

**Wodonga Athletic Club Weekly Competition**  
**Program 2 - Wodonga Athletic Complex**  
**Saturday 15 December 2018**

<b>Women</b>		
<b>100m</b>		
Anthea Knight	U20	14.04
Zoe Smith	U20	14.39
Talia Paterson	Open	14.41
Brianna Pullen	U16	14.43
Sarah Egan	U18	14.53
Clio Knight	U16	14.91
Clare McCormack	U18	16.90
Janet Crocos	60+	17.17
Lisa McInerney	Open	17.27
Fay Pearce	60+	22.18
Therese Knight	50+	26.21
<b>1500m</b>		
Alannah Harrap	U14	05:47.25
Steph Eagle	Open	06:32.33
Karen Hill	40+	06:42.86
Sophie Buckley	Open	07:34.20
<b>3000m</b>		
Alannah Harrap	U14	12:28.58
Fay Pearce	60+	18:12.15
<b>400m</b>		
Sarah Egan	U18	01:07.69
Zoe Smith	U20	01:11.43
Anthea Knight	U20	01:12.60
Brianna Pullen	U16	01:14.08
Karen Hill	40+	01:23.07
Janet Crocos	60+	01:27.20
Clio Knight	U16	01:33.67
Clare McCormack	U18	01:43.22
Chris Wilson	60+	01:44.40
Gabby Knight	Open	01:54.44
Fay Pearce	60+	02:01.50

<b>Men</b>		
<b>100m</b>		
Corey Harrap	U16	13.10
Ryan Blackwell	U20	13.38
Simon Crocos	Open	13.93
Oliver Smith	U16	14.42
Declan Pearce	U18	15.06
Joseph Hill	U14	15.76
Elias Knight	U14	15.81
Conwae Knight	40+	15.86
Tim Hinds	Open	16.12
Isaac Smith	U14	18.41
Dennis Baker	70+	20.44
<b>1500m</b>		
Ryan Blackwell	U20	04:35.93
Gavin Smith	50+	05:21.60
Joseph Hill	U14	06:03.51
Tim Hinds	Open	06:11.74
Elias Knight	U14	06:36.52
Conwae Knight	40+	06:40.81
<b>3000m</b>		
Kevin Muller	40+	10:02.28
Ryan Blackwell	U20	10:05.25
Nelson Bowey	U14	10:46.49
Corey Harrap	U16	11:01.27
Rhys Thorpe	U16	11:03.79
Declan Pearce	U18	11:04.07
Joseph Hill	U14	12:49.77
Tim Hinds	Open	14:40.33
David Harrap	Open	14:48.83
William Pearce	70+	16:02.81
Kevin Jones	50+	16:52.99
Dennis Baker	70+	21:35.98
Robert Lindley	70+	24:36.67

Women		
<b>Discus</b>		
Gabby Knight	Open	25.16
Clio Knight	U16	24.23
Clare McCormack	U18	22.45
Talia Paterson	Open	21.06
Janet Crocos	60+	17.41
Alizah Rollings	U16	17.09
Karen Hill	40+	17.09
Anthea Knight	U20	16.16
Lisa McInerney	Open	15.87
Therese Knight	50+	14.99
Sarah Egan	U18	14.26
Zoe Smith	U20	13.62
Steph Eagle	Open	12.45
Debbie Jones	50+	12.42
Rebekah Egan	U16	10.94
Fay Pearce	60+	10.21
<b>Hammer Throw</b>		
Clare McCormack	U18	39.25
Gabby Knight	Open	30.87
Clio Knight	U16	22.54
Janet Crocos	60+	22.23
Lisa McInerney	Open	20.51
Alizah Rollings	U16	19.78
Therese Knight	50+	17.70
Debbie Jones	50+	16.86
Zoe Smith	U20	14.09
Anthea Knight	U20	11.89
<b>High Jump</b>		
Sarah Egan	U18	1.40
Rebekah Egan	U16	1.25
Lisa McInerney	Open	1.20
Karen Hill	40+	1.20
Clio Knight	U16	1.15
Clare McCormack	U18	1.10
Janet Crocos	60+	1.10
Anthea Knight	U20	1.00

Men		
<b>400m</b>		
Ryan Blackwell	U20	01:00.16
Nelson Bowey	U14	01:02.62
Kevin Muller	40+	01:05.77
Oliver Smith	U16	01:08.03
Simon Crocos	Open	01:12.80
Tim Hinds	Open	01:13.18
Elias Knight	U14	01:13.90
Joseph Hill	U14	01:18.78
Conwae Knight	40+	01:20.68
Isaac Smith	U14	01:30.00
William Pearce	70+	01:35.25
Dennis Baker	70+	01:46.99
<b>Discus</b>		
Simon Crocos	Open	28.86
Gavin Smith	50+	25.83
William Pearce	70+	21.71
Joseph Hill	U14	21.10
Dennis Baker	70+	20.66
Ryan Blackwell	U20	20.41
Declan Pearce	U18	20.22
Tim Hinds	Open	18.50
Elias Knight	U14	17.98
Oliver Smith	U16	17.33
Conwae Knight	40+	17.12
Des Rees	60+	16.60
Isaac Smith	U14	12.10
<b>Hammer Throw</b>		
Simon Crocos	Open	24.53
Conwae Knight	40+	15.94
Elias Knight	U14	15.85
Dennis Baker	70+	14.08
Kevin Muller	40+	12.10
<b>High Jump</b>		
Gavin Smith	50+	1.60
Nelson Bowey	U14	1.35
Oliver Smith	U16	1.25
Elias Knight	U14	1.20
Conwae Knight	40+	1.20
Tim Hinds	Open	NA

Women		
<b>Long Jump</b>		
Talia Paterson	Open	4.21
Clio Knight	U16	4.00
Sarah Egan	U18	3.95
Lisa McNerney	Open	3.78
Anthea Knight	U20	3.65
Karen Hill	40+	3.52
Clare McCormack	U18	3.19
Janet Crocos	60+	3.17
Zoe Smith	U20	2.92
Rebekah Egan	U16	2.81
Sophie Buckley	Open	2.70
Fay Pearce	60+	2.07
Debbie Jones	50+	1.98
<b>Shot Put</b>		
Clare McCormack	U18	10.78
Gabby Knight	Open	8.98
Clio Knight	U16	8.43
Lisa McNerney	Open	7.53
Janet Crocos	60+	7.45
Talia Paterson	Open	7.18
Therese Knight	50+	6.99
Sarah Egan	U18	6.61
Alizah Rollings	U16	6.27
Zoe Smith	U20	5.98
Anthea Knight	U20	5.80
Brianna Pullen	U16	5.03
Rebekah Egan	U16	4.92

Men		
<b>Long Jump</b>		
Ryan Blackwell	U20	4.69
Simon Crocos	Open	4.47
Oliver Smith	U16	4.22
Elias Knight	U14	3.60
Conwae Knight	40+	3.52
Kevin Muller	40+	3.49
Joseph Hill	U14	3.26
Tim Hinds	Open	3.21
Isaac Smith	U14	2.63
<b>Shot Put</b>		
Nelson Bowey	U14	10.82
Simon Crocos	Open	9.75
Gavin Smith	50+	8.10
Joseph Hill	U14	8.08
Elias Knight	U14	7.48
Tim Hinds	Open	7.16
Conwae Knight	40+	6.96
David Harrap	Open	6.22
William Pearce	70+	6.22
Oliver Smith	U16	6.17
Isaac Smith	U14	4.80