

WODONGA ATHLETICS RESULTS - 08.12.2012

WOMEN

1500			Time
Donna	Burgess	50+	5.34.78
Rachel	Little	40+	5.36.93
Nadia	Mellor	50+	7.37.50
Tracey	Howse	40+	9.44.31

High Jump			Height
Laura	Collins	U18	1.35
Mary	Toney	U20	1.30
Rachel	Little	40+	1.20
Janet	Crococ	50+	1.15
Helen	Collins	40+	1.00
Debbie	Jones	40+	0.95
Nadia	Mellor	50+	0.95

100m			Time
Mary	Toney	U20	13.54
Mary	Munroe	Open	13.76
Rachel	Little	40+	14.02
Laura	Collins	U18	14.42
Emilya	Toney	Open	15.44
Janet	Crococ	50+	16.00
Siobhan	Wilson	U16	16.62
Tracey	Howse	40+	17.35
Helen	Collins	40+	17.73

Discus			Distance
Siobhan	Wilson	U16	13.27
Mary	Toney	U20	17.18
Emilya	Toney	Open	24.62
Tracey	Howse	40+	15.87
Debbie	Jones	40+	12.82
Janet	Crococ	50+	18.37
Nadia	Mellor	50+	11.61
Donna	Burgess	50+	25.56

Shot Put			Distance
Laura	Collins	U18	10.87
Donna	Burgess	50+	10.54
Rachel	Little	40+	7.76
Janet	Crococ	50+	7.74
Helen	Collins	40+	6.73
Mary	Toney	U20	6.50
Emilya	Toney	Open	6.22
Victoria	Jones	Open	6.19
Debbie	Jones	40+	6.08
Tracey	Howse	40+	5.92
Nadia	Mellor	50+	4.00

MEN

1500			Time
Brian	Allen	U18	4.44.56
Sam	Hodge	U16	4.49.68
Mathias	Eversheim	U16	5.09.64
James	Ellis	U18	5.00.70
Luke	Smith	U18	5.39.77
Ken	Woodman	40+	6.02.42
Des	Rees	50+	6.55.91
Dennis	Baker	60+	8.18.79

High Jump			Height
Gavin	Smith	40+	1.55
Jason	Rees	Open	1.55
Jackson	Whiley	U14	1.40
Ken	Woodman	40+	1.35
Greg	Simpson	50+	1.30
Don	Chambers	70+	1.10
Frank	Scurr	70+	1.10

100m			Time
Nathan	Howse	U20	11.22
Ryan	Evans	U18	11.73
Tom	Botter	U16	11.96
Mathias	Eversheim	U16	13.00
Micheal	Howse	50+	13.44
Ken	Woodman	40+	13.62
Matt	Parker	Open	14.48
Don	Chambers	70+	15.49
Steven	Boyd	40+	15.51
Greg	Simpson	50+	15.69
Frank	Scurr	70+	17.19
Dennis	Baker	60+	17.65

Discus			Distance
Sam	Hodge	U16	26.55
Brian	Allen	U18	23.84
Greg	Simpson	50+	23.55
Matt	Parker	Open	23.35
Bill	Pearce	60+	23.11
Dennis	Baker	60+	22.45
Ken	Woodman	40+	21.03
Jackson	Whiley	U14	18.51
Lachy	Steain	Open	18.18
Don	Chambers	70+	18.07
Trent	Turner	Open	17.49
Steven	Boyd	40+	13.34

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3000m			Time
Rachel	Little	40+	112.13.02
Siobhan	Wilson	U16	14.00.36
Emilya	Toney	Open	15.50.35
Victoria	Jones	Open	16.40.63

Long Jump			Distance
Mary	Toney	U20	4.35
Siobhan	Wilson	U16	4.10
Janet	Crococ	50+	3.70
Tracey	Howse	40+	2.98
Nadia	Mellor	50+	1.88
Debbie	Jones	40+	1.81

400m			Time
Mary	Munroe	Open	1.07.30
Mary	Toney	U20	1.15.19
Siobhan	Wilson	U16	1.23.01
Janet	Crococ	50+	1.32.05
Tracey	Howse	40+	1.50.65
Emilya	Toney	Open	1.50.84

Shot Put			Distance
Nathan	Howse	U20	9.94
Don	Chambers	70+	8.68
Lachy	Steain	Open	8.03
Ken	Woodman	40+	7.43
Dennis	Baker	60+	6.53
Steven	Boyd	40+	5.77

3000m			Time
Zac	Jones	Open	9.57.09
Reed	Jackson	U16	10.28.56
Brian	Allen	U20	11.49.33
Sam	Hodge	U16	11.49.65
Lachy	Steain	Open	11.59.16
Luke	Smith	U18	12.06.43
Trent	Turner	Open	12.12.16
Mike	Mellor	60+	12.55.12
Greg	Newbold	50+	13.17.42
Jason	Rees	Open	13.17.73
Bill	Pearce	60+	14.12.22
Greg	Simpson	50+	15.48.68
Robert	Lindley	60+	20.05.99

Long Jump			Distance
Nathan	Howse	U20	6.24
Tom	Botter	U16	5.21
Matt	parker	Open	4.37
Ken	Woodman	40+	4.31
Lachy	Steain	Open	4.21
Gavin	Smith	40+	3.68
Jackson	Whiley	U14	3.66
Greg	Simpson	50+	3.60
Don	Chambers	70+	3.50
Zac	Jones	Open	3.39
Frank	Scurr	70+	3.35
Dennis	Baker	60+	1.80

400m			Time
Nathan	Howse	U20	53.31
Ben	Cook	Open	53.51
Tom	Botter	U16	55.19
Mathias	Eversheim	U16	57.68
Lachy	Steain	Open	1.03.98
Jackson	Whiley	U14	1.06.93
Michael	Howse	50+	1.07.69
Ken	Woodman	40+	1.10.27
Gavin	Smith	40+	1.11.12
Dennis	Baker	60+	1.32.23
Frank	Scurr	70+	1.37.68