

Wodonga Athletic Club Weekly Competition
Program 4 - Les O'Brien Athletic Complex
Saturday 27 October 2018

Women		
100m		
Anthea Knight	U20	14.09
Brianna Pullen	U16	14.25
Zoe Smith	U20	14.34
Clio Knight	U16	14.55
Lisa McInerney	Open	16.10
Karen Hill	40+	16.23
Abbey Freeman	U14	16.57
Clare McCormack	U18	16.58
Janet Crocos	60+	17.51
Gabby Knight	Open	17.96
Sophie Buckley	Open	18.32
Tracey Howse	50+	21.06
Alizah Rollings	U16	21.57
Therese Knight	50+	23.43
1500m		
Alannah Harrap	U14	05:57.00
Anthea Knight	U20	06:40.91
Karen Hill	40+	06:50.37
Clio Knight	U16	07:12.44
Nadia Mellor	60+	07:29.54
Sophie Buckley	Open	07:57.30
Fay Pearce	60+	08:25.06
3000m		
Debbie Jones	50+	17:00.83
Fay Pearce	60+	17:37.53
Sophie Buckley	Open	17:43.91
Tracey Howse	50+	20:31.99
400m		
Anthea Knight	U20	01:07.70
Brianna Pullen	U16	01:09.79
Zoe Smith	U20	01:13.02
Janet Crocos	60+	01:30.28

Men		
100m		
Ben Boyd	Open	12.36
Ryan Blackwell	U20	13.15
Zachary Jones	Open	13.33
Kevin Freeman	40+	14.11
Michael Dickins	40+	14.83
Harvey Cribbes	U14	15.47
Tim Hinds	Open	16.02
Elias Knight	U14	16.04
Conwae Knight	40+	16.04
Joseph Hill	U14	16.18
Steven Boyd	50+	17.70
Francis Scurr	80+	19.47
Dennis Baker	70+	19.93
1500m		
Ryan Blackwell	U20	04:37.65
Michael Dickins	40+	04:39.75
Kevin Muller	40+	04:47.00
Nelson Bowey	U14	04:56.01
Corey Harrap	U16	05:02.93
Declan Pearce	U18	05:13.20
Flynn Hill	U14	05:29.77
Zachary Jones	Open	05:55.22
Joseph Hill	U14	05:56.68
Elias Knight	U14	06:10.99
Tim Hinds	Open	06:26.89
Isaac Smith	U14	06:40.49
David Harrap	Open	06:43.83
Conwae Knight	40+	06:44.89
William Pearce	70+	07:14.88
3000m		
Ryan Blackwell	U20	10:29.72
Declan Pearce	U18	11:07.83
Corey Harrap	U16	11:30.54
Flynn Hill	U14	12:28.90
Gavin Smith	50+	14:09.62
Elias Knight	U14	15:17.46
William Pearce	70+	15:18.09
Des Rees	60+	16:20.96
Kevin Jones	50+	16:44.59
Isaac Smith	U14	17:32.11
Dennis Baker	70+	20:33.93

Women		
Discus		
Clio Knight	U16	24.07
Clare McCormack	U18	22.78
Gabby Knight	Open	20.88
Janet Crocos	60+	16.98
Karen Hill	40+	16.19
Lisa McInerney	Open	16.10
Therese Knight	50+	15.36
Anthea Knight	U20	15.11
Alizah Rollings	U16	15.00
Zoe Smith	U20	13.71
Debbie Jones	50+	12.98
Abbey Freeman	U14	12.49
Sophie Buckley	Open	11.77
Fay Pearce	60+	11.05
High Jump		
Lisa McInerney	Open	1.25
Clio Knight	U16	1.20
Clare McCormack	U18	1.10
Karen Hill	40+	1.10
Sophie Buckley	Open	1.05
Javelin		
Clare McCormack	U18	28.33
Gabby Knight	Open	20.06
Lisa McInerney	Open	16.71
Clio Knight	U16	16.62
Janet Crocos	60+	14.37
Anthea Knight	U20	12.45
Alizah Rollings	U16	12.13
Zoe Smith	U20	10.32
Sophie Buckley	Open	10.13
Therese Knight	50+	9.68
Debbie Jones	50+	9.55
Fay Pearce	60+	8.45
Karen Hill	40+	7.56
Shot Put		
Clare McCormack	U18	11.09
Gabby- Knight	Open	7.77
Clio Knight	U16	7.71
Lisa McInerney	Open	6.91
Janet Crocos	60+	6.87
Therese Knight	50+	6.27
Zoe Smith	U20	6.04
Debbie Jones	50+	5.66
Anthea Knight	U20	5.13
Abbey Freeman	U14	5.00

