

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

Name	Age	Result
<b>100m</b>		
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
<b>1500m</b>		
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
<b>3000m</b>		
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
<b>400m</b>		
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
<b>Discus</b>		
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
<b>High Jump</b>		
Clare McCormack	U16	1.20
Janet Crocos	60+	1.05

**Men:**

	Age	Result
<b>100m</b>		
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
<b>1500m</b>		
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
<b>3000m</b>		
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
<b>400m</b>		
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
<b>Discus</b>		
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

<b>Javelin</b>		
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
<b>Long Jump</b>		
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
<b>Shot Put</b>		
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

<b>High Jump</b>		
Dylan Braut	Open	1.40
Gavin Smith	40+	1.40
Oliver Smith	U14	1.05
<b>Javelin</b>		
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
<b>Long Jump</b>		
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
<b>Shot Put</b>		
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