

Wodonga Athletic Club weekly competition
Program 1 - Wodonga Athletic Complex
Saturday 6 October 2018

| Men | | |
|---------------------|------|----------|
| 200m | | |
| Ryan Blackwell | U20 | 26.84 |
| Phillip Thornber | Open | 28.39 |
| Conwae Knight | 40+ | 29.68 |
| Harvey Cribbes | U14 | 32.09 |
| 5000m | | |
| Kevin Muller | 40+ | 18:26.92 |
| Ryan Blackwell | U20 | 18:35.10 |
| Declan Pearce | U18 | 19:59.08 |
| Corey Harrap | U16 | 21:24.97 |
| Elias Knight | U14 | 25:11.31 |
| Phillip Thornber | Open | 28:23.87 |
| William Pearce | 70+ | 29:20.25 |
| Dennis Baker | 70+ | 39:47.19 |
| Robert Lindley | 70+ | 45:00.41 |
| 60m | | |
| Ryan Blackwell | U20 | 8.22 |
| Tristan Eriksson | U14 | 8.58 |
| Phillip Thornber | Open | 8.58 |
| Kevin Freeman | 40+ | 9.21 |
| Chris Duffy | 40+ | 9.30 |
| Elias Knight | U14 | 9.94 |
| Conwae Knight | 40+ | 9.97 |
| Francis Scurr | 80+ | 11.55 |
| Dennis Baker | 70+ | 11.68 |
| John McCormack | U14 | 13.12 |
| 800m | | |
| Ryan Blackwell | U20 | 02:12.92 |
| Kevin Muller | 40+ | 02:29.18 |
| Corey Harrap | U16 | 02:31.72 |
| Declan Pearce | U18 | 02:38.27 |
| Kevin Freeman | 40+ | 02:47.06 |
| Isaac Smith | U14 | 03:14.95 |
| Dennis Baker | 70+ | 04:44.04 |
| Hammer Throw | | |
| Conwae Knight | 40+ | 14.07 |
| John McCormack | U14 | 10.83 |
| Elias Knight | U14 | 10.16 |
| Tim Hinds | Open | 10.11 |

| Women | | |
|---------------------|------|----------|
| 200m | | |
| Hannah Thornber | U16 | 29.00 |
| Anthea Knight | U20 | 29.36 |
| Sarah Egan | U18 | 29.58 |
| Tracey Howse | 50+ | 48.87 |
| Katherine Howse* | 50+ | 43.07 |
| 5000m | | |
| Alannah Harrap | U14 | 22:28.13 |
| Hannah Thornber | U16 | 28:24.07 |
| Fay Pearce | 60+ | 34:02.04 |
| 60m | | |
| Anthea Knight | U20 | 8.67 |
| Hannah Thornber | U16 | 8.78 |
| Gemma Fenn | U18 | 8.87 |
| Sarah Egan | U18 | 9.05 |
| Clio Knight | U16 | 9.24 |
| Paige Duffy | U14 | 9.30 |
| Lisa McInerney | Open | 9.92 |
| Charlotte Streat | U14 | 9.94 |
| Rebekah Egan | U16 | 10.06 |
| Abbey Freeman | U14 | 10.27 |
| Clare McCormack | U18 | 10.32 |
| Gabby Knight | Open | 10.53 |
| Janet Crocos | 60+ | 10.68 |
| Tracey Howse | 50+ | 12.53 |
| Therese Knight | 50+ | 14.09 |
| Katherine Howse* | 50+ | 10.12 |
| 800m | | |
| Alannah Harrap | U14 | 02:48.25 |
| Tracey Howse | 50+ | 05:14.89 |
| Hammer Throw | | |
| Clare McCormack | U18 | 35.23 |
| Gabby Knight | Open | 27.54 |
| Janet Crocos | 60+ | 22.32 |
| Clio Knight | U16 | 21.73 |
| Lisa McInerney | Open | 19.71 |
| Therese Knight | 50+ | 19.15 |
| Anthea Knight | U20 | 13.27 |
| Zoe Smith | U20 | 10.83 |
| Rebekah Egan | U16 | 9.62 |

