

Wodonga Athletic Club
Weekly results - Alexandra Park
4th Febraury 2017

MEN:		
100m		
Simon Crocos	Open	13.20
Nicholas Blackwell	U18	13.30
Michael Howse	50+	13.53
Ryan Blackwell	U18	13.96
Gavin Smith	40+	14.68
William Pearce	60+	17.65
Dennis Baker	60+	18.29
1500m		
Nicholas Blackwell	U18	04:42.66
Alex Race-Stelling	U18	04:49.79
Ryan Blackwell	U18	04:51.13
Digby Race	50+	06:09.74
William Pearce	60+	07:19.16
Dennis Baker	60+	09:06.97
3000m		
Digby Race	50+	11:11.45
Michael Mellor	60+	12:27.17
William Pearce	60+	15:09.82
Des Rees	60+	15:47.19
Robert Lindley	70+	21:33.29
400m		
Ryan Blackwell	U18	01:01.57
Alex Race-Stelling	U18	01:01.87
Gavin Smith	40+	01:03.22
Michael Howse	50+	01:06.30
William Pearce	60+	01:26.97
Dennis Baker	60+	01:35.49
Nicholas Blackwell	U18	52:48.00
Long Jump		
Simon Crocos	Open	4.54
Ryan Blackwell	U18	4.45
Gavin Smith	40+	3.71
Oliver Smith	U14	3.61
Triple Jump		
Ryan Blackwell	U18	9.88
Oliver Smith	U14	7.26
Discus		
Simon Crocos	Open	24.84
William Pearce	60+	21.58
Michael Howse	50+	21.45
Ryan Blackwell	U18	21.19
Dennis Baker	60+	20.93
Oliver Smith	U14	12.44
Hammer Throw		

WOMEN:		
100m		
Zoe Smith	U18	14.17
Anthea Knight	U18	14.19
Sarah Egan	U16	14.53
Brianna Pullen	U14	14.91
Clio Knight	U14	14.93
Emily Woolford	U20	15.23
Steph Eagle	Open	15.42
Karen Hill	Open	15.77
Lisa McLnerney	Open	16.00
Chloe Wade	U18	16.47
Fay Pearce	60+	19.20
Tracey Howse	50+	20.04
Jean Brown	Open	23.77
1500m		
Callista Race-Stelling	U14	05:51.77
Karen Hill	Open	06:35.32
Clio Knight	U14	06:46.89
Kate Parris	50+	06:52.78
Anthea Knight	U18	08:51.93
Lisa McLnerney	Open	08:51.97
3000m		
Callista Race-Stelling	U14	11:28.29
Steph Eagle	Open	13:41.29
Wendy Wise	50+	13:58.36
Nadia Mellor	60+	14:49.47
Fay Pearce	60+	16:21.54
Debbie Jones	50+	16:42.15
400m		
Sarah Egan	U16	01:05.04
Emily Woolford	U20	01:09.40
Zoe Smith	U18	01:11.26
Summer Sutherland	U16	01:11.50
Steph Eagle	Open	01:11.64
Karen Hill	Open	01:13.57
Clio Knight	U14	01:15.01
Wendy Wise	50+	01:19.33
Brianna Pullen	U14	01:21.05
Anthea Knight	U18	01:22.71
Tracey Howse	50+	02:07.09
High Jump		
Sarah Egan	U16	1.35
Lisa McLnerney	Open	1.25
Clio Knight	U14	1.20
Anthea Knight	U18	1.10

Simon Crocos	Open	22.79
Gavin Smith	40+	14.55
Shot Put		
Simon Crocos	Open	8.94
Michael Howse	50+	6.69
William Pearce	60+	6.57
Dennis Baker	60+	5.89
Oliver Smith	U14	4.77

Kate Parris	50+	1.10
Janet Crocos	60+	0.95
Tracey Howse	50+	0.90
Gabby Knight	Open	NA
Long Jump		
Summer Sutherland	U16	4.57
Sarah Egan	U16	4.08
Emily Woolford	U20	3.89
Lisa McInerney	Open	3.79
Clio Knight	U14	3.77
Zoe Smith	U18	3.67
Gabby Knight	Open	3.44
Janet Crocos	60+	3.17
Anthea Knight	U18	2.88
Brianna Pullen	U14	2.83
Steph Eagle	Open	2.71
Clare McCormack	U16	2.70
Fay Pearce	60+	2.45
Nadia Mellor	60+	2.30
Jean Brown	Open	2.04
Tracey Howse	50+	1.87
Triple Jump		
Sarah Egan	U16	9.19
Clio Knight	U14	8.99
Emily Woolford	U20	8.62
Karen Hill	Open	8.45
Zoe Smith	U18	7.89
Lisa McInerney	Open	7.85
Gabby Knight	Open	6.79
Janet Crocos	60+	6.19
Steph Eagle	Open	5.58
Anthea Knight	U18	5.53
Fay Pearce	60+	4.97
Nadia Mellor	60+	4.96
Discus		
Gabby Knight	Open	26.08
Clare McCormack	U16	22.25
Kate Parris	50+	19.45
Emily Woolford	U20	16.10
Anthea Knight	U18	15.86
Lisa McInerney	Open	15.44
Clio Knight	U14	15.25
Summer Sutherland	U16	14.32
Karen Hill	Open	13.87
Tracey Howse	50+	13.67
Steph Eagle	Open	12.65
Zoe Smith	U18	12.55
Sarah Egan	U16	12.44
Janet Crocos	60+	10.77
Fay Pearce	60+	8.63

Hammer Throw		
Clare McCormack	U16	39.97
Gabby Knight	Open	28.76
Janet Crocos	60+	20.67
Clio Knight	U14	15.46
Anthea Knight	U18	15.21
Emily Woolford	U20	12.46
Shot Put		
Clare McCormack	U16	10.89
Gabby Knight	Open	9.74
Kate Parris	50+	8.00
Lisa McInerney	Open	7.47
Emily Woolford	U20	7.08
Zoe Smith	U18	6.90
Anthea Knight	U18	6.85
Clio Knight	U14	6.73
Summer Sutherland	U16	6.61
Sarah Egan	U16	5.65
Karen Hill	Open	5.38
Fay Pearce	60+	4.70
Jean Brown	Open	3.48
Tracey Howse	50+	3.20