

Wodonga Athletics Club Results 18th of December

Women

3000m			Time
Christine	Simmons	50+	14.15.49
Alana	Cartner	U18	14.44.67
Fay	Pearce	50+	16.34.61

100m			Time
Samantha	Little	U16	13.62
Emilya	Toney	U20	13.87
Jessica	Scott	Open	14.39
Rachel	Little	40+	14.57
Talia	Paterson	Open	14.74
Abbie	Little	U14	14.85
Janet	Crococ	50+	15.68
Alana	Cartner	U18	15.81
Rikki	Sproule	U14	15.92
Helen	Collins	40+	17.25
Tracey	Howse	40+	17.65
Fay	Pearce	50+	17.88
Debbie	Jones	40+	17.92

Hurdles			Time
Rachael	Little	40+	20.00
Samantha	Little	U16	20.78
Jessica	Scott	Open	21.11
Rikki	Sproule	U14	21.85
Abbie	Little	U14	22.10

400m			Time
Rachel	Little	40+	1.10.27
Donna	Burgess	40+	1.12.95
Talia	Paterson	Open	1.14.43
Alana	Cartner	U18	1.16.60
Rikki	Sproule	U14	1.18.96
Karen	Hill	Open	1.22.85
Abbie	Little	U14	1.23.90
Christine	Simmons	50+	1.35.30
Victoria	Jones	Open	1.35.53
Helen	Collins	40+	1.42.50
Fay	Pearce	50+	1.44.34
Tracey	Howse	40+	1.48.18

Men

3000m			Time
Zach	Jones	Open	10.39.67
Michael	Mellor	50+	11.41.43
Brian	Simmons	50+	11.48.74
Jeff	Cave	40+	12.37.28
Bill	Pearce	50+	13.21.74
Peter	Rogerson	50+	16.10.49
Dennis	Baker	50+	18.38.83
Robert	Lindley	50+	19.13.33

100m			Time
Ethan	Alban	U18	11.55
Nathan	Howse	U18	11.55
Ted	Elkington	U16	13.71
Michael	Howse	40+	14.66
Don	Chambers	50+	15.47
Dennis	Baker	50+	16.97

Hurdles		100m	Time
Don	Chambers		21.18

400m			Time
Nathan	Howse	U18	57.01
Jordan	Smith	U16	1.06.76
Ted	Elkington	U16	1.07.86
Michael	Howse	40+	1.08.23
Brian	Simmons	50+	1.12.93
Bill	Pearce	50+	1.18.64
Dennis	Baker	50+	1.35.22
Kevin	Jones	40+	1.36.73

1500m			Time
James	Ellis	U16	4.28.62
Brian	Simmons	50+	5.24.03
Jordan	Smith	U16	5.29.87
Clancy	Loyd	U14	5.41.42
Michael	Mellor	50+	5.49.13
Jeff	Cave	40+	5.50.57
Ted	Elkington	U16	5.52.73
Bill	Pearce	50+	6.19.15
Trent	Turner	Open	6.39.81

1500m			Time
Rachel	Little	40+	5.47.15
Donna	Burgess	40+	6.02.86
Emilya	Toney	U20	6.42.16
Christine	Simmons	50+	6.47.89
Rikki	Sproule	U14	6.48.69
Karen	Hill	Open	6.55.47
Fay	Pearce	50+	7.42.24
Victoria	Jones	Open	7.57.10
Cindy	Elkington	40+	8.37.71
Debbie	Jones	40+	8.44.25
Jane	Cook	U14	9.49.42

Long Jump			Distance
Samantha	Little	U16	4.12
Talia	Paterson	Open	4.10
Abbie	Little	U14	4.08
Karen	Hill	Open	4.04
Alana	Cartner	U18	3.78
Janet	Crococ	U50	3.78
Jessica	Scott	Open	3.78
Rikki	Sproule	U14	3.75
Emilya	Toney	U20	3.67
Rachel	Little	40+	3.63
Helen	Collins	40+	3.26
Jaimi	Dove	U14	3.21
Victoria	Jones	Open	3.02
Tracey	Howse	40+	2.66
Debbie	Jones	40+	2.63
Fay	Pearce	50+	2.29

