

Wodonga Athletics Club
Results 4th December 2010

WOMEN

100m				Time
Mary	Toney	U18	WAC	13.94
Emilya	Toney	U20	WAC	14.44
Jessica	Scott	Open		14.75
Talia	Paterson	Open	WAC	14.96
Victoria	Jones	Open	WAC	14.97
Janet	Crococ	50+	WAC	15.89
Siobhan	Wilson	U14	WAC	15.91
Alana	Cartner	U18	WAC	15.92
Donna	Burgess	40+	WAC	16.06
Rikki	Spoule	U14	WAC	16.44
Tracey	Howse	40+	WAC	18.02
Fay	Pearce	50+	WAC	18.03

400m				Time
Rikki	Sproule	U14		1.13.63
Karen	Hill	Open	WAC	1.13.77
Abbie	Little	U14	WAC	1.17.98
Janet	Crococ	50+	WAC	1.18.82
Jacquie	Star	U18	WAC	1.21.72
Donna	Burgess	40+	WAC	1.21.72
Victoria	Jones	Open	WAC	1.26.33
Debbie	Jones	40+	WAC	1.41.76
Tracey	Howse	40+	WAC	1.44.18
Jean	Hutchings	Open	WAC	1.44.19

Walk 1500m				Time
Emilya	Toney	U20	WAC	11.30.46

1500m				Time
Donna	Burgess	40+	WAC	5.56.84
Siobhan	Wilson	U14	WAC	6.16.68
Emilya	Toney	U20	WAC	6.17.58
Alana	Cartner	U18	WAC	6.19.23
Rikki	Spoule	U14	WAC	6.25.78
Christine	Simmons	50+	WAC	6.43.35
Nadia	Mellor	50+	WAC	7.28.29
Fay	Pearce	50+	WAC	7.53.02
Jean	Hutchings	Open	WAC	8.17.75
Debbie	Jones	40+	WAC	9.00.59

3000m				Time
Rachel	Little	40+	WAC	13.03.17
Siobhan	Wilson	U14	WAC	13.31.44
Christine	Simmons	50+	WAC	14.29.11
Alana	Cartner	U18	WAC	14.29.53

Program 4

MEN

100m				Time
Brendan	Ashcroft	Open	WAC	11.27
Nathan	Howse	U18	WAC	11.64
Chris	Barton	Open	WAC	12.23
Ben	Hugall	U16	WAC	12.47
Brian	Allen	U18	WAC	13.13
Trent	Turner	Open	WAC	13.73
Dennis	Baker	50+	WAC	17.51

400m				Time
Brendan	Ashcroft	Open	WAC	52.70
Nathan	Howse	U18	WAC	55.70
Ethan	Alban	U18	WAC	56.96
Kevin	Muller	40+	WAC	1.01.17
Jordan	Smith	U16	WAC	1.02.42
Terry	Burgess	40+	WAC	1.10.78
Greg	Simpson	50+	WAC	1.11.10
Steven	Boyd	40+	WAC	1.15.68
Frank	Scurr	50+	WAC	1.25.14
Kevin	Jones	Open	WAC	1.39.80
Ben	Boyd	U20	WAC	1.50.72

1500m				Time
Mitch	Hibbens	Open	WAC	4.53.06
Kevin	Muller	40+	WAC	5.02.53
Terry	Burgess	40+	WAC	5.54.98
Michael	Mellor	50+	WAC	5.55.44
Ben	Hugall	U16	WAC	5.59.39
Bill	Pearce	50+	WAC	6.18.03
Des	Rees	50+	WAC	6.40.46
Steven	Boyd	40+	WAC	6.54.62
Dennis	Baker	50+	WAC	8.44.09

3000m				Time
Michael	Mellor	50+	WAC	10.57.31
Terry	Burgess	40+	WAC	11.40.58
Kevin	Mellor	40+	WAC	11.59.91
Guy	Telford	Open	WAC	13.23.43
Bill	Pearce	50+	WAC	13.32.00
Des	Rees	50+	WAC	14.23.85
Trent	Turner	Open	WAC	14.39.95
Ben	Boyd	U20	WAC	18.32.24
Robert	Lindley	50+	WAC	18.47.13

Discus				Distance
Chris	Barton	Open	WAC	31.71

Karen	Hill	Open	WAC	14.43.85
Nadia	Mellor	50+	WAC	15.18.55
Fay	Pearce	50+	WAC	16.06.73
Jean	Hutchings	Open	WAC	17.19.97

Discus				
Donna	Burgess	40+	WAC	26.01
Gabby	Knight	U20	WAC	25.71
Emilya	Toney	U20	WAC	22.52
Talia	Paterson	Open	WAC	21.09
Jacquie	Star	U18	WAC	19.96
Janet	Crococ	50+	WAC	18.02
Mary	Toney	U18	WAC	17.50
Tracey	Howse	40+	WAC	15.62
Karen	Hill	Open	WAC	15.59
Jane	Cook	U14	WAC	14.94
Victoria	Jones	Open	WAC	14.54
Debbie	Jones	40+	WAC	13.78
Rikki	Spoule	U14	WAC	12.93
Alana	Cartner	U18	WAC	12.35
Jean	Hutchings	Open	WAC	8.37

