

WODONGA ATHLETICS CLUB - 20-11-11

Women

10,000m			Distance
Jo	Deacon	50+	<b>46.42.68</b>
Julie	Boyd	50+	<b>50.02.39</b>
Kate	Sewell	40+	<b>51.29.32</b>
Siobhan	Wilson	U16	<b>52.06.34</b>
Su	Cox	40+	<b>52.23.40</b>
Karen	Hill	Open	<b>54.51.37</b>
Nadia	Mellor	50+	<b>56.04.95</b>
Debbie	Jones	40+	<b>61.46.14</b>
Christine	Simmons	50+	<b>65.05.94</b>

Javlin			Distance
Talia	Paterson	Open	<b>18.94</b>
Janet	Crococ	50+	<b>17.32</b>
Rachel	Little	40+	<b>17.24</b>
Debbie	Jones	40+	<b>14.70</b>
Tracey	Howse	40+	<b>14.48</b>
Abbie	Little	U14	<b>13.37</b>
Fay	Pearce	60+	<b>11.76</b>
Victoria	Jones	Open	<b>11.58</b>
Emma	Hicks	Open	<b>10.99</b>

100m			Distance
Mary	Toney	U20	<b>14.13</b>
Lisa	Knipping	Open	<b>14.49</b>
Talia	Paterson	Open	<b>14.59</b>
Abbie	Little	U14	<b>15.33</b>
Victoria	Jones	Open	<b>16.00</b>
Janet	Crococ	40+	<b>16.74</b>
Rachel	Little	40+	<b>17.18</b>
Tracey	Howse	40+	<b>18.03</b>
Fay	Pearce	60+	<b>18.84</b>
Ruth	Smith	40+	<b>20.57</b>

Shot Put			Distance
Lisa	Knipping	Open	<b>8.37</b>
Janet	Crococ	50+	<b>7.17</b>
Talia	Paterson	Open	<b>6.86</b>
Rachel	Little	40+	<b>6.72</b>
Abbie	Little	U14	<b>6.53</b>
Mary	Toney	U20	<b>5.97</b>
Debbie	Jones	40+	<b>5.71</b>
Tracey	Howse	40+	<b>5.71</b>
Victoria	Jones	Open	<b>5.55</b>
Karen	Hill	Open	<b>5.49</b>
Emma	Hicks	Open	<b>5.05</b>
Fay	Pearce	60+	<b>4.74</b>
Ruth	Smith	40+	<b>3.76</b>

Men

10,000m			Distance
Kevin	Muller	40+	<b>39.11.27</b>
Robbie	Herbert	40+	39.11.27
Digby	Race	40+	39.20.90
Troy	Megson	40+	<b>40.52.49</b>
Gary	Douglas	U18	<b>43.29.20</b>
Michael	Mellor	60+	<b>43.59.00</b>
Jeff	Cave	40+	<b>45.35.98</b>
Patrick	Josephs	Open	<b>46.35.49</b>
Brian	Simmons	50+	<b>47.42.20</b>
Bill	Pearce	60+	<b>49.32.66</b>

Javlin			Distance
Brian	Alan	U18	<b>27.84</b>
Steven	Boyd	40+	<b>20.91</b>
Kevin	Jones	40+	<b>17.05</b>
Dennis	Baker	60+	<b>16.13</b>
Bill	Pearce	60+	<b>15.88</b>

100m			Distance
Nathan	Howse	U18	<b>11.70</b>
Ben	Hugall	U16	<b>12.54</b>
Brian	Alan	U18	<b>12.58</b>
Michael	Howse	50+	<b>13.06</b>
Kevin	Muller	40+	<b>14.34</b>
Dennis	Baker	60+	<b>17.67</b>

Shot Put			Distance
Guy	Telford	Open	<b>11.29</b>
Nathan	Howse	U18	<b>11.29</b>
Brian	Alan	U18	<b>7.63</b>
Michael	Howse	50+	<b>7.59</b>
Kevin	Jones	40+	<b>6.69</b>
Ben	Hugall	U16	<b>6.55</b>
Kevin	Muller	40+	<b>6.52</b>
Dennis	Baker	60+	<b>6.24</b>
Steven	Boyd	40+	<b>5.49</b>
Luke	Smith	U16	<b>4.67</b>

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Women

200m			Distance
Mary	Toney	U20	29.68
Lisa	Knipping	Open	29.96
Laura	Collins	U16	30.78
Talia	Paterson	Open	31.74
Karen	Hill	Open	34.02
Abbie	Little	U14	34.33
Janet	Crocos	50+	35.29
Rachel	Little	40+	35.59
Helen	Collins	40+	39.71
Tracey	Howse	40+	43.34
Ruth	Smith	40+	45.82

Hammer			Distance
Janet	Crocos	50+	21.83
Laura	Collins	U16	21.07
Abbie	Little	U14	19.06
Rachel	Little	40+	17.56
Debbie	Jones	40+	15.94
Mary	Toney	U20	13.38
Helen	Collins	40+	11.64
Victoria	Jones	Open	9.94
Nadia	Mellor	50+	8.00

Triple			Distance
Talia	Paterson	Open	9.59
Mary	Toney	U20	9.06
Laura	Collins	U16	8.98
Lisa	Knipping	Open	8.95
Victoria	Jones	Open	6.70
Helen	Collins	40+	6.68
Emma	Hicks	Open	5.59
Nadia	Mellor	50+	4.70

800m			Distance
Rachel	Little	40+	03.11.20
Emma	Hicks	Open	03.30.36
Franziska	Eversheim	40+	03.48.92
Fay	Pearce	60+	03.55.28
Tracey	Howse	40+	04.50.90

Men

200m			Distance
Nathan	Howse	U18	23.14
Ben	Hugall	U16	25.14
Brian	Alan	U18	25.42
Michael	Howse	50+	27.54
Jordan	Smith	U18	27.68
Dennis	Baker	60+	37.70

Hammer			Distance
Guy	Telford	Open	20.07
Zachary	Jones	Open	17.38
Brian	Alan	U18	17.21
Dennis	Baker	60+	15.28
Kevin	Jones	40+	14.38
Kevin	Muller	40+	11.64
Luke	Smith	U16	9.07

Triple			Distance
Nathan	Howse	U18	10.70
Brian	Alan	U18	10.31
Jordan	Smith	U18	9.49
Ben	Hugall	U16	8.95
Luke	Smith	U16	6.26

800m			Distance
Brian	Alan	U18	02.14.88
Jordan	Smith	U18	02.29.45
Philipp	Eversheim	U14	02.41.12
Luke	Smith	U16	03.12.04
Michael	Howse	50+	03.14.68
Bill	Pearce	60+	03.18.33
Dennis	Baker	60+	04.03.71