

Weekly Results 8th March 2008

Presentation Day

200 metre Handicap

| | <i>Name</i> | <i>Age</i> | <i>Handicap</i> | <i>Time Run</i> |
|---------------|----------------|------------|-----------------|-----------------|
| Heat 1 | | | | |
| 1 | Ben Cook | 18 | 160 | 20.24 |
| 2 | Ben Buckingham | 18 | 160 | 21.48 |
| 3 | Ben Boyd | 18 | 180 | 22.39 |
| 4 | Nick Raymond | 18 | 175 | 22.48 |
| 5 | Alan Pearce | Open | 175 | 22.49 |

Heat 2

| | | | | |
|---|------------------|-----|-----|-------|
| 1 | Nadia Mellor | 50+ | 150 | 28.12 |
| 2 | Dennis Baker | 50+ | 170 | 30.92 |
| 3 | Molly Giggins | 14 | 200 | 32.11 |
| 4 | Jane Cook | 14 | 145 | 32.68 |
| 5 | Sally Buckingham | 50+ | 145 | 33.39 |

Heat 3

| | | | | |
|---|---------------|------|-----|-------|
| 1 | Lisa Ryan | Open | 185 | 28.22 |
| 2 | Emilyya Toney | 18 | 185 | 28.58 |
| 3 | Bill Pearce | 50+ | 185 | 28.87 |
| 4 | Jemma Power | 14 | 180 | 29.94 |
| 5 | Garry Cook | 40+ | 180 | 30.58 |
| 6 | Greg Simpson | 40+ | 185 | 32.75 |

800 metre Handicap

| Place | Name | Age | Time | Handicap | Adj Time |
|--------------|------------------|------------|-------------|-----------------|-----------------|
| 1 | Molly Giggins | 14 | 3.56 | 1.2 | 2.36 |
| 2 | Emilyya Toney | 18 | 3.58 | 1 | 2.58 |
| 3 | Ben Cook | 18 | 4.08 | 1.3 | 2.78 |
| 4 | Ben Buckingham | 18 | 4.09 | 2 | 2.09 |
| 5 | Alan Pearce | Open | 4.11 | 2 | 2.11 |
| 6 | Bill Pearce | 50+ | 4.12 | 1.1 | 3.02 |
| 7 | Jemma Power | 14 | 4.13 | 1.05 | 3.08 |
| 8 | Lisa Ryan | Open | 4.16 | 1.4 | 2.76 |
| 9 | Sally Buckingham | 50+ | 4.17 | 0.25 | 3.92 |
| 10 | Garry Cook | 40+ | 4.21 | 0.5 | 3.71 |
| 11 | Greg Simpson | 40+ | 4.22 | 1.2 | 3.02 |
| 12 | Nick Raymond | 18 | 4.24 | 1.55 | 2.69 |
| 13 | Mike Mellor | 50+ | 4.25 | 1.3 | 2.95 |
| 14 | Dennis Baker | 50+ | 4.27 | 0.4 | 3.87 |
| 15 | Nadia Mellor | 50+ | 4.36 | 1 | 3.36 |
| 16 | Fay Pearce | 50+ | 4.43 | 0.3 | 4.13 |
| 17 | Jane Cook | 14 | 4.48 | 0.25 | 4.23 |

Discus Handicap

| Place | Name | Age | Result | Handicap | Final Result |
|--------------|------------------|------------|---------------|-----------------|---------------------|
| 1 | Ben Buckingham | 18 | 19.58 | -1.91 | 17.67 |
| 2 | Matt Cullen | 16 | 19.51 | -3.62 | 15.89 |
| 3 | Rosalie Wilson | 35+ | 14.84 | 0.87 | 15.71 |
| 4 | Mary Toney | 16 | 16.22 | -0.65 | 15.57 |
| 5 | Jemma Power | 14 | 13.23 | 1.31 | 14.54 |
| 6 | Greg Simpson | 40+ | 19.85 | -5.44 | 14.41 |
| 7 | Carina Heppell | Open | 16.63 | -2.33 | 14.3 |
| 8 | Nadia Mellor | 50+ | 10.58 | 3.7 | 14.28 |
| 9 | Emilya Toney | 18 | 16.71 | -2.54 | 14.17 |
| 10 | Molly Giggins | 14 | 12.41 | 1.75 | 14.16 |
| 11 | Garry Cook | 40+ | 20.07 | -6.02 | 14.05 |
| 12 | Dennis Baker | 50+ | 18.65 | -4.76 | 13.89 |
| 13 | Robert Wilson | 16 | 17.39 | -3.58 | 13.81 |
| 14 | Sally Buckingham | 50+ | 9.26 | 4.33 | 13.59 |
| 15 | Fay Pearce | 50+ | 8.58 | 4.55 | 13.13 |
| 16 | Chris Barton | 18 | 34.92 | -21.96 | 12.96 |
| 17 | Jane Cook | 14 | 9.43 | 3.35 | 12.78 |
| 18 | Ben Boyd | 18 | 26.3 | -13.56 | 12.74 |
| 19 | Nick Raymond | 18 | 22.57 | -11.15 | 11.42 |

