



WEDNESDAY NIGHT
LAUNDRY RUNNERS

WNLR Track Meet 2018

Individual Results

Runner	Team	100m	200m	1600m	400m steeple
Adam Roach	O	13.96	29.05	4:44	1:09
Annie Conneau	R	20.66	43.37	8:14	2:12
Brian Moeller	G	13.63	29.33	5:18	1:14
Christine Marks-Griffin	G	16.06		7:12	1:45
Courtney Grimes	R	18.12	36.66	6:20	1:40
Dan O'Brien	O	15.15	33.43	6:45	1:35
Derek Gutierrez	R			6:01	
Emily Cole	O	16.98	37.63	6:42	2:02
Kate Conway	O	15.34	33.06	6:47	1:43
Leslie Howitt	G	15.22	36.22		2:16
Lyndsay Guttchen	O	16.22	34.33		1:32
Mark Moehling	G	12.79	27.14	4:59	1:08
Melissa Gunner	R	15.50	37.13	5:33	1:41
Morgan Ivens	G	17.16	37.63	7:36	1:48
Orion Galioni	R	13.81	30.60	5:17	1:32
Parm Riarh	O		32.40	5:40	
Pauline L	G	18.46	40.65	7:27	
Tom Burns	R	18.60	38.48	6:30	1:48



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Team Scoring

Event	1st	2nd	3rd	4th	5th	Green	Orange	Red	Meet Records
1600m men	O	G	R	G	O	6	6	3	M 100 12.51 Mark M 2017
1600m women	R	R	O	O	G	1	5	9	200 26.78 Mark M 2016
100m men	G	G	R	O	O	9	3	3	800 2:14 Adam R 2017
100m women	G	O	R	G	O	7	5	3	1600 4:38 Adam R 2016
200m men	G	O	G	R	O	8	5	2	Broad jump 100" Mark M 2017
200m women	O	O	G	R	R	3	9	3	400 steeple 1:08 Mark M 2018
400m steeple men	G	O	G	R	O	8	5	2	W 100 14.7 Megan R 2016/17
400m steeple women	O	R	R	O	G	1	7	7	200 31.6 Megan R 2016
4x4 team	G	O	R			20	10	5	800 3:03 Courtney G 2017
									1600 5:33 Melissa G 2018
Scoring:	Individual = 5, 4, 3, 2, 1					Green	Orange	Red	Broad jump 84" Megan R 2017
	Relays = 20, 10, 5		Total Scores:			63	55	37	400 steeple 1:32 Lyndsay G 2018
	Total = 155 points								4x4 4:27 White 2017
									MVPs Melissa G - new meet record
									Tom B - spirited finishes
									12 ironrunners! Three 3-yr ironrunners: Annie C, Courtney G, Mark M