

Wodonga Athletics Club - 8th January 2011

WOMEN

| 100m | | | Time |
|---------|----------|------|-------|
| Jessica | Scott | Open | 14.10 |
| Rachel | Little | 40+ | 14.29 |
| Lisa | Knipping | Open | 14.47 |
| Abbie | Little | U14 | 14.61 |
| Talia | Paterson | Open | 14.64 |
| Donna | Burgess | 40+ | 14.77 |
| Karen | Hill | Open | 14.98 |
| Siobhan | Wilson | U14 | 15.14 |
| Amber | Cook | Open | 15.54 |
| Tracey | Howse | 40+ | 17.84 |

| 400m | | | Time |
|---------|-----------|------|---------|
| Rachel | Little | 40+ | 1.06.27 |
| Donna | Burgess | 40+ | 1.09.24 |
| Lisa | Knipping | Open | 1.10.03 |
| Siobhan | Wilson | U14 | 1.13.55 |
| Abbie | Little | U14 | 1.14.43 |
| Karen | Hill | Open | 1.15.08 |
| Jean | Hutchings | Open | 1.39.50 |
| Tracey | Howse | 40+ | 1.46.40 |
| Jane | Cook | U14 | 2.11.88 |

| 1500m | | | Time |
|--------|-----------|------|----------|
| Donna | Burgess | 40+ | 5.57.11 |
| Sibhan | Wilson | U14 | 6.27.54 |
| Karen | Hill | Open | 7.09.13 |
| Jean | Hutchings | Open | 8.03.56 |
| Tracey | Howse | 40+ | 10.30.62 |

| 3000m | | | Time |
|-----------|-----------|------|----------|
| Christine | Simmons | 50+ | 14.44.71 |
| Jean | Hutchings | Open | 17.02.35 |

| Discus | | | Distance |
|---------|----------|------|----------|
| Gabby | Knight | U20 | 24.80 |
| Donna | Burgess | 40+ | 23.91 |
| Jaimi | Dove | U14 | 20.70 |
| Rachel | Little | 40+ | 18.95 |
| Talia | Paterson | Open | 18.47 |
| Jacquie | Star | U18 | 16.92 |
| Abbie | Little | U14 | 16.87 |

MEN

| 100m | | | Time |
|----------|----------|-----|-------|
| Nathan | Howse | U18 | 11.39 |
| Ben | Cook | U20 | 11.69 |
| Michael | Howse | 40+ | 13.10 |
| Fletcher | Star | U18 | 14.29 |
| Don | Chambers | 50+ | 14.71 |
| Dennis | Baker | 50+ | 17.07 |
| Ben | Boyd | U20 | 19.19 |

| 400m | | | Time |
|---------|---------|------|---------|
| Nathan | Howse | U18 | 0.54.21 |
| Mitch | Hibbins | Open | 0.55.64 |
| Kevin | Muller | 40+ | 0.61.94 |
| Michael | Howse | 40+ | 1.06.71 |
| Steven | Boyd | 40+ | 1.13.43 |
| Dennis | Baker | 50+ | 1.27.03 |
| Gary | Cook | 40+ | 1.46.25 |

| 1500m | | | Time |
|----------|---------|------|---------|
| Mitchell | Hibbins | Open | 4.46.39 |
| Kevin | Muller | 40+ | 5.18.93 |
| Brian | Simmons | 50+ | 5.27.43 |
| Jordan | Smith | U16 | 5.41.89 |
| Dennis | Baker | 50+ | 8.26.48 |
| Ben | Boyd | U20 | 6.27.54 |
| Des | Rees | 50+ | 6.36.61 |
| Greg | Simpson | 50+ | 6.45.04 |

| 3000m | | | Time |
|----------|---------|------|----------|
| Alan | Pearce | Open | 10.34.95 |
| Kevin | Muller | 40+ | 10.51.05 |
| Brian | Simmons | 50+ | 12.00.01 |
| Fletcher | Star | U18 | 12.09.86 |
| Hugh | Aitken | Open | 12.51.19 |
| Charles | Aitken | 50+ | 13.24.26 |
| Des | Rees | 50+ | 14.03.07 |
| Robert | Lindley | 50+ | 19.09.26 |

| Discus | | | Distance |
|--------|---------|-----|----------|
| Brian | Simmons | 50+ | 26.98 |
| Justin | King | U18 | 24.13 |
| Nathan | Howse | U18 | 23.61 |

| | | | |
|--------|----------|------|-------|
| Amber | Cook | Open | 16.29 |
| Lisa | Knipping | Open | 15.20 |
| Jane | Cook | U14 | 14.80 |
| Tracey | Howse | 40+ | 13.26 |

| Shot put | | | Distance |
|----------|-----------|------|----------|
| Gabby | Knight | U20 | 8.16 |
| Jessica | Scott | Open | 8.07 |
| Donna | Burgess | 40+ | 7.73 |
| Lisa | Knipping | Open | 7.64 |
| Rachel | Little | 40+ | 7.58 |
| Talia | Paterson | Open | 6.65 |
| Jaimi | Dove | U14 | 6.63 |
| Abbie | Little | U14 | 6.58 |
| Karen | Hill | Open | 6.31 |
| Jane | Cook | U14 | 6.29 |
| Jacquie | Star | U18 | 5.90 |
| Alana | Cartner | U18 | 5.70 |
| Tracey | Howse | 40+ | 5.70 |
| Siobhan | Wilson | U14 | 5.50 |
| Jean | Hutchings | Open | 4.60 |