Long Jump Handicap

| Place | Name | Age | Result | Handicap | Final Result |
|--------------|------------------|------------|---------------|-----------------|---------------------|
| 1 | Ben Buckingham | 18 | 4.49 | 0.2 | 4.69 |
| 2 | Sally Buckingham | 50+ | 2.97 | 1.6 | 4.57 |
| 3 | Alan Pearce | Open | 4.75 | -0.8 | 3.95 |
| 4 | Nadia Mellor | 50+ | 2.53 | 1.38 | 3.91 |
| 5 | Bill Pearce | 50+ | 3.5 | 0.32 | 3.82 |
| 6 | Lisa Ryan | Open | 3.58 | 0.2 | 3.78 |
| 7 | Jemma Power | 14 | 3.98 | -0.21 | 3.77 |
| 8 | Fay Pearce | 50+ | 2.46 | 1.3 | 3.76 |
| 9 | Nick Raymond | 18 | 5.48 | -1.78 | 3.7 |
| 10 | Carina Heppell | Open | 2.87 | 0.63 | 3.5 |
| 11 | Emilya Toney | 18 | 3.69 | -0.27 | 3.42 |
| 12 | Ben Cook | 18 | 4.77 | -1.44 | 3.33 |
| 13 | Ben Boyd | 18 | 4.21 | -1.26 | 2.95 |

2007-2008 Wodonga Athletic Club Awards

| | |
|--------------------------------------|---|
| WAC Champion Male | Don Chambers - 144 points |
| WAC Champion Male runner-up | Zach Jones - 132 points |
| WAC Champion Female | Janet Crocos - 144 points |
| WAC Champion Female runner-up | Mary Toney - 132 points |
| Throws Champions | Chris Barton - Javelin 55.32, Discus 36.96, Shot Put 13.23, Hammer 38.83 |
| Jumps Champion | Zach Jones - High Jump 1.73, Long Jump 5.77, Triple Jump 12.36 Pole Vault 2.65 |
| Most Improved Male | Ben Buckingham |
| Most Improved Female | Molly Giggins |
| Coaches Award - Distance | Ben Buckingham |
| Coaches Award - Sprints | Emilya Toney |
| Club Person of the year | Pat Thomas |

Multi Event Championship

Male

| | |
|-----|---------------------|
| 1st | Zach Jones - 6166 |
| 2nd | Ian Smith - 5441 |
| 3rd | Chris Barton - 5016 |

Female

| | |
|-----|---------------------------|
| 1st | Janet Crocos - 4438 |
| 2nd | Catherine Williams - 3586 |
| 3rd | Emilya Toney - 3569 |

Don Sparks Steel Supplies Pentathlon Championship

| | |
|--------|-----------------------------|
| Male | Zach Jones - 3052 Points |
| Female | Molly Giggins - 2521 points |

10,000m Championship

| | |
|--------|----------------------------|
| Male | Alan Pearce - 37.06.45 |
| Female | Cerina Meredith - 50.33.55 |

Age Champions

Male

U14

1st Nathan Howse - 60

U16

1st Matt Cullen - 143
2nd Robert Wilson - 79

U18

1st Zach Jones - 180
2nd Chris Barton - 170
3rd Ben Boyd - 111

Open

1st Kevin Muller - 145
2nd Simon Crocos - 114
3rd David Miles - 80

40+

Eq 1st Garry Cook - 135
Eq 1st Greg Simpson - 135
3rd Kevin Jones - 131

50+

1st Dennis Baker - 161
2nd Don Chambers - 143
3rd Mike Mellor - 68

Female

U14

1st Molly Giggins - 157
2nd Jane Cook - 80
3rd Charlotte Wallace - 59

U16

1st Mary Toney - 188
2nd Jodi Elkington - 79

U18

1st Emilyya Toney - 201
2nd Catherine Williams - 124

Open

1st Carina Heppell - 151
2nd Lisa Ryan - 64
3rd Karen Hill - 62

35+

1st Deborah Jones - 162
2nd Rosalie Wilson - 51
3rd Marlise Cook

50+

1st Janet Crocos - 192
2nd Nadia Mellor - 123
3rd Fay Pearce - 88