

**Wodonga Athletic Club**  
**Weekly results - Wodonga**  
**28th October 2017**

<b>WOMEN:</b>		
<b>200m</b>		
Sarah Egan	U16	30.16
Zoe Smith	U20	30.75
Brianna Pullen	U14	31.33
Clio Knight	U14	32.41
Michelle Crosthwaite	U14	33.32
Karen Hill	Open	35.53
Savannah Wallden	U14	36.31
Ruby Wallden	U14	38.28
Helen Gallagher	50+	58.25
<b>5000m</b>		
Callista Race-Stelling	U14	20:07.34
<b>60m</b>		
Gemma Fenn	U16	8.53
Katherine Howse	50+	8.73
Sarah Egan	U16	9.01
Zoe Smith	U20	9.16
Anthea Knight	U18	9.29
Clio Knight	U14	9.47
Clare McCormack	U18	10.58
Gabby Knight	Open	10.63
Rebekah Egan	U14	10.67
Janet Crocos	60+	10.73
Julie Bowen	40+	12.80
Nadia Mellor	60+	13.08
Tracey Howse	50+	16.17
<b>800m</b>		
Callista Race-Stelling	U14	02:37.37
Karen Hill	Open	03:17.60
Ruby Wallden	U14	03:18.60
Savannah Wallden	U14	03:19.23
Janet Crocos	60+	04:02.84
Tracey Howse	50+	05:43.43
<b>Hammer Throw</b>		
Clare McCormack	U18	36.79
Janet Crocos	60+	23.01
Gabby Knight	Open	22.88
Lisa McInerney	Open	19.08
Debbie Jones	50+	17.70
Anthea Knight	U18	17.42
Clio Knight	U14	16.35
Alizah Rollings	U14	12.35

<b>MEN:</b>		
<b>200m</b>		
Sam Crosthwaite	U16	30.12
Gavin Smith	50+	30.57
Leigh Wallden	40+	32.97
Conwae Knight	40+	33.77
Tristan Eriksson	U14	35.24
Joseph Hill	U14	36.81
Elias Knight	U14	44.30
<b>5000m</b>		
John King	40+	18:53.68
Digby Race	50+	20:07.38
Declan Pearce	U16	20:12.79
Tim Hinds	Open	21:03.08
Michael Mellor	60+	22:34.12
Des Rees	60+	25:31.61
William Pearce	70+	26:35.89
Dennis Baker	60+	35:33.65
Robert Lindley	70+	38:40.14
<b>60m</b>		
Simon Crocos	Open	8.55
John Offord	Open	8.62
Gavin Smith	50+	8.98
Conwae Knight	40+	10.05
Tristan Eriksson	U14	10.19
Elias Knight	U14	10.69
Dennis Baker	60+	11.75
Francis Scurr	80+	12.98
<b>800m</b>		
Benjamin Hugall	Open	02:26.68
Declan Pearce	U16	02:33.58
Digby Race	50+	02:37.65
Simon Crocos	Open	02:50.22
Joseph Hill	U14	03:06.44
Tristan Eriksson	U14	03:07.45
Leigh Wallden	40+	03:19.23
Des Rees	60+	03:29.09
William Pearce	70+	03:48.14
<b>Hammer Throw</b>		
John Offord	Open	24.33
Simon Crocos	Open	24.04
Dennis Baker	60+	16.47
Conwae Knight	40+	15.22

<b>WOMEN:</b>		
<b>Javelin</b>		
Clare McCormack	U18	31.97
Gemma Fenn	U16	26.98
Sarah Egan	U16	18.86
Lisa McInerney	Open	17.62
Janet Crocos	60+	16.33
Tracey Howse	50+	15.65
Clio Knight	U14	15.47
Anthea Knight	U18	14.91
Gabby Knight	Open	14.09
Zoe Smith	U20	13.23
Debbie Jones	50+	12.84
Karen Hill	Open	11.72
Rebekah Egan	U14	10.43
Ruby Wallden	U14	10.02
Nadia Mellor	60+	9.45
Fay Pearce	60+	8.93
Alizah Rollings	U14	8.84
Helen Gallagher	50+	7.82
Zoe Freeman	U16	6.62
Savannah Wallden	U14	6.15
<b>Long Jump</b>		
Gemma Fenn	U16	4.87
Sarah Egan	U16	4.21
Clio Knight	U14	3.96
Lisa McInerney	Open	3.94
Karen Hill	Open	3.93
Anthea Knight	U18	3.77
Zoe Smith	U20	3.66
Michelle Crosthwaite	U14	3.48
Janet Crocos	60+	3.21
Zoe Freeman	U16	3.08
Gabby Knight	Open	2.91
Rebekah Egan	U14	2.83
Ruby Wallden	U14	2.40
Tracey Howse	50+	2.27
Savannah Wallden	U14	2.19
Alizah Rollings	U14	1.47

