

Victorian Country Athletics Championships - 21/01/2011 to 23/01/2011

Lanberris Athletics Track

Ballarat

Team Rankings - Through Event 355

Combined Team Scores

Place Team Points

- 1 EAGLEHAWK YMCA - 1,801
- 2 WODONGA - 1,195
- 3 ATHLETICS CHILWELL - 935
- 4 SOUTH COAST ATHLETICS - 747.50

Female Team Scores

Place Team Points

- 1 EAGLEHAWK YMCA - 904
- 2 WODONGA - 685.50
- 3 ATHLETICS CHILWELL - 459
- 4 SOUTH BENDIGO - 322
- 5 SOUTH COAST ATHLETICS - 315.50

Male Team Scores

Place Team Points

- 1 EAGLEHAWK YMCA - 897
- 2 BENDIGO YMCA HARRIERS - 511
- 3 WODONGA - 509.50
- 4 ATHLETICS CHILWELL - 476

Individual Results for Wodonga Athletes

Event 9	Men 400 Meter Hurdles Under 18	6 th	Justin King	68.34
Event 10	Men 400 Meter Hurdles 50 Plus	Silver	Greg Simpson	1:26.43
Event 18	Women 200 Meter Hurdles Under 16	6 th	Samantha Little	36.34
Event 20	Women 1500 Meter Run Under 16	7 th	Siobhan Wilson	6:01.38
Event 21	Women 1500 Meter Run Under 18	8 th	Alana Cartner	6:03.75
Event 24	Men 1500 Meter Run Under 18	5 th	James Ellis	4:23.15
Event 27	Women 3000 Meter Run 50 Plus	Gold	Christine Simmons	13:49.00
Event 28	Women 3000 Meter Run 60 Plus	Gold	Fay Pearce	15:26.75
Event 30	Men 3000 Meter Run 60 Plus	Silver	William Pearce	13:09.55
Event 32	Men 5000 Meter Run 40 Plus	4 th	Kevin Muller	17:45.54
Event 35	Women High Jump Under 14	Silver	Abbie Little	1.35m
Event 36	Women High Jump Under 16	Gold	Jemma Power	1.66m
Event 39	Women Triple Jump 40 Plus	Silver	Rachel Little	8.84m
Event 40	Women Triple Jump 50 Plus	Silver	Janet Crocos	7.38m

Event 44	Men Shot Put 50 Plus	6 th	Brian Simmons	9.51m
		13 th	Greg Simpson	6.87m
Event 45	Men Triple Jump 40 Plus	5 th	Kevin Muller	9.74m
Event 46	Men Triple Jump 50 Plus		Bronze Greg Simpson	7.85m
Event 47	Men Triple Jump 60 Plus		Silver Donald Chambers	8.07m
Event 49	Women High Jump Open		Silver Jemma Power	1.60m
			Bronze Jacquie Star	1.50m
Event 50	Women High Jump Under 20		Gold Jacquie Star	1.50m
Event 57	Men Shot Put 60 Plus	3 rd	Donald Chambers	8.41m
Event 58	Women Javelin Throw Under 16	6 th	Jaimi Dove	17.19m
Event 59	Women Javelin Throw Under 14		Silver Abbie Little	12.11m
Event 60	Men Shot Put Under 18	6 th	Nathan Howse	10.01m
Event 62	Women 100 Meter Sprint Under 16			
Heat 2	Preliminaries	Wind: -2.9	3 rd Samantha Little	14.15q
Heat 3	Preliminaries	Wind: -2.6	5 th Jemma Power	14.82
Event 63	Women 100 Meter Sprint Under 18			
Heat 2	Preliminaries	Wind: -2.0	8 th Alana Cartne	16.73
Event 66	Women 100 Meter Sprint Open			
Heat 1	Preliminaries	Wind: -3.9	4 th Emilyya Toney	14.54
			6 th Lisa Knipping	14.85
Heat 2	Preliminaries	Wind: -1.9	7 th Talia Paterson	15.43
Event 69	Men 100 Meter Sprint Under 18			
Heat 1	Preliminaries	Wind: -1.4	1 st Nathan Howse	11.72Q
Event 71	Men 100 Meter Sprint Open			
Heat 1	Preliminaries	Wind: -2.2	2 nd Brendan Ashcroft	11.5hQ
Heat 3	Preliminaries	Wind: NWI	4 th Ben Cook	11.6hq
Event 80	Men 400 Meter Run Open	7 th	Mitchell Hibbens	57.80
Event 87	Women 1500 Meter Run 50 Plus		Gold Christine Simmons	6:30.11
Event 88	Women 1500 Meter Run 40 Plus		Silver Donna Burgess	5:44.70
Event 93	Women 100 Meter Sprint Under 14		Silver Abbie Little	15.05
Event 95	Women 100 Meter Sprint Under 16	7 th	Samantha Little	14.01
Event 98	Men 100 Meter Sprint Under 18		Bronze Nathan Howse	11.75
Event 99	Women 100 Meter Sprint 50 Plus		Silver Janet Crocos	16.40
Event 100	Women 100 Meter Sprint 60 Plus		Gold Fay Pearce	17.50

