

## Wodonga Athletics Club Results 11th of December

### Women

200m			Time
Emilya	Toney	U20	28.61
Samantha	Little	U16	29.04
Rachel	Little	40+	29.81
Jessica	Scott	Open	29.83
Lisa	Knipping	Open	31.53
Alana	Cartner	U18	32.64
Siobhan	Wilson	U14	33.22
Helen	Collins	40+	37.66
Tracey	Howse	40+	39.41
Fay	Pearce	50+	39.54

Hammer			Distance
Gabby	Knight	U20	27.47
Jaimi	Dove	U	21.59
Debbie	Jones	40+	17.73
Rachel	Little	40+	16.14
Emilya	Toney	U20	15.78
Talia	Paterson	Open	13.11
Jacquie	Star	U18	13.05
Abbie	Little	U14	11.77

5000m			Time
Christine	Simmons	50+	25.10.54
Nadia	Mellor	50+	26.13.16
Alana	Cartner	U18	26.33.45
Jean	Hutchings	Open	29.54.72

Discus			Distance
Gabby	Knight	U20	28.93
Emilya	Toney	U20	22.1
Talia	Paterson	Open	21.89
Donna	Burgess	40+	21.46
Karen	Hill	Open	19.04
Lisa	Knipping	Open	18.92
Erin	Lancaster	U16	18.83
Rachel	Little	40+	18.78
Jaimi	Dove	U14	18.08
Tracey	Howse	40+	17.07
Jane	Cook	U14	16.74
Samantha	Little	U16	15.56

### Men

200m			Time
Nathan	Howse	U18	23.43
Ben	Hugall	U16	26.18
Ted	Elkington	U16	28.72
Frank	Scurr	50+	36.58
Dennis	Baker	50+	36.72

Hammer			Distance
Ben	Cook	U20	24.63
Greg	Simpson	50+	21.67
Kevin	Jones	40+	19.53
Brian	Allen	U18	17.25
Dennis	Baker	50+	11.96

5000m			Time
James	Ellis		19.24.81
Brian	Allen		19.43.51
Terry	Burges		19.58.10
Mike	Mellor		19.58.44
Bill	Pearce		23.52.07
David	Elkington		27.24.53
Robert	Lindley		32.47.33

Discus			Distance
Joe	Petulla	U16	32.36
Ben	Boyd	U20	30.1
Ethan	Alban	U18	23.77
Greg	Simpson	50+	23.24
Nathan	Howse	U18	22.08
Brian	Allen	U18	20.48
Ted	Elkington	U16	20.44
Michael	Howse	40+	19.15
Kevin	Jones	40+	18.6
Alex	Takle	U18	18.59
Dennis	Baker	50+	18.58

100m			Time
Nathan	Howse	U18	11.16
Ethan	Alban	U18	11.17
Joe	Petulla	U16	11.75
Ben	Hugall	U16	12.23

Debbie	Jones	40+	12.57
Alana	Cartner	U18	11.79
Jean	Hutchins	Open	10.95
Jacquie	Star	U18	10.09
Abbie	Little	U14	7.06

Brian	Allen	U18	12.29
Alex	Takle	U18	13.52
Ted	Elkington	U16	13.61
Dennis	Baker	50+	16.97
Michael	Howse	40+	18.60

100m			Time
Samantha	Little	U16	13.27
Chloe	Thomas	U20	13.45
Emilya	Toney	U20	13.48
Jessica	Scott	Open	14.09
Rachel	Little	40+	14.14
Lisa	Knipping	Open	14.43
Abbie	Little	U14	14.57
Talia	Paterson	Open	14.60
Jacquie	Star	U18	14.91
Siobhan	Wilson	U14	15.15
Donna	Burgess	40+	15.16
Alana	Cartner	U18	15.55
Helen	Collins	40+	16.54
Fay	Pearce	50+	17.37
Debbie	Jones	40+	17.99
Tracey	Howse	40+	18.03
Jane	Cook	U14	19.49

