

**Wodonga Athletic Club****Weekly results - Wodonga Athletic Complex****26th November 2016**

<b>WOMEN:</b>		
<b>100m</b>		
Gemma Fenn	U16	13.56
Zoe Smith	U18	14.03
Sarah Egan	U16	14.39
Anthea Knight	U18	14.39
Brianna Pullen	U14	14.74
Siobhan Wilson	U20	15.13
Steph Eagle	Open	15.30
Emily Woolford	U20	15.40
Clio Knight	U14	16.36
Clare McCormack	U16	16.58
Cheryl Webster	40+	16.60
Janet Crocos	60+	18.01
Tracey Howse	50+	19.62
Nadia Mellor	60+	21.37
<b>1500m</b>		
Callista Race-Stelling	U14	5:32.09
Sarah Egan	U16	5:48.01
Summer Sutherland	U16	6:06.30
Steph Eagle	Open	6:09.46
Wendy Wise	50+	6:31.18
Clio Knight	U14	6:40.42
Nadia Mellor	60+	7:16.47
Fay Pearce	60+	8:01.73
Tracey Howse	50+	10:43.85
<b>3000m</b>		
Callista Race-Stelling	U14	11:58.68
Jade Regan	U16	12:31.28
Clio Knight	U14	14:33.36
Nadia Mellor	60+	14:48.78
Wendy Bassett	50+	15:09.61
Fay Pearce	60+	17:17.06
<b>400m</b>		
Gemma Fenn	U16	1:04.91
Emily Woolford	U20	1:12.96
Siobhan Wilson	U20	1:13.43
Anthea Knight	U18	1:13.83
Steph Eagle	Open	1:14.80
Zoe Smith	U18	1:15.74
Clio Knight	U14	1:21.35
Wendy Wise	50+	1:23.41
Clare McCormack	U16	1:34.37
Chris Wilson	50+	1:36.87
Fay Pearce	60+	1:46.34
Tracey Howse	50+	2:16.84

<b>MEN:</b>		
<b>100m</b>		
Benjamin Hugall	Open	11.85
Matthew Stacey	U18	12.42
Flynn Eriksson	U16	13.12
Michael Howse	50+	13.59
Simon Crocos	Open	13.67
Ryan Blackwell	U18	14.01
Oliver Smith	U14	16.41
Dennis Baker	60+	19.28
<b>1500m</b>		
Kevin Muller	40+	4:51.70
Ryan Blackwell	U18	4:59.55
Digby Race	50+	5:19.20
Michael Mellor	60+	6:19.12
Simon Crocos	Open	6:37.32
Michael Howse	50+	6:40.92
William Pearce	60+	7:18.71
<b>3000m</b>		
Kevin Muller	40+	10:31.18
Digby Race	50+	12:01.22
Benjamin Hugall	Open	12:39.61
Michael Mellor	60+	13:24.18
William Pearce	60+	15:53.12
Dennis Baker	60+	20:59.50
Robert Lindley	70+	21:08.62
<b>400m</b>		
Ryan Blackwell	U18	1:05.85
Dennis Baker	60+	1:40.19
Matthew Stacey	U18	59.23
<b>Discus</b>		
Roger Frankenberg	70+	26.21
Flynn Eriksson	U16	25.67
Simon Crocos	Open	24.84
William Pearce	60+	21.96
Michael Howse	50+	20.26
Dennis Baker	60+	18.93
Ryan Blackwell	U18	18.66
Benjamin Hugall	Open	18.39
Oliver Smith	U14	9.72
<b>High Jump</b>		
Matthew Stacey	U18	1.60
Flynn Eriksson	U16	1.55
Simon Crocos	Open	1.50
Michael Howse	50+	1.25
Oliver Smith	U14	1.10

<b>Discus</b>		
Clare McCormack	U16	22.82
Janet Crocos	60+	17.58
Anthea Knight	U18	16.68
Helen McCormack	U14	16.61
Emily Woolford	U20	16.53
Zoe Smith	U18	16.40
Cheryl Webster	40+	15.60
Siobhan Wilson	U20	15.37
Summer Sutherland	U16	14.10
Wendy Wise	50+	13.68
Clio Knight	U14	13.51
Steph Eagle	Open	13.19
Debbie Jones	50+	12.45
Nadia Mellor	60+	10.17
<b>High Jump</b>		
Gemma Fenn	U16	1.55
Summer Sutherland	U16	1.35
Janet Crocos	60+	1.05
Sarah Egan	U16	NA
<b>Javelin</b>		
Clare McCormack	U16	26.67
Gemma Fenn	U16	25.42
Emily Woolford	U20	16.05
Zoe Smith	U18	14.60
Summer Sutherland	U16	14.27
Debbie Jones	50+	13.11
Clio Knight	U14	12.63
Helen McCormack	U14	12.62
Anthea Knight	U18	12.50
Cheryl Webster	40+	11.66
Fay Pearce	60+	10.21
Nadia Mellor	60+	9.00
Tracey Howse	50+	5.86
<b>Long Jump</b>		
Gemma Fenn	U16	4.90
Summer Sutherland	U16	4.23
Siobhan Wilson	U20	4.12
Sarah Egan	U16	4.05
Emily Woolford	U20	3.82
Clio Knight	U14	3.62
Zoe Smith	U18	3.61
Anthea Knight	U18	3.53
Clare McCormack	U16	3.38
Steph Eagle	Open	3.20
Janet Crocos	60+	2.97
Brianna Pullen	U14	2.78
Fay Pearce	60+	2.34
Debbie Jones	50+	2.26
Nadia Mellor	60+	2.24

Roger Frankenberg	70+	NA
<b>Javelin</b>		
Simon Crocos	Open	37.85
Ryan Blackwell	U18	24.77
Michael Howse	50+	21.95
Flynn Eriksson	U16	21.82
Benjamin Hugall	Open	20.70
William Pearce	60+	18.90
Roger Frankenberg	70+	18.66
<b>Long Jump</b>		
Matthew Stacey	U18	5.33
Flynn Eriksson	U16	5.00
Simon Crocos	Open	4.59
Ryan Blackwell	U18	4.07
Benjamin Hugall	Open	4.02
Oliver Smith	U14	3.06
<b>Shot Put</b>		
Flynn Eriksson	U16	9.36
Simon Crocos	Open	8.72
Benjamin Hugall	Open	7.96
William Pearce	60+	7.10
Michael Howse	50+	6.73
Dennis Baker	60+	5.66
Oliver Smith	U14	4.37

Tracey Howse	50+	2.16
<b>Shot Put</b>		
Clare McCormack	U16	10.60
Gemma Fenn	U16	7.90
Zoe Smith	U18	7.60
Emily Woolford	U20	6.90
Helen McCormack	U14	6.61
Siobhan Wilson	U20	6.56
Anthea Knight	U18	6.04
Cheryl Webster	40+	5.95
Debbie Jones	50+	5.95
Steph Eagle	Open	5.89
Clio Knight	U14	5.68