zoe	Smith	TJ	7.76

3 x Jumps Relay			Distance
Siobhan	Wilson	LJ	8.75
Emily	Woolford	HJ	1.20
Alana	Cartner	TJ	5.53

4 x Medley Relay			Distance
Lisa	Knipping	100m	
Emilyya	Toney	100m	
Mary	Toney	200m	
Ben	Boyd	400m	1.55.61

4 x Medley Relay			Distance
Tracey	Howse	100m	
Cheryl	Webster	100m	
Michael	Howse	200m	
Nathan	Howse	400m	1.57.33

4 x Medley Relay			Distance
Emily	Woolford	100m	
Emma	Clark	100m	
Zoe	Smith	200m	
Siobhan	Wilson	400m	2.15.94

4 x Medley Relay			Distance
Dennis	Baker	100m	
David	Elkington	100m	
Emma	Grech	200m	
Bill	Pearce	400m	2.52.10

4 x 1500 Relay			Distance
Siobhan	Wilson	U18	
Ted	Elkington	U18	
Alana	Cartner	U20	
Emily	Woolford	U18	24.05

4 x 1500 Relay			Distance
Bill	Pearce	60+	
Dave	Elkington	50+	
Kevin	Muller	40+	
Mike	Mellor	60+	25.32

4 x 1500 Relay			Distance
Mary	Toney	Open	
Emilyya	Toney	Open	
Nathan	Howse	U20	
Christine	Wilson	50+	26.09

4 x 1500 Relay			Distance
Emma	Grech	Open	
Debbie	Jones	40+	
Fay	Pearce	60+	
Tracey	Howse	40+	34.49

3 x Jumps Relay			Distance
Mary	Toney	LJ	4.33
Lisa	Knipping	HJ	1.35
Alana	Cartner	TJ	5.53

3 x Jumps Relay			Distance
		LJ	
Debbie	Jones	HJ	0.90
Emma	Grech	TJ	5.10

3 x 100m Relay			
Dennis	Baker	60+	
Gavin	Smith	40+	
Ted	Elkington	U18	
Mary	Toney	Open	58.49

4 x 100m Relay			Time
Nathan	Howse	U20	
Michael	Howse	50+	
Tracey	Howse	40+	
Cheryl	Webster	40+	59.46

4 x 100m Relay			Time
Zoe	Smith	U16	
Emma	Clark	U16	
Emily	Woolford	U18	
Siobhan	Wilson	U18	1.01.64

3000m			Time
Masange	Runezedwa	Open	10.42.19
Ted	Elkington	U18	11.20.80
Mike	Mellor	60+	12.27.90
Des	Rees	60+	13.54.52
Chris	Wilson	50+	14.34.88
Emilya	Toney	Open	15.43.72
Debbie	Jones	40+	16.00.24
Dave	Elkington	50+	16.43.98
Emma	Grech	Open	17.21.86
Fay	Pearce	60+	18.06.20

4 x Swedish Relay			Time
Nathan	Howse	U20	
Michael	Howse	50+	
Tracey	Howse	40+	
Cheryl	Webster	40+	2.43.09

4 x Swedish Relay			Time
Masange	Runezedwa	Open	
Ted	Elkington	U18	
Emilya	Toney	Open	
Emma	Grech	Open	2.56.40

4 x Swedish Relay			Time
Emily	Woolford	U18	
Siobhan	Wilson	U18	
Emma	Clark	U16	
Zoe	Smith	U16	3.01.59

4 x Swedish Relay			Time
Dennis	Baker	60+	
Gavin	Smith	40+	
Mary	Toney	Open	
Ben	Boyd	Open	3.04.35