



WEDNESDAY NIGHT  
LAUNDRY RUNNERS

## WNLR Track Meet 2019 - Individual Results

Event	1st	2nd	3rd		Meet Records		
Women's 100m	Ashley Gora	Megan Roach	Leslie Howitt	<b>M</b>	100	12.51	Mark M 2017
	14.8	15.8	16.1		200	26.78	Mark M 2016
Men's 100m	Chris Cain	Mark Moehling	Adam Merry		800	2:14	Adam R 2017
	13.5	13.60	13.70		1600	4:38	Adam R 2016
Women's 200m	Ashley Gora	Megan Roach	Katy Wilson		Broad jump	100"	Mark M 2017
	33.3	34.3	36.8		400 steeple	1:08	Mark M 2018
Men's 200m	Chris Cain	Mark Moehling	Brian Earp		400	1:00	Chris C 2019
	28.5	29.8	30.4	<b>W</b>	100	14.7	Megan R 2016/17
Women's 400m	Ashley Gora	Katy Wilson	Emily Cole		200	31.6	Megan R 2016
	1:18.4	1:21.1	1:25.0		800	3:03	Courtney G 2017
Men's 400m	Chris Cain	Adam Roach	Orion Galioni		1600	5:33	Melissa G 2018
	1:00.6	1:01.2	1:05.4		Broad jump	84"	Megan R 2017
Women's 1600m	Melissa Gunner	Emily Cole	Katy Wilson		400 steeple	1:32	Lyndsay G 2018
	5:44	6:49	7:36		400	1:18	Ashley G 2019
Men's 1600m	Adam Roach	Adam Merry	Ryan Cronin		4x4	4:27	White 2017
	4:47	4:49	4:59				
Tic-Track-Toe Relay	The Mama's and the Papa's (Roaches and Sorensens)				2019 MVPs: Ashley Gora and Chris Cain		
					Two 4-year ironrunners: Annie Conneau and Mark Moehling		