Event 101	Men 100 Meter Sprint 60 Plus	Silver Donald Chambers 6 th Dennis Baker	15.09 17.54
Event 102	Men 100 Meter Sprint 50 Plus	9 th Greg Simpson	16.05
Event 107	Women 100 Meter Sprint Under 20	7 th Mary Toney	14.46
Event 110	Women 100 Meter Sprint 40 Plus	Silver Rachel Little 8 th Tracey Howse	14.43 17.87
Event 111	Men 100 Meter Sprint 40 Plus	5 Michael Howse	13.13
Event 113	Men 100 Meter Sprint Open	Bronze Brendan Ashcroft 9 th Ben Cook	11.31 12.25
Event 117	Men 1500 Meter Run 40 Plus	6 th Kevin Muller	4:49.22
Event 118	Men 1500 Meter Run Open	14 th Mitchell Hibbens 17 th Ben Boyd	4:59.00 5:48.34
Event 126	Women 400 Meter Run 60 Plus	Silver Fay Pearce	1:32.86
Event 128	Women 400 Meter Run 40 Plus	Gold Rachel Little Bronze Donna Burgess	65.75 67.67
Event 134	Men 400 Meter Run 60 Plus	5 th Donald Chambers 6 th Dennis Baker	1:20.65 1:25.21
Event 138	Women 3000 Meter Run Under 16	Bronze Siobhan Wilson	13:52.81
Event 139	Women 3000 Meter Run Under 18	5 th Alana Cartner	13:55.36
Event 142	Women 4x400 Meter Relay 40 Plus	Bronze WODONGA AC 'A'	5:31.89
		1) Donna Burgess 3) Rachel Little	2) Tracey Howse 4) Christine Simmons
Event 143	Women 4x400 Meter Relay Open	Bronze WODONGA AC 'A'	4:59.09
		1) Abbie Little 3) Mary Toney	2) Alana Cartner 4) Siobhan Wilson
		6 th WODONGA AC 'B'	5:41.71
		1) Emilyya Toney 3) Aniko Fleming	2) Talia Paterson 4) Lisa Knipping
Event 144	Men 4x400 Meter Relay 40 Plus	Bronze WODONGA AC 'A'	4:43.23
		1) Michael Howse 3) Steven Boyd	2) Kevin Muller 4) Greg Simpson
Event 145	Men 4x400 Meter Relay Open	Gold WODONGA AC 'A'	3:39.29
		1) Ben Cook 3) Nathan Howse	2) Mitchell Hibbens 4) James Ellis
		5 th WODONGA AC 'B'	3:52.11
		1) Justin King 3) Brendan Ashcroft	2) Jordan Smith 4) Brian Allen

Event 148	Men 10000 Meter Run 40 Plus	10 th Kevin Muller	41:18.52
Event 151	Women 10000 Meter Run 50 Plus	Gold Christine Simmons	49:45.76
Event 157	Men Long Jump 40 Plus	7 th Kevin Muller	4.32m
Event 158	Men Long Jump 50 Plus	Silver Greg Simpson	3.69m
Event 159	Men Long Jump 60 Plus	Gold William Pearce 4 th Donald Chambers	4.12m 3.83m
Event 161	Women High Jump 40 Plus	Gold Rachel Little	1.35m
Event 162	Men Discus Throw 60 Plus	5 th Donald Chambers	22.02m
Event 165	Women Long Jump Under 16	Bronze Jemma Power 9 th Samantha Little 11 th Siobhan Wilson	5.16m 4.19m 3.89m
Event 167	Men Discus Throw 50 Plus	7 th Brian Simmons	25.96m
Event 168	Men High Jump Under 18	Bronze Justin King	1.70m
Event 170	Women Shot Put Under 14	Gold Abbie Little	6.88m
Event 171	Women Shot Put Under 16	Silver Jaimi Dove	6.48
Event 174	Men High Jump 40 Plus	5 th Michael Howse	1.25m
Event 175	Men High Jump 50 Plus	Silver Greg Simpson	1.30m
Event 176	Men High Jump 60 Plus	Bronze Donald Chambers	1.05m
Event 177	Women Long Jump Under 14	Silver Abbie Little	4.25m
Event 179	Women Hammer Throw 50 Plus	Gold Janet Crocos	23.23m
Event 180	Women Long Jump Under 18	12 th Alana Cartner	3.72m
Event 181	Men Shot Put Open	9 th Ben Boyd	9.12
Event 183	Women Long Jump 40 Plus	Gold Rachel Little Bronze Donna Burgess 10 th Tracey Howse	4.29m 4.16m 2.89m
Event 184	Women Hammer Throw Open	Bronze Gabriel Knight	30.77m
Event 185	Women Long Jump 50 Plus	Silver Janet Crocos	3.65m
Event 186	Women Long Jump 60 Plus	Gold Fay Pearce	2.87m
Event 190	Women Hammer Throw Under 16	Gold Jaimi Dove Silver Samantha Little	17.99m 15.67m
Event 191	Women Hammer Throw Under 20	4 th Jacquie Star	16.10m
Event 192	Men Long Jump Under 18	Bronze Nathan Howse	5.63m
Event 193	Women Long Jump Under 20	7 th Mary Toney 9 th Jacquie Star	4.42m 4.10m

