



**WEDNESDAY NIGHT  
LAUNDRY RUNNERS**

## **WNLR Track Meet 2017**

## **Individual Results**

	100m	200m	800m	1600m	Broad jump	Team Points
Runner	Time					
<b>Adam Roach</b>	14.10	29.35	2:14	4:45	84"	10.5
Anne Goode	26.43	58.00	5:05			
<b>Annie Conneau</b>	22.00	42.33	3:42	7:54	49"	
Brad Schoultz	14.34	28.18	2:29	5:11		6
Brian Yannutz			2:56	5:53		
Chris Hansen	18.04			7:53		
<b>Courtney Grimes</b>	17.73	37.14	3:03	6:24	62"	14
David Oh	13.40	27.00	2:39	5:40		8
David Sadowski	16.23	36.32	2:33	5:28		2
<b>Derek Gutierrez</b>	15.27	33.69	2:52	5:47	89"	2
<b>Dillon Glasser</b>	14.10	27.84	2:34	5:17	71.5"	2.5
<b>Emily Cole</b>	17.03	38.80	3:10	6:40	52"	8
<b>Fabio Barbero</b>	13.53	27.91	2:37	5:41	90"	5
Greg Brant	15.40	32.00	2:34	5:22		
Jill Heymsfield	18.68	37.70	4:59	9:42		
Jim Allen	21.52					
Kate Conway	15.00	33.20	3:09	6:45		15
Kelly Sheehan	21.26	57.69	4:59	9:42		
<b>Laura Begun</b>	19.46	43.25	3:38	7:39	49"	1
Leslie Howitt	15.50	33.30	3:50		60"	8
<b>Mark Moehling</b>	12.51	27.16	2:28	5:14	100"	19
Matus Martini		27.08	2:33	5:08	96"	13
<b>Megan Roach</b>	14.70	32.17	3:28	7:50	78"	17
Melissa Sorenson				7:02		2
Morgan Ivens	17.01	36.31	3:30		69"	9
Parminder Riarrh	15.33			5:40		
Steve Bruemmer				6:56		
<b>Tim Whitney</b>	14.13	31.87	2:34	5:39	88"	1
<b>Tom Burns</b>	15.61	36.15	3:14	6:19	77"	
Travis Hansen	13.20	27.68	2:53			6
<b>Upinder Riarrh</b>	19.40	41.12	3:31	7:43	58"	1



## WNLR Track Meet 2017

## Team Scoring

Event	1st	2nd	3rd	4th	5th	Green	White	Meet Records					
100m men	<a href="#">Mark Moehling - 12.51</a>	<a href="#">Travis Hansen</a>	<a href="#">David Oh</a>	<a href="#">Fabio Barbero</a>	<a href="#">Dillon Glasser / Adam Roach</a>	5	10	M	100	12.51	Mark M	2017	
100m women	<a href="#">Megan Roach - 14.70</a>	<a href="#">Kate Conway</a>	<a href="#">Leslie Howitt</a>	<a href="#">Morgan Ivens</a>	<a href="#">Emily Cole</a>	6	9		200	26.78	Mark M	2016	
200m men	<a href="#">David Oh - 27.00</a>	<a href="#">Matus Martini</a>	<a href="#">Mark Moehling</a>	<a href="#">Travis Hansen</a>	<a href="#">Dillon Glasser</a>	7	8		800	2:14	Adam R	2017	
200m women	<a href="#">Megan Roach - 32.17</a>	<a href="#">Kate Conway</a>	<a href="#">Leslie Howitt</a>	<a href="#">Morgan Ivens</a>	<a href="#">Courtney Grimes</a>	6	9		1600	4:38	Adam R	2016	
800m men	<a href="#">Adam Roach - 2:14</a>	<a href="#">Mark Moehling</a>	<a href="#">Brad Schoultz</a>	<a href="#">David Sadowski</a>	<a href="#">Matus Martini</a>	10	5		Broad jump	100"	Mark M	2017	
800m women	<a href="#">Courtney Grimes - 3:03</a>	<a href="#">Kate Conway</a>	<a href="#">Emily Cole</a>	<a href="#">Megan Roach</a>	<a href="#">Morgan Ivens</a>	9	6						
1600m men	<a href="#">Adam Roach 4:45</a>	<a href="#">Matus Martini</a>	<a href="#">Brad Schoultz</a>	<a href="#">Mark Moehling</a>	<a href="#">Dillon Glasser</a>	9	6		W	100	14.7	Megan R	2016/17
1600m women	<a href="#">Courtney Grimes - 6:24</a>	<a href="#">Emily Cole</a>	<a href="#">Kate Conway</a>	<a href="#">Melissa Sorenson</a>	<a href="#">Laura Begun</a>	11	4			200	31.6	Megan R	2016
Broad jump men	<a href="#">Mark Moehling - 100"</a>	<a href="#">Matus Martini</a>	<a href="#">Fabio Barbero</a>	<a href="#">Derek Gutierrez</a>	<a href="#">Tim Whitney</a>	9	6			800	3:03	Courtney G	2017
Broad jump women	<a href="#">Megan Roach - 84"</a>	<a href="#">Morgan Ivens</a>	<a href="#">Courtney Grimes</a>	<a href="#">Leslie Howitt</a>	<a href="#">Upinder Riarh</a>	10	5			1600	6:24	Courtney G	2017
4x4 men	<a href="#">White!</a>	<a href="#">Green!</a>				0	15	Broad jump		84"	Megan R	2017	
4x4 women	<a href="#">White!</a>	<a href="#">Green!</a>			DQ!	0	15						
4x1 masters	<a href="#">White!</a>	<a href="#">Green!</a>				0	15						
								MVPs	19 pts	Mark M	17 pts	Megan R	
									13 pts	Matus M	15 pts	Kate C	
									10.5 pts	Adam R	14 pts	Courtney G	
								Most Improved	100	200	800	1600	
	Scoring:								Courtney Grimes	-0.32	-2.23	-11	-20
	Individual = 5, 4, 3, 2, 1					Green	White	Annie Conneau	+1.62	-4.52	-14	-16	
	Relays = 15		Total Scores:			82	113	Tom Burns	-0.75	PR	PR	-36	
	Total = 195 points					97	98	20 ironrunners! (13 w jump!)					