

Wodonga Athletic Club**Weekly results - Wodonga Athletic Complex****15th October 2016****Women:**

| Name | Age | Result |
|---------------------|------------|---------------|
| Discus | | |
| Gabby Knight | Open | 24.67 |
| Clare McCormack | U16 | 21.45 |
| Claudia Grogan | U16 | 17.94 |
| Janet Crocos | 60+ | 17.03 |
| Kate Parris | 50+ | 16.42 |
| Emily Woolford | U20 | 15.35 |
| Zoe Smith | U18 | 15.34 |
| Anthea Knight | U18 | 13.02 |
| Clio Knight | U14 | 12.43 |
| Steph Eagle | Open | 11.77 |
| Hammer Throw | | |
| Clare McCormack | U16 | 35.04 |
| Gabby Knight | Open | 24.74 |
| Janet Crocos | 60+ | 21.39 |
| Kate Parris | 50+ | 19.80 |
| Emily Woolford | U20 | 16.23 |
| Lisa McInerney | Open | 16.19 |
| Clio Knight | U14 | 5.19 |
| High Jump | | |
| Gemma Fenn | U16 | 1.60 |
| Lisa McInerney | Open | 1.25 |
| Clio Knight | U14 | 1.00 |
| Anthea Knight | U18 | 1.00 |
| Gabby Knight | Open | 0.90 |
| Nadia Mellor | 60+ | 0.90 |
| Javelin | | |
| Clare McCormack | U16 | 27.72 |
| Gabby Knight | Open | 24.94 |
| Kate Parris | 50+ | 17.34 |
| Janet Crocos | 60+ | 16.86 |
| Lisa McInerney | Open | 16.74 |
| Claudia Grogan | U16 | 15.56 |
| Tracey Howse | 50+ | 14.50 |
| Gemma Fenn | U16 | 14.11 |
| Zoe Smith | U18 | 13.93 |
| Emily Woolford | U20 | 13.53 |
| Nadia Mellor | 60+ | 10.49 |
| Steph Eagle | Open | 8.90 |
| Brianna Pullen | U14 | 8.89 |
| Jean Brown | Open | 8.68 |
| Triple Jump | | |
| Gemma Fenn | U16 | 9.96 |
| Emily Woolford | U20 | 8.15 |

Men:

| Name | Age | Result |
|---------------------|------------|---------------|
| Discus | | |
| Simon Crocos | Open | 23.46 |
| Dennis Baker | 60+ | 21.34 |
| Michael Howse | 50+ | 20.60 |
| Benjamin Hugall | Open | 19.26 |
| Matthew Stacey | U18 | 8.68 |
| Roger Frankenberg | 70+ | NA |
| Hammer Throw | | |
| Simon Crocos | Open | 22.33 |
| High Jump | | |
| Dylan Braut | Open | 1.55 |
| Gavin Smith | 40+ | 1.55 |
| Hamish Smyth | U14 | 1.15 |
| Oliver Smith | U14 | 1.10 |
| Rory Smyth | U16 | 1.10 |
| Roger Frankenberg | 70+ | 1.05 |
| Javelin | | |
| Simon Crocos | Open | 41.72 |
| Michael Howse | 50+ | 38.81 |
| Steven Boyd | 50+ | 27.32 |
| Matthew Stacey | U18 | 25.08 |
| Ryan Blackwell | U18 | 22.48 |
| Roger Frankenberg | 70+ | 17.74 |
| Benjamin Hugall | Open | 17.16 |
| Dennis Baker | 60+ | 11.00 |
| Triple Jump | | |
| Dylan Braut | Open | 11.27 |
| Matthew Stacey | U18 | 11.25 |
| Ryan Blackwell | U18 | 9.94 |
| Benjamin Hugall | Open | 9.66 |
| Gavin Smith | 40+ | 8.06 |
| 100m | | |
| Benjamin Hugall | Open | 12.24 |
| Matthew Stacey | U18 | 13.04 |
| Dylan Braut | Open | 13.19 |
| Simon Crocos | Open | 13.98 |
| Michael Howse | 50+ | 14.08 |
| Gavin Smith | 40+ | 14.37 |
| Ryan Blackwell | U18 | 14.83 |
| Hamish Smyth | U14 | 15.60 |
| Oliver Smith | U14 | 17.55 |
| Dennis Baker | 60+ | 18.74 |
| Matt deFreitas | Open | 21.88 |
| 200m | | |

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|--------------------|------|----------|
| Lisa McInerney | Open | 7.83 |
| Anthea Knight | U18 | 7.41 |
| Claudia Grogan | U16 | 6.61 |
| Kate Parris | 50+ | 6.61 |
| Clio Knight | U14 | 6.54 |
| Janet Crocos | 60+ | 6.42 |
| Gabby Knight | Open | 6.02 |
| 100m | | |
| Claudia Grogan | U16 | 14.20 |
| Zoe Smith | U18 | 14.29 |
| Gemma Fenn | U16 | 14.38 |
| Summer Sutherland | U16 | 14.76 |
| Anthea Knight | U18 | 14.87 |
| Brianna Pullen | U14 | 15.04 |
| Emily Woolford | U20 | 15.59 |
| Steph Eagle | Open | 16.11 |
| Lisa McInerney | Open | 16.86 |
| Clio Knight | U14 | 16.89 |
| Janet Crocos | 60+ | 17.23 |
| Kate Parris | 50+ | 18.70 |
| Jean Brown | Open | 24.17 |
| 200m | | |
| Gemma Fenn | U16 | 29.57 |
| Anthea Knight | U18 | 31.54 |
| Brianna Pullen | U14 | 31.62 |
| Wendy Wise | 50+ | 37.65 |
| Janet Crocos | 60+ | 38.09 |
| Steph Eagle | Open | 38.16 |
| Kate Parris | 50+ | 39.63 |
| Clio Knight | U14 | 42.07 |
| 5000m | | |
| Steph Eagle | Open | 24:08.24 |
| Wendy Wise | 50+ | 24:12.84 |
| 800m | | |
| Emily Woolford | U20 | 3:03.18 |
| Wendy Wise | 50+ | 3:15.24 |
| Steph Eagle | Open | 3:17.33 |
| Kate Parris | 50+ | 3:19.26 |
| Zoe Smith | U18 | 3:38.61 |
| Jean Brown | Open | 4:42.26 |
| 80m Hurdles | | |
| Gemma Fenn | U16 | 14.26 |
| Clio Knight | U14 | 20.40 |
| Summer Sutherland | U16 | 18.67 |
| Anthea Knight | U18 | 19.49 |

| | | |
|-----------------|------|----------|
| Matthew Stacey | U18 | 26.29 |
| Dylan Hugo | Open | 27.06 |
| Michael Howse | 50+ | 28.75 |
| Gavin Smith | 40+ | 29.06 |
| Ryan Blackwell | U18 | 30.14 |
| Oliver Smith | U14 | 37.60 |
| Dennis Baker | 60+ | 41.50 |
| 5000m | | |
| Des Rees | 60+ | 26:14.82 |
| Robert Lindley | 70+ | 40:31.40 |
| 800m | | |
| Caellum Crowe | Open | 2:09.92 |
| Benjamin Hugall | Open | 2:12.81 |
| Dylan Hugo | Open | 2:26.13 |
| Ryan Blackwell | U18 | 2:32.03 |
| Rory Smyth | U16 | 3:06.78 |
| Matthew Stacey | U18 | 3:26.81 |
| Michael Howse | 50+ | 3:43.48 |
| Dennis Baker | 60+ | 4:27.99 |