800m			Time
James	Ellis	U16	2.04.70
Brian	Allen	U18	2.12.19
Ted	Elkington	U16	2.39.08
Terry	Burgers	40+	2.43.15
Greg	Simpson	50+	2.51.06
Michael	Howse	40+	3.26.32
Frank	Scurr	50+	3.38.70
David	Elkington	50+	3.41.42
Kevin	Jones	40+	3.50.49

Javelin			Distance
Ben	Boyd	U20	43.81
Brian	Allen	U18	32.74
Kevin	Jones	40+	22.16
Greg	Simpson	50+	20.69
Michael	Howse	40+	18.69
Dennis	Baker	50+	13.74

800m			Time
Rachel	Little	40+	2.43.58
Donna	Burgess	40+	2.45.00
Siobhan	Willson	U14	2.57.96
Alana	Cartner	U18	3.01.59
Talia	Paterson	Open	3.08.17
Karen	Hill	Open	3.09.32
Christine	Simmons	50+	3.20.12
Jean	Hutchings	Open	4.05.89
Tracey	Howse	40+	4.45.13

Long Jump			Distance
Nathan	Howse	U18	5.82
Joe	Petulla	U16	5.51
Ethan	Alban	U18	5.35
Ben	Hugall	U16	4.56
Alex	Takle	U18	4.28
Ted	Elkington	U16	4.09
Brian	Allen	U18	4.06
Greg	Simpson	50+	3.54
Michael	Howse	40+	3.32
Dennis	Baker	50+	1.69

Javelin			Distance
Gabby	Knight	U20	28.24
Erin	Lancaster	U16	21.16
Talia	Paterson	Open	18.61
Lisa	Knipping	Open	18.29
Abbie	Little	U14	16.18
Jessica	Scott	Open	15.96
Rachel	Little	40+	15.86
Jane	Cook	U14	14.92
Jaimi	Dove	U14	14.76

Triple Jump			Distance
Nathan	Howse	U18	11.47
Ethan	Alban	U18	11.18
Alex	Takle	U18	10.32
Brian	Allen	U18	9.39
Ted	Elkington	U16	8.24
Greg	Simpson	50+	7.51
Michael	Howse	40+	5.09

Debbie	Jones	40+	14.05
Emilyya	Toney	U20	13.55
Tracey	Howse	40+	13.53
Samantha	Little	U16	12.62
Nadia	Mellor	50+	11.96
Karen	Hill	Open	11.79
Siobhan	Wilson	U14	11.29
Helen	Collins	40+	11.02
Fay	Pearce	50+	9.35
Jacquie	Star	U18	8.29

Long Jump			Distance
Lisa	Knipping	Open	4.17
Karen	Hill	Open	4.16
Emilyya	Toney	U20	4
Abbie	Little	U14	3.93
Talia	Paterson	Open	3.87
Jessica	Scott	Open	3.87
Samantha	Little	U16	3.84
Gabby	Knight	U20	3.81
Siobhan	Willson	U14	3.77
Rachel	Little	40+	3.76
Jacquie	Star	U18	3.54
Alana	Cartner	U18	3.2
Jaimi	Dove	U14	3.14
Helen	Collins	40+	3.05
Tracey	Howse	40+	2.68
Jane	Cook	U14	2.61
Debbie	Jones	40+	2.27
Fay	Pearce	50+	2.19
Nadia	Mellor	50+	2.1

Triple Jump			Distance
Lisa	Knipping	Open	9.02
Jacquie	Star	U18	8.75
Karen	Hill	Open	8.68
Talia	Paterson	Open	8.59
Abbie	Little	U14	8.58
Gabby	Knight	U20	8.55
Emilyya	Toney	U20	8.44
Chloe	Thomas	U18	8.41
Jaimi	Dove	U14	7.7
Samantha	Little	U16	7.61
Siobhan	Willson	U14	7.6
Helen	Collins	40+	6.71
Jean	Hutchings	Open	5.84

Jane	Cook	U14	5.83
Rachel	Little	40+	5.76
Debbie	Jones	40+	5.59
Tracey	Howse	40+	5.46