Event 194	Men High Jump Open	Gold Ben Cook	2.00m
Event 199	Women Shot Put Open	Silver Gabriel Knight 8 th Lisa Knipping	9.65m 7.43m
Event 201	Men Pole Vault Open	4 th Ben Cook	2.62m
Event 202	Men Pole Vault 40 Plus	Bronze Greg Simpson 4 Donald Chambers	2.21m 2.06m
Event 204	Women Long Jump Open	6 th Lisa Knipping 9 th Talia Paterson	4.35m 4.05m
Event 205	Men Javelin Throw Under 18	Silver Justin King	34.77m
Event 207	Women Shot Put 40 Plus	Silver Donna Burgess Bronze Rachel Little	8.24m 7.92m
Event 208	Women Discus Throw Open	Bronze Gabriel Knight 9 th Emilyya Toney 12 th Jacquie Star 13 th Talia Paterson	28.07m 22.32m 19.44m 18.99m
Event 209	Men Long Jump Open	11 th Ben Cook	6.04m
Event 210	Women Shot Put 50 Plus	Bronze Janet Crocos	7.63m
Event 211	Women Discus Throw Under 16	5 th Jaimi Dove	19.81m
Event 213	Men Discus Throw Open	8 th Ben Boyd	25.30m
Event 217	Men 800 Meter Run Under 18		
Heat 1	Preliminaries	5 th Jordan Smith	2:24.80
Heat 2	Preliminaries	4 th Brian Allen	2:08.56q
Event 220	Women 200 Meter Sprint Under 16		
Heat 2	Preliminaries	Wind: -0.1 Silver Samantha Little	27.5hQ
Event 221	Women 200 Meter Sprint Under 18		
Heat 1	Preliminaries	Wind: -0.4 6 th Alana Cartner	33.28
Event 222	Women 200 Meter Sprint Open		
Heat 1	Preliminaries	Wind: -0.1 7 th Emilyya Toney	31.05
Event 224	Men 200 Meter Sprint Under 18		
Heat 1	Preliminaries	Wind: -1.5 4 th Nathan Howse	23.70q
Event 226	Men 200 Meter Sprint 40 Plus		
Heat 1	Preliminaries	Wind: 0.5 3 rd Michael Howse	26.81Q
Event 228	Men 200 Meter Sprint Open		
Heat 1	Preliminaries	Wind: -1.3 2 nd Brendan Ashcroft	23.03Q
Event 229	Men 3000 Meter Steeplechase 40 Plus	Silver Kevin Muller	11:56.74
Event 235	Men 110 Meter Hurdles Under 18	Silver Brian Allen	22.05
Event 236	Men 3000 Meter Steeplechase 50 Plus	Bronze Greg Simpson	18:24.49

