

# WODONGA ATHLETICS CLUB 17-12-2011

## Women

1500m			Distance
Rachel	Little	40+	5.34.07
Emma	Hicks	Open	7.17.38
Nadia	Mellor	50+	7.28.66
Fay	Pearce	60+	7.39.43
Abbie	Little	U14	7.43.31
Debbie	Jones	40+	7.44.91
Chris	Wilson	50+	9.38.78
Tracey	Howse	40+	10.53.13

High Jump			Distance
Rachel	Little	40+	<b>1.2</b>
Victoria	Jones	Open	<b>1</b>
Janet	Crococ	50+	<b>0.90</b>
Debbie	Jones	40+	<b>0.9</b>
Abbie	Little	U14	<b>0.9</b>

100m			Distance
Samantha	Little	U16	13.78
Rachel	Little	40+	14.24
Alex	Ziersch	U14	14.33
Abbie	Little	U14	15.04
Siobhan	Wilson	U16	15.47
Zoe	Smith	U14	15.85
Alana	Cartner	U18	16.11
Erina	Lancaster	U18	17.65
Debbie	Jones	40+	17.86
Tracey	Howse	40+	18.30
Fay	Pearce	60+	18.91
Ruth	Smith	40+	20.14

Discuss			Distance
Rachel	Little	40+	21.80
Erin	Lancaster	U18	18.76
Tracey	Howse	40+	15.89
Janet	Crococ	50+	15.15
Debbie	Jones	40+	14.97
Victoria	Jones	Open	14.60
Emma	Hicks	Open	12.67
Chris	Wilson	50+	12.09
Zoe	Smith	U14	11.79

## Men

100m Hurdles			Time
Don	Chambers	60+	21.56

1500m			Distance
Kevin	Muller	40+	4.59.63
Troy	Megson	40+	5.09.20
Tim	Hinds	Open	5.25.96
Jordan	Smith	U18	5.31.47
Bill	Pearce	60+	6.27.94
Luke	Smith	U16	6.37.54
Nathias	Eversheim	U14	7.34.58
David	Elkington	50+	8.15.71

High Jump			Distance
Jordan	Smith	U18	1.30
Michael	Howse	50+	1.25
Luke	Smith	U16	1.25
Ben	Hugall	U16	1.00
Don	Chambers	60+	0.95
Kevin	Jones	40+	0.90

100m			Distance
Nathan	Howse	U18	11.66
Ben	Hugall	U16	12.43
Ben	Boyd	Open	12.72
Mathew	Munday	U14	12.76
Ted	Elkington	U16	13.43
Michael	Howse	50+	13.67
Mathias	Eversheim	U14	13.72
Kevin	Muller	40+	13.94
Nick	Houston	U14	14.54
Don	Chambers	60+	16.27
Dennis	Baker	60+	17.41
Francis	Scurr	60+	20.02

400m			Distance
Nathan	Howse	U18	54.39
Ben	Hugall	U16	55.25
Kevin	Muller	40+	1.04.40
Ted	Elkington	U16	1.04.95
Michael	Howse	50+	1.07.33
Troy	Megston	40+	1.09.95
Nick	Houston	U14	1.10.15
Nathias	Eversheim	U14	1.11.11
Dennis	Baker	60+	1.34.24

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Shot Put			Distance
Erin	Lancaster	U18	8.00
Rachel	Little	40+	7.95
Abbie	Little	U14	6.79
Siobhan	Wilson	U16	6.77
Tracey	Howse	40+	6.27
Victoria	Jones	Open	6.20
Debbie	Jones	40+	6.00
Janet	Crococ	50+	5.77
Chris	Wilson	50+	5.50
Emma	Hicks	Open	5.36
Zoe	Smith	U14	5.14

3000m			Distance
Alana	Cartner	U18	14.24.12
Emma	Hicks	Open	15.39.61
Nadia	Mellor	50+	15.47.13
Fay	Pearce	60+	16.33.22
Debbi	Jones	40+	17.01.18
Tracey	Howse	40+	25.30.40

Long Jump			Distance
Rachel	Little	40+	4.13
Samatha	Little	U16	4.12
Siobhan	Wilson	U16	4.07
Abbie	Little	U14	3.68
Alex	Zieresch	U14	3.65
Alana	Cartner	U18	3.48
Victoria	Jones	Open	3.10
Zoe	Smith	U14	3.03
Emma	Hicks	Open	2.96
Chris	Wilson	50+	2.93
Tracey	Howse	40+	2.87
Erina	Lancaster	U18	2.75
Janet	Crococ	50+	2.64
Debbie	Jones	40+	2.62
Nadia	Mellor	50+	2.26
Fay	Pearce	60+	2.14

Discuss			Distance
Guy	Telford	open	31.12
Zach	Jones	open	27.07
Ben	Boyd	open	25.70
Ted	Elkington	U16	23.52
Troy	Megson	40+	23.03
Dennis	Baker	60+	22.74
Nathan	Howse	U18	22.39
Don	Chambers	60+	20.60
Mathias	Eversheim	U14	20.38
Michael	Howse	50+	19.76
Nick	Houston	U14	17.94
Kevin	Muller	40+	17.70
Kevin	Jones	40+	17.38
Tim	Hinds	open	16.15
Luke	Smith	U16	12.37

Shot Put			Distance
Guy	Telford	Open	11.74
Nathan	Howse	U18	10.68
Ted	Elkington	U16	9.48
Ben	Boyd	Open	9.09
Michael	Howse	40+	8.26
Don	Chambers	60+	8.05
Tim	Hinds	open	7.42
Troy	Megson	40+	7.38
Dennis	Baker	60+	6.82
Kevin	Jones	40+	6.77

3000m			Distance
Zach	Jones	Open	10.46.00
Kevin	Muller	40+	11.07.58
Troy	Megson	40+	11.38.40
Tim	Hinds	Open	12.08.25
Michael	Mellor	60+	12.13.17
Jordan	Smith	U18	12.44.40
Bill	Pearce	60+	13.40.10
Luke	Smith	U16	15.38.62
Dennis	Baker	60+	19.08.79

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400m			Distance
Samatha	Little	U16	1.03.60
Rachel	Little	40+	1.07.53
Siobhan	Wilson	U16	1.16.46
Alex	Ziersch	U14	1.23.49
Zoe	Smith	U14	1.26.75
Alana	Cartner	U18	1.27.06
Chris	Wilson	50+	1.28.24
Fay	Pearce	60+	1.48.69
Erina	Lancaster	U18	1.50.73

Long Jump			Distance
Nathan	Howse	U18	5.76
Ben	Boyd	Open	5.00
Ben	Hugall	U16	4.66
Mathias	Eversheim	U14	4.52
Kevin	Muller	40+	4.24
Nick	Houston	U14	4.20
Jordan	Smith	U18	3.83
Don	Chambers	60+	3.55
Dennis	Baker	60+	1.60
Kevin	Jones	40+	1.35