

## WAC Results Sunday 22 November 2014

### Women

Javelin			Distance
Amie	Antonello	U16	29.43
Laura	Collins	U20	21.45
Clare	McCormack	U14	20.04
Cheryl	Webster	40+	13.04

Long Jump			Distance
Siohban	Wilson	U18	4.65
Emily	Woolford	U18	3.99
Zoe	Smith	U16	3.63
Tracey	Howse	40+	3.38

400m			Distance
Lisa	Ryan	Open	1.06.13
Emily	Woolford	U18	1.09.96
Zoe	Smith	U16	1.11.48
Tracey	Howse	40+	1.42.92
Fay	Pearce	60+	1.48.24

Shotput			Distance
Amie	Antonello	U16	11.27
Clare	McCormack	U14	9.81
Laura	Collins	U20	9.80
Siohban	Wilson	U18	7.34
Zoe	Smith	U16	7.14
Emily	Woolford	U18	6.99
Cheryl	Webster	40+	6.15
Tracey	Howse	40+	5.94

Discuss			Distance
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### Men

Javelin			Distance
Ben	Boyd	Open	44.43
Michael	Howse	50+	23.54
Steve	Boyd	50+	21.90
Greg	Simpson	50+	21.17
Bill	Pearce	60+	16.46
Dennis	Baker	60+	15.04

Long Jump			Distance
Peter	Norris	40+	5.05
Ben	Hugall	U20	5.02
Jeremy	Henderson	Open	4.64
Ted	Elkington	U20	4.46
Kevin	Muller	40+	3.59

400m			Distance
Ben	Hugall	U20	52.31
Ben	Boyd	Open	56.34
Ted	Elkington	U20	1.02.66
Michael	Howse	50+	1.05.84
Kevin	Muller	40+	1.07.34
Hayden	Clarke	U16	1.07.42
Declan	Pearce	U14	1.13.52
Ethan	Ryan	U14	1.15.51
Greg	Simpson	50+	1.20.25
Steve	Boyd	50+	1.23.82
Dave	Elkington	50+	1.31.83

Shotput			Distance
Ben	Boyd	Open	9.13

Amie	Antonello	U16	33.03
Laura	Collins	U20	24.77
Cheryl	Webster	40+	16.14
Clare	McCormack	U14	15.14
Emily	Woolford	U18	14.88
Tracey	Howse	40+	14.20
Zoe	Smith	U16	14.00

Ben	Hugall	U20	8.59
Jeremy	Henderson	Open	8.47
Ted	Elkington	U20	8.34
Michael	Howse	50+	7.13
Steve	Boyd	50+	7.12
Greg	Simpson	50+	7.05
Dennis	Baker	60+	6.45

High Jump			Distance
Laura	Collins	U20	1.40
Amie	Antonello	U16	1.25
Clare	McCormack	U14	1.20

Discuss			Distance
Ben	Boyd	Open	28.30
Dennis	Baker	60+	21.79
Bill	Pearce	60+	21.65
Greg	Simpson	50+	21.22
Michael	Howse	50+	19.63
Jeremy	Henderson	Open	19.41
Ted	Elkington	U20	19.10
Steve	Boyd	50+	18.34
Kevin	Muller	40+	16.72

1500m			Distance
Siohban	Wilson	U18	6.00.72
Emily	Woolford	U18	6.40.10
Fay	Pearce	60+	8.06.57
Tracey	Howse	40+	8.59.48

High Jump			Distance
Ben	Boyd	Open	1.55
Peter	Norris	40+	1.50
Jeremy	Henderson	Open	1.50
Greg	Simpson	50+	1.20

100m			Distance
Laura	Collins	U20	14.00
Zoe	Smith	U16	14.19
Lisa	Ryan	Open	14.37
Siohban	Wilson	U18	14.44
Emily	Woolford	U18	14.83
Amie	Antonello	U16	15.70
Cheryl	Webster	40+	15.81
Clare	McCormack	U14	16.50
Tracey	Howse	40+	17.64

1500m			Distance
Ted	Elkington	U20	5.11.03
Peter	Norris	40+	5.14.71
Hayden	Clarke	U16	5.37.54
Declan	Pearce	U14	5.52.55
Jeremy	Henderson	Open	6.15.54
Mike	Mellor	60+	6.23.53

3000m			Distance
Siohban	Wilson	U18	12.54.17
Chris	Wilson	50+	15.17.11
Fay	Pearce	60+	17.02.78

Fay	Pearce	60+	6.54.85
Michael	Howse	50+	7.28.75
Dave	Elkington	50+	7.32.27
Dennis	Baker	60+	8.51.78

4 x 400 Relay			Distance
Siohban	Wilson	U18	
Emily	Woolford	U18	
Zoe	Smith	U16	
Ben	Hugall	U20	4.58.10

100m			Distance
Ben	Hugall	U20	11.69
Ted	Elkington	U20	13.19
Hayden	Clarke	U16	13.75
Kevin	Muller	40+	14.93
Declan	Pearce	U14	15.40
Ethan	Ryan	U14	15.84
Dennis	Baker	60+	18.47
Dave	Elkington	50+	22.24

4 x 400 Relay			Distance
Dave	Elkington	50+	
Steve	Boyd	50+	
Dennis	Baker	60+	
Michael	Howse	50+	5.56.28

3000m			Distance
Peter	Norris	40+	11.28.54
Declan	Pearce	U14	12.27.74
Mike	Mellor	60+	12.55.81
Jeff	Cave	40+	13.31.99
Bill	Pearce	60+	14.23.88
Des	Rees	60+	16.23.07