

Wodonga Athletic Club
Weekly results - Wodonga Athletic Complex
21st January 2017

WOMEN:		
200m		
Summer Sutherland	U16	29.90
Anthea Knight	U18	31.19
Callista Race-Stelling	U14	33.70
Clio Knight	U14	33.88
Karen Hill	Open	33.94
Cheryl Webster	40+	38.67
Chris Wilson	50+	44.40
Jean Brown	Open	56.08
5000m		
Clio Knight	U14	28:33.76
Fay Pearce	60+	29:07.38
Debbie Jones	50+	29:30.05
Tracey Howse	50+	46:37.07
60m		
Gemma Fenn	U16	8.88
Anthea Knight	U18	8.93
Zoe Smith	U18	8.93
Summer Sutherland	U16	8.99
Mary Toney	Open	9.25
Brianna Pullen	U14	9.38
Clio Knight	U14	9.84
Lisa McInerney	Open	10.10
Cheryl Webster	40+	10.10
Gabby Knight	Open	10.60
Tracey Howse	50+	11.79
Fay Pearce	60+	11.85
Jean Brown	Open	14.51
800m		
Callista Race-Stelling	U14	02:38.05
Sarah Egan	U16	02:39.51
Karen Hill	Open	03:02.36
Jean Brown	Open	04:32.54
Tracey Howse	50+	05:24.02
Hammer Throw		
Glenys Whitehead	50+	37.17
Clare McCormack	U16	35.71
Gabby Knight	Open	30.64
Anthea Knight	U18	17.50
Lisa McInerney	Open	17.37
Mary Toney	Open	17.32
Javelin		
Clare McCormack	U16	27.36
Gabby Knight	Open	22.87
Gemma Fenn	U16	21.66
Lisa McInerney	Open	18.46
Clio Knight	U14	15.85
Summer Sutherland	U16	14.70
Claudia Grogan	U16	14.36

MEN:		
200m		
Michael Howse	50+	28.63
Roger Blackwell	40+	36.30
Dennis Baker	60+	41.87
5000m		
Alex Race-Stelling	U18	17:54.62
Digby Race	50+	19:21.35
Nathan Regan	U20	22:30.34
William Pearce	60+	27:08.47
Robert Lindley	70+	39:47.75
60m		
Simon Crocos	Open	8.47
Michael Howse	50+	8.76
Kai Han	Open	8.88
Gavin Smith	40+	8.88
Ryan Blackwell	U18	9.26
Roger Blackwell	40+	9.86
Oliver Smith	U14	10.11
William Pearce	60+	11.37
Dennis Baker	60+	11.76
800m		
Alex Race-Stelling	U18	02:20.22
Ryan Blackwell	U18	02:21.11
Cameron Hawthorn	U16	02:27.71
Digby Race	50+	02:37.07
Roger Blackwell	40+	02:56.17
William Pearce	60+	03:42.54
Dennis Baker	60+	04:24.61
Hammer Throw		
Simon Crocos	Open	27.09
Javelin		
Ryan Blackwell	U18	NA
Simon Crocos	Open	34.63
Flynn Eriksson	U16	31.01
Kai Han	Open	22.93
Michael Howse	50+	19.90
William Pearce	60+	16.85
Oliver Smith	U14	14.57
Dennis Baker	60+	11.86
Long Jump		
Flynn Eriksson	U16	5.15
Cameron Hawthorn	U16	4.92
Simon Crocos	Open	4.60
Kai Han	Open	4.36
Gavin Smith	40+	4.22
Ryan Blackwell	U18	4.16
Shot Put		
Flynn Eriksson	U16	10.05
Simon Crocos	Open	8.99

Mary Toney	Open	14.02
Anthea Knight	U18	13.78
Tracey Howse	50+	13.52
Cheryl Webster	40+	12.86
Karen Hill	Open	11.59
Debbie Jones	50+	11.56
Sarah Egan	U16	10.95
Fay Pearce	60+	10.69
Nadia Mellor	60+	10.62
Jean Brown	Open	7.59
Long Jump		
Summer Sutherland	U16	4.63
Gemma Fenn	U16	4.40
Mary Toney	Open	4.19
Karen Hill	Open	4.01
Anthea Knight	U18	3.67
Sarah Egan	U16	3.63
Lisa McInerney	Open	3.59
Gabby Knight	Open	3.22
Clare McCormack	U16	3.09
Cheryl Webster	40+	3.03
Nadia Mellor	60+	2.28
Shot Put		
Clare McCormack	U16	10.94
Gabby Knight	Open	9.43
Gemma Fenn	U16	8.69
Claudia Grogan	U16	8.21
Mary Toney	Open	7.23
Lisa McInerney	Open	6.98
Debbie Jones	50+	5.75
Sarah Egan	U16	5.44
Fay Pearce	60+	4.64
Triple Jump		
Gemma Fenn	U16	10.39
Summer Sutherland	U16	9.94
Zoe Smith	U18	8.42
Clio Knight	U14	8.40
Lisa McInerney	Open	8.36
Mary Toney	Open	8.21
Anthea Knight	U18	8.12
Claudia Grogan	U16	7.87
Brianna Pullen	U14	6.82
Gabby Knight	Open	6.32
Cheryl Webster	40+	5.98
Fay Pearce	60+	5.33
Nadia Mellor	60+	5.08

Kai Han	Open	7.15
Gavin Smith	40+	6.76
Oliver Smith	U14	4.83
Triple Jump		
Flynn Eriksson	U16	10.77
Simon Crocos	Open	10.18
Michael Howse	50+	8.66
Gavin Smith	40+	8.25
Oliver Smith	U14	7.55

4 x 400m relay		
Nathan Regan	U20	04:27.04
Gavin Smith	40+	
Michael Howse	50+	
Cameron Hawthorn	U16	
Callista Race-Stelling	U14	04:36.96
Summer Sutherland	U16	
Sarah Egan	U16	
Gemma Fenn	U16	
Brianna Pullen	U14	05:08.35
Clio Knight	U14	
Anthea Knight	U18	
Zoe Smith	U18	
Dennis Baker	60+	06:13.07
Jean Brown	Open	
Crystal	Visitor	
Emiliya	Visitor	
Chris Wilson	50+	07:33.10
Tracey Howse	50+	
Nadia Mellor	60+	
Fay Pearce	60+	