

**Wodonga Athletic Club**  
**8th October 2016**

<b>MEN:</b>	<b>Age</b>	<b>Result</b>
<b>100m</b>		
Flynn Eriksson	U16	12.72
Michael Howse	50+	13.46
Matt deFreitas	Open	14.47
Ryan Blackwell	U18	14.65
Oliver Smith	U14	17.04
<b>200m</b>		
Benjamin Hugall	Open	24.28
Flynn Eriksson	U16	26.72
Michael Howse	50+	29.00
Matt deFreitas	Open	30.10
Ryan Blackwell	U18	30.62
Richard Smyth	40+	32.70
<b>3000m</b>		
Caellum Crowe	Open	9:24.28
Michael Hosking	Open	9:44.79
Alex Race-Stelling	U16	10:44.20
Digby Race	50+	12:23.67
Michael Mellor	60+	13:13.94
Gavin Smith	40+	13:48.56
Richard Smyth	40+	13:59.36
Matt deFreitas	Open	14:12.73
Rory Smyth	U16	15:07.79
Robert Lindley	70+	23:12.79
<b>Discus</b>		
Flynn Eriksson	U16	27.75
Flynn Eriksson	U16	27.75
Michael Howse	50+	21.16
Ryan Blackwell	U18	20.27
Gavin Smith	40+	18.58
Benjamin Hugall	Open	16.64
Oliver Smith	U14	11.13
<b>High Jump</b>		
Gavin Smith	40+	1.50
Oliver Smith	U14	1.10
<b>Javelin</b>		
Ryan Blackwell	U18	23.25
Michael Howse	50+	22.70
Flynn Eriksson	U16	21.85
Benjamin Hugall	Open	21.00
Gavin Smith	40+	17.25
<b>Long Jump</b>		
Flynn Eriksson	U16	5.17
Benjamin Hugall	Open	4.70
Ryan Blackwell	U18	4.33
Richard Smyth	40+	4.00

<b>WOMEN:</b>	<b>Age</b>	<b>Result</b>
<b>100m</b>		
Claudia Grogan	U14	13.88
Zoe Smith	U18	14.24
Summer Sutherland	U16	14.26
Brianna Pullen	U14	14.91
Anthea Knight	U16	14.97
Emily Woolford	U20	15.25
Steph Eagle	Open	15.76
Clio Knight	U14	16.66
Cheryl Webster	40+	17.01
Janet Crocos	60+	17.44
Kate Parris	50+	18.75
Tracey Howse	50+	20.07
Nadia Mellor	60+	21.98
<b>200m</b>		
Summer Sutherland	U16	30.16
Zoe Smith	U18	30.29
Anthea Knight	U16	31.42
Emily Woolford	U20	32.31
Brianna Pullen	U14	32.47
Karen Hill	Open	35.20
Clio Knight	U14	36.22
<b>3000m</b>		
Steph Eagle	Open	13:55.47
Wendy Wise	50+	14:07.00
Kate Parris	50+	14:25.57
Janet Crocos	60+	21:01.88
<b>Discus</b>		
Clare McCormack	U16	24.77
Glenys Whitehead	50+	24.26
Claudia Grogan	U14	19.34
Cheryl Webster	40+	17.54
Janet Crocos	60+	16.81
Emily Woolford	U20	16.75
Kate Parris	50+	16.72
Anthea Knight	U16	14.83
Zoe Smith	U18	13.72
Clio Knight	U14	13.35
Debbie Jones	50+	11.38
Steph Eagle	Open	8.59
Jean Brown	Open	7.93
<b>High Jump</b>		
Clare McCormack	U16	1.15
Summer Sutherland	U16	1.15
<b>Javelin</b>		
Clare McCormack	U16	29.34

Matt deFreitas	Open	3.98
Gavin Smith	40+	3.56
Michael Howse	50+	3.04
Rory Smyth	U16	2.30
Oliver Smith	U14	NA
<b>Triple Jump</b>		
Flynn Eriksson	U16	10.47
Ryan Blackwell	U18	9.86
Benjamin Hugall	Open	9.84
Michael Howse	50+	7.84

Glenys Whitehead	50+	25.16
Janet Crocos	60+	17.31
Kate Parris	50+	16.86
Emily Woolford	U20	16.53
Karen Hill	Open	12.93
Anthea Knight	U16	12.77
Zoe Smith	U18	12.77
Debbie Jones	50+	12.35
Cheryl Webster	40+	12.22
Tracey Howse	50+	12.12
Nadia Mellor	60+	10.05
Clio Knight	U14	8.22
Jean Brown	Open	7.24
Steph Eagle	Open	7.12
<b>Long Jump</b>		
Summer Sutherland	U16	4.23
Karen Hill	Open	3.90
Emily Woolford	U20	3.81
Claudia Grogan	U14	3.56
Clio Knight	U14	3.34
Zoe Smith	U18	3.16
Anthea Knight	U16	3.06
Janet Crocos	60+	3.04
Brianna Pullen	U14	2.80
Steph Eagle	Open	2.68
Kate Parris	50+	2.54
Tracey Howse	50+	2.39
Clare McCormack	U16	2.16
Debbie Jones	50+	1.99
<b>Triple Jump</b>		
Summer Sutherland	U16	9.05
Emily Woolford	U20	8.09
Clio Knight	U14	7.56
Anthea Knight	U16	7.16
Zoe Smith	U18	7.02
Claudia Grogan	U14	6.87
Clare McCormack	U16	6.38
Kate Parris	50+	6.16
Cheryl Webster	40+	5.56
Steph Eagle	Open	4.67
Nadia Mellor	60+	3.88