

Weekly Results 28th February 2009

Presentation

200 metre Handicap

Heat 1

- 1 Callum Sutter
- 2 Michael Howse
- 3 Matt Cullen

Heat 2

- 1 Robert Wilson
- 2 Gabby Knight
- 3 Mary Toney

Heat 3

- 1 Dennis Baker
- 2 Amber Cook
- 3 Lisa Knipping

800 metre Handicap

Place	Name	Age	Handicap
1st	Victoria Jones	20	0.10
2nd	Emilya Toney	16	1.00
3rd	Ben Cook	18	1.40
4th	Lisa Knipping	20	0.55
5th	Matt Cullen	16	1.25
6th	Robert Wilson	16	1.30
7th	Jodi Elkington	16	0.48
8th	Fay Pearce	50+	0.25
9th	Callum Sutter	16	1.30
10th	Mary Toney	20	1.05
11th	Kevin Muller	Open	1.50
12th	Chris Barton	20	1.55
13th	Deborah Jones	35+	0.00

Discus Handicap

Place	Name	Age	Throw	Handicap	Final Result
1	Jane Cook	14	12.94	-1.80	11.14
2	Nadia Mellor	50+	9.96	0.90	10.86
3	Garry Cook	40+	21.96	-11.24	10.72
4	Alan Pearce	Open	19.48	-9.40	10.08
5	Trent Turner	Open	17.43	-7.38	10.05
6	Rosalie Wilson	35+	12.85	-3.46	9.39
7	Janet Crocos	50+	19.01	-9.63	9.38
8	Amber Cook	20	14.71	-5.60	9.11
9	Bill Pearce	50+	16.45	-7.39	9.06

10	Greg Simpson	50+	21.47	-12.47	9.00
11	Jodi Elkington	16	13.75	-5.57	8.18
12	Debbie Jones	35+	12.39	-4.31	8.08
13	Mary Toney	16	16.74	-8.67	8.07
14	Kevin Jones	40+	16.42	-8.46	7.96
15	Lisa Knipping	20	10.71	-2.75	7.96
16	Victoria Jones	20	14.25	-7.20	7.05
17	Callum Sutter	16	20.71	-14.60	6.11
18	Emilya Toney	18	18.08	-12.19	5.89
19	Kevin Muller	Open	13.65	-7.79	5.86
20	Gabriel Knight	18	18.99	-15.18	3.81
21	Ben Cook	18	19.36	-23.18	-3.82
22	Matt Cullen	16	0	-16.66	-16.66
23	Chris Barton	20	0	-23.01	-23.01

Long Jump Handicap

<i>Place</i>	<i>Name</i>	<i>Age</i>	<i>Result</i>	<i>Handicap</i>	<i>Final Result</i>
1	Lisa Knipping	20	3.40	-0.11	3.29
2	Mary Toney	16	4.04	-0.88	3.16
3	Amber Cook	20	3.52	-0.36	3.16
4	Alan Morris	50+	4.20	-1.28	2.92
5	Matt Cullen	16	4.89	-1.99	2.90
6	Victoria Jones	20	3.16	-0.31	2.85
7	Debbie Jones	35+	2.34	0.48	2.82
8	Callum Sutter	16	4.74	-1.99	2.75
9	Fay Pearce	50+	2.39	0.35	2.74
10	Jayden Dunn	20	3.88	-1.15	2.73
11	Nadia Mellor	50+	2.23	0.42	2.65
12	Jane Cook	14	2.19	0.45	2.64
13	Robert Wilson	16	3.73	-1.16	2.57
14	Chris Barton	20	4.99	-2.43	2.56
15	Kevin Muller	Open	3.72	-1.18	2.54
16	Kevin Jones	40+	2.47	0.02	2.49
17	Trent Turner	Open	3.45	-1.02	2.43
18	Alan Pearce	Open	4.10	-1.70	2.40
19	Gabby Kight	18	3.10	-0.72	2.38
20	Jodi Elkington	16	2.67	-0.33	2.34
21	Ben Boyd	18	4.47	-2.43	2.04
22	Nathan Howse	16	3.87	-2.19	1.68
23	Ben Cook	18	5.38	-5.82	-0.44

2008-2009 Wodonga Athletic Club Awards

WAC Champion	
Male	Zach Jones
WAC Champion	
Male runner-up	Ben Cook
WAC Champion	
Female	Janet Crocos
WAC Champion	
Female runner-up	Lisa Ryan
Throws Champions	Chris Barton
Jumps Champion	Janet Crocos
Most Improved	
Male	Callum Sutter
Most Improved	
Female	Lisa Ryan
Coaches Award -	
Distance	Mike Mellor
Coaches Award -	
Sprints	Jodi Elkington
Club Person of the	
year	Bill Pearce

-

Multi Event Championship

Male

1st	Zach Jones - 6001
2nd	Ben Cook - 5083
3rd	Ben Boyd - 5052

Female

1st	Lisa Ryan - 4316
2nd	Janet Crocos - 3491
3rd	Emilya Toney - 3293

-

Don Sparks Steel Supplies Pentathlon Championship

Male

1st	Zach Jones - 3096 points
2nd	Daniel Ryan - 3065 points
3rd	James Ellis - 2913 points

Female

1st	Gabby Knight - 1884 points
2nd	Emilya Toney - 1842 points
3rd	Lisa Ryan - 1812 points

-

10,000m Championship

Male	Troy Megson - 39.39.73
Female	Cerina Meredith - 49.45.96

-

Age Champions

Male

U14

1st James Ellis - 61

U16

1st Daniel Ryan - 208

Matt Cullen - 188

2nd Callum Sutter - 129

U18

1st Ben Cook - 217

2nd Ben Boyd - 194

3rd Nicholas Raymond - 127

U20

1st Zach Jones - 250

2nd Chris Barton - 135

Open

1st Kevin Muller - 176

2nd Alan Pearce - 77

40+

1st Garry Cook - 244

2nd Kevin Jones - 210

3rd Michael Howse - 80

50+

1st Don Chambers - 175

2nd Greg Simpson - 147

Equal 3rd Dennis Baker & Alan Morris- 123

Female

U14

1st Jane Cook - 213

2nd Charlotte Wallace - 88

3rd Jemma Power - 75

U16

1st Jody Elkington - 204

2nd Mary Toney - 159

U18

1st Emilyya Toney - 199

2nd Sarah McClure - 196

3rd Gabby Knight - 171

U20

1st Victoria Jones - 140

Open

1st Lisa Ryan - 198

2nd Carina Heppell - 183

35+

1st Deborah Jones - 220

2nd	Marlise Cook - 136
3rd	Annette Zukowski - 49
	50+
1st	Janet Crocos - 187
2nd	Fay Pearce - 161
3rd	Nadia Mellor - 123