Event 237	Women 3000 Meter Steeplechase Open			
		Silver Emilya Toney		17:03.64
Event 239	Men 100 Meter Hurdles 50 Plus	Bronze Greg Simpson		30.08
Event 240	Men 100 Meter Hurdles 60 Plus	Gold Donald Chambers		20.57
Event 268	Women 200 Meter Sprint Under 14	Silver Abbie Little		29.73
Event 269	Women 200 Meter Sprint Under 16	6 th Samantha Little		27.66
Event 271	Women 200 Meter Sprint Under 20	6 th Mary Toney		29.00
Event 272	Women 200 Meter Sprint 60 Plus	Gold Fay Pearce		37.31
Event 273	Women 200 Meter Sprint 50 Plus	Gold Janet Crocos		33.94
Event 274	Women 200 Meter Sprint 40 Plus	Gold Rachel Little		28.61
Event 278	Men 200 Meter Sprint Under 18	5 th Nathan Howse		23.28
Event 280	Men 200 Meter Sprint 60 Plus	Bronze Donald Chambers		32.66
Event 282	Men 200 Meter Sprint 40 Plus	5 th Michael Howse		26.33
Event 283	Men 200 Meter Sprint Open	Bronze Brendan Ashcroft		22.67
Event 285	Women 800 Meter Run Under 16	9 th Siobhan Wilson		2:59.02
Event 288	Women 800 Meter Run 40 Plus	Silver Donna Burgess		2:43.38
Event 289	Women 800 Meter Run 50 Plus	Gold Christine Simmons		3:16.69
Event 290	Women 800 Meter Run 60 Plus	Silver Fay Pearce		3:51.76
Event 294	Men 800 Meter Run Under 18	6 th Brian Allen		2:11.19
Event 296	Men 800 Meter Run 60 Plus	4 th Dennis Baker		3:54.25
Event 297	Men 800 Meter Run 50 Plus	Bronze Brian Simmons		2:41.57
Event 298	Men 800 Meter Run 40 Plus	4 th Kevin Muller		2:20.09
Event 301	Women 4x100 Meter Relay Under 16			
	Bronze WODONGA AC 'A'			56.62
	1) Jemma Power	2) Samantha Little		
	3) Jaimi Dove	4) Abbie Little		
Event 303	Women 4x100 Meter Relay Under 20			
	7 th WODONGA AC 'A'			58.86
	1) Jacquie Star	2) Mary Toney		
	3) Aniko Fleming	4) Alana Cartner		
Event 306	Women 4x100 Meter Relay Open			
	6 th WODONGA AC 'A'			60.76
	1) Talia Paterson	2) Lisa Knipping		
	3) Gabriel Knight	4) Emilya Toney		

Event 309	Men 4x100 Meter Relay Under 18			
	Gold WODONGA AC 'A'			49.02
	1) Brian Allen	2) Justin King		
	3) Jordan Smith	4) Nathan Howse		
Event 312	Men 4x100 Meter Relay 40 Plus			
	5 th WODONGA AC 'A'			55.25
	1) Greg Simpson	2) Michael Howse 61		
	3) Kevin Muller	4) Donald Chambers 37		
Event 313	Men 4x100 Meter Relay Open			
	Bronze WODONGA AC 'A'			45.19
	1) Brian Allen	2) Nathan Howse		
	3) Ben Cook	4) Brendan Ashcroft		
Event 315	Men Hammer Throw 60 Plus	Silver Donald Chambers		23.14m
		4 th Dennis Baker		19.50m
Event 317	Women Triple Jump Under 20	5 th Mary Toney		9.26m
Event 318	Women Triple Jump Open	Bronze Talia Paterson		9.28m
Event 319	Women Javelin Throw 50 Plus	1 Janet Crocos		18.96m
Event 320	Women Javelin Throw 60 Plus	2 Fay Pearce		10.29m
Event 321	Men Hammer Throw 50 Plus	Silver Brian Simmons		22.45m
		Bronze Greg Simpson		19.63m
Event 323	Men Javelin Throw 60 Plus	5 th Donald Chambers		18.58m
		6 th Dennis Baker		17.06m
Event 324	Women Discus Throw 40 Plus	Bronze Donna Burgess		25.91m
		5 th Tracey Howse		16.42m
Event 325	Men Triple Jump Under 18	Bronze Justin King		10.85m
Event 326	Men Javelin Throw Open	5 th Ben Cook		47.78m
		6 th Ben Boyd		46.47m
Event 327	Men Pole Vault Under 18	Bronze Brian Allen		2.01m
Event 330	Women Triple Jump Under 16	5 th Jemma Power		10.42m
Event 331	Women Discus Throw Under 14	Gold Abbie Little		14.15m
Event 333	Women Discus Throw 50 Plus	Silver Janet Crocos		18.87m
Event 335	Women Javelin Throw Open	8 th Gabriel Knight		16.03m
Event 337	Women Triple Jump Under 14	Silver Abbie Little		8.70m
Event 338	Women Javelin Throw 40 Plus	Gold Donna Burgess		20.98m
		6 th Tracey Howse		15.19m
Event 345	Women Javelin Throw Under 20	Silver Jacquie Star		20.50m
Event 346	Men Javelin Throw 50 Plus	5 th Greg Simpson		24.33m
		9 th Brian Simmons		17.62m
Event 347	Men Javelin Throw 40 Plus	5 th Steven Boyd		23.74m

Event 348	Women High Jump 50 Plus	Gold Janet Crocos	1.15m
Event 349	Women 80 Meter Hurdles 40 Plus	Gold Rachel Little	18.69