

Wodonga Athletic Club
Weekly results - Wodonga
1st October 2017

WOMEN:		
200m		
Zoe Smith	U20	30.37
Brianna Pullen	U14	31.41
Clio Knight	U14	31.50
Anthea Knight	U18	33.86
5000m		
Jade Regan	U18	23:26.05
Fay Pearce	60+	29:09.94
Katherine Howse	50+	29:21.23
60m		
Katherine Howse	50+	8.79
Zoe Smith	U20	9.03
Brianna Pullen	U14	9.05
Clio Knight	U14	9.28
Anthea Knight	U18	9.45
Lisa McInerney	Open	9.57
Cheryl Webster	50+	10.37
Clare McCormack	U18	10.62
Karen Pullen	40+	11.43
800m		
Caitlyn Regan	U20	02:40.05
Megan Craig	Open	03:45.87
Fay Pearce	60+	04:03.32
Hammer Throw		
Clare McCormack	U18	35.74
Glenys Whitehead	50+	34.51
Gabby Knight	Open	29.82
Lisa McInerney	Open	19.27
Clio Knight	U14	17.85
Anthea Knight	U18	16.99
Javelin		
Clare McCormack	U18	29.10
Gabby Knight	Open	24.62
Katherine Howse	50+	22.17
Glenys Whitehead	50+	20.97
Lisa McInerney	Open	18.54
Cheryl Webster	50+	16.51
Anthea Knight	U18	15.76
Clio Knight	U14	15.37
Zoe Smith	U20	12.77
Fay Pearce	60+	10.28
Brianna Pullen	U14	9.30
Jean Brown	40+	8.13
Karen Pullen	40+	7.08
Long Jump		

MEN:		
200m		
Ewan Gunn	U18	26.76
Nathan Regan	Open	28.32
Dennis Baker	60+	43.12
5000m		
Nathan Regan	Open	21:06.20
William Pearce	70+	26:31.65
60m		
Benjamin Hugall	Open	7.65
Flynn Eriksson	U16	8.14
Simon Crocos	Open	8.47
Ewan Gunn	U18	8.78
Conwae Knight	40+	10.00
Elias Knight	U14	10.53
Dennis Baker	60+	11.85
800m		
Benjamin Hugall	Open	02:14.01
Ewan Gunn	U18	02:32.95
Ian Smith	50+	02:46.59
Simon Crocos	Open	03:15.32
William Pearce	70+	03:31.89
Dennis Baker	60+	04:18.76
Hammer Throw		
Simon Crocos	Open	19.68
Dennis Baker	60+	15.87
Conwae Knight	40+	14.37
Javelin		
Simon Crocos	Open	40.37
Flynn Eriksson	U16	37.92
Benjamin Hugall	Open	29.26
Ian Smith	50+	23.80
Conwae Knight	40+	23.55
Gavin Smith	50+	19.84
Elias Knight	U14	17.89
Dennis Baker	60+	12.19
Long Jump		
Flynn Eriksson	U16	5.31
Benjamin Hugall	Open	4.59
Simon Crocos	Open	4.14
Gavin Smith	50+	3.50
Conwae Knight	40+	3.42
Elias Knight	U14	3.28
Shot Put		
Flynn Eriksson	U16	11.23
Benjamin Hugall	Open	9.25

Clio Knight	U14	3.98
Lisa McNerney	Open	3.79
Zoe Smith	U20	3.64
Brianna Pullen	U14	3.50
Anthea Knight	U18	3.16
Clare McCormack	U18	3.13
Gabby Knight	Open	2.86
Shot Put		
Clare McCormack	U18	11.97
Gabby Knight	Open	9.21
Glenys Whitehead	50+	9.10
Lisa McNerney	Open	7.60
Cheryl Webster	50+	7.26
Katherine Howse	50+	5.43
Fay Pearce	60+	3.98
Jean Brown	40+	3.87
Triple Jump		
Lisa McNerney	Open	9.05
Clio Knight	U14	8.56
Katherine Howse	50+	8.48
Zoe Smith	U20	7.43
Brianna Pullen	U14	6.85
Clare McCormack	U18	6.58
Anthea Knight	U18	6.50

Simon Crocos	Open	8.95
Gavin Smith	50+	7.81
Ian Smith	50+	7.41
William Pearce	70+	7.10
Conwae Knight	40+	6.40
Elias Knight	U14	5.89
Triple Jump		
Conwae Knight	40+	7.00
Elias Knight	U14	6.70

4 x MEDLY RELAY		
Nathan Regan	Open	01:59.55
Flynn Eriksson	U16	
Ewan Gunn	U18	
Zoe Smith	U20	02:16.01
Brianna Pullen	U14	
Anthea Knight	U18	
Clio Knight	U14	
Gavin Smith	50+	02:23.92
Dennis Baker	60+	
Gabby Knight	Open	02:36.92
Conwae Knight	40+	
Elias Knight	U14	
Jade Regan	U18	02:51.84
Megan Craig	Open	
William Pearce	70+	
Katherine Howse	50+	03:25.30
Tracey Howse	50+	
Karen Pullen	40+	