

Wodonga Athletic Club Results 01.12.12

Women

800m		Time
Donn Burgess	50+	2.36.77
Sam Little	U16	3.02.32
Rachel Little	40+	3.10.39
Siobhan Wilson	U18	3.12.18
Jodi Elkington	U20	3.48.71
Lettie Woodman	U18	4.06.22
Tracey Howse	40+	4.38.59

Long Jump		Distance
Mary Toney	U20	4.37
Siobhan Wilson	U18	4.15
Alex Ziersch	U16	3.95
Janet Crocos	50+	3.44
Jodi Elkington	U20	3.07
Jessica Muller	U16	3.07
Cassandra Muller	U18	3.03
Chris Wilson	50+	2.93
Lettie Woodman	U18	2.93
Tracey Howse	40+	2.82
Alana Cartner	U20	2.80
Nadia Mellor	50+	2.26
Debbie Jones	40+	2.25
Fay Pearce	60+	2.09

Javelin		Distance
Donna Burgess	50+	21.36
Rachel Little	40+	18.98
Janet Crocos	50+	16.91
Alana Cartner	U20	15.70
Tracey Howse	40+	15.55
Debbie Jones	40+	15.10
Mary Toney	U20	14.44
Cheryl Webster	40+	13.05
Nadia Mellor	50+	12.93
Jodi Elkington	U20	12.89
Fay Pearce	60+	10.72
Lettie Woodman	U18	8.10

Men

800m		Time
Jason Young	U16	2.10.60
Sam Hodge	U16	2.10.92
Kevin Muller	40+	2.21.17
Lachy Steain	Open	2.23.97
Josh Hugall	U18	2.26.80
Seb Bone	U14	2.32.22
Ted Elkington	U18	2.34.98
Greg Newbold	50+	3.02.78
Michael Howse	50+	3.14.37
Des Rees	50+	3.16.87
Dennis Baker	60+	3.58.24
Ken Woodman	40+	4.06.98
Frank Scurr	70+	4.23.17
Don Chambers	70+	4.30.61

Long Jump		Distance
Ben Cook	Open	6.44
Nathan Howse	U20	6.07
Ben Boyd	Open	5.03
Ben Hugall	U18	4.78
Matt Parker	Open	4.62
Ted Elkington	U20	4.32
Kevin Muller	40+	4.32
Ken Woodman	40+	4.3
Stephen Palmer	Open	4.06
Lachy Steain	Open	3.96
Bill Pearce	60+	3.57
Don Chambers	70+	3.29
Frank Scurr	70+	3.27
Brendan Muller	U16	3.19
Dennis Baker	60+	1.65

Javelin		Distance
Ben Cook	Open	46.92
Ben Boyd	Open	45.63
Matt Parker	Open	32.65
Ken Woodman	40+	30.97
Stephen Pahmer	Open	30.74
Jason Young	U18	25.11
Sam Hodge	U16	24.50
Bill Pearce	60+	20.33
Mathias Eversheim	U16	18.93
Brendan Muller	U16	17.61
Don Chambers	70+	16.19
Dennis Baker	60+	16.1

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200m		Distance
Sam Little	U16	28.13
Rachel Little	40+	28.24
Mary Toney	U20	28.75
Alex Ziersch	U14	29.93
Siobhan Wilson	U18	32.09
Jess Muller	U16	33.09
Cassie Muller	U18	33.20
Donna Burgess	50+	33.34
Tracey Howse	40+	40.46

5000m		Time
Rachel Little	40+	22.00.80
Alana Cartner	U20	22.26.11
Chris Wilson	50+	26.14.07
Victoria Jones	Open	30.44.58
Fay Pearce	60+	31.59.04

Triple Jump		Distance
Mary Toney	U20	9.41
Rachel Little	40+	8.84
Siobhan Wilson	U18	8.46
Alex Ziersch	U16	8.12
Janet Crocos	50+	6.99
Jess Muller	U16	6.94
Cassie Muller	U18	6.88
Tracey Howse	40+	6.10
Debbie Jones	40+	5.65

Hammer		Distance
Donna Burgess	50+	24.62
Janet Crocos	50+	21.57
Debbie Jones	40+	17.17
Mary Toney	U20	14.79
Nadia Mellor	50+	6.64

100m		Time
Mary Toney	U20	13.6
Alex Ziersch	U16	14.03
Rachel Little	40+	14.84
Siobhan Wilson	U18	15.18
Janet Crocos	50+	16.20
Tracey Howse	40+	17.77

200m		Time
Nathan Howse	U20	23.24
Ben Hugall	U16	23.91
Seb Bone	U14	26.65
Ted Elkington	U18	27.24
Michael Howse	50+	27.75
Ken Woodman	40+	29.04
Don Chambers	70+	34.27
Greg Newbold	50+	36.44
Francis Scurr	70+	36.59
Dennis Baker	60+	37.06

5000m		Time
Kevin Muller	40+	18.11.90
Zach Jones	Open	18.23.54
Reed Jackson	U16	18.24.51
Jason Young	U16	20.15.44
Sam Hodge	U16	21.33.04
Trent Turner	Open	22.04.09
Greg Newbold	50+	23.27.39
Bill Pearce	60+	24.26.83
Kevin Jones	40+	27.40.77
Rob Lindley	60+	34.59.18

Triple Jump		Distance
Nathan Howse	U20	12.14
Lachy Steain	Open	9.93
Matt Parker	Open	9.70
Ted Elkington	U18	9.19
Don Chambers	70+	7.20
Dennis Baker	60+	3.95

Hammer		Distance
Don Chambers	70+	21.12
Stephen Palmer	Open	27.50
Ben Cook	Open	23.12

100m		Time
Nathan Howse	U20	11.14
Ben Cook	Open	11.61
Ryan Evans	U18	11.79
Seb Bone	U14	12.82
Ted Elkington	U18	13.25
Michael Howse	50+	13.33
Kev Muller	40+	13.94
Matt Parker	Open	14.89
Don Chambers	70+	15.43
Frank Scurr	70+	17.66