Shot put				Distance
Gabby	Knight	U20	WAC	8.78
Donna	Burgess	40+	WAC	7.88
Rachel	Little	40+	WAC	7.59
Janet	Crococ	50+	WAC	7.54
Talia	Paterson	Open	ww	6.84
Abbie	Little	U14	WAC	6.25
Emilya	Toney	U20	WAC	6.21
Jacquie	Star	U18	WAC	6.08
Jane	Cook	U14	WAC	5.89
Tracey	Howse	40+	WAC	5.85
Debbie	Jones	40+	WAC	5.70
Samantha	Little	U16	WAC	5.48
Mary	Toney	U18	WAC	4.80
Victoria	Jones	Open	WAC	4.65
Jean	Hutchings	Open	WAC	4.35

Long Jump				
Karen	Hill	Open	WAC	4.30
Mary	Toney	U18	WAC	4.09
Emilya	Toney	U20	WAC	4.07
Jacquie	Star	U18	WAC	4.05
Abbie	Little	U14	WAC	4.03
Jessica	Scott	Open	WAC	3.94
Talia	Paterson	Open	WAC	3.90
Donna	Burgess	40+	WAC	3.77
Janet	Crococ	50+	WAC	3.75

Guy	Telford	Open	WAC	28.27
Ben	Boyd	U20	WAC	27.42
Brian	Simmons	50+	WAC	24.28
Trent	Turner	Open	WAC	22.40
Greg	Simpson	50+	waC	21.46
Garry	Cook	40+	WAC	20.80
Alex	Takle	U18	WAC	20.80
Brian	Allen	U18	WAC	20.78
Dennis	Baker	50+	WAC	19.33
Jordan	Smith	U16	WAC	18.83
Kevin	Jones	40+	WAC	17.89
Kevin	Muller	40+	WAC	17.60
Steven	Boyd	40+	WAC	15.54

Shot put				Distance
Chris	Barton	Open	WAC	11.11
Guy	Telford	Open		10.92
Nathan	Howse	U18	WAC	10.56
Brian	Simmons	50+	WAC	9.34
Ben	Boyd	U20	WAC	8.92
Brian	Allen	U18	WAC	8.40
Alex	Takle	U18	WAC	8.29
Garry	Cook	40+	WAC	7.89
Trent	Turner	Open	WAC	7.32
Kevin	Jones	40+	WAC	7.21
Greg	Simpson	50+	WAC	6.47
Dennis	Baker	50+	WAC	6.07
Steven	Boyd	40+	WAC	5.95

High jump				Hieght
Chris	Barton	Open	WAC	1.65
Jordan	Smith	U16	WAC	1.50
Brian	Allen	U18	WAC	1.50
Garry	Cook	40+	WAC	1.40
Ben	Hugall	U16	WAC	1.35
Greg	Simpson	50+	WAC	1.30
Kevin	Jones	40+	WAC	0.90

Long Jump				
Brendan	Ashcroft	Open	WAC	6.23
Kevin	Muller	40+	WAC	4.49
Greg	Simpson	50+	WAC	3.42
Kevin	Jones	40+	WAC	2.47

Relay 4 x 400m				
Athlete Name		Age	Time	Place
Rikki	Spoule	Open	5.18.02	1
Siobhan	Wilson			
Alana	Cartner			

Rachel	Little	40+	WAC	3.62
Victoria	Jones	Open	WAC	3.27
Rikki	Spoule	U14	WAC	3.00
Aniko	Flemming	U16	WAC	2.96
Tracey	Howse	40+	WAC	2.89
Debbie	Jones	40+	WAC	2.61
Fay	Pearce	50+	WAC	2.48
Jean	Hutchings	Open	WAC	2.43
Nadia	Mellor	50+	WAC	2.28
Jane	Cook	U14	WAC	1.94
Samantha	Little	U16	WAC	1.90

High jump				Height
Jacquie	Star	U18	WAC	1.50
Abbie	Little	U14	WAC	1.35
Rachel	Little	40+	WAC	1.35
Aniko	Flemming	U16	WAC	1.30
Gabby	Knight	U20	WAC	1.20
Rikki	Sproule	U14	WAC	1.20
Mary	Toney	U18	WAC	1.10
Debbie	Jones	40+	WAC	0.95
Jean	Hutchings	Open	WAC	0.95
Samantha	Little	U16	WAC	0.90

Karen	Hill			
Mary	Toney	Open	5.20.75	2
Tracey	Howse			
Emilya	Toney			
Nathan	Howse			
Ben	Hugall	Open	5.24.52	3
Kevin	Muller			
Des	Rees			
Dennis	Baker			
Trent	Turner	Open	5.59.67	4
Guy	Telford			
Victoria	Jones			
Kevin	Jones			
Janet	Crocos	50+	6.36.83	Equal 5
Christine	Simmons			
Nadia	Mellor			
Fay	Pearce			
Terry	Burgess	Open	6.36.83	Equal 5
Debbie	Jones			
Donna	Burgess			
Jean	Hutchings			