

Wodonga Athletic Club
Relay program
Wodonga Athletic Complex
12th November 2016

3000m			
10:37.76	Kevin Muller	40+	M
11:59.74	Callista Race-Stelling	U14	F
11:59.86	Digby Race	50+	M
12:05.01	Nathan Regan	20+	M
12:55.23	Jade Regan	U16	F
13:32.38	Michael Mellor	60+	M
13:34.94	Steph Eagle	Open	F
13:57.15	Wendy Wise	50+	F
15:01.05	Karen Hill	Open	F
16:07.02	William Pearce	60+	M
17:14.06	Fay Pearce	60+	F
21:30.59	Robert Lindley	70+	M

4x100m			
54.57	Flynn Eriksson	U16	M
54.57	Ryan Blackwell	U18	M
54.57	Matthew Stacey	U18	M
54.57	Emily Woolford	20+	F
1:01.33	Benjamin Hugall	Open	M
1:01.33	Wendy Wise	50+	F
1:01.33	Tracey Howse	50+	F
1:01.33	Michael Howse	50+	M
1:02.42	Clio Knight	U14	F
1:02.42	Oliver Smith	U14	M
1:02.42	Anthea Knight	U18	F
1:02.42	Gabby Knight	Open	F
1:04.23	Karen Hill	Open	F
1:04.23	Steph Eagle	Open	F
1:04.23	Simon Crocos	Open	M
1:04.23	Dennis Baker	60+	M
1:09.45	Helen McCormack	U14	F
1:09.45	Sarah Egan	U16	F
1:09.45	Clare McCormack	U16	F
1:09.45	Dan Rees	Visitor	
1:15.14	Callista Race-Stelling	U14	F
1:15.14	Digby Race	50+	M
1:15.14	Nadia Mellor	60+	F
1:15.14	Joe Hill	Under age	

4x1500m			
25:04.39	Ryan Blackwell	U18	M
25:04.39	Matt deFreitas	Open	M
25:04.39	Nadia Mellor	60+	F
25:04.39	Michael Mellor	60+	M
27:25.93	Anthea Knight	U18	F
27:25.93	Benjamin Hugall	Open	M
27:25.93	Michael Howse	50+	M
27:25.93	Dennis Baker	60+	M
28:14.58	Clare McCormack	U16	F
28:14.58	Simon Crocos	Open	M
28:14.58	Kevin Muller	40+	M
28:14.58	William Pearce	60+	M
28:22.97	Steph Eagle	Open	F
28:22.97	Chris Wilson	50+	F
28:22.97	Wendy Wise	50+	F
28:22.97	Fay Pearce	60+	F

Swedish Relay			
2:38.62	Sarah Egan	U16	F
2:38.62	Flynn Eriksson	U16	M
2:38.62	Ryan Blackwell	U18	M
2:38.62	Matthew Stacey	U18	M
2:53.67	Benjamin Hugall	Open	M
2:53.67	Michael Howse	50+	M
2:53.67	Dennis Baker	60+	M
2:53.67	Michael Mellor	60+	M
3:06.21	Emily Woolford	20+	F
3:06.21	Karen Hill	Open	F
3:06.21	Steph Eagle	Open	F
3:06.21	Wendy Wise	50+	F
3:08.22	Matt deFreitas	Open	M
3:08.22	Nadia Mellor	60+	F
3:08.22	Fay Pearce	60+	F
3:08.22	Dan Rees	Visitor	
3:10.64	Clio Knight	U14	F
3:10.64	Clare McCormack	U16	F
3:10.64	Anthea Knight	U18	F
3:10.64	Tracey Howse	50+	F
3:14.61	Callista Race-Stelling	U14	F
3:14.61	Chris Wilson	50+	F
3:14.61	Digby Race	50+	M
3:14.61	William Pearce	60+	M

Throws			
19.00	Gavin Smith	40+	M
37.60	Simon Crocos	Open	M
4.99	Oliver Smith	U14	M
61.59			
24.81	Matthew Stacey	U18	M
23.68	Ryan Blackwell	U18	M
10.26	Flynn Eriksson	U16	M
58.75			
17.05	Helen McCormack	U14	F
16.52	Emily Woolford	20+	F
11.72	Clare McCormack	U16	F
45.29			
25.19	Gabby Knight	Open	F
10.36	Anthea Knight	U18	F
6.08	Clio Knight	U14	F
41.63			
17.94	Cheryl Webster	40+	F
13.30	Tracey Howse	50+	F
8.12	Benjamin Hugall	Open	M
39.36			
18.21	Dennis Baker	60+	M
9.45	Wendy Wise	50+	F
5.57	Steph Eagle	Open	F
33.23			
18.61	Janet Crocos	60+	F
9.62	Fay Pearce	60+	F
4.15	Nadia Mellor	60+	F
32.38			
13.70	Declan Pearce	U16	M
11.53	Karen Hill	Open	F
5.77	Joe Hill	Under age	
31.00			

Jumps Relay

10.69	Flynn Eriksson	U16	M
1.5	Matthew Stacey	U18	M
4.11	Ryan Blackwell	U18	M
16.30			
9.26	Sarah Egan	U16	F
1.1	Joe Hill	Under age	
3.81	Dan Rees	Visitor	
14.17			
8.27	Emily Woolford	20+	F
1.55	Simon Crocos	Open	M
4.22	Benjamin Hugall	Open	M
14.04			
8.43	Clio Knight	U14	F
1.15	Anthea Knight	U18	F
3.04	Gabby Knight	Open	F
12.62			
6.69	Chris Wilson	50+	F
1.5	Gavin Smith	40+	M
4.02	Karen Hill	Open	F
12.21			
4.7	Nadia Mellor	60+	F
1.1	Janet Crocos	60+	F
2.32	Fay Pearce	60+	F
8.12			
4.16	Helen McCormack	U14	F
1.15	Clare McCormack	U16	F
2.65	Tracey Howse	50+	F
7.96			