

## WAC Results Sunday 21 February 2015

### Women

Javlin			Distance
Amie	Antonello	U16	25.26
Clare	McCormack	U14	17.80
Tracey	Howse	40+	17.31
Kiahna	Evans	U14	17.14
Emily	Woolford	U18	15.30
Zoe	Smith	U16	10.22

Long Jump			Distance
Siobhan	Wilson	U18	4.69
Chris	Wilson	50+	2.90

400m			Time
Zoe	Smith	U16	1.09.19
Siobhan	Wilson	U18	1.11.01
Karen	Hill	Open	1.22.54
Clare	McCormack	U14	1.31.49
Tracey	Howse	40+	1.53.54
Chris	Wilson	50+	1.35.59
Nadia	Mellor	50+	1.47.28

Shotput			Distance
Kiahna	Evans	U14	11.55
Amie	Antonello	U16	11.32
Clare	McCormack	U14	9.31
Laura	Collins	U20	8.34
Siobhan	Wilson	U18	7.81
Emily	Woolford	U18	7.37
Zoe	Smith	U16	7.00
Tracey	Howse	40+	6.08

Discuss			Distance
Kiahna	Evans	U14	26.66
Laura	Collins	U20	20.86
Clare	McCormack	U14	18.50
Siobhan	Wilson	U18	15.96
Karen	Hill	Open	15.22
Zoe	Smith	U16	14.46
Emily	Woolford	U18	14.07

High Jump			Distance
Laura	Collins	U20	1.35
Clare	McCormack	U14	1.20

100m			Time
Zoe	Smith	U16	14.25
Siobhan	Wilson	U18	14.67
Tracey	Howse	40+	18.21

### Men

Javlin			Distance
Michael	Howse	50+	24.25
Steve	Boyd	50+	23.52
Roger	Blackwell	40+	20.94
Dennis	Baker	60+	14.86

Long Jump			Distance
Nathan	Howse	Open	6.50
Jackson	Whiley	U16	5.63
Matt	Stacey	U16	5.24
Don	Chambers	70+	2.88

400m			Time
Nick	Blackwell	U16	1.00.58
Matt	Stacey	U16	1.02.71
Dave	Plunkett	Open	1.03.58
Roger	Blackwell	40+	1.12.89
Don	Chambers	70+	2.10.86

Shotput			Distance
Jackson	Whiley	U16	11.84
Nathan	Howse	Open	8.84
Jeremy	Henderson	Open	8.06
Don	Chambers	70+	7.47
Gavin	Smith	40+	7.40
Steve	Boyd	50+	7.19
Michael	Howse	50+	7.08
Dennis	Baker	60+	6.32

Discuss			Distance
Nick	Blackwell	U16	36.29
Matt	Stacey	U16	27.62
Roger	Blackwell	40+	22.04
Jeremy	Henderson	Open	20.83
Bill	Pearce	60+	20.08
Dennis	Baker	60+	20.01
Don	Chambers	70+	16.44
Ryan	Blackwell	U16	15.94

High Jump			Distance
Jackson	Whiley	U16	1.55
Nick	Blackwell	U16	1.50
Matt	Stacey	U16	1.50
Jeremy	Henderson	Open	1.50
Roger	Blackwell	40+	1.35
Marco	Lane	U14	1.35
Don	Chambers	70+	1.05

3000m			Time
Kate	Parris	50+	13.37.31
Wendy	Bassett	50+	14.27.09

4 x 400 Relay			Time
Nathan	Howse	Open	54.09
Zoe	Smith	U16	
Siobhan	Wilson	U18	
Emily	Woolford	U18	

4 x 400 Relay			Time
Ryan	Blackwell	U16	56.54
Nick	Blackwell	U16	
Jackson	Whiley	U16	
Marco	Lane	U14	

4 x 400 Relay			Time
Dennis	Baker	60+	59.02
Gavin	Smith	40+	
Roger	Blackwell	40+	
Michael	Howse	50+	

1500m			Time
Nick	Blackwell	U16	4.53.88
Nathan	Howse	Open	5.51.70
Dennis	Baker	60+	9.05.80
Ryan	Blackwell	U16	6.36.49

100m			Time
Nathan	Howse	Open	11.45
Jarrold	Lindner	Open	11.98
Jackson	Whiley	U16	11.99
Michael	Howse	50+	12.77
Matt	Stacey	U16	12.83
Dave	Plunkett	Open	13.16
Gavin	Smith	40+	14.11
Roger	Blackwell	40+	15.79
Ryan	Blackwell	U16	16.47
Don	Chambers	70+	18.19
Dennis	Baker	60+	18.28

3000m			Time
Jackson	Whiley	U16	11.10.81
Roger	Blackwell	40+	13.16.89
Steve	Boyd	50+	20.02.73
Robert	Lindley	70+	21.18.73