

Wodonga Athletic Club
Weekly results - Wodonga Athletic Complex
5th November 2016

Name	Age	Result
100m		
Benjamin Hugall	Open	11.73
Josh Star	U20	12.13
Dylan Braut	Open	12.95
Thomas Snook	Open	13.07
Arun Nirmalaraja	Open	13.40
Simon Crocos	Open	13.40
Oliver Smith	U14	16.61
Dennis Baker	60+	19.23
1500m		
Benjamin Hugall	Open	5:43.40
William Pearce	60+	7:38.96
Dennis Baker	60+	9:47.60
3000m		
Kevin Muller	40+	10:56.68
William Pearce	60+	15:55.78
Dennis Baker	60+	20:50.72
Robert Lindley	70+	21:41.49
400m		
Benjamin Hugall	Open	53.61
Thomas Snook	Open	1:02.77
Arun Nirmalaraja	Open	1:06.80
Hamish Smyth	U14	1:18.06
Rory Smyth	U16	1:23.94
Oliver Smith	U14	1:24.88
Dennis Baker	60+	1:40.41
Discus		
Simon Crocos	Open	23.89
Gavin Smith	40+	21.18
William Pearce	60+	17.32
Arun Nirmalaraja	Open	15.35
Benjamin Hugall	Open	15.28
Rory Smyth	U16	14.16
Declan Pearce	U16	12.46
Oliver Smith	U14	11.89
Hamish Smyth	U14	11.01
Hammer Throw		
Simon Crocos	Open	23.32
Gavin Smith	40+	13.74
Declan Pearce	U16	7.05
High Jump		
Josh Star	U20	1.60
Dylan Braut	Open	1.50
Arun Nirmalaraja	Open	1.45
Thomas Snook	Open	1.45

Name	Age	Result
100m		
Zoe Smith	U18	13.88
Anthea Knight	U18	14.62
Brianna Pullen	U14	14.67
Steph Eagle	Open	15.70
Clio Knight	U14	16.19
Janet Crocos	60+	16.62
Gabby Knight	Open	17.52
Jean Brown	Open	23.18
1500m		
Wendy Wise	50+	6:23.01
Steph Eagle	Open	6:32.63
Anthea Knight	U18	6:35.22
Clio Knight	U14	7:06.03
Chris Wilson	50+	7:28.54
3000m		
Jade Regan	U16	13:09.95
Wendy Wise	50+	13:22.75
Steph Eagle	Open	14:09.68
Karen Hill	Open	14:32.91
Debbie Jones	50+	16:53.40
Fay Pearce	60+	17:25.19
400m		
Anthea Knight	U18	1:11.71
Zoe Smith	U18	1:15.15
Steph Eagle	Open	1:16.89
Emily Woolford	U20	1:17.95
Jade Regan	U16	1:20.45
Wendy Wise	50+	1:22.05
Clio Knight	U14	1:22.20
Janet Crocos	60+	1:28.59
Fay Pearce	60+	1:56.09
Jean Brown	Open	2:09.56
Discus		
Amie Antonello	U18	30.02
Glenys Whitehead	50+	26.49
Gabby Knight	Open	25.70
Cheryl Webster	40+	18.22
Janet Crocos	60+	18.03
Emily Woolford	U20	17.96
Karen Hill	Open	15.69
Anthea Knight	U18	15.67
Zoe Smith	U18	13.24
Steph Eagle	Open	12.64
Debbie Jones	50+	11.94

Hamish Smyth	U14	1.30
Oliver Smith	U14	1.00
Long Jump		
Josh Star	U20	5.63
Dylan Braut	Open	5.17
Benjamin Hugall	Open	5.00
Thomas Snook	Open	4.76
Arun Nirmalaraja	Open	4.68
Simon Crocos	Open	4.27
Oliver Smith	U14	3.04
William Pearce	60+	2.86
Shot Put		
Simon Crocos	Open	8.23
Benjamin Hugall	Open	7.75
Arun Nirmalaraja	Open	6.85
Gavin Smith	40+	6.56
Rory Smyth	U16	6.39
William Pearce	60+	6.37
Hamish Smyth	U14	5.40
Declan Pearce	U16	4.81
Oliver Smith	U14	4.47
Triple Jump		
Josh Star	U20	11.48
Dylan Braut	Open	11.44
Benjamin Hugall	Open	10.88

Clio Knight	U14	10.39
Fay Pearce	60+	9.99
Hammer Throw		
Glenys Whitehead	50+	34.12
Gabby Knight	Open	29.70
Janet Crocos	60+	21.28
Debbie Jones	50+	18.51
Emily Woolford	U20	14.43
Anthea Knight	U18	12.87
Clio Knight	U14	11.36
High Jump		
Anthea Knight	U18	1.05
Clio Knight	U14	1.00
Gabby Knight	Open	0.95
Long Jump		
Karen Hill	Open	4.01
Emily Woolford	U20	3.75
Zoe Smith	U18	3.54
Clio Knight	U14	3.31
Anthea Knight	U18	3.31
Gabby Knight	Open	3.29
Janet Crocos	60+	2.96
Brianna Pullen	U14	2.87
Jade Regan	U16	2.81
Steph Eagle	Open	2.76
Jean Brown	Open	2.25
Debbie Jones	50+	2.12
Fay Pearce	60+	1.66
Shot Put		
Amie Antonello	U18	10.73
Gabby Knight	Open	9.47
Glenys Whitehead	50+	9.16
Janet Crocos	60+	7.28
Zoe Smith	U18	6.96
Emily Woolford	U20	6.35
Anthea Knight	U18	6.03
Cheryl Webster	40+	5.97
Clio Knight	U14	5.36
Steph Eagle	Open	5.08
Jean Brown	Open	4.03
Triple Jump		
Emily Woolford	U20	8.07
Karen Hill	Open	7.84
Zoe Smith	U18	7.66
Clio Knight	U14	7.50
Anthea Knight	U18	7.11
Gabby Knight	Open	6.54
Janet Crocos	60+	6.08
Cheryl Webster	40+	5.61
Debbie Jones	50+	4.64