

**Wodonga Athletic Club**

**Weekly results - Wodonga Athletic Complex**

**10th December 2016**

<b>WOMEN:</b>		
<b>200m</b>		
Zoe Smith	U18	30.00
Sarah Egan	U16	30.49
Anthea Knight	U18	30.70
Callista Race-Stelling	U14	33.29
Karen Hill	Open	33.92
Clio Knight	U14	36.33
Chris Wilson	50+	41.67
Fay Pearce	60+	44.09
Tracey Howse	50+	47.55
Jean Brown	Open	54.71
<b>5000m</b>		
Jade Regan	U16	22:32.30
Wendy Wise	50+	23:23.31
Chris Wilson	50+	26:13.07
Debbie Jones	50+	29:08.55
<b>60m</b>		
Zoe Smith	U18	8.93
Mary Toney	Open	8.95
Sarah Egan	U16	9.24
Anthea Knight	U18	9.32
Emily Woolford	U20	9.66
Chrissie Cornock	Open	9.79
Siobhan Wilson	U20	9.97
Cheryl Webster	40+	10.18
Clio Knight	U14	10.41
Janet Crocos	60+	10.55
Clare McCormack	U16	10.60
Gabby Knight	Open	10.80
Fay Pearce	60+	12.00
Tracey Howse	50+	13.10
Jean Brown	Open	13.97
<b>800m</b>		
Sarah Egan	U16	02:34.97
Gemma Fenn	U16	02:37.13
Callista Race-Stelling	U14	02:39.86
Siobhan Wilson	U20	02:56.11
Steph Eagle	Open	02:58.89
Chrissie Cornock	Open	03:37.28
Fay Pearce	60+	03:52.37
Janet Crocos	60+	04:23.84
Jean Brown	Open	04:32.40
Tracey Howse	50+	05:24.06
<b>Hammer Throw</b>		
Clare McCormack	U16	35.85

<b>MEN:</b>		
<b>200m</b>		
Nathan Regan	U20	27.83
Alex Race-Stelling	U18	29.71
Hamish Smyth	U14	32.48
<b>5000m</b>		
Digby Race	50+	19:11.10
Nathan Regan	U20	22:13.33
Michael Mellor	60+	22:18.76
William Pearce	60+	27:10.40
Robert Lindley	70+	37:03.79
<b>60m</b>		
Benjamin Hugall	Open	7.66
Flynn Eriksson	U16	8.30
Simon Crocos	Open	8.42
Michael Howse	50+	9.35
Oliver Smith	U14	10.50
<b>800m</b>		
Benjamin Hugall	Open	02:13.07
Alex Race-Stelling	U18	02:22.40
Digby Race	50+	02:38.09
William Pearce	60+	03:43.62
<b>Hammer Throw</b>		
Simon Crocos	Open	25.27
Rory Smyth	U16	6.49
<b>Javelin</b>		
Simon Crocos	Open	37.62
Benjamin Hugall	Open	25.63
Michael Howse	50+	24.49
Flynn Eriksson	U16	20.32
William Pearce	60+	17.62
Hamish Smyth	U14	14.39
Declan Pearce	U16	13.47
Oliver Smith	U14	12.45
Rory Smyth	U16	11.06
<b>Long Jump</b>		
Flynn Eriksson	U16	4.88
Simon Crocos	Open	4.69
Oliver Smith	U14	3.12
<b>Shot Put</b>		
Flynn Eriksson	U16	9.37
Simon Crocos	Open	8.66
Michael Howse	50+	7.46
Rory Smyth	U16	6.53
William Pearce	60+	6.47
Oliver Smith	U14	4.86

Gabby Knight	Open	30.86
Janet Crocos	60+	23.43
Debbie Jones	50+	19.56
Anthea Knight	U18	17.61
Mary Toney	Open	16.49
Lisa McInerney	Open	15.49
Emily Woolford	U20	15.37
Clio Knight	U14	14.60
Siobhan Wilson	U20	9.04
<b>Javelin</b>		
Clare McCormack	U16	24.43
Lisa McInerney	Open	17.97
Emily Woolford	U20	16.96
Janet Crocos	60+	16.28
Mary Toney	Open	15.58
Anthea Knight	U18	15.44
Cheryl Webster	40+	15.09
Sarah Egan	U16	14.49
Gabby Knight	Open	13.81
Siobhan Wilson	U20	13.52
Clio Knight	U14	13.12
Chrissie Cornock	Open	12.79
Zoe Smith	U18	12.62
Debbie Jones	50+	12.12
Karen Hill	Open	11.30
Fay Pearce	60+	11.08
Tracey Howse	50+	10.07
Nadia Mellor	60+	9.52
Jean Brown	Open	7.72
<b>Long Jump</b>		
Mary Toney	Open	4.10
Siobhan Wilson	U20	4.02
Karen Hill	Open	3.97
Emily Woolford	U20	3.80
Sarah Egan	U16	3.62
Anthea Knight	U18	3.58
Zoe Smith	U18	3.55
Lisa McInerney	Open	3.51
Clio Knight	U14	3.40
Janet Crocos	60+	2.98
Gabby Knight	Open	2.93
Nadia Mellor	60+	2.22
Fay Pearce	60+	2.05
Tracey Howse	50+	1.97
<b>Shot Put</b>		
Clare McCormack	U16	10.26
Gabby Knight	Open	8.20
Chrissie Cornock	Open	7.10
Janet Crocos	60+	7.03
Lisa McInerney	Open	6.76

<b>Triple Jump</b>		
Flynn Eriksson	U16	10.83
Simon Crocos	Open	9.85
Michael Howse	50+	6.80

<b>4 x 200m relay</b>		
Zoe Smith	U18	02:03.28
Emily Woolford	U20	
Siobhan Wilson	U20	
Mary Toney	Open	
Callista Race-Stelling	U14	02:04.25
Jade Regan	U16	
Alex Race-Stelling	U18	
Nathan Regan	U20	02:23.69
Sarah Egan	U16	
Janet Crocos	60+	
Fay Pearce	60+	
Flynn Eriksson	U16	02:29.11
Karen Hill	Open	
J Eriksson	n/a	
Oliver Smith	U14	
Hamish Smyth	U14	02:38.15
Clio Knight	U14	
Anthea Knight	U18	
Gabby Knight	Open	
Jean Brown	Open	02:38.48
Steph Eagle	Open	
Tracey Howse	50+	
Michael Howse	50+	
Nadia Mellor	60+	

Emily Woolford	U20	6.74
Siobhan Wilson	U20	6.65
Mary Toney	Open	6.18
Debbie Jones	50+	6.09
<b>Triple Jump</b>		
Mary Toney	Open	9.14
Sarah Egan	U16	8.47
Emily Woolford	U20	8.25
Lisa McNerney	Open	8.16
Clio Knight	U14	8.11
Anthea Knight	U18	8.03
Zoe Smith	U18	7.85
Clare McCormack	U16	6.89
Gabby Knight	Open	6.72
Cheryl Webster	40+	6.01
Nadia Mellor	60+	4.77