

Wodonga Athletic Club**Weekly results - Wodonga Athletic Complex****17th December 2016**

WOMEN:		
100m		
Mary Toney	Open	13.84
Zoe Smith	U18	14.26
Anthea Knight	U18	14.31
Brianna Pullen	U14	14.60
Sarah Egan	U16	14.84
Steph Eagle	Open	15.53
Cheryl Webster	40+	16.43
Janet Crocos	60+	16.68
Clare McCormack	U16	16.71
Kate Parris	50+	18.50
Tracey Howse	50+	19.27
Chris Wilson	50+	19.73
Fay Pearce	60+	20.32
1500m		
Sarah Egan	U16	05:47.82
Jade Regan	U16	05:52.61
Steph Eagle	Open	06:25.75
Wendy Wise	50+	06:29.89
Anthea Knight	U18	06:40.34
Tracey Howse	50+	11:08.15
3000m		
Jade Regan	U16	12:42.88
Wendy Wise	50+	13:38.78
Nadia Mellor	60+	15:22.70
Debbie Jones	50+	17:07.68
400m		
Sarah Egan	U16	01:08.57
Anthea Knight	U18	01:11.50
Mary Toney	Open	01:11.87
Steph Eagle	Open	01:17.46
Emily Woolford	U20	01:18.78
Zoe Smith	U18	01:19.21
Chrissie Cornock	Open	01:24.64
Kate Parris	50+	01:28.58
Cheryl Webster	40+	01:38.13
Nadia Mellor	60+	01:40.15
Clare McCormack	U16	01:44.55
Tracey Howse	50+	02:05.32
Fay Pearce	60+	02:08.39

MEN:		
100m		
Benjamin Hugall	Open	11.85
Josh Star	U20	12.61
Matthew Stacey	U18	12.67
Dylan Braut	Open	13.05
Simon Crocos	Open	13.28
Michael Howse	50+	13.45
Ryan Blackwell	U18	14.08
Oliver Smith	U14	16.29
William Pearce	60+	17.69
Dennis Baker	60+	18.53
1500m		
Ryan Blackwell	U18	05:06.80
Matthew Stacey	U18	06:16.95
Dennis Baker	60+	09:31.39
3000m		
Nathan Regan	U20	11:59.96
Michael Mellor	60+	13:02.28
Des Rees	60+	15:42.61
William Pearce	60+	16:01.59
Michael Howse	50+	16:22.47
Robert Lindley	70+	22:05.66
400m		
Benjamin Hugall	Open	53.13
Matthew Stacey	U18	01:02.11
Ryan Blackwell	U18	01:02.58
Simon Crocos	Open	01:08.35
Michael Howse	50+	01:12.26
Dennis Baker	60+	01:43.49
Discus		
Simon Crocos	Open	26.25
Matthew Stacey	U18	25.28
Michael Howse	50+	21.48
William Pearce	60+	20.20
Kai Han	Open	19.86
Ryan Blackwell	U18	19.45
Gavin Smith	40+	18.07
Dennis Baker	60+	17.24
Benjamin Hugall	Open	16.73
Oliver Smith	U14	10.63
Hammer Throw		
Simon Crocos	Open	26.88
Gavin Smith	40+	14.71
Dennis Baker	60+	12.98

Discus		
Glenys Whitehead	50+	26.52
Clare McCormack	U16	19.56
Cheryl Webster	40+	18.80
Janet Crocos	60+	17.97
Emily Woolford	U20	17.13
Anthea Knight	U18	16.98
Kate Parris	50+	16.89
Chrissie Cornock	Open	15.84
Helen McCormack	U14	15.62
Mary Toney	Open	14.92
Zoe Smith	U18	12.35
Steph Eagle	Open	11.62
Debbie Jones	50+	10.51
Brianna Pullen	U14	9.93
Fay Pearce	60+	9.09
Nadia Mellor	60+	8.94
Hammer Throw		
Glenys Whitehead	50+	36.59
Clare McCormack	U16	33.84
Janet Crocos	60+	23.85
Kate Parris	50+	22.33
Chrissie Cornock	Open	17.78
Helen McCormack	U14	17.14
Mary Toney	Open	16.32
Debbie Jones	50+	15.62
Anthea Knight	U18	15.17
Emily Woolford	U20	14.44
High Jump		
Sarah Egan	U16	1.25
Mary Toney	Open	1.25
Kate Parris	50+	1.10
Anthea Knight	U18	1.05
Janet Crocos	60+	1.05
Steph Eagle	Open	1.00
Clare McCormack	U16	0.90
Tracey Howse	50+	0.90
Long Jump		
Mary Toney	Open	4.18
Sarah Egan	U16	3.89
Emily Woolford	U20	3.70
Anthea Knight	U18	3.69
Zoe Smith	U18	3.64
Janet Crocos	60+	3.42
Clare McCormack	U16	3.20
Chris Wilson	50+	3.04
Kate Parris	50+	2.93
Jade Regan	U16	2.88
Tracey Howse	50+	2.75
Brianna Pullen	U14	2.70

High Jump		
Benjamin Hugall	Open	1.40
Oliver Smith	U14	1.05
Long Jump		
Josh Star	U20	5.80
Benjamin Hugall	Open	5.50
Matthew Stacey	U18	4.87
Simon Crocos	Open	4.85
Dylan Braut	Open	4.83
Kai Han	Open	4.40
Ryan Blackwell	U18	4.29
Oliver Smith	U14	3.33
Shot Put		
Simon Crocos	Open	8.69
Benjamin Hugall	Open	8.59
Michael Howse	50+	7.29
William Pearce	60+	7.08
Gavin Smith	40+	6.64
Kai Han	Open	6.12
Oliver Smith	U14	5.06
Triple Jump		
Matthew Stacey	U18	11.24
Benjamin Hugall	Open	10.62
Ryan Blackwell	U18	10.08
Michael Howse	50+	7.40

Cheryl Webster	40+	2.65
Fay Pearce	60+	2.34
Nadia Mellor	60+	2.27
Debbie Jones	50+	2.22
Steph Eagle	Open	2.15
Shot Put		
Clare McCormack	U16	10.62
Glenys Whitehead	50+	9.58
Kate Parris	50+	7.63
Zoe Smith	U18	7.32
Janet Crocos	60+	7.19
Emily Woolford	U20	7.00
Helen McCormack	U14	6.79
Anthea Knight	U18	6.68
Chrissie Cornock	Open	6.27
Cheryl Webster	40+	6.20
Mary Toney	Open	5.88
Steph Eagle	Open	5.38
Jade Regan	U16	4.11
Nadia Mellor	60+	4.06
Triple Jump		
Sarah Egan	U16	8.73
Anthea Knight	U18	7.91
Mary Toney	Open	7.87
Zoe Smith	U18	7.61
Clare McCormack	U16	7.02
Kate Parris	50+	6.04
Cheryl Webster	40+	5.75
Steph Eagle	Open	5.50
Debbie Jones	50+	4.31