

Wodonga Athletic Club Weekly Competition
Program 1 - Wodonga Athletic Complex
Saturday 3 November 2018

Women		
800m		
Edyn Hill	U14	02:44.11
Emma Aldrich	Open	03:09.77
Abbey Freeman	U14	03:17.07
Steph Eagle	Open	03:37.97
Fay Pearce	60+	04:19.62
Michelle Harrap	Open	04:31.11
Tracey Howse	50+	04:35.39
Katherine Howse*	50+	04:36.05
60m		
Zoe Smith	U20	8.34
Brianna Pullen	U16	8.45
Anthea Knight	U20	8.45
Talia Paterson	Open	8.71
Sarah Egan	U18	8.72
Paige Duffy	U14	8.94
Clio Knight	U16	9.02
Torah Duffy	U14	9.19
Cocco Vodusek	U18	9.45
Karen Hill	40+	9.56
Lisa McInerney	Open	9.59
Abbey Freeman	U14	9.99
Gabby Knight	Open	10.04
Rebekah Egan	U16	10.18
Zoe Freeman	U18	10.20
Fay Pearce	60+	12.17
Tracey Howse	50+	13.20
Therese Knight	50+	13.58
5000m		
Emma Aldrich	Open	22:44.10
Alannah Harrap	U14	23:52.79
Sophie Buckley	Open	29:07.83
Debbie Jones	50+	29:33.53
Hannah Thornber	U14	29:41.37
Anthea Knight	U20	29:42.47
Clio Knight	U16	30:01.43
Fay Pearce	60+	30:53.98

Men		
800m		
Gavin Smith	50+	02:30.01
Kevin Freeman	40+	02:34.82
Declan Pearce	U18	02:36.02
Flynn Hill	U14	02:39.51
Tim Hinds	Open	02:57.85
Elias Knight	U14	03:11.87
Oliver Smith	U16	03:12.75
William Pearce	70+	03:47.21
60m		
Kevin Freeman	40+	8.49
Chris Duffy	40+	9.16
Conwae Knight	40+	9.50
Elias Knight	U14	9.77
Joseph Hill	U14	9.96
Tim Hinds	Open	10.20
Rudi Vodusek	U14	11.58
5000m		
Kevin Muller	40+	18:20.27
Rhys Thorpe	U16	19:11.11
Declan Pearce	U18	19:11.56
Tim Hinds	Open	25:49.23
Elias Knight	U14	26:25.26
Des Rees	60+	26:28.66
William Pearce	70+	27:25.51
Kevin Jones	50+	28:27.70
Conwae Knight	40+	28:50.23
Robert Lindley	70+	42:33.52
200m		
Phillip Thornber	Open	28.58
Kevin Muller	40+	30.73
Tim Hinds	Open	34.11
Elias Knight	U14	50.57
Triple Jump		
Joseph Hill	U14	7.97
Kevin Muller	40+	7.59
Conwae Knight	40+	7.15

Women		
200m		
Hannah Thornber	U14	28.87
Zoe Smith	U20	29.51
Sarah Egan	U18	30.15
Clio Knight	U16	30.50
Brianna Pullen	U16	30.77
Torah Duffy	U14	34.94
Karen Hill	40+	35.29
Triple Jump		
Talia Paterson	Open	9.76
Sarah Egan	U18	9.69
Paige Duffy	U14	9.21
Clio Knight	U16	9.05
Anthea Knight	U20	8.63
Cocco Vodusek	U18	8.17
Lisa McInerney	Open	8.10
Karen Hill	40+	8.07
Rebekah Egan	U16	7.85
Zoe Smith	U20	7.83
Zoe Freeman	U18	7.52
Gabby Knight	Open	6.61
Nadia Mellor	60+	4.47
Shot Put		
Gabby Knight	Open	8.41
Lisa McInerney	Open	6.91
Therese Knight	50+	6.30
Zoe Freeman	U18	6.21
Anthea Knight	U20	5.64
Debbie Jones	50+	5.59
Sophie Buckley	Open	5.46
Abbey Freeman	U14	5.24
Long Jump		
Sarah Egan	U18	4.30
Karen Hill	40+	3.89
Zoe Smith	U20	3.61
Lisa McInerney	Open	3.60
Torah Duffy	U14	3.47
Cocco Vodusek	U18	3.34
Rebekah Egan	U16	3.19
Gabby Knight	Open	2.69

Men		
Shot Put		
Simon Crocos	Open	9.36
Joseph Hill	U14	7.43
Kevin Freeman	40+	7.38
Oliver Smith	U16	6.64
Conwae Knight	40+	6.58
William Pearce	70+	6.25
Rudi Vodusek	U14	5.46
Long Jump		
Joseph Hill	U14	3.46
Javelin		
Simon Crocos	Open	38.74
Kevin Freeman	40+	26.59
Declan Pearce	U18	26.38
Conwae Knight	40+	23.78
Kevin Muller	40+	17.66
Tim Hinds	Open	16.97
Oliver Smith	U16	16.41
William Pearce	70+	16.26
Joseph Hill	U14	14.83
Rudi Vodusek	U14	11.25
Elias Knight	U14	9.45
Hammer Throw		
Simon Crocos	Open	20.96
Gavin Smith	50+	15.93
Conwae Knight	40+	14.36
Tim Hinds	Open	13.38
Elias Knight	U14	12.01

Women		
Javelin		
Gabby Knight	Open	18.36
Lisa McInerney	Open	17.70
Sarah Egan	U18	17.08
Clio Knight	U16	16.39
Zoe Smith	U20	14.75
Anthea Knight	U20	14.51
Emma Aldrich	Open	14.42
Debbie Jones	50+	11.59
Karen Hill	40+	11.52
Hannah Thornber	U14	10.78
Therese Knight	50+	10.31
Fay Pearce	60+	9.95
Abbey Freeman	U14	9.75
Zoe Freeman	U18	7.08
Hammer Throw		
Gabby Knight	Open	25.39
Clio Knight	U16	21.22
Lisa McInerney	Open	19.77
Therese Knight	50+	19.19
Hannah Thornber	U14	18.68
Debbie Jones	50+	16.42
Anthea Knight	U20	13.22
Zoe Smith	U20	10.67

Medley Relay (100/100/200/400)		
Clio Knight	U16	02:01.60
Hannah Thornber	U14	
Anthea Knight	U20	
Zoe Smith	U20	
Torah Duffy	U14	02:06.61
Paige Duffy	U14	
Brianna Pullen	U16	
Sarah Egan	U18	
Kevin Muller	40+	02:07.83
Conwae Knight	40+	
Kevin Freeman	40+	
Gavin Smith	50+	
Alannah Harrap	U14	02:14.62
Edyn Hill	U14	
Flynn Hill	U14	
Corey Harrap	U16	
Lisa McInerney	Open	02:16.22
Gabby Knight	Open	
Elias Knight	U14	
Phillip Thornber	Open	
Karen Hill	40+	02:23.33
Fay Pearce	60+	
Joseph Hill	U14	
Declan Pearce	U18	
Cocco Vodusek	U18	02:27.48
Tracey Howse	50+	
Katherine Howse	50+	
Chris Duffy	40+	
Abbey Freeman	U14	02:51.04
Zoe Freeman	U18	
Nadia Mellor	60+	
Tim Hinds	Open	