Discus			Distance
Donna	Burgess	40+	24.07
Emilya	Toney	U20	22.83
Jaimi	Dove	U14	21.62
Erin	Lancaster	U16	21.15
Talia	Paterson	Open	20.79
Rachel	Little	40+	20.16
Janet	Crococ	50+	19.74
Abbie	Little	U14	16.14
Karen	Hill	Open	15.56
Tracey	Howse	40+	14.75
Victoria	Jones	Open	14.68
Debbie	Jones	40+	14.60
Helen	Collins	40+	13.49
Jane	Cook	U14	13.10

Kevin	Jones	40+	8.02.43
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Long Jump			Distance
Ethan	Alban	u18	5.08
Chris	Barton	Open	4.80
Jordan	Smith	U16	3.98
Garry	Cook	40+	3.80
Michael	Howse	40+	3.7
Don	Chambers	50+	3.54
Bill	Pearce	50+	3.49
Steven	Boyd	40+	3.44
Ben	Boyd	U20	2.92
Kevin	Jones	40+	2.58

Discus			Distance
Chris	Barton	Open	31.01
Guy	Telford	Open	29.75
Ben	Boyd	U20	27.79
Zach	Jones	Open	26.82
Nathan	Howse	U18	26.33
Brian	Simmons	50+	25.35
Ethan	Alban	U18	24.63
Garry	Cook	40+	23.62
Trent	Turner	Open	22.55
Jordan	Smith	U16	19.27
Ted	Elkington	U16	19.08
Michael	Howse	40+	19.01
Steven	Boyd	40+	18.60
Kevin	Jones	40+	18.43
Dennis	Baker	50+	17.87
Don	Chambers	50+	16.73

High Jump			Height
Brian	Allen	U18	1.65
Chris	Barton	Open	1.50
Jordan	Smith	U16	1.40
Don	Chambers	50+	1.05
Kevin	Jones	40+	1.00

Javelin			Distance
Chris	Barton	Open	50.08
Ben	Boyd	U20	43.64
Zach	Jones	Open	35.73
Kevin	Jones	40+	20.92
Garry	Cook	40+	28.48
Guy	Telford	Open	24.25

Alana	Cartner	U18	11.53
Fay	Pearce	50+	10.04

High Jump			Height
Rachel	Little	40+	1.35
Abbie	Little	U14	1.30
Samantha	Little	U16	1.25
Talia	Paterson	Open	1.25
Emilya	Toney	U20	1.25
Jessica	Scott	Open	1.25
Karen	Hill	Open	1.2
Janet	Crococ	50+	1.10
Victoria	Jones	Open	1.05
Alana	Cartner	U18	1.00

Javelin			Distance
Donna	Burges	40+	21.79
Erin	Lancaster	U16	19.57
Janet	Crococ	50+	18.88
Jaimi	Dove	U14	18.38
Emilya	Toney	U20	18.00
Rachel	Little	40+	16.88
Jane	Cook	U14	16.70
Tracey	Howse	40+	15.07
Rikki	Sproule	U14	14.96
Jessica	Scott	Open	14.80
Debbie	Jones	40+	13.26
Samantha	Little	U16	12.97
Talia	Paterson	Open	12.95
Victoria	Jones	Open	12.84

Shot put			Distance
Donna	Burgess	40+	8.06
Rachel	Little	40+	8.01
Janet	Crococ	50+	7.94
Erin	Lancaster	U18	7.02
Jaimi	Dove	U14	6.93
Talia	Paterson	Open	6.86
Abbie	Little	U14	6.68
Victoria	Jones	Open	6.24
Jane	Cook	U14	6.06
Tracey	Howse	40+	5.86
Debbie	Jones	40+	5.86
Helen	Collins	40+	5.83

Steven	Boyd	40+	22.67
Don	Chambers	50+	18.99
Michael	Howse	40+	18.47

Shot put			Distance
Guy	Telford	Open	11.79
Chris	Barton	Open	11.11
Ben	Boyd	U20	10.64
Nathan	Howse	U18	10.44
Brian	Simmons	50+	10.37
Ethan	Alban	U18	9.06
Ted	Elkington	U16	8.69
Garry	Cook	40+	8.30
Zach	Jones	Open	7.95
Trent	Turner	Open	7.72
Don	Chambers	50+	7.61
Michael	Howse	40+	7.40
Kevin	Jones	40+	7.15
Dennis	Baker	50+	6.34
Steven	Boyd	40+	6.31