

# WAC Results

## 09.01.2016

### WOMEN

100m			
Miranda	Williams	20	13.97
Mary	Toney	30	14.52
Zoe	Smith	18	14.65
Emily	Woolford	20	16.21
Clare	McCormack	16	17.47
Kate	Parris	50	18.62
Tracey	Howse	50	19.64
Helen	McCormack	14	24.48

1500m			
Karen	Hill	30	6:55.54
Mary	Toney	30	7:17.02
Fay	Pearce	60	8:19.78

3000m			
Siobhan	Wilson	20	13:18.37
Karen	Hill	30	14:57.20
Wendy	Bassett	50	15:43.56
Debbie	Jones	50	17:13.50
Fay	Pearce	60	17:33.92

400m			
Kate	Parris	50	1:28.93
Tracey	Howse	50	2:08.87

Discus			
Clare	McCormack	16	22.02
Kate	Parris	50	19.80
Karen	Hill	30	16.06
Emily	Woolford	20	15.44
Victoria	Turner	30	14.87
Zoe	Smith	18	14.86
Tracey	Howse	50	14.44
Mary	Toney	30	14.29
Helen	McCormack	14	12.23
Debbie	Jones	50	12.03
Fay	Pearce	60	10.18

### MEN

100m			
Flynn	Eriksson	14	13.47
Michael	Howse	50	14.01
Dennis	Baker	60	19.44

1500m			
Alex	Race-Stelling	16	5:01.02
Ted	Elkington	20	5:06.11
Digby	Race	50	5:11.72
Ryan	Blackwell	16	5:23.06
Nathan	Regan	20	5:32.22
Declan	Pearce	14	5:54.69
Roger	Blackwell	40	6:01.88
Michael	Mellor	60	6:09.97
Des	Rees	60	7:02.95

3000m			
Alex	Race-Stelling	16	11:05.36
Digby	Race	50	11:24.93
Nathan	Regan	20	12:41.02
Ted	Elkington	20	12:50.79
Trent	Turner	30	12:54.21
Roger	Blackwell	40	13:02.62
Michael	Mellor	60	13:09.18
Des	Rees	60	15:06.22
William	Pearce	60	15:55.73
Kevin	Jones	50	16:03.46
Robert	Lindley	70	22:10.90

400m			
Alex	Race-Stelling	16	1:09.00
Des	Rees	60	1:30.59
Dennis	Baker	60	1:38.08

Discus			
Stan	Grant	40	30.49
William	Pearce	60	22.47
Dennis	Baker	60	21.39
Ryan	Blackwell	16	21.23
Ted	Elkington	20	18.14
Declan	Pearce	14	16.45

<b>Javelin</b>			
Clare	McCormack	16	25.76
Kate	Parris	50	17.62
Tracey	Howse	50	16.42
Miranda	Williams	20	15.96
Mary	Toney	30	14.69
Emily	Woolford	20	14.08
Siobhan	Wilson	20	14.01
Zoe	Smith	18	11.69
Fay	Pearce	60	11.57
Karen	Hill	30	10.53
Helen	McCormack	14	9.52
Nadia	Mellor	50	8.22

<b>Long Jump</b>			
Miranda	Williams	20	4.84
Siobhan	Wilson	20	4.19
Mary	Toney	30	4.11
Emily	Woolford	20	3.80
Clare	McCormack	16	3.24
Zoe	Smith	18	3.24
Tracey	Howse	50	2.80
Kate	Parris	50	2.78
Fay	Pearce	60	1.92
Helen	McCormack	14	1.33

<b>Shot Put</b>			
Clare	McCormack	16	9.33
Kate	Parris	50	7.74
Zoe	Smith	18	6.81
Emily	Woolford	20	6.46
Tracey	Howse	50	6.32
Mary	Toney	30	6.09
Debbie	Jones	50	5.97
Helen	McCormack	14	5.66
Miranda	Williams	20	5.45

<b>Triple Jump</b>			
Emily	Woolford	20	8.58
Zoe	Smith	18	7.74
Clare	McCormack	16	7.01
Kate	Parris	50	6.86
Tracey	Howse	50	5.63
Debbie	Jones	50	5.00

<b>Javelin</b>			
Stan	Grant	40	35.38
Flynn	Eriksson	14	23.61
Ted	Elkington	20	21.04
Ryan	Blackwell	16	20.42
William	Pearce	60	17.09
Declan	Pearce	14	15.12
Dennis	Baker	60	12.56

<b>Long Jump</b>			
Flynn	Eriksson	14	5.27
Ryan	Blackwell	16	3.95

<b>Shot Put</b>			
Flynn	Eriksson	14	10.97
Stan	Grant	40	10.27
Ted	Elkington	20	8.47
Michael	Howse	50	7.39
Dennis	Baker	60	5.72

<b>Triple Jump</b>			
Flynn	Eriksson	14	10.25
Michael	Howse	50	8.54