

Wodonga Athletic Club Weekly Competition
Program 4 Wodonga Athletic Complex
Saturday 1 December 2018

Women		
100m		
Anthea Knight	U20	13.78
Gemma Fenn	U18	13.98
Zoe Smith	U20	14.01
Brianna Pullen	U16	14.16
Clio Knight	U16	14.63
Isabella Slabbert	U14	14.81
Karen Hill	40+	15.91
Clare McCormack	U18	16.66
Janet Crocos	60+	17.05
Abbey Freeman	U14	17.41
Sophie Buckley	Open	17.45
Gabby Knight	Open	17.50
Emma Aldrich	Open	17.98
Tracey Howse	50+	22.10
Therese Knight	50+	23.04
Katherine Howse*	50+	14.28
1500m		
Alannah Harrap	U14	05:36.07
Emma Aldrich	Open	06:23.21
Anthea Knight	U20	06:49.64
Karen Hill	40+	07:09.63
Sophie Buckley	Open	08:30.38
Fay Pearce	60+	08:32.15
3000m		
Alannah Harrap	U14	12:31.11
Clio Knight	U16	16:51.47
Debbie Jones	50+	17:28.43
Sophie Buckley	Open	18:47.33
Michelle Harrap	Open	19:46.10
400m		
Anthea Knight	U20	01:09.79
Zoe Smith	U20	01:14.88
Janet Crocos	60+	01:28.04
Fay Pearce	60+	02:05.15
Katherine Howse*	50+	01:36.66

Men		
100m		
Kevin Freeman	40+	13.91
Tristan Eriksson	U14	14.00
Oliver Smith	U16	14.44
Harvey Cribbes	U14	14.96
Conwae Knight	40+	15.71
Joseph Hill	U14	15.73
Elias Knight	U14	16.12
Tim Hinds	Open	16.29
Francis Scurr	80+	19.28
Dennis Baker	70+	20.49
1500m		
Nelson Bowey	U14	04:46.42
Kevin Muller	40+	04:47.07
Tristan Eriksson	U14	05:25.56
Joseph Hill	U14	06:02.11
Derek Bowey	40+	06:04.87
Elias Knight	U14	06:08.98
Tim Hinds	Open	06:10.02
Harvey Cribbes	U14	06:48.32
Conwae Knight	40+	07:15.62
William Pearce	70+	07:47.86
Dennis Baker	70+	10:01.01
3000m		
Kevin Muller	40+	10:39.73
Zachary Jones	Open	12:27.29
Robert Lindley	70+	25:22.37
400m		
Kevin Freeman	40+	01:04.36
Declan Pearce	U18	01:06.58
Oliver Smith	U16	01:08.86
Tristan Eriksson	U14	01:11.23
Tim Hinds	Open	01:20.58
Dennis Baker	70+	01:46.59

Women		
Discus		
Clio Knight	U16	27.43
Gabby Knight	Open	22.31
Clare McCormack	U18	21.03
Charlotte Louise Streat	U14	19.84
Janet Crocos	60+	18.30
Anthea Knight	U20	16.17
Therese Knight	50+	15.82
Karen Hill	40+	15.61
Sarah Egan	U18	14.22
Debbie Jones	50+	13.55
Zoe Smith	U20	12.88
Abbey Freeman	U14	12.28
Sophie Buckley	Open	12.28
Emma Aldrich	Open	12.20
Fay Pearce	60+	10.10
High Jump		
Gemma Fenn	U18	1.50
Sarah Egan	U18	1.40
Clare McCormack	U18	1.25
Clio Knight	U16	1.05
Sophie Buckley	Open	1.00
Javelin		
Clare McCormack	U18	30.82
Gabby Knight	Open	19.49
Clio Knight	U16	16.56
Charlotte Louise Streat	U14	16.43
Janet Crocos	60+	15.13
Anthea Knight	U20	14.44
Karen Hill	40+	13.60
Debbie Jones	50+	11.60
Therese Knight	50+	10.32
Abbey Freeman	U14	10.07
Fay Pearce	60+	9.63
Sophie Buckley	Open	8.66

Men		
Discus		
Ben Boyd	Open	27.24
Gavin Smith	50+	24.04
Derek Bowey	40+	23.44
Tristan Eriksson	U14	22.66
William Pearce	70+	20.75
Dennis Baker	70+	19.97
Joseph Hill	U14	19.96
Declan Pearce	U18	19.96
Nelson Bowey	U14	19.91
Conwae Knight	40+	17.61
Steven Boyd	50+	17.46
Kevin Freeman	40+	16.42
Oliver Smith	U16	16.39
Kevin Muller	40+	15.12
Elias Knight	U14	11.62
Isaac Smith	U14	10.55
Harvey Cribbes	U14	6.58
High Jump		
Flynn Eriksson	U18	1.60
Nelson Bowey	U14	1.40
Gavin Smith	50+	1.40
Harvey Cribbes	U14	1.25
Elias Knight	U14	1.20
Joseph Hill	U14	1.20
Conwae Knight	40+	1.20
Tim Hinds	Open	1.15
Javelin		
Ben Boyd	Open	36.73
Derek Bowey	40+	31.28
Kevin Freeman	40+	29.37
Steven Boyd	50+	25.14
Elias Knight	U14	23.56
Declan Pearce	U18	22.93
Conwae Knight	40+	22.79
Oliver Smith	U16	22.48
Gavin Smith	50+	18.77
Tim Hinds	Open	17.77
William Pearce	70+	16.59
Joseph Hill	U14	15.92
Dennis Baker	70+	11.78
Isaac Smith	U14	11.42

Women		
Shot Put		
Clare McCormack	U18	10.99
Gabby Knight	Open	9.18
Charlotte Louise Streat	U14	8.75
Clio Knight	U16	7.58
Janet Crocos	60+	6.62
Therese Knight	50+	6.29
Sophie Buckley	Open	5.84
Anthea Knight	U20	5.75
Debbie Jones	50+	5.60
Abbey Freeman	U14	5.19
Triple Jump		
Clio Knight	U16	8.92
Zoe Smith	U20	8.06
Anthea Knight	U20	7.85
Karen Hill	40+	7.76
Abbey Freeman	U14	7.36
Clare McCormack	U18	6.79
Gabby Knight	Open	6.75
Sophie Buckley	Open	5.58
Katherine Howse*	50+	8.11

Men		
Shot Put		
Nelson Bowey	U14	11.07
Flynn Eriksson	U18	10.10
Ben Boyd	Open	9.81
Derek Bowey	40+	9.50
Tristan Eriksson	U14	8.63
Gavin Smith	50+	8.24
Joseph Hill	U14	8.12
Harvey Cribbes	U14	7.30
Conwae Knight	40+	7.02
Kevin Freeman	40+	6.93
Steven Boyd	50+	6.90
Elias Knight	U14	6.86
Tim Hinds	Open	6.76
William Pearce	70+	6.66
Oliver Smith	U16	6.21
Kevin Muller	40+	5.92
Isaac Smith	U14	4.87
Triple Jump		
Flynn Eriksson	U18	10.89
Kevin Freeman	40+	9.17
Oliver Smith	U16	8.48
Gavin Smith	50+	8.33
Elias Knight	U14	8.14
Joseph Hill	U14	8.09
Kevin Muller	40+	8.05
Conwae Knight	40+	7.16
Isaac Smith	U14	6.44