

Wodonga Athletic Club
Results 14th December 2013

WOMEN

5000m			Time
Siohban	Wilson	u18	24.56.66
Chris	Wilson	50+	25.58.05
Fay	Pearce	60+	28.52.22

Triple Jump			Distance
Alison	Williams	u14	9.38
Emilya	Toney	open	9.24
Laura	Collins	u18	9.11
Siohban	Wilson	u18	8.31
Emilya	Woolford	u18	8.18
Miranda	Williams	u18	7.79
Debbie	Star	open	7.00
Janet	Crococ	50+	6.00
Debbie	Jones	40+	5.00

200m			Time
Zoe	Chapman	u14	28.46
Emilya	Toney	open	29.67
Miranda	Williams	u18	30.27
Alison	Williams	u14	30.77
Alex	Ziersch	u16	30.97
Maddi	Howells	u14	34.22
Tracey	Howse	40+	42.09

Hammer			Distance
Kiahna	Evans	u14	26.32
Laura	Collins	u18	24.55
Janet	Crococ	50+	21.95
Emma	Clark	u16	19.67
Debbie	Jones	40+	17.93
Donna	Evans	open	16.66
Siohban	Wilson	u18	15.86
Mary	Toney	open	15.85
Emilya	Woolford	u18	14.09

High Jump			Height
Zoe	Chapman	U14	1.50
Laura	Collins	u18	1.40
Miranda	Williams	u18	1.40
Alison	Williams	u14	1.25
Janet	Crococ	50+	1.15
Debbie	Jones	50+	0.95

Hurdles - 100m			Time
Emilya	Toney	open	22.20

MEN

5000m			Time
Mzasange	Runezerwa	open	18.30.07
Mike	Mellor	60+	21.50.79
Des	Rees	60+	24.33.07

Triple Jump			Distance
Nathan	Howse	u20	12.05
Kevin	Muller	40+	8.33
Greg	Simpson	50+	8.11

200m			Time
Ben	Hugall	u18	23.86
Jackson	Whiley	u14	26.02
Michael	Howse	50+	27.69
Brett	Howells	open	33.48
Noah	McFarlane	u14	34.90
Des	Rees	60+	37.84

Hammer			Distance
Ben	Cook	open	28.22
Greg	Simpson	50+	21.63
Stan	Grant	40+	19.29
Dennis	Baker	60+	15.46

High Jump			Height
Jackson	Whiley	u14	1.55
Greg	Simpson	50+	1.30
Noah	McFarlane	u14	1.15
Don	Chambers	70+	1.10

800m			Time
Nathan	Howse	u20	2.18.42
Kevin	Muller	40+	2.24.64
Brett	Howells	open	2.58.62
Greg	Simpson	50+	3.00.06
Des	Rees	60+	3.09.00

Javelin			Distance
Ben	Cook	open	40.45
Stan	Grant	40+	38.61
Mathew	Low	open	38.58
Bill	Pearce	60+	20.24
Don	Chambers	70+	18.98
Kevin	Muller	40+	18.07
Dennis	Baker	60+	10.48

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Hurdles 80m			Distance
Janet	Crococ	50+	19.03

100m			Time
Zoe	Chapman	u14	13.31
Miranda	Williams	u18	13.84
Mary	Toney	open	13.95
Laura	Collins	u18	14.46
Alex	Ziersch	u16	14.66
Siobhan	Wilson	u18	14.75
Emily	Woolford	u18	15.00
Maddi	Howells	u14	16.14
Cheryl	Webster	40+	16.17
Janet	Crococ	50+	16.39
Tracey	Howse	40+	18.14

Javelin			Distance
Kiahna	Evans	u14	22.05
Debbie	Star	open	18.18
Tracey	Howse	40+	17.41
Siobhan	Wilson	u18	16.88
Emily	Woolford	u18	15.68
Cheryl	Webster	u14	14.97
Mary	Toney	open	14.70
Alison	Williams	u14	13.23
Emma	Grech	open	13.08
Debbie	Jones	40+	12.48
Miranda	Williams	u18	11.13

800m			Time
Siobhan	Wilson	u18	2.49.96
Emilya	Toney	open	2.53.32
Emily	Woolford	u18	2.54.76
Alison	Williams	u14	2.57.81
Laura	Collins	u18	2.58.74
Mary	Toney	open	3.18.48
Emma	Grech	open	3.41.66
Janet	Crococ	50+	3.59.23
Fay	Pearce	60+	4.02.53
Tracey	Howse	40+	4.23.67

Discus			Distance
Kiahna	Evans	u14	27.39
Donna	Evans	Open	24.41
Debbie	Star	Open	14.88
Emma	Grech	Open	14.56
Debbie	Jones	40+	13.36
Fay	Pearce	60+	10.08
Emilya	Toney	Open	9.16

100m			Time
Nathan	Howse	u20	11.46
Ben	Hugall	u18	11.83
Ben	Cook	open	12.05
Ben	Cook	open	12.06
Jackson	Whiley	u14	12.62
Michael	Howse	50+	13.48
Greg	Simpson	50+	15.27
Don	Chambers	70+	15.99
Noah	McFarlane	u14	16.35

Discus			Distance
Mathew	Low	open	29.46
Stan	Grant	40+	28.22
Dennis	Baker	60+	21.01
Bill	Pearce	60+	20.94
Kevin	Muller	40+	16.87

Hurdles - 80m			Time
Don	Chambers	70+	18.3

Hurdles - 100m			Time
Greg	Simpson	50+	22.76