| High Jump | | | Height |
|-----------|----------|------|--------|
| Jemma | Power | U16 | 1.60 |
| Jacquie | Star | U18 | 1.40 |
| Lisa | Knipping | Open | 1.35 |
| Rachel | Little | 40+ | 1.30 |
| Talia | Paterson | Open | 1.30 |
| Abbie | Little | U14 | 1.25 |
| Jessica | Scott | Open | 1.25 |
| Karen | Hill | Open | 1.25 |
| Jaimi | Dove | U14 | 1.20 |
| Gabby | Knight | U20 | 1.20 |
| Tracey | Howse | 40+ | 0.95 |

| Long Jump | | | Distance |
|-----------|----------|------|----------|
| Lisa | Knipping | Open | 4.22 |
| Karen | Hill | Open | 4.14 |
| Abbie | Little | U14 | 4.10 |
| Rachel | Little | 40+ | 4.07 |
| Amber | Cook | Open | 3.99 |
| Jacquie | Star | U18 | 3.95 |
| Donna | Burgess | 40+ | 3.88 |
| Talia | Paterson | Open | 3.88 |
| Gabby | Knight | U20 | 3.72 |

| | | | |
|----------|----------|-----|-------|
| Matthew | Cullen | U18 | 23.33 |
| Ben | Boyd | U20 | 23.05 |
| Greg | Simpson | 50+ | 21.78 |
| Garry | Cook | 40+ | 21.01 |
| Dennis | Baker | 50+ | 18.13 |
| Don | Chambers | 50+ | 18.08 |
| Michael | Howse | 40+ | 17.60 |
| Kevin | Muller | 40+ | 17.30 |
| Ben | Cook | U20 | 16.61 |
| Steven | Boyd | 40+ | 16.06 |
| Fletcher | Star | U18 | 15.30 |

| Shot put | | | Distance |
|----------|----------|-----|----------|
| Ben | Boyd | U20 | 10.32 |
| Ben | Cook | U20 | 10.28 |
| Nathan | Howse | U18 | 9.92 |
| Matthew | Cullen | U18 | 9.86 |
| Brian | Simmons | 50+ | 9.35 |
| Garry | Cook | 40+ | 7.53 |
| Fletcher | Star | U18 | 7.19 |
| Don | Chambers | 50+ | 6.78 |
| Greg | Simpson | 50+ | 6.46 |
| Michael | Howse | 40+ | 6.22 |
| Dennis | Baker | 50+ | 6.21 |
| Steven | Boyd | 40+ | 5.78 |

| High Jump | | | Height |
|-----------|--------|------|--------|
| Ben | Cook | U20 | 1.80 |
| Matthew | Cullen | U18 | 1.65 |
| Justin | King | U18 | 1.65 |
| Jordan | Smith | U16 | 1.40 |
| Micheal | Howse | Open | 1.20 |

| Long Jump | | | Distance |
|-----------|----------|-----|----------|
| Ben | Cook | U20 | 5.85 |
| Nathan | Howse | U16 | 5.46 |
| Matthew | Cullen | U18 | 5.29 |
| Kevin | Muller | 40+ | 4.50 |
| Ben | Boyd | U20 | 4.02 |
| Micheal | Howse | 40+ | 3.90 |
| Greg | Simpson | 50+ | 3.89 |
| Garry | Cook | 40+ | 3.81 |
| Don | Chambers | 50+ | 3.65 |
| Steven | Boyd | 40+ | 3.50 |

| | | | |
|---------|-----------|------|------|
| Siobhan | Wilson | U14 | 3.70 |
| Jessica | Scott | Open | 3.41 |
| Jaimi | Dove | U14 | 3.32 |
| Tracey | Howse | 40+ | 2.87 |
| Jean | Hutchings | Open | 2.49 |
| Jane | Cook | U14 | 2.42 |

| Pole Vault | | | Height |
|------------|----------|-----|--------|
| Greg | Simpson | 50+ | 2.40 |
| Ben | Cook | U20 | 2.20 |
| Don | Chambers | 50+ | 2.00 |

| Pole Vault | | | Height |
|------------|------|-----|--------|
| Jacquie | Star | U18 | 2.10 |

| Relay 4 x 100m | | | |
|----------------|-----------|------|-------|
| Athlete Name | | Age | Place |
| Team 1 | | | |
| Nathan | Howse | U16 | 1st |
| Matthew | Cullen | U18 | |
| Mitch | Hibbins | Open | |
| Ben | Cook | U20 | |
| | | | |
| Team 2 | | | |
| Tracey | Howse | 40+ | 2nd |
| Donna | Burgess | 40+ | |
| Rachel | Little | 40+ | |
| Jessica | Scott | Open | |
| | | | |
| Team 3 | | | |
| Micheal | Howse | 40+ | 3rd |
| Kevin | Muller | 40+ | |
| Dennis | Baker | 50+ | |
| Jean | Hutchings | Open | |
| | | | |
| Team 4 | | | |
| Siobhan | Wilson | U14 | 4th |
| Abbie | Little | U14 | |
| Jaimi | Dove | U14 | |
| Jane | Cook | U14 | |
| | | | |