| Men | | |
|--------------------|------|-------|
| Javelin | | |
| Ryan Blackwell | U20 | 35.00 |
| Elias Knight | U14 | 25.97 |
| Kevin Freeman | 40+ | 25.54 |
| Conwae Knight | 40+ | 24.74 |
| Kevin Muller | 40+ | 18.23 |
| Gavin Smith | 50+ | 17.97 |
| William Pearce | 70+ | 17.92 |
| Declan Pearce | U18 | 17.34 |
| Tim Hinds | Open | 13.22 |
| Dennis Baker | 70+ | 12.37 |
| Isaac Smith | U14 | 11.29 |
| Oliver Smith | U16 | 9.25 |
| John McCormack | U14 | 8.56 |
| Long Jump | | |
| Harvey Cribbes | U14 | 4.20 |
| Chris Duffy | 40+ | 3.72 |
| Conwae Knight | 40+ | 3.28 |
| Shot Put | | |
| Gavin Smith | 50+ | 7.68 |
| Kevin Freeman | 40+ | 7.05 |
| Tim Hinds | Open | 6.20 |
| Dennis Baker | 70+ | 5.87 |
| William Pearce | 70+ | 5.78 |
| Elias Knight | U14 | 5.66 |
| Kevin Muller | 40+ | 5.50 |
| Oliver Smith | U16 | 5.21 |
| John McCormack | U14 | 5.13 |
| Isaac Smith | U14 | 3.26 |
| Triple Jump | | |
| Harvey Cribbes | U14 | 9.43 |
| Chris Duffy | 40+ | 7.96 |
| Elias Knight | U14 | 7.78 |
| Conwae Knight | 40+ | 6.58 |
| John McCormack | U14 | 5.08 |

| Women | | |
|--------------------|------|-------|
| Javelin | | |
| Gemma Fenn | U18 | 32.03 |
| Clare McCormack | U18 | 31.85 |
| Gabby Knight | Open | 24.24 |
| Lisa McInerney | Open | 17.72 |
| Clio Knight | U16 | 17.20 |
| Tracey Howse | 50+ | 15.09 |
| Janet Crocos | 60+ | 14.21 |
| Anthea Knight | U20 | 14.20 |
| Therese Knight | 50+ | 9.40 |
| Fay Pearce | 60+ | 8.92 |
| Cocco Vodusek | U18 | 7.62 |
| Long Jump | | |
| Sarah Egan | U18 | 4.36 |
| Clio Knight | U16 | 4.07 |
| Paige Duffy | U14 | 4.00 |
| Anthea Knight | U20 | 3.71 |
| Cocco Vodusek | U18 | 3.54 |
| Lisa McInerney | Open | 3.49 |
| Abbey Freeman | U14 | 3.41 |
| Rebekah Egan | U16 | 3.25 |
| Janet Crocos | 60+ | 2.94 |
| Gabby Knight | Open | 2.63 |
| Therese Knight | 50+ | 1.33 |
| Shot Put | | |
| Clare McCormack | U18 | 11.03 |
| Janet Crocos | 60+ | 11.03 |
| Clio Knight | U16 | 8.52 |
| Gabby Knight | Open | 8.46 |
| Paige Duffy | U14 | 7.87 |
| Lisa McInerney | Open | 7.61 |
| Therese Knight | 50+ | 6.18 |
| Abbey Freeman | U14 | 5.24 |
| Triple Jump | | |
| Gemma Fenn | U18 | 10.06 |
| Sarah Egan | U18 | 9.68 |
| Paige Duffy | U14 | 9.60 |
| Clio Knight | U16 | 8.92 |
| Rebekah Egan | U16 | 8.47 |
| Lisa McInerney | Open | 8.45 |
| Anthea Knight | U20 | 8.28 |
| Cocco Vodusek | U18 | 7.62 |
| Abbey Freeman | U14 | 7.54 |
| Clare McCormack | U18 | 6.71 |
| Janet Crocos | 60+ | 6.52 |
| Gabby Knight | Open | 5.88 |

| Relay | | |
|------------------|------|----------|
| 4x200m | | |
| Paige Duffy | U14 | 01:59.30 |
| Gemma Fenn | U18 | |
| Sarah Egan | U18 | |
| Ryan Blackwell | U20 | |
| Clio Knight | U16 | 02:11.40 |
| Anthea Knight | U20 | |
| Gabby Knight | Open | |
| Hannah Thornber | U16 | |
| Abbey Freeman | U14 | 02:15.00 |
| Elias Knight | U14 | |
| Conwae Knight | 40+ | |
| Kevin Freeman | 40+ | |
| Cocco Vodusek | U18 | 02:20.30 |
| Tristan Eriksson | U14 | |
| Isaac Smith | U14 | |
| Gavin Smith | 50+ | |
| Dennis Baker | 70+ | 02:34.00 |
| William Pearce | 70+ | |
| Francis Scurr | 80+ | |
| Other | | |
| Clare McCormack | U18 | 02:53.00 |
| Tracey Howse | 50+ | |
| Janet Crocos | 60+ | |
| Brianna Pullen | U16 | |