<b>MEN:</b>		
<b>Javelin</b>		
Simon Crocos	Open	38.02
John Offord	Open	32.65
Benjamin Hugall	Open	32.56
Kevin Freeman	40+	26.62
Elias Knight	U14	21.59
Leigh Wallden	40+	21.26
Kevin Jones	50+	18.10
Gavin Smith	50+	17.98
Conwae Knight	40+	16.57
William Pearce	70+	15.61
Declan Pearce	U16	14.98
Joseph Hill	U14	12.91
Dennis Baker	60+	11.83
Sam Crosthwaite	U16	10.36
Isaac Smith	U14	8.38
<b>Long Jump</b>		
Flynn Eriksson	U16	5.35
John Offord	Open	5.12
Sam Crosthwaite	U16	4.75
Simon Crocos	Open	4.46
Kevin Freeman	40+	4.30
Gavin Smith	50+	4.05
Leigh Wallden	40+	3.66
Conwae Knight	40+	3.02
Joseph Hill	U14	2.95
Elias Knight	U14	2.92
<b>Shot Put</b>		
Flynn Eriksson	U16	9.99
Simon Crocos	Open	9.54
John Offord	Open	9.20
Benjamin Hugall	Open	8.65
John King	40+	8.49
Kevin Freeman	40+	7.09
William Pearce	70+	6.70
Kevin Jones	50+	5.66
Isaac Smith	U14	3.75
<b>Triple Jump</b>		
Flynn Eriksson	U16	10.71
Sam Crosthwaite	U16	10.36
John Offord	Open	9.88
Elias Knight	U14	7.58
Conwae Knight	40+	7.27

<b>WOMEN:</b>		
<b>Shot Put</b>		
Clare McCormack	U18	11.59
Gemma Fenn	U16	9.81
Janet Crocos	60+	7.11
Lisa McInerney	Open	7.08
Gabby Knight	Open	6.78
Anthea Knight	U18	6.65
Debbie Jones	50+	5.56
Zoe Freeman	U16	5.44
Tracey Howse	50+	5.32
Rebekah Egan	U14	4.60
Alizah Rollings	U14	4.29
Fay Pearce	60+	3.94
<b>Triple Jump</b>		
Gemma Fenn	U16	10.14
Sarah Egan	U16	10.06
Lisa McInerney	Open	9.05
Katherine Howse	50+	8.64
Clio Knight	U14	8.50
Anthea Knight	U18	7.94
Michelle Crosthwaite	U14	7.88
Zoe Freeman	U16	7.55
Zoe Smith	U20	7.45
Rebekah Egan	U14	6.88
Clare McCormack	U18	6.72
Gabby Knight	Open	5.61
Nadia Mellor	60+	5.20

<b>4x200m Relay:</b>		
Zoe Smith	U20	01:52.99
Katherine Howse	50+	
Sam Crosthwaite	U16	
Benjamin Hugall	Open	
Sarah Egan	U16	01:56.46
Gemma Fenn	U16	
Tristan Eriksson	U14	
Flynn Eriksson	U16	
Clio Knight	U14	02:16.49
Anthea Knight	U18	
Elias Knight	U14	
Conwae Knight	40+	
Callista Race-Stelling	U14	02:16.73
Michelle Crosthwaite	U14	
Zoe Freeman	U16	
Gavin Smith	50+	
Ruby Wallden	U14	02:25.87
Rebekah Egan	U14	
Savannah Wallden	U14	
Leigh Wallden	40+	
Karen Hill	Open	02:29.17
Nadia Mellor	60+	
Joseph Hill	U14	
Declan Pearce	U16	
Gabby Knight	Open	02:43.17
Tracey Howse	50+	
Janet Crocos	60+	
Simon Crocos	Open	
Des Rees	60+	02:43.82
Michael Mellor	60+	
Dennis Baker	60+	
William Pearce	70+	