Men		
400m		
Ryan Blackwell	U20	01:01.41
Gavin Smith	50+	01:03.55
Derek Bowey	40+	01:04.14
Kevin Freeman	40+	01:05.62
Nelson Bowey	U14	01:06.62
Tim Hinds	Open	01:16.77
Joseph Hill	U14	01:23.68
David Harrap	Open	01:24.89
Dennis Baker	70+	01:47.84
Discus		
Simon Crocos	Open	28.34
Ben Boyd	Open	27.33
Gavin Smith	50+	20.32
Dennis Baker	70+	19.94
Ryan Blackwell	U20	19.53
Joseph Hill	U14	18.12
William Pearce	70+	17.87
Conwae Knight	40+	17.83
Declan Pearce	U18	17.56
Oliver Smith	U16	16.79
Kevin Freeman	40+	16.50
Tim Hinds	Open	15.62
Steven Boyd	50+	15.39
Elias Knight	U14	13.70
Kevin Muller	40+	13.50
High Jump		
Zachary Jones	Open	1.52
Ben Boyd	Open	1.45
Harvey Cribbes	U14	1.35
Nelson Bowey	U14	1.30
Conwae Knight	40+	1.25
Elias Knight	U14	1.10
Flynn Hill	U14	1.05
Corey Harrap	U16	1.05
Kevin Muller	40+	1.05
Javelin		
Ben Boyd	Open	41.37
Ryan Blackwell	U20	30.23
Simon Crocos	Open	24.16
Elias Knight	U14	20.85
Conwae Knight	40+	20.49
Oliver Smith	U16	19.98
Steven Boyd	50+	19.35
Declan Pearce	U18	16.05
Tim Hinds	Open	14.23
William Pearce	70+	11.97
Dennis Baker	70+	10.85
Isaac Smith	U14	9.75

Women		
Triple Jump		
Clio Knight	U16	9.54
Lisa McInerney	Open	8.08
Zoe Smith	U20	7.92
Karen Hill	40+	7.92
Abbey Freeman	U14	7.68
Anthea Knight	U20	7.45
Janet Crocos	60+	6.55
Clare McCormack	U18	6.51
Fay Pearce	60+	4.80

Men		
Shot Put		
Nelson Bowey	U14	9.39
Zachary Jones	Open	9.34
Ben Boyd	Open	9.10
Simon Crocos	Open	8.78
Derek Bowey	40+	8.46
Joseph Hill	U14	7.53
Gavin Smith	50+	7.26
Tim Hinds	Open	7.14
Kevin Freeman	40+	7.01
Steven Boyd	50+	6.87
Harvey Cribbes	U14	6.82
Conwae Knight	40+	6.52
Elias Knight	U14	6.39
William Pearce	70+	6.39
Kevin Muller	40+	5.96
Oliver Smith	U16	5.90
Dennis Baker	70+	5.40
Isaac Smith	U14	4.23
Triple Jump		
Ryan Blackwell	U20	11.24
Kevin Freeman	40+	9.02
Joseph Hill	U14	8.08
Conwae Knight	40+	7.09
Elias Knight	U14	NA
Isaac Smith	U14	NA