

Wodonga Athletic Club

2013-2014 awards

Age Champion Awards – These awards are based on the athlete's best four results each week. To be eligible an athlete must attend a minimum of 8 weeks.

Female:

U14

First: Kiahna Evans
Second: Zoe Chapman

U16

First: Zoe Smith
Second: Alex Ziersch
Third: Emma Clark

U18

First: Emily Woolford
Second: Siobhan Wilson
Third: Laura Collins

U20

First: Alana Cartner

Open

First: Lara Friesen
Second: Lisa Ryan
Third: Mary Toney

40+

First: Tracey Howse
Second: Debbie Jones

50+

First: Janet Crocos
Second: Christine Wilson
Third: Nadia Mellor

60+

First: Fay Pearce

Male:

U14

First: Jackson Whiley

U18

First: Ted Elkington
Second: Ben Hugall

U20

First: Nathan Howse

Open

First: Ben Boyd

40+

First: Kevin Muller
Second: Gavin Smith
Third: Stan Grant

50+

First: Michael Howse
Second: Steven Boyd
Third: Greg Simpson

60+

First: Dennis Baker
Second: Bill Pearce
Third: Des Rees

70+

First: Don Chambers

The multi awards are based on an athlete's SB's. To be eligible an athlete must attend at least 8 weeks and complete at least 8 of the 12 disciplines. An athlete's best and worst scores are removed from the total.

Multi Champion

Male: 1st Nathan Howse
2nd Kevin Muller
3rd Don Chambers

Female: 1st Lara Friesen
2nd Janet Crocos
3rd Siobhan Wilson

Don Sparks Steel Supplies Pentathlon Championship

Male: 1st Nathan Howse - 2788
2nd Tobi Gilmour - 2604
3rd Ted Elkington - 1859

Female: 1st Zoe Chapman – 2952
2nd Allison Williams - 2731
3rd Lara Friesen - 1995

10000m Championship

Male: 1st Terry Burgess - 39.24.39
2nd Michael Evans - 41.2.06
3rd Michael Mellor - 43.27.80

Female: 1st Sophie Sirr – 42.58.56
2nd Alana Cartner - 44.01.57
3rd Lisa Ryan - 48.30.35

Veronica Foard Wodonga Gift

1st Tracey Howse
2nd Siobhan Wilson
3rd Alex Ziersch

Michael Howse Therapeutic Massage 60m Championship

Male: 1st Nathan Howse – 612

2nd Michael Howse - 565

3rd Ben Boyd - 556

Female: 1st Emilya Toney – 561

2nd Mary Toney - 558

3rd Zoe Chapman – 528

Throwing Champion: PERPETUAL TROPHY AND SMALL TROPHY TO THE WINNER

Kiahna Evans has broken age records discus (32.61m,) {shot put (11.81m) which is also a club record} and {hammer (37.83) which is also a club record.} When competing at State and National competitions she has broken records in other age groups: U16 Hammer, 32.92, Open Hammer 31.10m. She has thrown 22.05m in javelin (record 25.01).

Jumps Champions: PERPETUAL TROPHY AND SMALL TROPHY TO THE WINNER.

Nathan Howse has jumped 1.83m in high jump, 6.49m in long jump and 12.12m in triple jump.

Most Improved Female:

Siobhan Wilson: Some examples of her improvements- 100m -1.12sec; 400m-.96sec; 800m-8.97 sec; 1500-15.33 sec; 3000m-37.94sec; discus-2.18m; javelin-3.49m; hammer 2.21m; long jump 0.41m; triple jump-1.01m; 2000m steeplechase-50.16sec

Most Improved Male:

Ted Elkington: Improvements- 200 -0.37 sec; 400- 3.24sec; 1500-23.00 sec; 3000m-1.05.36min; discus-1.79m; shot put-0.63m; hammer 2.21m; long jump 0.37m; triple jump-1.30m; 3000m steeplechase-1.08.29min

Coaches Awards: Distance Award:

Michael Mellor

Debbie Jones

Sprint Award:

Jackson Whiley

Club Champions – These awards are based on Age points (the best 10 weeks) + the 4 best results from Countries + 1% of the multi score.

Male: Ted Elkington 206.71

Runner Up: Nathan Howse 205.21

Female: Lara Friesen 202.41

Runner Up: Laura Collins 198.10

Club Person of the Year - Chris Wilson

And thanks to Sharon Boyd in acknowledgment of the work she does in her role as treasurer, recording results and sending them to the paper and other committee members who need them to do the points tally for awards.