

**Wodonga Athletic Club**  
**Weekly results - Alexandra Park**  
**19th November 2016**

**Men:**

<b>100m</b>		
Benjamin Hugall	Open	11.96
Matthew Stacey	U18	12.74
Simon Crocos	Open	13.68
Hamish Smyth	U14	15.15
Oliver Smith	U14	16.39
Gavin Smith	40+	17.76
Dennis Baker	60+	19.22
<b>110m Hurdles</b>		
Flynn Eriksson	U16	17.47
<b>200m</b>		
Benjamin Hugall	Open	23.64
Matthew Stacey	U18	26.26
Michael Howse	50+	28.34
Ryan Blackwell	U18	30.02
Hamish Smyth	U14	33.14
Oliver Smith	U14	36.01
William Pearce	60+	38.89
Dennis Baker	60+	40.46
<b>5000m</b>		
Digby Race	50+	20:32.93
Michael Mellor	60+	22:38.78
William Pearce	60+	26:51.64
Robert Lindley	70+	37:38.49
<b>800m</b>		
Alex Race-Stelling	U18	2:21.41
Ryan Blackwell	U18	2:23.50
Digby Race	50+	2:38.32
Michael Howse	50+	2:54.13
Simon Crocos	Open	3:00.08
Dennis Baker	60+	4:22.29
<b>Discus</b>		
Simon Crocos	Open	23.48
Gavin Smith	40+	21.68
William Pearce	60+	21.12
Michael Howse	50+	20.86
Matthew Stacey	U18	19.88
Dennis Baker	60+	19.56
Benjamin Hugall	Open	15.57
Ryan Blackwell	U18	14.56
Declan Pearce	U16	12.35
Oliver Smith	U14	11.45
<b>Hammer Throw</b>		
Simon Crocos	Open	21.63
Gavin Smith	40+	11.54

**Women:**

<b>100m</b>		
Anthea Knight	U18	14.20
Zoe Smith	U18	14.31
Summer Sutherland	U16	14.49
Sarah Egan	U16	14.81
Siobhan Wilson	U20	15.32
Steph Eagle	Open	15.72
Karen Hill	Open	15.99
Clio Knight	U14	16.09
Clare McCormack	U16	16.52
Gabby Knight	Open	16.76
Cheryl Webster	40+	18.16
Kate Parris	50+	18.50
<b>110m Hurdles</b>		
Summer Sutherland	U16	17.08
<b>200m</b>		
Summer Sutherland	U16	29.57
Sarah Egan	U16	29.98
Zoe Smith	U18	30.51
Anthea Knight	U18	31.24
Steph Eagle	Open	34.09
Clio Knight	U14	34.16
Fay Pearce	60+	43.62
<b>5000m</b>		
Callista Race-Stelling	U14	20:32.47
Anthea Knight	U18	28:54.78
Fay Pearce	60+	28:59.95
Debbie Jones	50+	29:24.05
<b>800m</b>		
Sarah Egan	U16	2:37.01
Steph Eagle	Open	2:54.16
Karen Hill	Open	2:56.72
Anthea Knight	U18	2:58.98
Siobhan Wilson	U20	3:04.46
Clio Knight	U14	3:09.87
Kate Parris	50+	3:13.46
Chris Wilson	50+	3:37.01
Fay Pearce	60+	3:55.57
<b>Discus</b>		
Gabby Knight	Open	24.56
Clare McCormack	U16	21.45
Kate Parris	50+	18.69
Janet Crocos	60+	17.77
Emily Woolford	U20	17.07
Helen McCormack	U14	16.75

Declan Pearce	U16	8.78
<b>High Jump</b>		
Flynn Eriksson	U16	1.50
Hamish Smyth	U14	1.40
Oliver Smith	U14	1.05
<b>Javelin</b>		
Simon Crocos	Open	39.09
Michael Howse	50+	24.36
Ryan Blackwell	U18	20.97
Benjamin Hugall	Open	20.29
Matthew Stacey	U18	19.69
Gavin Smith	40+	19.57
William Pearce	60+	14.43
Declan Pearce	U16	14.31
<b>Triple Jump</b>		
Matthew Stacey	U18	11.52
Flynn Eriksson	U16	10.76
Ryan Blackwell	U18	9.91
Michael Howse	50+	8.61
Oliver Smith	U14	6.34

Anthea Knight	U18	16.15
Cheryl Webster	40+	16.14
Karen Hill	Open	15.58
Zoe Smith	U18	15.28
Clio Knight	U14	12.55
Debbie Jones	50+	12.10
Steph Eagle	Open	11.22
Fay Pearce	60+	8.58
<b>Hammer Throw</b>		
Clare McCormack	U16	35.05
Gabby Knight	Open	31.82
Janet Crocos	60+	23.14
Kate Parris	50+	21.78
Debbie Jones	50+	18.61
Helen McCormack	U14	17.65
Clio Knight	U14	13.50
Emily Woolford	U20	12.77
<b>High Jump</b>		
Summer Sutherland	U16	1.47
Sarah Egan	U16	1.40
Clare McCormack	U16	1.15
Janet Crocos	60+	1.15
Gabby Knight	Open	1.00
<b>Javelin</b>		
Clare McCormack	U16	28.02
Gabby Knight	Open	24.70
Emily Woolford	U20	17.23
Janet Crocos	60+	16.67
Kate Parris	50+	15.89
Karen Hill	Open	14.05
Debbie Jones	50+	12.63
Clio Knight	U14	12.54
Zoe Smith	U18	12.48
Cheryl Webster	40+	12.27
Fay Pearce	60+	10.96
Anthea Knight	U18	10.72
Helen McCormack	U14	10.69
Steph Eagle	Open	4.54
<b>Triple Jump</b>		
Summer Sutherland	U16	9.59
Sarah Egan	U16	9.00
Karen Hill	Open	8.56
Emily Woolford	U20	8.26
Siobhan Wilson	U20	8.17
Clio Knight	U14	7.94
Zoe Smith	U18	7.72
Clare McCormack	U16	6.65
Chris Wilson	50+	6.46
Gabby Knight	Open	6.38