

Wodonga Athletic Club
Weekly results - Wodonga
7th October 2017

WOMEN:		
100m		
Sarah Egan	U16	14.66
Brianna Pullen	U14	14.71
Zoe Smith	U20	14.73
Clio Knight	U14	15.14
Anthea Knight	U18	15.53
Lisa McInerney	Open	15.84
Karen Hill	Open	16.82
Clare McCormack	U18	17.12
Claire Pullen	U16	17.64
Janet Crocos	60+	18.17
Gabby Knight	Open	18.18
Sophie Buckley	U20	18.73
Rebekah Egan	U14	19.46
Karen Pullen	40+	20.44
1500m		
Callista Race-Stelling	U14	05:29.62
Clio Knight	U14	06:41.99
Karen Hill	Open	06:46.33
Anthea Knight	U18	06:54.99
Katherine Howse	50+	07:10.04
Fay Pearce	60+	08:37.15
Tracey Howse	50+	12:45.97
3000m		
Callista Race-Stelling	U14	11:17.82
Karen Hill	Open	14:17.40
Nadia Mellor	60+	14:39.39
Fay Pearce	60+	17:34.19
400m		
Sarah Egan	U16	01:06.37
Anthea Knight	U18	01:11.74
Zoe Smith	U20	01:12.09
Katherine Howse	50+	01:12.84
Clio Knight	U14	01:16.66
Lisa McInerney	Open	01:18.63
Brianna Pullen	U14	01:21.86
Clare McCormack	U18	01:40.05
Sophie Buckley	U20	01:42.11
Tracey Howse	50+	02:33.38
Discus		
Gabby Knight	Open	25.73
Clare McCormack	U18	24.30
Glenys Whitehead	50+	24.17
Lisa McInerney	Open	20.60
Clio Knight	U14	18.12

MEN:		
100m		
Benjamin Hugall	Open	11.92
Gavin Smith	50+	14.76
Conwae Knight	40+	15.64
Elias Knight	U14	17.73
Isaac Smith	U14	19.77
1500m		
Declan Pearce	U16	05:23.83
Digby Race	50+	05:31.89
Joseph Hill	U14	06:23.37
Gavin Smith	50+	06:32.17
Des Rees	60+	07:07.65
Elias Knight	U14	07:21.56
Conwae Knight	40+	07:44.68
3000m		
Digby Race	50+	11:29.79
Declan Pearce	U16	11:56.16
Tim Hinds	Open	12:19.73
Michael Mellor	60+	13:05.59
Des Rees	60+	14:52.14
William Pearce	70+	15:43.09
Robert Lindley	70+	22:06.70
400m		
Ian Smith	50+	01:06.15
Gavin Smith	50+	01:06.73
Conwae Knight	40+	01:17.45
Isaac Smith	U14	01:34.32
Elias Knight	U14	01:36.62
Discus		
Ian Smith	50+	21.67
William Pearce	70+	20.62
Declan Pearce	U16	19.80
Conwae Knight	40+	17.63
Elias Knight	U14	13.19
Hammer Throw		
Conwae Knight	40+	14.02
High Jump		
Gavin Smith	50+	1.50
Conwae Knight	40+	1.10
Elias Knight	U14	1.00
Long Jump		
Declan Pearce	U16	3.49
Elias Knight	U14	3.28
Joseph Hill	U14	3.21
Conwae Knight	40+	3.06

Cheryl Webster	50+	17.50
Janet Crocos	60+	16.09
Karen Hill	Open	14.72
Zoe Smith	U20	14.01
Tracey Howse	50+	13.51
Anthea Knight	U18	12.79
Sophie Buckley	U20	11.71
Debbie Jones	50+	10.88
Rebekah Egan	U14	10.57
Fay Pearce	60+	8.36
Nadia Mellor	60+	7.82
Hammer Throw		
Clare McCormack	U18	38.39
Glenys Whitehead	50+	35.37
Gabby Knight	Open	27.65
Janet Crocos	60+	22.32
Lisa McInerney	Open	18.99
Clio Knight	U14	18.39
Anthea Knight	U18	16.45
Claire Pullen	U16	15.98
High Jump		
Sarah Egan	U16	1.35
Lisa McInerney	Open	1.25
Rebekah Egan	U14	1.20
Clio Knight	U14	1.15
Anthea Knight	U18	1.05
Janet Crocos	60+	1.05
Clare McCormack	U18	0.95
Sophie Buckley	U20	0.95
Gabby Knight	Open	0.90
Long Jump		
Lisa McInerney	Open	4.10
Clio Knight	U14	4.00
Karen Hill	Open	3.85
Sarah Egan	U16	3.79
Zoe Smith	U20	3.58
Anthea Knight	U18	3.47
Brianna Pullen	U14	3.24
Gabby Knight	Open	3.04
Clare McCormack	U18	2.97
Janet Crocos	60+	2.96
Sophie Buckley	U20	2.72
Rebekah Egan	U14	2.55
Tracey Howse	50+	2.48
Nadia Mellor	60+	1.91
Fay Pearce	60+	1.84
Shot Put		
Clare McCormack	U18	11.88
Gabby Knight	Open	9.44
Glenys Whitehead	50+	9.29

Isaac Smith	U14	2.53
Shot Put		
William Pearce	70+	8.20
Ian Smith	50+	7.56
Conwae Knight	40+	6.63
Elias Knight	U14	5.80

Janet Crocos	60+	7.49
Clio Knight	U14	7.26
Lisa McInerney	Open	7.15
Cheryl Webster	50+	6.94
Anthea Knight	U18	6.79
Sarah Egan	U16	6.42
Zoe Smith	U20	6.15
Sophie Buckley	U20	5.62
Debbie Jones	50+	5.60
Rebekah Egan	U14	4.99