

Wodonga Athletic Club Weekly Competition
Program 2 Wodonga Athletic Complex
Saturday 11 November 2018

Women		
100m		
Anthea Knight	U20	13.92
Zoe Smith	U20	14.26
Brianna Pullen	U16	14.28
Sarah Egan	U18	14.59
Clio Knight	U16	14.60
Torah Duffy	U14	15.52
Charlotte Streat	U14	15.69
Karen Hill	40+	15.87
Clare McCormack	U18	16.52
Janet Crocos	60+	16.61
Lisa McInerney	Open	17.28
Rebekah Egan	U16	17.30
Sophie Buckley	Open	17.71
Gabby Knight	Open	17.94
Michelle Harrap	Open	19.33
Therese Knight	50+	23.25
1500m		
Alannah Harrap	U14	05:54.52
Janet Crocos	60+	08:19.78
Fay Pearce	60+	08:20.05
Lisa McInerney	Open	08:34.63
Sophie Buckley	Open	08:41.33
3000m		
Alannah Harrap	U14	13:02.50
Karen Hill	40+	14:44.33
Nadia Mellor	60+	15:31.76
Anthea Knight	U20	16:09.94
Sophie Buckley	Open	16:58.41
Fay Pearce	60+	18:08.67
Sarah Egan	U18	18:35.09
Paige Duffy	U14	18:40.31
400m		
Anthea Knight	U20	01:10.19
Brianna Pullen	U16	01:10.86
Zoe Smith	U20	01:13.33
Clio Knight	U16	01:19.87
Lisa McInerney	Open	01:35.16
Sophie Buckley	Open	01:40.04
Fay Pearce	60+	01:58.99

Men		
100m		
Ryan Blackwell	U20	13.11
Nelson Bowey	U14	14.06
Tristan Eriksson	U14	14.81
Kevin Muller	40+	15.10
Harvey Cribbes	U14	15.18
Joseph Hill	U14	15.72
Tim Hinds	Open	15.91
Elias Knight	U14	16.24
David Harrap	Open	16.26
Conwae Knight	40+	16.63
Francis Scurr	80+	18.25
Dennis Baker	70+	18.80
1500m		
Ryan Blackwell	U20	04:45.96
Nelson Bowey	U14	04:56.36
Kevin Muller	40+	04:58.17
Corey Harrap	U16	05:08.66
Declan Pearce	U18	05:29.41
Gavin Smith	50+	05:43.30
Joseph Hill	U14	05:56.26
Oliver Smith	U16	06:24.56
Isaac Smith	U14	06:29.17
Tim Hinds	Open	06:29.82
William Pearce	70+	07:21.65
Des Rees	60+	07:44.64
Dennis Baker	70+	09:31.41
3000m		
Kevin Muller	40+	10:06.74
Ryan Blackwell	U20	10:10.46
Rhys Thorpe	U16	11:02.71
Corey Harrap	U16	11:11.79
Declan Pearce	U18	11:34.14
Joseph Hill	U14	12:35.41
Michael Mellor	60+	13:11.37
Tim Hinds	Open	13:44.04
Des Rees	60+	15:14.85
David Harrap	Open	15:17.50
Conwae Knight	40+	15:40.52
William Pearce	70+	15:55.62
Simon Crocos	Open	16:59.27
Robert Lindley	70+	23:43.79

Women		
Discus		
Gabby Knight	Open	28.14
Clio Knight	U16	26.02
Charlotte Streat	U14	25.19
Clare McCormack	U18	19.74
Therese Knight	50+	16.97
Paige Duffy	U14	16.28
Lisa McInerney	Open	16.12
Janet Crocos	60+	15.34
Sarah Egan	U18	15.14
Anthea Knight	U20	14.85
Karen Hill	40+	14.68
Zoe Smith	U20	13.99
Madison Duffy	U16	12.83
Sophie Buckley	Open	10.02
Fay Pearce	60+	9.31
Ruth Smith	50+	7.23
Hammer Throw		
Clare McCormack	U18	40.49
Gabby Knight	Open	26.61
Clio Knight	U16	22.41
Janet Crocos	60+	21.54
Lisa McInerney	Open	20.80
Therese Knight	50+	18.43
Sarah Egan	U18	17.56
Paige Duffy	U14	16.33
Sophie Buckley	Open	14.35
Zoe Smith	U20	14.26
Anthea Knight	U20	12.49
High Jump		
Rebekah Egan	U16	1.30
Lisa McInerney	Open	1.20
Clio Knight	U16	1.15
Clare McCormack	U18	1.15
Janet Crocos	60+	1.10
Gabby Knight	Open	0.95

