

Wodonga Athletic Club**Weekly results - Wodonga Athletic Complex****22nd October 2016****Women:**

Name	Age	Result
100m		
Zoe Smith	U18	14.21
Anthea Knight	U18	14.57
Clio Knight	U14	16.61
Janet Crocos	60+	17.04
Tracey Howse	50+	20.75
1500m		
Callista Race-Stelling	U14	5:45.60
Anthea Knight	U18	6:19.20
Wendy Wise	50+	6:25.07
Steph Eagle	Open	6:44.97
Clio Knight	U14	7:13.73
Nadia Mellor	60+	7:21.75
Janet Crocos	60+	8:14.50
3000m		
Callista Race-Stelling	U14	12:28.48
Wendy Wise	50+	13:48.94
Steph Eagle	Open	14:09.73
Nadia Mellor	60+	15:43.66
Kylie Murphy	Open	16:13.10
Anthea Knight	U18	16:16.66
Fay Pearce	60+	17:59.98
400m		
Anthea Knight	U18	1:15.16
Emily Woolford	U20	1:17.13
Zoe Smith	U18	1:18.66
Steph Eagle	Open	1:24.46
Clio Knight	U14	1:30.67
Tracey Howse	50+	2:10.17
Discus		
Gabby Knight	Open	23.57
Clare McCormack	U16	23.16
Janet Crocos	60+	17.80
Emily Woolford	U20	16.60
Anthea Knight	U18	16.44
Tracey Howse	50+	15.75
Helen McCormack	U14	15.32
Zoe Smith	U18	14.49
Clio Knight	U14	12.91
Chris Wilson	50+	10.36
Fay Pearce	60+	9.77
High Jump		
Clare McCormack	U16	1.20
Janet Crocos	60+	1.05

Men:

	Age	Result
100m		
Benjamin Hugall	Open	11.86
Dylan Braut	Open	12.98
Michael Howse	50+	13.54
Simon Crocos	Open	13.74
Ryan Blackwell	U18	14.40
Steven Boyd	50+	16.54
Oliver Smith	U14	17.12
Dennis Baker	60+	19.39
1500m		
Caellum Crowe	Open	4:24.52
Michael Hosking	Open	4:33.51
Dylan Hugo	Open	5:08.02
Ryan Blackwell	U18	5:10.38
Digby Race	50+	5:23.68
Rory Smyth	U16	6:30.27
3000m		
Caellum Crowe	Open	9:27.46
Michael Hosking	Open	9:45.22
Digby Race	50+	12:29.77
Michael Mellor	60+	13:15.42
Richard Smyth	40+	13:45.68
Des Rees	60+	15:07.07
William Pearce	60+	16:08.95
Harry Brown	40+	16:41.18
400m		
Dylan Hugo	Open	1:05.63
Ryan Blackwell	U18	1:09.06
Michael Howse	50+	1:17.71
Hamish Smyth	U14	1:23.27
Rory Smyth	U16	1:27.64
Benjamin Hugall	Open	58.32
Discus		
Flynn Eriksson	U16	25.24
Simon Crocos	Open	23.11
Richard Smyth	40+	20.52
Gavin Smith	40+	18.23
William Pearce	60+	18.05
Benjamin Hugall	Open	17.60
Dylan Braut	Open	16.17
Ryan Blackwell	U18	15.66
Rory Smyth	U16	14.59
Oliver Smith	U14	11.41
Hamish Smyth	U14	11.25

Javelin		
Gabby Knight	Open	20.73
Clare McCormack	U16	20.19
Janet Crocos	60+	14.37
Tracey Howse	50+	14.29
Emily Woolford	U20	14.28
Anthea Knight	U18	11.60
Zoe Smith	U18	11.54
Helen McCormack	U14	11.17
Fay Pearce	60+	9.27
Clio Knight	U14	8.98
Nadia Mellor	60+	7.17
Steph Eagle	Open	7.04
Long Jump		
Emily Woolford	U20	3.60
Zoe Smith	U18	3.56
Anthea Knight	U18	3.24
Clare McCormack	U16	3.24
Clio Knight	U14	3.10
Janet Crocos	60+	2.90
Gabby Knight	Open	2.87
Tracey Howse	50+	2.62
Steph Eagle	Open	2.61
Nadia Mellor	60+	1.68
Shot Put		
Clare McCormack	U16	11.35
Gabby Knight	Open	9.61
Zoe Smith	U18	6.98
Kylie Murphy	Open	6.96
Janet Crocos	60+	6.49
Emily Woolford	U20	6.23
Helen McCormack	U14	6.22
Tracey Howse	50+	6.05
Anthea Knight	U18	5.99
Clio Knight	U14	5.33

High Jump		
Dylan Braut	Open	1.40
Gavin Smith	40+	1.40
Oliver Smith	U14	1.05
Javelin		
Simon Crocos	Open	35.29
Michael Howse	50+	24.08
Benjamin Hugall	Open	21.45
Richard Smyth	40+	19.53
Gavin Smith	40+	18.33
Flynn Eriksson	U16	17.20
Ryan Blackwell	U18	16.70
William Pearce	60+	14.07
Long Jump		
Dylan Braut	Open	5.07
Flynn Eriksson	U16	4.92
Simon Crocos	Open	4.34
Ryan Blackwell	U18	4.21
Benjamin Hugall	Open	4.03
Michael Howse	50+	3.91
Hamish Smyth	U14	3.03
Oliver Smith	U14	2.95
Shot Put		
Flynn Eriksson	U16	9.14
Dylan Braut	Open	8.78
Simon Crocos	Open	8.68
Benjamin Hugall	Open	8.33
Richard Smyth	40+	7.95
Gavin Smith	40+	7.37
Michael Howse	50+	7.28
Steven Boyd	50+	6.83
Oliver Smith	U14	5.22