

LWAC Sports Hall Open Day - Results**November 6th 2005**

Name	Club	Age	Attempt 1	Attempt 2	Attempt 3	Attempt 4
<u>Seated Shot Putt (disabled Athletes)</u>						
Chloe Baxter	Laffletics Club	10-11	1.58m	1.95m	1.76m	2.03m
<u>Standing Long Jump</u>						
Abby Park	LWAC	8-9	1.74m	1.66m	1.66m	1.70m
Georgia Park	LWAC	8-9	1.54m	1.48m	1.54m	1.43m
Stephanie Park	LWAC	8-9	1.36m	1.42m	1.54m	1.43m
<u>Shot Put</u>						
Lara Thomas	LWAC	14-15	6.59m	6.68m	6.50m	6.45m
Stephanie Allan	LWAC	8-9	3.29m	4.00m	4.19m	3.27m
Charlotte Clark	LWAC	10-11	NT	6.37m	7.09m	6.45m
<u>Seated Chest Push (Able & Disabled)</u>						
Kieran Tscheraiwsky	-	12-13	4.46m	5.06m	5.26m	4.76m
Chloe Baxter	Laffletics Club	10-11	1.50m	1.19m	1.45m	1.40m
Abby Park	LWAC	8-9	2.94m	2.65m	3.26m	3.23m
Georgia Park	LWAC	8-9	2.76m	2.89m	2.47m	3.36m
James Coyle-King	-	14-15	1.90m	1.85m	2.56m	2.40m
<u>Standing Triple Jump</u>						
Catrina Thomas	LWAC	8-9	3.88m	3.84m	4.19m	3.99m
Lara Thomas	LWAC	14-15	5.06m	5.23m	5.03m	5.20m
Mary-Anne Philips	LWAC	12-13	5.60m	5.40m	5.48m	5.32m
Charlotte Clark	LWAC	10-11	5.31m	5.36m	5.07m	5.06m
Stephanie Philips	LWAC	8-9	2.66m	3.40m	3.32m	3.11m
<u>Speed Bounce (20 secs)</u>						
Abby Park	LWAC	8-9	41	43		
Georgia Park	LWAC	8-9	32	37		
Stephanie Allan	LWAC	8-9	20	23		
Charlotte Clark	LWAC	10-11	42	47		
Mary-Anne Philips	LWAC	12-13	44	48		
Lara Thomas	LWAC	14-15	43	46		
Catrina Thomas	LWAC	8-9	36	38		
Chloe Baxter	Laffletics Club	10-11	4 (wheelchair user)			
<u>Seated Overhead Throw Disabled Athletes</u>						
Kieran Tscheraiwsky	-	12-13	6.90m	7.70m	7.27m	4.80m
Chloe Baxter	Laffletics Club	10-11	1.05m	1.27m	1.10m	1.58m
James Coyle-King	-	14-15	4.65m	5.25m	4.85m	5.17m
<u>Seated Javelin</u>						
Stephanie Allan	LWAC	8-9	4.73m	5.15m	5.02m	
Katrina Thomas	LWAC	8-9	NT	3.67m	2.46m	
Chloe Baxter	Laffletics Club	10-11	3.57m	3.51m	3.24m (w/chair user)	
Lara Thomas	LWAC	14-15	5.47m	6.55m	6.19m	
Abby Park	LWAC	8-9	4.66m	4.20m	5.26m	
Georgia Park	LWAC	8-9	6.30m	4.63m	6.64m	
Charlie	-		5.50m	4.08m	5.28m	
Mary-Anne Philips	LWAC	12-13	6.52m	5.44m	6.97m	
James Coyle-King	-	14-15	5.89m	5.62m	6.06m (w/chair user)	
Kieran Tscheraiwsky	-	12-13	5.91m	5.59m	4.41m (w/chair user)	

1 Lap	Club	Age	Time
Charlotte Clark	LWAC	10-11	9.22 secs
Joel Aldridge	Birchwood Jnr	8-9	12.53 secs
Catrina Thomas	LWAC	8-9	10.23 secs
Mary-Anne Philips	LWAC	12-13	9.28 secs
Lara Thomas	LWAC	14-15	9.61 secs

1 Lap Wheelchair Turnabout	Age	Time	
James Coyle-King -	14-15	NT	2 nd
Kieran Tscheraiwsky -	12-13	NT	1 st
Chloe Baxter	10-11	NT	3 rd

2 Lap	Club	Age	Time
Catrina Thomas	LWAC	8-9	19.8 secs
Lara Thomas	LWAC	14-15	18.1 secs
Mary-Anne Philips	LWAC	12-13	17.8 secs
Joel Aldridge	Birchwood Jnr	8-9	23.5 secs
Georgia Park	LWAC	8-9	19.5 secs
Abby Park	LWAC	8-9	18.9 secs
Stephanie Allan	LWAC	8-9	22.3 secs
Charlotte Clark	LWAC	10-11	17.8 secs

2 Lap Wheelchair Turnabout	Age	Time	Time
Kieran Tscheraiwsky -	12-13	35.7 secs	29.4 secs
James Coyle-King -	14-15	33.4 secs	31.8 secs
Chloe Baxter	Laffletics Club	10-11	16.9 secs
			17.3 secs

1 Lap Hurdle	Club	Age	Time
Mary-Anne Philips	LWAC	12-13	9.8 secs
Charlotte Clark	LWAC	10-11	10.1 secs
Lara Thomas	LWAC	14-15	10.3 secs

2 Lap Hurdle	Club	Age	Time
Abby Park	LWAC	8-9	20.4 secs
Catrina Thomas	LWAC	8-9	20.6 secs
Georgia Park	LWAC	8-9	21.4 secs
Joel Aldridge	Birchwood Jnr	8-9	23.7 secs
Stephanie Allan	LWAC	8-9	22.5 secs
Charlotte Clark	LWAC	10-11	20.3 secs
Mary-Anne Philips	LWAC	12-13	19.4 secs
Lara Thomas	LWAC	14-15	20.3 secs

Plus several relays took place which included all athletes and students

REPORT

On 6th November 2005 Lincoln Wellington hosted it's first Open Sports Hall Event which included disabled athletes.

However turn out of athletes was disappointing. Those that did turn out had a really good day. The helpers and parents all got involved with supporting the athletes which boosted the atmosphere.

All involved enjoyed the occasion and hopefully if we hold an event like this again maybe more will turn out.

Every Sunday at Yarborough Leisure Centre from 10-12 we have a Level 4 Coach taking multi-events, HJ, TJ, LJ, PV, Shot, Javelin, Discus, Hammer, Hurdles & Walking coaching a different event each week.

8-14 yrs 10am-11am 14 upwards 11am-12noon Programme on our web site <http://www.lwac.org.uk>

Please come along and try out a new event, who knows you could be the next Colin Jackson or Jonathan Edwards.

Members £1.50 Non Members £2.50

Membership for Lincoln Wellington AC is £15.00 Juniors £25.00 Senior and £40.00 Family (3 or more).