Men		
400m		
Ryan Blackwell	U20	01:00.77
Nelson Bowey	U14	01:02.69
Derek Bowey	40+	01:04.28
Declan Pearce	U18	01:04.30
Kevin Muller	40+	01:08.38
Tim Hinds	Open	01:15.92
Elias Knight	U14	01:21.06
Conwae Knight	40+	01:24.51
Doug Lloyd	60+	01:37.94
Discus		
Derek Bowey	40+	NA
Simon Crocos	Open	27.20
Tristan Eriksson	U14	23.05
Gavin Smith	50+	22.14
William Pearce	70+	21.91
Dennis Baker	70+	21.29
Joseph Hill	U14	21.10
Declan Pearce	U18	18.88
Oliver Smith	U16	18.51
Conwae Knight	40+	18.22
Elias Knight	U14	18.18
Harvey Cribbes	U14	17.80
Tim Hinds	Open	17.48
Isaac Smith	U14	9.83
Hammer Throw		
Derek Bowey	40+	17.18
Dennis Baker	70+	15.01
Elias Knight	U14	14.88
Tim Hinds	Open	14.05
Conwae Knight	40+	12.42
High Jump		
Gavin Smith	50+	1.55
Nelson Bowey	U14	1.40
Derek Bowey	40+	1.40
Harvey Cribbes	U14	1.30
Elias Knight	U14	1.20
Isaac Smith	U14	0.95

Women		
Long Jump		
Sarah Egan	U18	4.13
Clio Knight	U16	4.00
Zoe Smith	U20	3.63
Karen Hill	40+	3.57
Anthea Knight	U20	3.56
Torah Duffy	U14	3.44
Lisa McInerney	Open	3.39
Charlotte Streat	U14	3.33
Rebekah Egan	U16	3.21
Madison Duffy	U16	2.89
Sophie Buckley	Open	2.85
Janet Crocos	60+	2.84
Gabby Knight	Open	2.70
Clare McCormack	U18	2.63
Ruth Smith	50+	2.28
Shot Put		
Clare McCormack	U18	11.08
Charlotte Streat	U14	9.69
Gabby Knight	Open	9.50
Clio Knight	U16	7.95
Paige Duffy	U14	7.89
Janet Crocos	60+	7.45
Lisa McInerney	Open	7.40
Sarah Egan	U18	6.81
Therese Knight	50+	6.59
Zoe Smith	U20	6.19
Rebekah Egan	U16	6.10
Anthea Knight	U20	6.05
Karen Hill	40+	5.89
Torah Duffy	U14	5.68
Sophie Buckley	Open	5.39
Ruth Smith	50+	3.98
Fay Pearce	60+	3.93

Men		
Long Jump		
Ryan Blackwell	U20	4.63
Harvey Cribbes	U14	4.21
Elias Knight	U14	3.75
David Harrap	Open	3.49
Conwae Knight	40+	3.22
Kevin Muller	40+	3.14
Joseph Hill	U14	3.13
Tim Hinds	Open	2.81
Isaac Smith	U14	2.39
Shot Put		
Nelson Bowey	U14	10.16
Simon Crocos	Open	9.33
Derek Bowey	40+	9.08
Tristan Eriksson	U14	8.25
Joseph Hill	U14	7.96
Tim Hinds	Open	7.19
Conwae Knight	40+	6.89
William Pearce	70+	6.51
Elias Knight	U14	6.29
Oliver Smith	U16	6.06
Dennis Baker	70+	6.04