

Wodonga Athletic Club weekly competition
Program 3 - Wodonga Athletic Complex
Saturday 20 October 2018

Women		
100m		
Anthea Knight	U20	14.00
Zoe Smith	U20	14.15
Brianna Pullen	U16	14.37
Talia Patterson	Open	14.56
Sarah Egan	U18	14.64
Clio Knight	U16	15.40
Karen Hill	40+	16.52
Lisa McInerney	Open	16.61
Clare McCormack	U18	17.53
Gabby Knight	Open	18.00
Sophie Buckley	Open	18.36
Tracey Howse	50+	21.15
Therese Knight	50+	22.90
Katherine Howse*	50+	14.55
200m		
Anthea Knight	U20	29.80
Zoe Smith	U20	30.58
Tracey Howse	50+	48.76
Katherine Howse*	50+	34.17
5000m		
Emma Aldrich	Open	23:27.67
Sarah Egan	U18	28:29.70
Rebekah Egan	U16	28:30.67
Sophie Buckley	Open	30:04.91
800m		
Emma Aldrich	Open	03:07.60
Karen Hill	40+	03:28.11
Lisa McInerney	Open	04:19.57
Gabby Knight	Open	04:23.82
Fay Pearce	60+	04:32.29
Sophie Buckley	Open	04:33.18
Michelle Harrap	Open	04:38.77
Tracey Howse	50+	05:00.63
Katherine Howse*	50+	05:02.50
Discus		
Gabby Knight	Open	23.22
Clio Knight	U16	21.86
Talia Patterson	Open	18.38
Anthea Knight	U20	15.08
Zoe Smith	U20	14.26
Therese Knight	50+	13.88
Karen Hill	40+	12.43
Fay Pearce	60+	9.49

Men		
100m		
Ben Boyd	Open	12.24
Gavin Smith	50+	14.05
Nelson Bowey	U14	14.41
Harvey Cribbes	U18	15.07
Kevin Muller	40+	15.20
David Harrap	Open	16.07
Joseph Hill	U14	16.09
Conwae Knight	40+	16.15
Elias Knight	U14	16.77
200m		
Kevin Muller	40+	31.86
Tim Hinds	Open	34.72
Elias Knight	U14	34.84
Conwae Knight	40+	35.81
5000m		
Kevin Muller	40+	18:41.54
Declan Pearce	U18	19:08.38
Corey Harrap	U16	21:03.08
Gavin Smith	50+	22:21.49
Isaac Smith	U14	25:01.72
Des Rees	60+	27:20.41
William Pearce	70+	27:35.71
Robert Lindley	70+	43:50.80
800m		
Kevin Muller	40+	02:28.03
Nelson Bowey	U14	02:28.42
Corey Harrap	U16	02:33.00
Declan Pearce	U18	02:41.47
Gavin Smith	50+	02:49.25
Joseph Hill	U14	03:00.31
Elias Knight	U14	03:02.44
Isaac Smith	U14	03:19.65
Conwae Knight	40+	03:21.07
David Harrap	Open	03:40.89
William Pearce	70+	03:53.56
Doug Lloyd	60+	03:55.92
Discus		
Joseph Hill	U14	19.74
Nelson Bowey	U14	19.44
Oliver Smith	U16	18.56
Conwae Knight	40+	16.94
Elias Knight	U14	16.83
Tim Hinds	Open	14.52

Women		
Hammer Throw		
Clare McCormack	U18	35.47
Gabby Knight	Open	25.91
Clio Knight	U16	21.58
Lisa McNerney	Open	20.15
Therese Knight	50+	18.18
Anthea Knight	U20	13.03
Sophie Buckley	Open	12.67
Zoe Smith	U20	12.26
Javelin		
Clare McCormack	U18	32.96
Gabby Knight	Open	20.57
Lisa McNerney	Open	18.35
Sarah Egan	U18	17.83
Clio Knight	U16	14.33
Anthea Knight	U20	14.18
Zoe Smith	U20	12.81
Karen Hill	40+	11.41
Rebekah Egan	U16	11.28
Therese Knight	50+	9.93
Fay Pearce	60+	9.61
Long Jump		
Clio Knight	U16	4.08
Karen Hill	40+	3.89
Sarah Egan	U18	3.84
Talia Patterson	Open	3.76
Zoe Smith	U20	3.67
Rebekah Egan	U16	3.46
Lisa McNerney	Open	3.42
Clare McCormack	U18	3.23
Sophie Buckley	Open	2.82
Gabby Knight	Open	2.80
Fay Pearce	60+	2.18
Triple Jump		
Sarah Egan	U18	9.40
Talia Patterson	Open	9.27
Clio Knight	U16	9.02
Rebekah Egan	U16	8.64
Karen Hill	40+	7.92
Lisa McNerney	Open	7.69
Gabby Knight	Open	5.95

Men		
Hammer Throw		
Ben Boyd	Open	18.87
Gavin Smith	50+	16.14
Tim Hinds	Open	13.70
Elias Knight	U14	13.69
Conwae Knight	40+	13.62
Javelin		
Ben Boyd	Open	44.11
Elias Knight	U14	25.98
Steven Boyd	50+	22.78
Conwae Knight	40+	20.62
William Pearce	70+	19.13
Kevin Muller	40+	17.80
Tim Hinds	Open	17.35
Harvey Cribbes	U18	16.41
Declan Pearce	U18	16.35
Joseph Hill	U14	16.30
Oliver Smith	U16	16.28
Isaac Smith	U14	11.98
Long Jump		
Ben Boyd	Open	4.84
Nelson Bowey	U14	4.28
Harvey Cribbes	U18	4.20
Elias Knight	U14	3.81
Joseph Hill	U14	3.49
Conwae Knight	40+	3.32
Triple Jump		
Nelson Bowey	U14	8.84
Joseph Hill	U14	8.08
Isaac Smith	U14	5.47